

**CONCEPTUAL STUDY OF MATRA BASTI IN MANAGEMENT OF PURISH  
AVARADHJANYA UDAVARTA IN CHILDREN W.S.R. TO FUNCTIONAL  
CONSTIPATION**

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**ABSTRACT**

With changing trends to food and lifestyle there is increasing trends to Vatavyadhis. Ayurveda considers aggravated Vata as the main contributory factor for many disorders. Udavarta is described under Vatavyadhi in all Samhitas and Sangraha Granthas. Purish Avaradhjanya Udavarta (functional constipation) is one of such disorder in which infrequent and/or painful defecation, fecal incontinence, and abdominal pain; causes significant distress, Vatapurnadrutisparsha. Basti is considered best to treat all Vatavyadhis. Matra basti is subtype of Anuvasana basti. It is very much convenient to administer in present daylife as it is a subtype of Anuvasanabasti. Matrabasti which itself is in small amount is being helpful to treat various Vatavyadhis. So here in this article I have discussed the effect of Matrabasti in management of Purish Avaradhjanya Udavarta may be correlated with constipation.

**KEYWORDS:** Purish Avaradhjanya Udavarta, functional constipation, Matrabasti, Anuvasanabasti, Vatavyadhi.

**INTRODUCTION**

Ayurveda – The science of life deals with physical, psychological as well as spiritual well being of an individual. It covers all the spheres of human life. All human beings wish to lead a healthy life in there healthy and active body. There are several such disorders which curtails one from leading a happy, healthy and active life. Functional constipation is a common problem in childhood, with an estimated prevalence of 3% worldwide. In 17% to40% of children<sup>[1]</sup>, constipation starts in the first year of life. Functional constipation is correleated with Purish Avaradhjanya Udavarta in Ayurveda. In Udavarta Vyadhi; movement of Vata, faeces, urine etc. become upwards, and Anuloma Gati of the Apan Vayu becomes Pratiloma and Purish is obstructed in Pakvashaya and further complication, such as Adhman, Vatvarchoapravartan etc. arises and digestion of the food can't occur properly. Ultimately leading to deteriorates of the health of child. Udavarta is described under Vatavyadhi in Samhita and Sangraha texts. The proposed study focus on management of Udavarta. Purish Avaradhjanya Udavarta is sub type of Udavarta and it is Vata disorder. Basti treatment is indicated to be the best for management of Vata disorder.<sup>[2]</sup> According to Agnivesha, Basti is said to be half of the whole treatment of Vata disorder.<sup>[3]</sup> Anuvasanabasti is type of Basti.<sup>[4]</sup> in which Snehadravya

is given by Basti. Matrabasti is type of Anuvasana Basti.<sup>[5]</sup> It is explained that this type of Basti can be given to almost everybody, in all seasons and it can be given with maxi- mum ease and has no complications<sup>[6]</sup> thereafter Matrabasti can be administered at all times and in all seasons. It is recommended for daily use in those affected with Vatavikara. Based on this background Matrabasti was evaluated in management of Purish Avaradhjanya Udavarta.

**OBJECTIVES**

- To study the concept of Matrabasti in management of Purish Avaradhjanya Udavarta.
- To study in detail about the lakshanas Purish Avaradhjanya Udavarta from various Samhitas.
- To study in details about Matrabasti.

**MATERIALS AND METHODS**

- All the references regarding Purish Avaradhjanya Udavarta and Matrabasti are collected from Bruhatrayee and Laghutrayee and various text books and compilation is done.
- Concept of Basti, Purish Avaradhjanya Udavarta and Matrabasti studied in details.

- Collection of all the references is done and correlation between the data is done logically i.e. by using Yukti Pramana.

## REVIEW OF DISEASE

### DEFINATION OF FUNCTIONAL CONSTIPATION

Constipation is the passage of firm or hard pellet like stool at infrequent i.e. <3 stool/week, & long intervals with difficult to expel.<sup>[24]</sup>

### Pathophysiology

Functional constipation in children is commonly caused by withholding of feces for multiple reasons. Painful defecation as the commonest factor for constipation.<sup>[25]</sup> Painful bowel movements lead to withholding in an attempt to avoid the unpleasant defecation experience. Events that causes painful defecation are changes to routine or diet, stressful events, comorbid illness, unavailability of toilets, the lack of privacy in school facilities or postpones Defecation- busy in another extremely interesting activity. example(playing, watching tv,mobile games etc) Voluntary withholding consists of voluntary contraction of the external sphincter in an attempt to push the stool back up into the sigmoid colon. The sigmoid then accommodates the fecal mass and the urge to defecate is postponed. Withholding of feces leads to fecal stasis, re-absorption of fluids and an increase in the size and consistency of stools. Large and hard stools result in painful stretching of the anus and a resultant avoidance of defecation in an attempt to avoid this pain. This vicious cycle continues. These children develop a retentive posture or “stool-withholding maneuver” which parents feel that the child is trying hard (straining) in an attempt to pass stool when the child is actually trying his best to stop it. Liquid stools from the proximal colon seep around hard retained stool cause fecal incontinence. 30% children with functional constipation develop fecal incontinence.<sup>[26]</sup>

