

## VIBANDH W.S.R TO CONSTIPATION: A REVIEW

Dr. Sakshi\*<sup>1</sup>

Assistant Professor, Dept. of Kayachikitsa, Gaur Brahman Ayurvedic College, Brahmanwas, Rohtak.



\*Corresponding Author: Dr. Sakshi

Assistant Professor, Dept. of Kayachikitsa, Gaur Brahman Ayurvedic College, Brahmanwas, Rohtak.

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## ABSTRACT

*Vibandha* is the most prevalent digestive system ailment caused by an unhealthy lifestyle. Although *Vibandha* (constipation) is not detailed independently in *Ayurvedic* texts, it has been explored under *Apanavaigunya*, *Purishavaha Srotodusti*, and *Krura Koshtha*, which arise due to *vata* dominance. As a result, all of the elements that exhibit *Purishvahasrotodushti* for *Vibandha*. In modern science, this disease is known as constipation. Constipation is a condition in which an individual has unpleasant or infrequent bowel motions. This is caused by a variety of causal elements, the most important of which are nutritional, mental, and lifestyle factors. The current study aims to fully understand the pathophysiology of *Vibandha* (constipation) and its therapy from an *Ayurvedic* viewpoint.

**KEYWORDS:-** *Vibandha*, Constipation, *Krura Koshtha*, *Apanavata vaigunya*, *Purishavaha Srotodusti*.

## INTRODUCTION

Constipation is a condition in which an individual has painful or infrequent bowel motions. The patient may also complain of straining, an incomplete evacuation feeling, and either perianal or abdominal pain. Constipation can be caused by a variety of gastrointestinal and other medical conditions.<sup>[1]</sup> Constipation is one of the most prevalent digestive problems of contemporary life; around 70% to 80% of individuals suffer from it, and the patient is at great risk of becoming reliant on laxatives. So, it looks that constipation is a problem that most of us will face at some point in our lives. Constipation is a functional issue caused by a delay in the transit of faecal matter or an inadequate volume of the stool in the majority of instances.

*Vibandha* (Constipation) is not addressed as a separate disease in *Ayurvedic* scriptures, but it has been cited as a *Nidana* (cause), *Lakshana* (symptoms), and *Upadrava* (complication) of various disorders. Due to the *Pratiloma Gati* (reverse flow) of *Apana Vayu*, it might be regarded a *Lakshana* in *Udavarta* (Retention of faeces, flatus, and urine) like *Anaha* (Obstruction), *Adhmana* (Distension), *Malaavastamba* (Hardness of stools).<sup>[2]</sup> Generally, patients complaining of *Vibandha* have *Krura Koshtha*, which happens due to *Vata* dominance, and the *Rukshna Guna* of *Vata* promotes greater water absorption, resulting in hard lumpy stools. As a result, *Ayurveda* regards constipation as an issue caused by the *Vata Dosh*'s dominance. In reality, everyone with a *Vata* constitution has this issue to some level. *Pakvashaya*,

*Vibandha*'s principal site, is dominated by *Apana Vata*. Furthermore, the *Ruksha Guna* of *Vata* causes hardness of faeces, making it harder to pass. *Vibandha* treatment is based on *Samprapti Vighatana*, and because *Apana Vata* is the principal *Dosha* involved in creating *Vibandha*, medications with qualities opposing to *Vata Dosh*, such as *Ushna*, *Snigdha*, *Guru*, *Sara*, and *Dravya*, should be used to cure constipation. As a result, it is critical to understand *Vibandha* well before embarking on treatment.

## MATERIAL AND METHODS

Based on a survey of *Ayurvedic* writings, information linked to *Vibandha* or Constipation and their relationship have been collected and assembled from various books. *Charaka Samhita*, *Sushruta Samhita*, *Vagbhatt Samhita*, and *Sharangadhara Samhita* are the primary *Ayurvedic* texts studied in this research.

**Constipation:** Constipation is a medical disorder characterised by unpleasant or infrequent bowel motions. It is defined (ROME II criteria) as the presence of any two or more of the following symptoms for at least 3 months.<sup>[3]</sup>

1. Infrequent passage of stool (3 bowel movements/week)
2. Hard stools
3. Straining at stool
4. Incomplete evacuation. In India, the normal stool frequency is 1 per day in contrast to 3 per week in West.

