A REVIEW ARTICLE ON VIBANDHA (CONSTIPATION)

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ABSTRACT

Vibandha is a most common complaint of digestive system due to faulty life style. Although Vibandha (constipation) is not described in Ayurveda text separately but has been discussed under Apana vaigunya, Purisavaha Srotodusti and Krura Koshtha which occurs due to predominance of vata. Thus all the factors manifesting Purishvahasrotodushti for Vibandha. This condition can be understood from constipation in contemporary science, Constipation is a condition in which an individual experiences uncomfortable or infrequent bowel movements. This is brought about by numerous causative factors amongst them three major causes which include dietary, mental and lifestyle factors. The aim of this present study is to understand the pathophysiology of Vibandha (constipation) properly and its management with its Ayurvedic perspectives.

KEYWORDS:- Vibandha, Constipation, Krura Koshtha, Apanavata vaigunya, Purisavaha Srotodusti.
INTRODUCTION

Constipation is a condition in which an individual experiences uncomfortable or infrequent bowel movements. Patient may also complain of straining, a sensation of incomplete evacuation and either perianal or abdominal discomfort. Constipation may be the end result of many gastrointestinal and other medical disorders.[1] Constipation is the most common digestive complaints of modern life style, almost 70% to 80% of people struggle with constipation and the patient is at high risk for becoming dependent on laxative. So it appears that constipation is the issue that most of us have to deal with one time or other. In the majority of cases, Constipation is a functional disorder caused due to delay in the passage of faecal matter or due to an insufficient bulk of the faeces.

Vibandha (Constipation) is not mentioned in Ayurvedic texts as a specific disease but has been mentioned as a Nidana (causative factor), Lakshana (symptoms) and Upadrava (complications) of several diseases. it can be considered as a Lakshana in Udavarta (Retention of faeces, flatus and urine) like Anaha (Obstruction), Adhmana (Distension), Malaaavastamba (Hardness of faeces) due to the Pratiloma Gati (reverse flow) of Apana Vayu.[2] Generally the patient complaining of Vibandha are having Krura Koshtha which occurs due to predominance of Vata, and due to the Rukshna Guna of Vata causes increased absorption of water leading to hard lumpy stools. Thus Ayurveda has considered constipation as a problem arising due to the predominance of the Vata Dosha. In fact, all people with the Vata constitution have this problem to some extent. Pakvashaya the main site of Vibandha has the predominance of Apana Vata. Further Ruksha Guna of Vata produces hardness of stool, which is difficult to pass. The management of Vibandha is based on Samprapti Vighatana and as the Apana Vata is the main Dosha involved in causing Vibandha, so the drugs having properties opposite to Vata Dosha that is Ushna, Snigdha, Guru, Sara, Dravya should be used to treat constipation. Hence it becomes essential to know about Vibandha in detail before planning for its treatment.

MATERIAL AND METHODS

This study is based on a review of Ayurvedic texts, materials related to Vibandha or Constipation and their relation, have been collected and compiled from different texts. The main Ayurvedic texts used in this study are Charaka Samhita, Sushruta Samhita, Vagbhatt Samhita and Sharangadhara Samhita.
CONSTIPATION:- Constipation is a condition in which an individual experiences uncomfortable or infrequent bowel movements.

It is defined (ROME II criteria) as the presence of any two or more of the following symptoms for at least 3 months\[^3\]
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:- The factors which are responsible for vitiation of Apana Vata and Purishavaha Sroto Dusti, can be considered as the causative factors for Vibandha, as such no direct reference is available in classics.

- Vataj Prakriti are more prone to constipation.
- Katu, Tikta, Kashaya Rasa aggravates Vata Dosha and hence causes constipation.\[^4\]
- Purishavaha Sroto dusti.\[^5\]
- All causes responsible for vitiation of Apana Vayu.\[^6\]
- Vaman Virechana Vyapad.\[^7\]

ETIOLOGY OF CONSTIPATION\[^8\]

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

**TYPES OF CONSTIPATION**\[^{[9]}\]:- Constipation can be broadly classified into two types:-

a) **Casual or temporary**: It can be caused by indigestion, overeating, contaminated food or bacterial infection.

b) **Chronic or habitual**: Occurs most commonly in elders usually due to the loss of tonality in the sphincter muscles. It is also presented by persons suffering from piles or haemorrhoidal tissues.

**SAMPRAPTI OF VIBANDHA**\[^{[10]}\] Vibandha results from Agni dushti or Ama formation. For the above mentioned Nidana Sevana the Prakupita Vata reached into Pakvashaya and dries up the Mala, which results into hard stool.

