

**A CONCEPTUAL STUDY ON PATHOPHYSIOLOGICAL FACTORS OF CHRONIC  
CONSTIPATION W.S.R. VIBANDHA IN OLDER PERSONS****Dr. Rashmi Shukla\*, Dr. Avadhesh Kumar, Dr. Jai Shankar Prashad, Dr. Asish Kumar Garai**JR, Associate Professor and Head, Assistant Professor, Assistant Professor  
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**ABSTRACT**

Constipation is a frequently complained bowel symptom in the old age person with considerable impact on quality of life and health. Yet it is usually considered to be a simple management issue. Therefore physicians' lack of interest in and inadequate training about the aetiology of constipation may contribute to their inability to manage the problem of constipation effectively. Constipation is a physiologic consequence of normal aging, decreased mobility, medications, underlying diseases, and rectal sensory-motor dysfunction may all contribute to its increased prevalence in older adults. Hence there is a need for exploration a food-based, natural and drug-based convenient alternative for potential solutions to the problem of constipation, which includes lifestyle modification in early stage and by drug therapy assessing the dosha-dushya samurchana on which Ayurveda treatment depends. The present communication deals pathophysiological factors of vibandha (constipation) with its Ayurvedic as well as modern perspectives.

**KEYWORDS:** Chronic Constipation, Vibandha,, Aging, Quality of life.**INTRODUCTION**

Physical changes in aging affect the developmental risk of constipation in older adults. Changes over time such as decreased mobility, a more sedentary lifestyle with lack of exercise, diets low in fibre, and changes in fluid intake all predispose older adults to a higher constipation risk. Gastrointestinal changes such as a blunted urge to defecate can also increase the risk of constipation in older adults. Psychological changes are interactive with bowel function and can affect the gastrointestinal system by affecting the bowel muscles. Medications used to treat common health conditions, such as opioids, antidepressants, antihypertensives, and iron supplements may also contribute to constipation.

Constipation is an acute or chronic condition characterized by dry and hard infrequent stools that are painful or difficult to pass. The sedentary life-style and wrong eating habits are responsible for constipation. When one is facing difficulty to pass stools from several weeks or longer it leads to chronic constipation. Constipation can become a serious problem if not treated on the right time.

As per Ayurveda it can be co- related with vibandha which means blockage of channels (here excretory channels). The waste products formed after the process of digestion / metabolism is removed from the body which is brought by process called excretion. If it

remains for longer time in the body have tendency to vitiate the normal doshas by causing sroto sanga called vibandha (constipation).

Some of the most common symptoms of chronic constipation in old person include:

- The inability to have a bowel movement for several days or passing hard, dry stools.
- Abdominal bloating, cramps or pain. Decreased appetite. Lethargy. Heaviness at the head.
- Feeling of blockage and heaviness in rectum that prevents bowel movements.
- Feeling of incompletely emptying of the stool from rectum.

Constipation make sufferer very uncomfortable, but it is not life threatening. However, it can become a cause or a triggering factor for other health issues if it starts to cause further damage.

Health issues that can arise as a result of severe constipation include:

- Rectal bleeding on habitual straining
- Anal fissure
- Haemorrhoids
- Faecal impaction, which occurs when dried stool stagnates and collects in the rectum and anus.

### Pathophysiology of chronic Constipation in older person

- As we age, we lose muscle mass, and this can affect gut motility and contribute to constipation in older adults. That's because the intestinal walls are lined with layers of muscle, which contract to move food through your digestive system.
- When we're older, we tend to move around less and sit more. But this sedentary lifestyle can slow down your gastrointestinal tract
- With age, there's a greater probability of developing long-term health conditions that require medicines. Unfortunately, certain medications can clog up your digestive system. Opioids (prescription pain meds) Anticholinergics (used to treat a range of conditions, including asthma, COPD, overactive bladder and symptoms of Parkinson's disease) Antidepressants etc.
- Water intake is also extremely important for a healthy gut and plentiful poops,. That's because water softens your stool, which makes for easy-breezy bowel movement.

What you put on your plate can either promote or prevent regular poops. For many of us, the problem is inadequate fibre, The benefits of fibre include better digestion and bowel function, so when you're not getting enough, you might find yourself constipated.