**Nidana of Vibandha:** Since there is no direct reference to *Vibandha* in the classics, it may be said that the causes of the vitiation of *Apana Vata* and *Purishavaha Sroto Dusti* are the causes of *Vibandha*.

- *Vataj Prakriti* are more prone to constipation.

- *Katu, Tikta, Kashaya Rasa* aggravates *Vata Dosha* and hence causes constipation.<sup>[4]</sup>
- *Purishavaha Sroto dusti*.<sup>[5]</sup>
- All causes responsible for vitiation of *Apana Vayu*.<sup>[6]</sup>
- *Vaman Virechana Vyapad*.<sup>[7]</sup>

### ETIOLOGY OF CONSTIPATION<sup>[8]</sup>

A. Gastrointestinal	B. Non-gastrointestinal
<b>(1) Dietary</b>	<b>(1) Drugs</b>
Low fibre, Inadequate food	Opiates Calcium antagonists Iron Supplements Anticholinergics Aluminium containing antacids
<b>(2) Motility</b>	<b>(2) Neurologic</b>
Slow transit constipation Irritable bowel syndrome Drugs (given in non-gastrointestinal causes) Intestinal Obstruction and pseudo-obstruction	Multiple Sclerosis Parkinsonism Spinal Cord Disease C V A Autonomic neuropathy
<b>(3) Structural</b>	<b>(3) Metabolic /Endocrine</b>
Colonic carcinoma Hirschsprung's disease Diverticulosis of colon	Diabetes mellitus Pregnancy Hypercalcaemia Hypothyroidism
<b>(4) Defecatory disorders</b>	<b>(4) Others</b>
Obstructed defecation Ano-rectal Disease e.g. (fissure, piles)	Any serious illness with immobility, especially in the elderly Depression

**TYPES OF CONSTIPATION<sup>[9]</sup>**- Constipation can be broadly classified into two types:-

- Casual or temporary:** Indigestion, overeating, tainted food, or bacterial infection are all potential causes.
- Chronic or habitual:** most frequently affects elderly people and is typically brought on by the decrease of tone in the sphincter muscles. Additionally, those with piles or hemorrhoidal tissues present with it.

**SAMPRAPTI OF VIBANDHA<sup>[10]</sup>:** *Agni dushti* or *Ama* formation lead to the creation of *vibandha*. The

*Prakupita Vata* entered *Pakvashaya* for the aforementioned *Nidana Sevana* and dried up the *Mala*, causing a firm stool.

### SAMPRAPTI GHATAK<sup>[12]</sup>

*Hetu - Agnivaigunya - Ama formation - Malasanchaya - Vibandha*  
*Dosha- Apana Vayu*  
*Srotas - Pureeshavaha srotas*  
*Udbhava Sthana - Pakvashaya*  
*Sadhya/Asadhyata - Sadhya*  
*Vyakta Sthana - Adhah- Kaya*

### ASSESSMENT OF VIBANDHA BY KOSTHA<sup>[12,13,14]</sup>

*Vibandha* is diagnosed by evaluating a person's *Koshta* (bowel habits) and the related clinical symptoms.

Type of <i>Koshta</i>	Acc to <i>Sharangadhara</i>	Acc to <i>Sushruta</i>	Acc to <i>Vagbhata</i>
<i>Mridu</i> ,	With more <i>Pitta</i>	<i>Mridu Koshta</i> have an abundance of <i>Pitta</i> and are purged even by milk.	It is due to increased <i>Vata</i> .
<i>Madhyama</i>	With more <i>Kaph</i> .	<i>Madhyama Koshta</i> have balanced <i>Doshas</i>	It is due to increased <i>Pitta</i> .
<i>Krura</i>	with more <i>Vata</i>	<i>Krura Koshta</i> have a predominance of <i>Vata</i> and <i>Kapha</i> and are purgated with difficulty.	It is due to increased <i>Kapha</i>

People who have more *Vata* are classified as having *Krura Koshta* and are constipated, since the *Koshta* is

impacted by *Vata* and is *Ruksha*. As a result, absorption increases, and the increased absorption of water from the

faeces leads in hard lumpy stools, which produces *Vibandha*.