**SAMPRAPTI GHATAK**\[^{[11]}\]

**Hetu** - Agniivaigunya - Ama formation – Malasanchaya - Vibandha

**Dosha** - Apana Vayu

**Srotas** - Pureeshavaha srotas

**Udbhava Sthana** - Pakvashaya

**Sadhya/Asadhhyata** - Sadhya

**Vyakta Sthana** - Adhah- Kaya

**ASSESSMENT OF VIBANDHA BY KOSTHA**:\[^{[12,13,14]}\] Vibandha is diagnosed by assessing the Koshta (bowel habits) of a person as well as the associated clinical manifestations.

<table>
<thead>
<tr>
<th>Type of Kostha</th>
<th>Acc to Sharangadhara</th>
<th>Acc to Sushruta</th>
<th>Acc to Vagbhatt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mridu,</td>
<td>With more Pitta</td>
<td><em>Mridu Koshta</em> have an abundance of <em>Pitta</em> and are purged even by milk.</td>
<td>It is due to increased <em>Vata</em>.</td>
</tr>
<tr>
<td>Madhyama</td>
<td>With more Kaph.</td>
<td><em>Madhyama Kostha</em> have balanced <em>Doshas</em>.</td>
<td>It is due to increased <em>Pitta</em>.</td>
</tr>
<tr>
<td>Krura</td>
<td>with more Vata</td>
<td><em>Krura Koshta</em> have a predominance of <em>Vata</em> and <em>Kapha</em> and are purgated with difficulty.</td>
<td>It is due to increased <em>Kapha</em>.</td>
</tr>
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</table>
The People with more Vata are graded as having Krura Kostha and are constipated, because here the Koshta will be influenced by Vata and will be Ruksha. Therefore the absorption will be increased and due to more absorption of water from the faeces results into hard lumpy stools, and hence causes Vibandha.

LAKSHANA OF VIBANDHA:[15] Vegadharana is considered as a Nidana for Vibandha, so the Pureeshvega Nigraha Lakshana like Pakvashya Shoola, Shiro Shool, Pindikodveshtana, Vatavarcho-Apravritti, Aadhma, Pratishyaya, Hridayasya-avarodha may be taken as Lakshana for Vibandha.


MANAGEMENT OF VIBANDHA AS MENTIONED IN AYURVEDA[17]
Sharangdhara Samhita described various herbs and their preparations for restoring normal evacuation of GI tract. These include – Anulomana, Bhedana, Rechana, Sramsana.

ANULOMANA:-This drug helps in proper forming of excreta and also breaks the obstruction and easy elimination through the anus, is known as Anulomana (aperients). Example- Haritaki (Chebulic myrobalan).

BHEDANA:-This drug breaks down either constipated faecal matter or the vitiated Doshas, expels them out 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 - Snuh Ksheera, Mridu Virechana - Aragvadha.

SRAMSANA:-The drug which takes no part in digestion but which drives downwards the products that remain impacted in the intestines. The drug eliminates either Pitta or Kapha or both of them from the Pitta-ashaya (lower portion of the stomach and small intestine). Aragvadha (Cassia fistula) is the example for this.

PATHYA IN VIBANDHA
Most important principle of Vibandha is that to include dietary modification, like usage of sweet, sour and saline tastes which are useful for the elimination of stool. So, drugs and diets
should be managed accordingly to alleviate Vibandha (constipation).[18] There are description of many drugs to alleviate Vibandha (constipation), such as Sitarasika which is prepared from boiled juice.[19] Phalavarga: Matulunga’s juice is especially beneficial for constipation.[20] Jambira phala cures constipation.[21] Nagara (dry Sunthi) and Hingu are easily digestible and relieves constipation.[22] Madhusigru is laxative and cures constipation.[23]

Rasona (garlic) is laxative.[24] Sauvarchal Lavana is light in digestion, alleviates constipation.[25] Sarji-Kshara and Yavak-Kshara (made from bristles of barley) cures constipation. [26] (Shaka Varga: Pushpa Phala (Kushmanda), Alabu, Kalinda, Harita Varga: which can be used in salad form.

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

DISCUSSION
According to the definition of Constipation as per Rome II criteria, it can be correlated with Vibandha. Incomplete evacuation of stool is one of the symptoms manifesting due to Purisha kshaya, Vata Vridhdi and Krura Kostha. It also occurs as a result of Apana Vata Vaigunya and Apathy Aahara – Vihara, which may result into hard stools, so the treatment is based on Samprapti Vighatana, hence it can be said that Vibandha is similar to constipation which can be managed by medications or just modification in dietary, lifestyle habits at the early stages.

CONCLUSION
After overall description, lastly it may be considered that Vibandha is not a single disease but also associated with many diseases, which are described in Ayurvedic text. The management should be according to the type of Kostha. It may be concluded that treatment according to its Nidan, along with Pathya-Apathya, and many more form of laxative like Anulomana, Bhedan etc. which should be given according to state of Dosha and Kostha.

REFERENCES
11. (Sharma Ajay kumar kaya chikitsa vol. II. Reprint ed. 2011(India, Varanasi: Chaukhambha Orientalia), chapter 53.pg no. 766.


