

Review on Malavibandha in Ayurveda

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Abstract: *Ayurveda being the eternal science of life heals through the natural herbal drugs. The aim of Ayurveda is to maintain the health of the healthy individual and to treat the diseased one. Kaumarbhritya, one of the Ashtangas of Ayurveda deals with principles and practice of neonates, infants and children, has its own recognition as the separate branch. The Words Vibandah/Vibaddha/Baddhapurisha are similar to constipation and it means obstruction or constipation i.e. Sanga and which indicates one of the state of Strotodushti especially in Purishavaha Srotas. Malavibandha is very common in childhood age because of many causes like change in food habits, due to fast food, improper toilet training & changing sleep pattern, working inattentive mothers & also due to lack of interest in outdoor games.*

Keywords: Malavibandha, Constipation, Ayurveda