**LAKSHANA OF VIBANDHA<sup>[15]</sup>**:- *Vegadharana* is viewed as a *Nidana* for *Vibandha*, hence the *Pureeshvega Nigraha Lakshana* such *Pakvashya Shoola*, *Shiro Shool*, *Pindikodveshtana*, *Vatavarcho-Apravritti*, *Aadhman*, *Pratishyaya*, *Hridayasya-avarodha* may be chosen as *Lakshana* for *Vibandha*.

**COMPLICATIONS OF VIBANDH<sup>[16]</sup>**:- *Anah*, *Raktarshas*, *AntraVridhhi*, *Bhagandhara*, *Parikarthika*, *Sanniruddha -guda* (anal stenosis).

**MANAGEMENT OF VIBANDHA AS MENTIONED IN AYURVEDA<sup>[17]</sup>**:

The *Sharangdhara Samhita* describes many plants and their formulations for restoring normal GI tract discharge. These are *Anulomana*, *Bhedana*, *Rechana*, and *Sramsana*.

**ANULOMANA**:- *Anulomana* (aperients) is a medicine that aids in the normal formation of excreta as well as breaking down obstructions and facilitating simple expulsion through the anus. Example: *Chebolic myrobalan (Haritaki)*.

**BHEDANA**:- This medicine, which breaks down either constipated faeces or vitiated *Doshas* and expels them, is known as *Bhedana* (purgative). Example:- *Katuki* (*Picrorhiza kurroa*).

**RECHANA**:- The drug which liquifies the *Malas* whether it is formed or unformed and expels them is called *Rechana*. Example: *Sukha Virechana -Trivrit*, *Teekshna Virechana - Snuhi Ksheera*, *Mridu Virechana - Aragvadha*.

**SRAMSANA**:- The medication pushes down the products that are still affected in the intestines but has no effect on digestion. The medication cleanses the lower stomach and small intestine, known as the *Pitta-ashaya*, of either *Pitta*, *Kapha*, or both. The example for this is *Aragvadha* (*Cassia fistula*).

**PATHYA IN VIBANDHA**: The most fundamental aspect of *Vibandha* is to incorporate dietary modifications, such as the use of sweet, sour, and saline tastes, which are beneficial for stool expulsion. To relieve *Vibandha* (constipation), medications and foods should be handled correctly.<sup>[18]</sup> Many medications are described to relieve *Vibandha* (constipation), such as *Sitarasika*, which is made from boiling juice.<sup>[19]</sup> *Matulunga's* juice is very useful for constipation.<sup>[20]</sup> *Jambira phala* alleviates constipation.<sup>[21]</sup> *Nagara* (dry *Sunthi*) and *Hingu* are easy to digest and help with constipation.<sup>[22]</sup> *Madhusigru* is a laxative that relieves constipation.<sup>[23]</sup>

*Rasona* (garlic) has laxative properties.<sup>[24]</sup> *Sauvarchal Lavana* aids digestion and relieves constipation.<sup>[25]</sup> Constipation is treated with *Sarji-Kshara* and *Yavak-Kshara* (made from barley bristles).<sup>[26]</sup> (*Shaka Varga: Pushpa Phala (Kushmanda)*, *Alabu*, *Kalinda*, and *Harita Varga*: which may be eaten as a salad.

Ginger juice cures *Vibandha* (Constipation). *Vatahara Madira*, *Sauviraka* and *Tushudaka* and sour *kanji* are laxatives. *Shali Chawal* causes constipation.<sup>[26]</sup>

## DISCUSSION

Constipation can be associated with *Vibandha*, according to the concept of Constipation as defined by Rome II criteria. One of the indications of *Purisha kshaya*, *Vata Vriddhi*, and *Krura Kostha* is incomplete stool evacuation. It can also occur as a result of *Apana Vata Vaigunya* and *Apathy Aahara - Vihara*, which can result in hard stools, so the treatment is based on *Samprapti Vighatana*, so *Vibandha* can be compared to constipation, which can be managed by medications or simply changing dietary and lifestyle habits in the early stages.

## CONCLUSION

Finally, it should be noted that *Vibandha* is not a single sickness but is related with a number of ailments as stated in *Ayurvedic* texts. The management should be based on the kind of *Kostha*. It may be inferred that therapy should be administered based on *Nidan*, in addition to *Pathya-Apathya* and many other types of laxatives such as *Anulomana*, *Bhedan*, and so on.

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