

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

I. INTRODUCTION

Kaumarabhritya, one of the *Ashtangas* of *Ayurveda* deals with principles and practice of neonates, infants and children, has its own recognition as the separate branch with the following books like *Kashyapa Samhita*, *Ravana Samihita* in which *Kaumaratantra* has been explained etc. Human body is mainly composed of dosas, dhatus and malas¹.

Food when consumed, during the process of digestion and metabolism along with the dhatus they manifest the malas for example; *Vita / Varcha / Purisha* (Stool) and the *Mutra* (Urine) which are the waste product of *Anna* i.e. the food². It is called as *Mala*, because of its tendency to vitiate others *Dosha*³.

The Words *Vibandha / 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.

Constipation is one of the common prevalent disease in paediatric age group. Constipation can be correlated with *Malavshthambha / Vibandha* as both the terminologies have similar features like *Purishanigraha* [obstruction of stool], *Pakvashaya Shoola* [pain in abdomen], *Parikartika* [pain during defecation] etc. *Vibandha* is not described as a separate disease in our classical text. Description of *Vibandha* is found in *Vyapada* of *Vamana* and *Virechana*⁴. It is side effect of *Samshodhana* done in *Ajirna*⁵.

II. METHODOLOGY

Review on Malavibandha –

Nirukti –

*Shabda Sagar*⁶ - As per *Shabda Sagar* *Vibandha* means constipation.

*Ayurvediya Shabdakosha*⁷ - *Vibandha* – meaning *Apravrutti*. Hence *Malavibandha* can be described as *Mala Apravrutti*.

*Amarakosha*⁸ - *Vibandha* means *Malamutra nirodha*.

*Paryaya*⁹ – *Malavarodha, Vibandha, Koshtabaddhata, Malasanga, Vitgraha*.

Nidana of Malavibandha –

As there is no direct reference available in classics, therefore the factors which causes the vitiation the of *Apana Vata* and the *Agni* can be considered as a causative factor for the *Vibandha*. The factors mentioned below are either



responsible for *Purishavaha Stroto Dushtikara* or *Apana Vata Vruddilakshana*, which can be taken as *Nidana* for *Malavibandha*¹⁰.

Table no. 1 – Showing *Nidana*¹¹ –

<i>Aharaj hetu</i>	<i>Viharaj hetu</i>	<i>Vegadharan</i>
<ul style="list-style-type: none"> • <i>Samashana</i> • <i>Vishamashana</i> • <i>Pramitashana</i> • <i>Guru Pathartha Sevana</i> • Excessive intake of fast food, bakery food present • <i>Rukshapadartha Aatisevan</i> • <i>Katu, Tikta, Kashaya rasa</i> 	<ul style="list-style-type: none"> • <i>Ativahanam</i> • Irregular sleep pattern • <i>Avyayam</i> • <i>Vegavrodha</i> • <i>Vyadhijanyaavastha</i> • Change in place and atmosphere • <i>Atiyanayana</i> • <i>Atyasanam</i> • <i>Atishanam</i> 	<ul style="list-style-type: none"> • <i>Vegdharan</i>