### DEFINATION OF UDAVARTA

Udavarta takes place by suppressing arisen urges of flow of tears, yawning etc. Apana Vayu gets aggravated in the colon. When strongly aggravated, it obstructs the downward moving channels (like anus and urinary passage) as a result of which the movement of stool, urine and flatus get gradually obstructed giving rise to Udavarata.<sup>[9]</sup>

### PURISH AVARODH-JANYA UDAVRTA:

On suppression of the urge of defaecation, there appear abdominal distension; colic, cutting pain, retention of faeces, upward movement of Vata (excessive bleching) or faeces comes out of mouth.<sup>[10]</sup>

### STROTAS INVOLVED IN PURISH AVARODH-JANYA UDAVRTA

#### 1) ANNAVAHA STROTASA

Mulsthana-The root of Annavaaha Strotas is Amashaya the left side.<sup>[11]</sup>

#### STROTASA DUSHTI LAKSHANA

The symptoms of imbalance / Vitiation of Annavaaha Strotas are loss of desire for food,anorexia, indigestion, vomiting.<sup>[12]</sup>

#### STROTASA DUSHTI KARANE

Annavaaha strotas become imbalance due to intake of food in excessive quantity, untimely and which is unwholesome and derrangement of Agni.<sup>[13]</sup>

#### 2) PURISHVAHA STROTASA

Mulasthana: Root of Purishavaha Strotas is Pakvasaya, Sthulaguda (rectum).<sup>[14]</sup>

#### PURISHVAHA STROTASA DUSHTI LAKSHANA

When Purishavaha Strotas become imbalance then following symptoms seen,

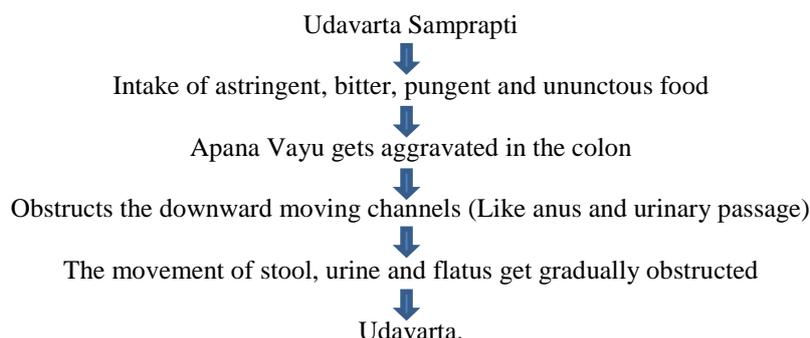
- Passing faeces with difficulty.
- Passing faeces in small quantity.
- Passing faeces with sound and pain.
- Passing faeces with too liquid too scabulus an in large quantity.<sup>[15]</sup>

#### PURISHVAHA STROTAS DUSHTI KARANE

The cause of imbalance of Purishavaha strotas is holding up of the urge for defaecation, over-eating, eating during indigestion and when previous meal is not digested. Particularly person with poor digestion and who are lean and thin built.<sup>[16]</sup>

#### UDAVARTA NIDANA

Udavarta takes place by suppressing arisen urges of flatus, faeces, Urine, yawning, flow of tears, sneezing, eructation, vomiting, and (ejaculation of) semen. Udavarta is also caused by holding up of hunger, thirst, breath and sleep.<sup>[17]</sup>



**DOSHA** – Vayu.

**DUSHYA** –Trayodasha Bhav.

**ADHISHTANA** – Trayodasha Vegamarga.

Because of the intake of astringent, bitter, pungent and ununctuous food and because of indulgence in sex without taking appropriate food, Apana Vayu gets aggravated in the colon. When strongly aggravated, it obstructs the downward moving channels (like anus and urinary passage) as a result of which the movement of stool, urine and flatus get gradually obstructed giving rise to Udavartata which is a serious ailment.<sup>[18]</sup> Udavarta takes place by suppressing arisen urges of flatus, feces, urine, yawning, flow of tears, sneezing, eructation, vomiting, and hunger, thirst, breath and sleep.<sup>[19]</sup> When Apan Vayu in abdomen is aggravated by rough, astringent, pungent and bitter food, it produces Udavarta immediately due to which the channels carrying flatus, urine, faeces, blood, Kapha and Medas function in reverse direction and the faeces are hardened too much. Consequently the person suffering from pain in cardiac and pelvic region, heaviness and anorexia, passes flatus, urine and stool with difficulty; besides, he gets many other disorders caused by aggravation of Vata such as 224yspnea, coryza, cough, burning sensation, mental confusion, vomiting, fever, thirst, hiccough, head-disease and abnormalities of mind and ears.<sup>[20]</sup>

