

REVIEW ARTICLE ON VIBANDHA

Dr. Rajeev Kumar Sharma^{*1}, Dr. Nagendra Thakre² and Dr. Dinesh Ram³¹Assistant Professor, Department of Kaumarbhritya/ Balroga, S.R.T. Ayurvedic Medical College & Hospital, Karjara (Gaya).²Assistant Professor, Department of Kaumarbhritya/ Balroga, SAM College of Ayurvedic Sciences and Hospital, Bhopal.³Assistant Professor, Department of Swasthvit & Yoga, S.R.T. Ayurvedic Medical College & Hospital, Karjara (Gaya).***Corresponding Author: Dr. Rajeev Kumar Sharma**

Assistant Professor, Department of Kaumarbhritya/ Balroga, S.R.T. Ayurvedic Medical College & Hospital, Karjara (Gaya).

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ABSTRACT

Constipation is a disease condition resembling to Vibandha described in Ayurveda. Vibandha or Badhapurisha means obstruction or constipation i.e. sanga and which indicates one of the state of srotodushti especially in purishavaha srotas. It refers to bowel movements that are infrequent or hard to pass and is a general term used to indicate fewer bowel movements, solidified hard stools, painful defecation and feeling of bloating, abdominal discomfort or incomplete elimination. Constipation may be the end result of many gastrointestinal and other medical disorders. Constipation is easier to prevent than to treat. Following the relief of constipation, maintenance with adequate exercise, fluid intake and high fiber diet is recommended.

KEYWORDS: Vibandha, Constipation, Bowels, Badhapurisha, Purishavaha Srotas.

INTRODUCTION

Constipation is one of the common prevalent diseases in paediatric age group. Constipation can be correlated with vibandha as both the terminologies have similar features like purish nigraha (obstruction of stool), pakvashya shoola (pain abdomen), parikartika (pain during defecation) etc. Constipation can occur at any age, and is more common among individuals who resist the urge to move their bowels at their body's signal. Body is originally composed of dosas, dhatus and malas.^[1] Consumed food as well as dhatus manifest malas during the process of digestion and metabolism for example; vata or Varcha or purisha (Stool) and Mutra (Urine) are the waste product of anna (food) etc.^[2] It is called mala because of having a tendency to vitiate others.^[3] Vibandha (constipation) is not described as a separate disease in our classical text. Description of Vibandha is found in vyapada of Vamana and Virechana.^[4] It is a side effect of sansodhan (Vamana or Virechana) done in Ajirna.^[5] symptoms of parikartika.^[6] It is apatarpanjanya roga (Diseases caused by nutritional deficiency)^[7] and one of the complications of immediate haemostasis in Raktarsha (bleeding piles)^[8] However symptoms of Udavarta (Retention of feces, flatus, urine) like Anaha (Obstruction), Admana (Distension), Malaavastamba (Hardness of faeces) due to the pratiloma gati (reverse flow) of Apana is mimic the symptoms of vibandha.^[9] In Ayurveda there are so many preparations and karma to

treat the patients of constipation which not only cures but also prevent remission of disease without any side effect if done properly.

Vibandha is not mentioned in samhita as a specific disease but some references are given in the samhitas regarding vibandha as a disease. i.e. vibandha mentioned in vataja nanatmaja vyadhi. "ksQ% LrEHk% Jksf.kHksnks oa{k.kkukgfoM~xnkS A (Ka.Su. 27/22)

HETU

1. Sanniruddha guda (anal stenosis) lfUu:} xqna O;kf/kesua folkr~ lqnqLrje~ "kd`Uew+=lek;qDrs?kkSrs:ikus f"K"kkSHkZosr~A (Su. Ni.13/56).
2. Kshira
 - Vata dushitha sthanya sevana, Kashaya rasa pradhana ksheera sevana.
3. Purishaja krimi
 - Krimi also causes vibandha (round worm and pin worm, unhealthy yeast infections, ex. Candida yeast).
4. Purishaja Veghadharana:
 - With holding of stool.

5. Purisha vaha srotho dusti
la/kkj.kknR;"kuknth.kZ/;"kukRrFkk opksZokghfu
nq';fUr nqcZykXus% d'"kL; pAA (Ch.Vi. 5/23).

6. Ayogya of virechana, anuvasana vasti and niruha vasti.

- Vibhanda can be seen in so many diseases as a Lakshana
- Vata jwara
- Atisara poorva rupa
- Gulma poorva rupa
- Grahani lakshana
- Vistabda ajeerna
- Alasaka.

ROOPAS OF VIBHANDA

- Anaha
- Aadhmana
- Dourgandhya
- Graditha anhrata
- Sirah soola
- Udara soola
- Utsaha haani
- Alasya.

COMPLICATIONS

- Udavarta
- Anaha
- Aadhmana
- Arsas
- Antra vriddhi
- Bhagandhara
- Parikarthika

TREATMENT

- **ANULOMANA**
The drug which carries out the paaka of the mala and which facilitates their easy elimination through anus by breaking the bandha is called anulomana.
Ex: Harithaki.
- **BEDHANA**
The drug which pushes the malas downwards after breaking down the scybal (hardened faecal mass) irrespective of their state i.e. clinging or not clinging to the walls.
Ex: Katuki.
- Charaka mentioned suvaha, arka, urubhaka, agnimukha under bhedhana dasae mani.
- **RECHANA**
The drug which liquifies the malas irrespective of their paka and expulses them is called Rechana. Jala mahabhoota predominance.
Ex: Sukha virechana – Trivrit
Teekshna – Snuhi ksheera

Mridu - Aragvadha

- **SRAMSANA**

- The drug which takes no part in digestion but which drives downwards the products that remain impacted in the intestines
Ex: Aragvadha

- **DRUGS**

- Should be snigdha, agni vardhaka, tone improving.
- Can advise Mecalvit or any Ca supplements.
- Other general drugs
In infants – Rojapusp avalehy
In older children - Swadist virechana churna, Avipattikara churna.

- **PANCHAKARMA**

- Sneha paana ex. Grita and taila
- Swedana yogya
- Niruha and anuvasana vasti

- **YOGIC PRACTICES:** The following yogic practices are beneficial inconstipation; however, these should be performed only under the guidance of qualified Yoga therapist. Duration should be decided by the Yoga therapist.

1. Kurmasana, Vakrasana, Katichakrasana, Sarvangasana, Shavasana, Pavanamuktasana, Mandukasana, Vajrasana etc.
2. Yogamudra, Shankha prakshalana, Nadishodhana.
3. Surya namaskara, Anuloma viloma, Deep relaxation technique.

- **SOME REMEDIES**

- Ushnodhaka
- Ksheera
- Mamsa rasa.

- **SOME FRUITS:** Guava, Orange, Grapes, Papaya.

CONCLUSION

The cardinal features of Vibandha described in our classical texts are similar to that of constipation in contemporary science. It may be consider that *Vibandha* (Constipation) is independently a disease and also a complication of some diseases. Its management should be according to type of *Kostha* (Alimentary canal). It may be concluded that treatment according to its cause along with plenty of fluid, physical exercise, many more form of laxative like *anulomana*, *bhedan* etc. which should be given according to state of *Dosa* and *Kostha*.

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