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Holistic Approach Towards Purishvaha Strotodushti -Vibandh in children in view of Matra Basti.

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ABSTRACT:

Vibandh in children is very commonly found clinical condition presenting difficulty or painful defecation, infrequent bowel movements & hard stool. It occurs commonly due to today's poor eating habits & lifestyle. It is an obstruction of *Purisha* / stool in *purishavaha strotas* which can be called as Constipation. *Vibandha* results from the vitiation of *Apan Vayu*, which is in charge of expelling "*Purishi*." According to contemporary science, constipation and *Vibandh* are related. Functional constipation is a prevalent problem in pediatrics. finding the reason of constipation is frequently a difficult task for paediatricians though drugs are used to treat Functional constipation. *Basti karma* is the best treatment modality in dealing with *Vata vikara*. *Matra basti* is a type of *Sneha Basti* is considered safe & effective & can be given in children safely. This article is useful for understanding typical signs & symptoms of constipation, it's various impacts on child's behaviour & digestion & to treat it with *Ayurvedic Panchakarma* procedure w.s.r.to *Matra Basti*.

KEYWORDS: *Vibandha*, Constipation, *Matra basti*.

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INTRODUCTION:

Nurturing today's children is essential for a bright future, as they symbolise tomorrows potential. The physical well-being of young children has direct effect on their overall development. Understanding *Vibandha*/Constipation i.e., obstruction of stool will help in understanding the overall health of child. The disease known as *vibandha* is not specifically and directly described in the Ayurvedic samhitas. It is considered a symptom in the majority of *Annavaha* and *Purishvaha* srotovikriti. *Vibandha* is *vyapad* of *Vamana* and *Virechana*. *Vibandh*, a side effect of *sansodhan* (*Vamana* or *Virechana*) in *Ajirna*, is a symptom of *parikartika* (fissure in ano). It is a consequence of both an *apatarpanjanya roga* (diseases brought on by nutritional inadequacies) and acute hemostasis in *Raktarsha* (bleeding piles). In Ayurveda word *vibandh* derived “vi” and “bandha” which means binding of stool.^[1] *Vibandha* causes due to suppression of the defecation urge for a long time or excess absorption by *vata* & *pitta mala* gets hard and is difficult to defecate. *Purishvaha strotas* is transport channel of *mala* & can be correlate with parts of large intestines, these organs are mainly concerned with absorption, lubrication & Storage, and excretion of *mala*. Any anatomical defect inside these organ leads to disturbances in bowel habits which are similar to that of *purishvaha strotas dushti lakshanas*. Primary derangement in this disease is at the level of *Apan vayu*,^[9] which causes dryness in lower alimentary tract leading to slow peristalsis which ultimately causes dryness of faeces and constipation. Regular defecation is one of the indicators of good health. The normal defecation pattern of children might change according to age & dietary habits. Constipation is gastrointestinal disease defined as infrequent defecation, painful defecation or both.^[10] Initial painful defecation leads to

voluntary withholding which is a further way for prolong stasis of faecal matter, thus a viscous cycle is initiated & with more pain on defecation & constipation occurs. These leads to distress in child further causing recurrent discomfort in abdomen reduce in appetite. Also exhibits changes in behaviour such as mood swings & lack of interest in studies or difficulty in concentrating. Functional constipation can be caused by situational psychological, developmental and dietary issues. According to Ayurveda, the main causes of constipation include *Purishaja Vegadharana* (with holding of stool, Children nowadays are spending too much time on devices like smartphones and televisions, which causes them to neglect their daily hygiene routines.), *Akal* or *ashamay purish tyag*, a lack of water consumption and a lack of fiber-rich foods, eating fast food, which is typically composed of maize flour eg: eg: pizza, burger, momos etc.^[2] The micro or macro anatomical structures known as *strotas* are responsible for the movement of *dosha*, *dhatu*, and *mala* from one area of the body to another. *Purishvaha strotas* is concerned with transportation of *mala*. *Moolsthana* of *purishvaha strotas* according to *Acharya Charaka* is *Pakvashaya* & *Sthula Guda*^[3] & according to *Acharya Sushruta* it is *Pakvashaya* & *Guda*^[4]. *Pakvashaya* is considered as *koshthang* by *Acharya Charak* & *aashaya* by *acharya Sushruta*. *Guda* according to *acharya Sushruta* is a terminal part of *sthulantra*. *Purishvaha strotas* gets vitiated in emaciated persons by suppression of defecation urge, eating without hunger or by consuming large quantity of food. In modern anatomy, *Purishvaha strotas* can be correlate with different parts of large intestines. The sign & symptoms of *strotas dushti* are *Atipravrutti* (Increase flow), *Sanga* (obstruction of flow), *Grathitantrata*, *Sashabda* *Sashula*