#### **THE SIGN AND SYMPTOMES OF UDAVARTATA**

- 1) Frequent pain in the region of urinary bladder, heart, pelvis and abdomen.
- 2) Excruciating pain in the back side of the chest.
- 3) Flatulence, nausea, griping pain, pricking pain, indigestion and inflammation of the urinary bladder.
- 4) Obstruction to voiding of stool and appearance of boils in the abdomen.
- 5) Movement of flatus upwards because of obstruction in the anus.
- 6) Ejaculation of semen with difficulty and after a long time.
- 7) Dryness, ununctuousness and coldness of the body.<sup>[21]</sup>

According to different number of causes like, suppressing arisen urges of flatus, faeces, urine, yawning, flow of tears, sneezing, eructation, vomiting and (ejaculation of) semen, holding up of hunger, thirst, breath and sleep. Udavarta is of thirteen types.<sup>[22]</sup> If Apana is obstructed in its passage, it causes loss of faeces or defaecation through mouth (reverse peristalsis); moreover, it produces 224yspnea224ce, colic, obstruction in the cardiac region, headache, severe 224yspnea, hiccough, cough, coryza, obstruction in throat and terrible spread of Kapha and Pitta.<sup>[23]</sup>

#### **BASTI REVIEW**

Basti being is the most widely used and highly effective treatment modality in Panchakarma. Though Basti is mentioned in vitiation of all the Vata, Pitta, Kapha,

Rakta Doshas.<sup>[7]</sup> It is specially indicated for Vatika disorders. Acharya Charaka states Basti first act on Pakvaashaya (large intestine) and keep the Vata in Samaavastha (equilibrium). It produces Chedana of Vata. So all the Vatavikaras will be adiminished just like the tree which is cut by its roots loses the extremities, stem, Shakha (branches), Kanda, Pushpa(flowers).<sup>[8]</sup> According to Chakrapani the correctly given Basti will stay in the Pakvaashaya (large intestine),Shroni (pelvis), Nabhi (umbellicus) and Adhobhaga. Basti Dravya will reach the entire Strotasa in view of its Veerya and produce Shamanadi Karmas. After the administration of Basti, it will come out to the effect of Apanavayu. It also causes Shodhana of Doshas from Pada to Shiras.

#### **MATRA BASTI**

Matrabasti is a type of Anuvasanabasti based on Matra of Basti Dravya. All Acharyas explained about Matrabasti and considered safe and useful in many conditions where other varieties of Basties are contraindicated. The term Matra, gives various meanings with respect to different contexts, such as measurements, quantity, size, number, degree, movement, unit of time. In the present context the term Matra gives the meaning for the unit of measurement i.e. for the quantity of Bastidravya. Basti also having different meanings in various quantexts but in present quantext it is considered as therapeutic procedure of Panchakarma.

#### **INDICATIONS OF MATRA BASTI**

According to Acharya Charaka, Matrabasti is always applicable to those emaciated due to over work, physical exercise, weight lifting, way faring, journey on vehicles and indulgence in women, in debilitated persons as well as in those afflicted with Vata Disorders. VruddhaVagbhata has emphasized on regular administration of the Matrabasti and it can be administered at all times and in all seasons just like Madhutailikabasti.

#### **CONTRAINdicATONS**

In classics, there are no major contractions mentioned for Matrabasti, but Ashtangasangrahakara has stated that Matrabasti should not be administered in Ajeerna (indigestion) condition and to those who resort to Diwaswapna.(sleep during day time).

#### **DISCUSSION**

According to Acharya Charaka the aggravated Vayu while filling up the channels of circulation which are empty or have become weak in quality because of the lack of the unctuousness, produces different kinds of aliments affecting the whole body or a part. Basti is considered as best therapy in Udavarta. Matra basti has a special place among all the bastis and highly praised because it can be administered at any time. It doesn't cause any complication. Since the doses of Sneha used in matrabasti is low, there will be no fear of any complications. It stays in the colon for maximum period and will induce all beneficial results. there are no

restrictions tagged to administrations of matra basti. There is no pathya (diet and lifestyle restriction) indicated while undergoing matra basti. This makes the administration taking of matra basti on easy process. Even parihara kala has not been mentioned with respect to matra basti as done in case of niruh basti. Thus matra basti helps in Udavarta.

### CONCLUSSION

- Matra Basti is having Snehana effect.
- Matra Basti can provide significant results in Udavarta.
- Thus Matra Basti can be effectively used in management of Udavarta.

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