



**“A PROSPECTIVE RANDOMIZED CLINICAL TRIAL FOR THE EFFECT OF DIET
AND YOGA IN VIBANDHA (CONSTIPATION).”**

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ABSTRACT

Sharir is made up of dosha, dhatu and mala which should be in Sama sthiti. *Vida* or *Purisha* is the mala i.e. waste product of *Anna* (food). *Mala* is the end product of the process of digestion. The mala should be excreted from the body at right time. If it doesn't excrete by the body at right time it causes *Sanga* of *Purishvaha srotas* i.e. called as *Vibandha* (Constipation). *Vibandha* (Constipation) is a symptom not a disease. The main causes of *Vibandha* (Constipation) are wrong dietary-lifestyle habits, mental stress. To counter these causative factors lifestyle modification with the help of correct diet and Yoga is very useful. So the subjects presenting the symptoms like *Adhman*, difficulty in defaecation and hardness of stool are advised for lifestyle modification with fiber rich diet and daily Yoga practices. Follow up is taken after 15 days. And hence it is found that *Vibandha* can be well treated with the adoption of diet and Yoga in routine.

KEYWORDS: *Vibandha*, *mala*, *adhmana*, Diet, Yoga.

INTRODUCTION

Sama Dosh, Sama Agni, Sama Dhatu are pillars of the body that means *Sharir* is made up of dosha, dhatu and mala which should be in Sama sthiti. *Vida* or *Purisha* is the mala i.e. waste product of *Anna* (food). For metabolism all dosha, dhatu and mala are needed. *Mala* is the end product of the process of digestion. The mala should be excreted from the body at right time. If it doesn't excrete by the body at right time it causes *Sanga* of *Purishvaha srotas* i.e. called as *Vibandha* (Constipation).

Vibandha (Constipation) is a symptom not a disease. The main causes of *Vibandha* (Constipation) are wrong dietary-lifestyle habits, mental stress. Low intake of food and water is one of the important cause to get constipated. Many laxatives and purgatives are available in the market. But it is not good to take medicines daily for normal bowel movements. It is needed to work on the bowel movements through diet and lifestyle changes. To counter these causative factors lifestyle modification with the help of correct diet and Yoga is very useful. So the subjects presenting the symptoms like *Adhman*, difficulty in defaecation and hardness of stool are advised for lifestyle modification with fiber rich diet and daily Yoga practices. Yoga causes *Vatanulomana* and *agnideepana*. Fiber rich diet and proper hydration helps

to lower the symptoms related with *Vibandha* i. e. *Adhmana*, hard stools and pain during defaecation etc.

OBJECTIVES

- 1) To study etiopathogenesis & symptoms of *Vibandha* (Constipation) as per *Ayurveda* & modern medical science.
- 2) To study the effect of change in Diet and Yoga in *Vibandha* (Constipation).

INCLUSION CRITERIA

- 1) As per clinical signs & symptoms of *Vibandha* described in classical *Ayurveda* text *Charak Samhita* i.e. and *Madhav nidana*.
- 2) Patient had been selected from 16-60 years of age of either sex.
- 3) Patients willingly participating in the study trial.

EXCLUSION CRITERIA

- 1) Patients fulfil the inclusion criteria but are diabetic.
- 2) Patients having liver disorders.
- 3) Patients who are not willing for the trial.

Withdrawal Criteria

- 1) The patient is not willing to continue the trial or not giving regular follow-up.
- 2) Evidence of any other illness which may interrupt the treatment.

