

## A CASE STUDY ON *VIBANDHA* W.S.R. TO CONSTIPATION IN CHILDREN

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### ABSTRACT

*Vibandha* is a common condition seen in childhood, which is one of the main reasons for increased parental concerns. It occurs as a result of the obstruction happening to the functioning of *Apana Vayu*. It is not only an independent disease but also a complication of some diseases and responsible for both physical and psychological morbidity and poor quality of life. It is defined as infrequent passage of stool with pain and difficulty, or delay in defecations. Management of constipation revolves around correcting the underlying cause, dietary modifications and behavioral training. A 5 year old female patient was admitted to the IPD of *Kaumarabhritya*, R. G. G. P. G. Ayurvedic College and Hospital, Paprola, with complaints of difficulty in passing motion

regularly associated with passage of hard stools once in 3 to 4 days. These complaints were persisting for the past 3-4 years. This condition can be understood as *Vibandha*. After a thorough clinical examination and evaluation, *Panchakarma* treatment including *Abhyanga* and *Matra Basti* was started with suitable internal medicines. There was significant improvement in the condition of the patient. Later, she was discharged with medicines to be continued at home.

**KEYWORDS:** *Vibandha*, Constipation, *Basti*, *Apana vayu*.

### INTRODUCTION

Even though, *Vibandha* as a disease as such cannot be found in Ayurveda, but there is description of different presentation of *Purisha* (faeces) like *Badha Purisha*, *Ghana*

*Purisha/Grathita Purisha, Sushka Purisha, Mala avabaddhata* in various contexts in Ayurveda. Symptoms of *Udavarta* (Retention of feces, flatus, urine) like *Anaha* (Obstruction), *Adhmana* (Distension), *Mala-avastambha* (Hardness of faeces) due to the *pratilomagati* (reverse flow) of *Apana Vayu* (one of the sub-type of biological humor of *Vata Dosha*) mimic the symptoms of *vibandha*.

Secondarily, the impaired functioning of *Samana* and *Vyana vayu* also results in the disease. *Vibandha* is a main feature of the diseases associated with the *Annavaha* and *Purishavaha srotas*. While describing the applicability of *Ashta Sweda* in children, there is a mentioning of the application of *Hastha Sweda* or *Patta Sweda* in the abdomen to relieve *Vibandha*.

Constipation means slow movement of faeces through the large intestine often associated with large quantities of dry, hard faeces in the descending colon that accumulate because of overabsorption of fluid. Approximately, 5-10% of school-going children suffer from constipation. Faulty toilet training and changed dietary habits are the two dominant factors for constipation. A thorough history and proper physical examination is very important in all patients with constipation. Management including an adequate amount of fluid intake, supplementation of fiber rich diet and effective toilet training appropriate for age are the mainstay. Ayurveda offers wonderful treatment modalities for *vibandha* with effective results and minimal to nil side-effects.

## CASE HISTORY

A 5yearold female patient was brought to the OPD of *Kaumarabhritya*, RGGPG Ayurvedic college and hospital by her parents with complaints of difficulty in passing motion regularly and associated with passage of hard stools once in 3 to 4 days with occasional pain in the umbilical region. This complaint was persisting since last 3-4 years.

## History of Present Illness

According to the mother, the patient was apparently healthy four years back. Then gradually she developed difficulty in passing motion regularly (*vatavarcha-apravrutti*). Initially she used to pass hard stools (*grathita-mala*) once in 2 days associated with slight pain while defecation (*sashoola mala-pravrutti*). After few days, the duration has increased to 3 to 4 days. She also complained of pain in abdomen around umbilical region on and off especially while playing or running which used to get subside by itself without any medication after 5-10 minutes. As days passed, she faced more difficulty in passing stools voiding only small

quantity of faeces (*alpalpam-malapravrutti*). However, there was no incidence of blood in stools. On a thorough interrogation with the parents regarding the diet, life style and habits of the child, her appetite was very poor with minimal intake of vegetables, fruits, milk and water. Mother also told about her shy and introvert nature and suspected of her habit of withholding the urge to defecate especially in school premises. At the outset, the parents have taken the child for consultation in a nearby hospital, where they have given a course of medications, which they have taken, but did not get any satisfactory relief. With all these complaints they brought their child to this hospital and got admitted in IPD and planned for Panchakarma treatment along with internal medications.