malapravrutti etc. According to *Ayurveda* Constipation is a clinical condition in which there is a predominance of *vata dosha* along with impairment of *pachaka pitta* & *kledaka kapha*.^[5]

AIM

1. To review the disease *Vibandh* (Constipation) in children.
2. To review the behavioral causes and neurological involvement of constipation through modern science.
3. To review the management of *Vibandh* (constipation) through *Matra Basti*.

Objectives

1. To study the disease *Vibandh* (Constipation) in children.
2. To study the management of *Vibandh* (constipation) through *Matra Basti* in children.

METHODOLOGY

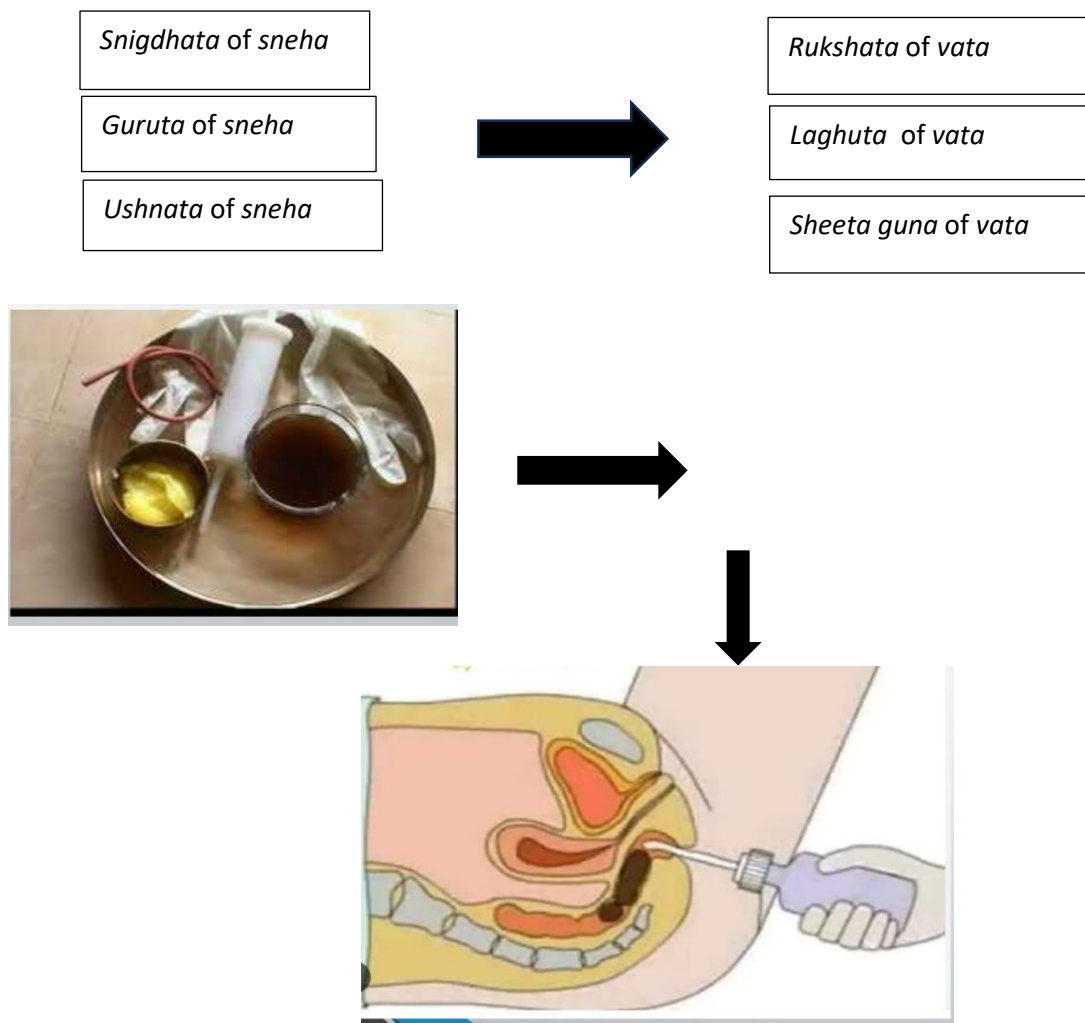
The foundation of this research is an examination of Ayurvedic literature. Resources have been gathered regarding the relationship between *Vibandha* and *Matra Basti* constipation. *Charak Samhita*, *Susruta Samhita*, other important *Ayurvedic* texts, modern text books, articles and general were studied in this review.