Assessment Criteria**a] Subjective Criteria****1. Adhman**

Sr. no.	Symptom	Grade
1	No Adhman	0
2	Occasionally feelings of distension of abdomen	1
3	Daily after intake of food upto 1 hour with mild distension of abdomen	2
4	distension of abdomen upto 1-3 hours after intake of food	3
5	Moderate distension of abdomen upto 6 hours after intake of food	4
6	Severe distension of abdomen upto more than 6 hrs after intake of food	5

2. Sashabd Sashula malapravrutti

Sr. No.	Symptom	Grade
1	0 to 5 min time spent for defaecation without pain or strain	0
2	>5 min time spent for defaecation with shoola, Shabda, strain	1
3	>10 to 15 min with shoola, shabda, Strain during defaecation	2
4	15 to 20 min time spent for defaecation with Shoola, Shabda, Strain during & after defaecation	3
5	Above 20 min time spent for defaecation with Shoola, Shabda & Strain associated upadrava of vyadhi.	4

Purishabaddhata

1.	Stool passes as per normal schedule	0
2.	Passes stool with strain, sometimes takes purgative	1
3.	Passes stool after more than 24 hours, frequently takes purgative	2
4.	Passes stool after gap of one day, normal purgatives does not work	3

METHODS AND MATERIALS**Sample size**

Effect of Diet and Yoga on 15 Subjects of Vibandha (Constipation).

Period of trial: Total 30 days period.

15 Subjects fulfilling inclusion criteria are advised for following Diet and yoga for 30 days

- Whole grains, such as whole wheat, oatmeal.

- Legumes, such as lentils, black beans, kidney beans, soybeans.
- Fruits such as berries, apples with skin on, oranges & pears.
- Vegetables such as carrots, broccoli, green peas.
- Water: 10-12 glasses per day.

Daily Practice Programs

No.	Asana	Duration in minutes
1.	Shithilikaran kriya	5
2.	Omkar chanting	5
3.	Suryanamaskara (30 repetitions)	8-10
4.	Vajrasana	2
5.	Dhanurasana	2
6.	Bhujangasana	2
7.	Ushtrasana	2
8.	Ardhamatsyendrasana	2
9.	Pavanmuktasana	2
10.	Halasana	3
11.	Shavasana	2

Follow up

- 0th day & 30th day

Collection of data with the help of complete CRF - with follow-up.

Statistical Analysis

The difference between before and after intervention of each symptom w.r.t. symptom scores of 15 Subjects of Vibandha (Constipation) by Wilcoxon signed rank test.

Place of study

OPD of the Institutional Hospital.

Table 1: Difference in before and after treatment on Adhman.

	Mean	S.D.	S.E.	W value	P value
BT	1.267	0.5936	0.1533	91.00	0.0005
AT	0.3333	0.4880	0.1260		

P<0.05, significant.

Table 1: Difference in before and after treatment on Sashabda Sashula malapravrutti.

	Mean	S.D.	S.E.	W value	P value
BT	1.133	0.6399	0.1652	78.00	0.0006
AT	0.3333	0.4880	0.1260		

P<0.05, significant.

Table 1: Difference in before and after treatment on Purishbaddhata.

	Mean	S.D.	S.E.	W value	P value
BT	1.067	0.7988	0.2063	66.00	0.001
AT	0.2667	0.4577	0.1182		

P<0.05, significant.

DISCUSSION

There is significant difference in before and after given diet and yoga in Vibandha subjects. The symptoms of Vibandha Adhman, Sashabda Sashula malapravrutti, Purishbaddhata are lowered after intervention i.e. diet and Yoga. The diet which is high in fibre causes vatanulomana. Yoga techniques like Suryanamaskara, Vajrasana, Bhujangasana, Ardhamatsyendrasana, Pawanmuktasana, Halasana causes agnideepan and vatanulomana. Yoga relieves constipation by working in two different ways.

- First, it helps to reduce stress. This is important because stress is a major contributor to constipation.
- And second, many yoga poses also work by increasing blood flow, massaging the digestive tract and pushing things along through the system so that the body is able to form healthy bowel movements and prevent constipation. The twisting motions in many yoga are especially helpful for promoting elimination, plus relieving tension and support detoxification.

CONCLUSION

Lifestyle modification i.e. Vatshamak ahar- vihar and yoga are effective in Vibandha(Constipation). As Yoga techniques causes agnideepana, vatanulomana and helps in proper digestion process.

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