Some older adults experience a loss of taste and smell as they age,. Not only can this change decrease your appetite (making it tougher to get nutrients like fibre),

**Ayurveda** classifies constipation as a disorder arises due to the vitiation of vata dosha, because vata governs all movements and excretion is one of them. Therefore, anything that aggravates this dosha like stress, tension, travel, dehydration, cold wind, exhaustion, or dry, cold, rough foods—can vitiate vata and make you constipated. Vata excess can produce some additional symptoms like spasms, especially in the colon, stiffness in the lower back and discomfort or pain in pelvis. Very hard and dry narrow stools or shaped like small pellets or balls.

When constipation appears as secondary or associated symptom of a disease it get resolve easily once the main pathology get treated. But in case of chronic constipation, it is not simpler vata vitiation or malabandha and it needs proper treatment.

In case of chronic constipation we can correlate sign and symptom to Pakvasayagata vata. Pakvasayagata vata is a kind of vata disorder where the excessive aggravation followed by vitiation of vata dosha and finally it get lodged at the Pakvashaya (Intestine) and produce various sign and symptoms as below;

Antrakoojana (bowel sounds), Udara (abdominal pain), Atoop (flatulence), Mala Mutrakrchra (difficulties in passing urine and stool), Anaaha (abdominal distension)

and Trikvedana (pain around sacral region) are the symptoms of Pakvasayagata vata.

It happens when person ignores the constipation and continue the causes of vata vitiation for a long time. Some of the most common causes are junk food consumption, alcohol drinking, smoking and over-eating. Most people affected by this problem feel bloated and uneasy with the inability to pass stool easily. It leads to chronic condition which further lead to various risks as said above.

Ayurvedic shodhna therapies are the only solution to correct the malfunctioning of the defecations process. We opt different types of therapies that cleanse not only the colon but the whole GIT. Followed by restoring the physiology through shamana therapies. Panchakarma provides the good & effective treatment along with the oral medicines with rare chances of reoccurrence.

For the permanent solution for constipation,we follow specific approach

- We try to find the exact cause of it.
- Know the prakriti (constitution) of the person.
- Aahara (Food habits) and Vihara (life style) of the person.
- Rog Bala (intensity of the disease) and Rogi Bala (strength of the diseased)

After the proper understanding about the disease and diseased, we decide a set of suitable therapies as per all above considerations. The treatment plan includes various therapies as below;

- Therapies for the preparation of body for Shodhna.
- Purification therapies.
- Relaxation therapies.
- Rejuvenation therapies.
- Shamnoushdhies ( Oral Medicines )

### MATERIAL AND METHODS

The present communication deals etiopathogenesis and management of vibandha (constipation) with its Ayurvedic perspectives. This study is based on a review of Ayurvedic texts. Materials related to Vibandha, Constipation and their relation have been collected and compiled. The main Ayurvedic texts used in this study are Charaka Samhita, Sushruta Samhita and Sharangadhara Samhita.and also many modern literatures.

And also PubMed database searches were performed for the published articles about the prevalence, causes, risk factors of constipation and vibandha among the population, especially the elderly.

### RESULTS

After the overall description, lastly, it may be considered that vibandha (Constipation) is independently a disease and also a complication of some diseases. Its management should be according to the type of koshtha.

Hence there is a need for exploration a food-based, natural and drug-based convenient alternative for potential solutions to the problem of constipation, which includes lifestyle modification in early stage and by drug therapy assessing the dosha-dushya samurchana on which Ayurveda treatment depends To conclude the treatment according to its cause along with plenty of fluid, physical exercise, many more form of laxatives like anulomana, bhedan etc which should be given according to the state of dosha and kostha.

### DISCUSSION

Constipation can become a chronic problem, refractory to management, and most likely is a result of lifelong patterns of bowel and dietary habits and laxative use, along with the interaction of pathophysiological and perhaps some senescent changes of gut motility.

Constipation is a prevalent disorder and an important cause of morbidity in the elderly. Chronic constipation in the elderly is affected by many factors which make it more prevalent in the elderly more than any other age group especially the people above 65 years old. Yet it has been greatly understudied as a health care issue in the long-term care setting.

### CONCLUSION

Extraordinary prevalence of constipation remained observed among the population, especially the elderly. Constipation is a consequence of a group of risk influences, as per reduced physical activity subsequent from long-lasting diseases, reduced fibre, and fluid intake, and multiple medication intakes. Fibre supplementation and laxatives are considered the first line and effective treatment in most patients. Ayurvedic shodhna therapies are the only solution to correct the malfunctioning of the defecations process. We opt different types of therapies that cleanse not only the colon but the whole GIT. Followed by restoring the physiology through shamana therapies.

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