DISCUSSION:

In recent years, there has been an unprecedented increase of incidences of gastrointestinal anomalies, due to changes in life style, diet habits, behavioral pattern etc., which very much disturb the normal physiology of digestion. *Vibandha* is a disease of *Annavaha Srotasa*, any disturbance of *Agni* due to irregular diet and behavioral pattern as well as the involvement of mental stress and strain, leads to the disease *Vibandha*. *Basti* administered through *Guda* (Rectal Route) reaches the *Pakvashaya* which is considered as the main site of *Vata Dosha*. After that it normalizes *Apana Vayu* leading to *Vatanulomana* and improves physiological

functioning of *Vata*. The ailment itself is treated when the *Vata* is calmed, as it is a primary cause of the illness. One variety of *Sneha Basti* is *Matra Basti*.^[11] Since *basti* attempts to achieve *Purna Purish shodhana* in the *Purishavaha strotas* and *Vataanulomana*, it can be regarded as the best therapeutic option and emergency therapy for children who arrive with chronic constipation accompanied by abdominal pain and distension. In *Vibandha*, targeting *Vata shamana* and *Anulomana Matra basti* can be adopted. According to *Charak Samhita*, it is *Balya*, *Srushtapureesha* (cleans bowel) *Brihana* & *Vatarogahar* (cures *Vata* diseases).^[12] Sometimes, aggregated *vata* provokes the aggravation of *pitta* & *kaph* *Vataanulomana tail* or *ghrita* can be practice with main intension of *koshth snehana*, *vata anulomana*, & relieving *purish rukshata*. *Sneha Basti* includes six *Pala* of *Sneha*, *Anuvasana Basti* contains three *Pala* of *Sneha*, and *Matra Basti* contains one and a half *Pala* of *Sneha*, according to *Chakrapani's* description of *Matra Basti*. From above references it can be said that the dose of *Matra Basti* is $1\frac{1}{2}$ *Pala* of *Sneha* i.e. approximately 60 ml. The normal time of *Pratyagamana Kala* of *Sneha Basti* is 3 *Yama* i.e. 9 hours.^[6] In addition to promoting the regular operation of the rectum and associated vessels, medicated *basti* promptly reduces the retention of urine, feces, and flatus.

Mode of Action: *Sneha*, also known as *Matra basti tail*, is completely antagonistic to *vata* quality. *Sneha* facilitates smooth evacuation and lubricates the intestines (*Pakvashaya*). Children who are constipated should take medicine that has *Ushna*, *Madhur*, and *Snigdha* qualities.^[7]



- Basti Dosage: Acharya Kashyap's recommendations for the dosage of Matra Basti (Ka.Khil.8/104-108)[8] were followed. Newborn – ½ Pala (20 ml)

- 1-3 years – 3 Karsha (30ml)
- 4 years -1 Pala (40ml)
- 6 years – 1 Prasuta (80ml)
- 12 years – 2 Prasuta (160)
- 16 years – 4 Prasuta (320ml)

CONCLUSION:

It has become very clear that *Auishadhi siddha Matra basti* in *Vibandh* is very useful and effective. The main cause of developing *vibandh* (constipation) is *Agnimandya*, *Adhaman* (*Pratilom Vayu*). *Auishdhi siddha matra basti* act on all causes for *Samprapti Bhanga* & itself not developing any complication like *Adhaman*. *Matra Basti* helps to maintain the equilibrium of *Vata dosha*

responsible majorly for *vibandh* (constipation).

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