Purvaroopo –

Adhoudar Guruta

Asamyaka Malapravrutti

Kshudhamandya

Durgandhita Vayunissarana

Lakshanas of Malavibandha –

Table no. 2 –

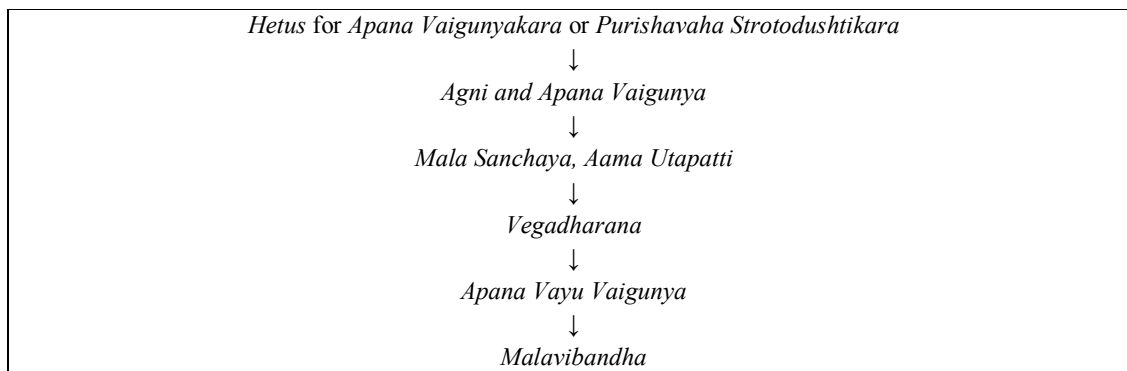
<i>Ashtanga Hridaya</i> ¹²	<i>Charaka Samhita</i> ¹³
<i>Shiro shoola</i>	<i>Pakvashaya shoola</i>
<i>Pindikodveshtana</i>	<i>Vatavarcho apravrutti</i>
	<i>Aadhman</i>
	<i>Pratishyaya</i>
	<i>Hridyasyavarodha</i>
	<i>Urdhva vayu</i>
	<i>Parikartika</i>

Samprapti¹⁴ –

Due to the *Nidana Sevana* the *Prakupita Vata* twists the *Purishavaha Strotas* and dries up the mala. It becomes like *Ushtra Purisha*.



Chart no. 1 –



Chikitsa Of Vibandha¹⁵ -

In *Ayurveda chikitsa* is mainly based on the *Nidana Parivarjana* followed by *Shehana*, *Swedana*, *Virechana*, *Basti* and *Phalavarti*. *Virechana* is one of the important *chikitsa* followed which help in eliminating the *Vata Dosha* as well as the *Pitta* which as the two main *Dosha* affected in the *Samprapti* of *Vibandha*.

Vibandha is a *Apatarpana janya roga*, hence *Santarpana* line of treatment is to followed like drinks prepared of roasted corn flour, alcohol, honey and sugar which help in the elimination of faeces. *Ayurveda* explains that *Vibandha* is due to dryness of *Annavaha Srotasa* which is due to aggravated *Vata Dosha*. Therefore, measures to prevent and cure this dryness should be used. One of the measure is to provide warm milk and Ghee orally, 2-3 times daily.

Nidana Parivarjana

Proper diet and proper liquid *Aahara*

Proper toilet training

Draksha soaked in milk

Eranda Taila

Gudavarti

Green leafy vegetables

Fruits

Plenty of liquid

Vihara –

Increase activity of child.

Motivate child to play outdoor games.

Time to time lunch and dinner and habit of *Malatyaga* daily.

III. DISCUSSION

Malavibandha is a symptom not a disease. But this symptom has become the major issue. *Malavibandha* is explained by many *Acharyas* as a symptom in different *Vyadhiavastha*. In *Ayurvedic* classics, *Vibandha* has been described as aetiology, symptoms, complications of several diseases and after improper *Panchakarma* procedure. It is due to *Apanavayu Vaigunya*. *Vibandha* is a condition of obstruction caused by faeces due to its solidification provoked. *Apana Vayu* in *Pakvashaya*. *Malavibandha* can be co-related with modern disease constipation. *Malavibandha* most commonly occurs when stool moves too slowly through the digestive tract, causes the stool to become dry and hard.

IV. CONCLUSION

Constipation is associated with consequences such as chronic abdominal pain, voiding dysfunction, psychological stress and behavioural problems resulting in poor quality of life. It is often necessary to use medication to help constipated children to achieve regular bowel movements. The use of medicinal herbs to relieve and treat diseases is increasing



because of their features and few side effects. Many single as well as classical formulations prescribed in *Ayurveda* for the management of *Vibandha*.

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