### Ashtavidha Pariksha

<i>Nadi</i>	80/min
<i>Mala</i>	<i>Badha mala pravritti</i> (hard stools with pain)
<i>Mutra</i>	<i>Prakrit</i>
<i>Jihwa</i>	<i>Saam</i>
<i>Shabda</i>	<i>Prakrit</i>
<i>Sparsha</i>	<i>Sama sheetoshna</i>
<i>Drika</i>	<i>Prakrit</i>
<i>Akruti</i>	<i>Krishha</i>

## MATERIALS AND METHODS

### Method

Centre of study: R.G.G.P.G. Ayu College and Hospital, Paprola, Kangra, H.P.

### Material

**Table 1: Prescribed Internal Medicines.**

S. No.	Name of drug	Dose	Duration
1.	Syrup Zymnet plus	5ml	Twice a day
2.	Syrup Adliv	5ml	Twice a day

**Table 2: Panchakarma Schedule - *Matra Basti* after *sthaniya abhyanga* with *Dashmoola taila*.**

Day	Dose	Duration of holding Basti and passing stool
Day 1	5ml	10min (1 episode)
Day 2	8ml	15-20 min (1 episode)
Day 3	10ml	20 min(1 episode)
Day 4	12ml	20-25 min (1 episode)
Day 5	14ml	30 min (1 episode)
Day 6	14ml	20 min (2 episodes at an interval of 2.5 hrs)
Day 7	14ml	15 min (2 episodes at an interval of 3 hrs)

Patient was discharged after 7 days with following treatment to be continued for 2 weeks.

S. No.	Name of drug	Dose	Duration
1.	Syrup Zymnet plus	5ml	Twice a day
2.	Syrup Adliv	5ml	Twice a day
3.	Syrup Laxirid	7.5ml	Twice a day
4.	Sitz bath	–	Twice a day with lukewarm water for 20min

### Pathya

- Plenty of fluids and roughage diet.
- Green leafy vegetables and fruits.
- Light and easily digestible food.
- Avoiding suppression of urge to defecate.
- Proper sleep at night.
- *Sidhu* (made of uncooked juice), **Phalavarga**: *Matulunga* (Citrus medica), *Jambira*, Grape is laxative. **Shakavarga**: *Pushpa phala* (Kushmanda), *Alabu*, *Kalinda*. Ginger juice also cures *vibandha*. *Vatahara-madira Sauviraka* and *Tushodaka* and sour *Kanji* are laxative. *Sauvarchala* (black salt with smell) is light in digestion, alleviates constipation, *Rasona* (garlic) is laxative.

### Table 3: Probable Mode of Action

*Vibandha* is primarily a *vataj* disorder in which there is vitiation of *Apana-vata* (sub type of *vata*). In Ayurveda, *Basti* is considered to be the best treatment of *vataj* disorders and has least complications, so here *Matra Basti* is incorporated with *Dashmoola taila* having following contents and properties:

No.	Botanical name	Common name	Family	Action
1	<i>Aegle marmelos</i>	<i>Bilva</i>	Rutaceae	Alleviates <i>vata</i> and <i>kapha</i>
2	<i>Premna mucronate</i>	<i>Agnimantha</i>	Verbenaceae	<i>Ushnavirya</i> , <i>vata-shamak</i>
3	<i>Gmelina arborea</i>	<i>Gambhari</i>	Verbenaceae	Laxative, relieves indigestion, alleviates <i>kapha</i>
4	<i>Oroxylum indicum</i>	<i>Shyonak</i>	Bignoniaceae	<i>Ushnavirya</i> , <i>vata-shamak</i> , <i>anuvasanopaga</i>
5	<i>Stereospermum suaveolens</i>	<i>Patala</i>	Bignoniaceae	Alleviates <i>vata</i> and <i>kapha</i> , digestive stimulant
6	<i>Solanum indicum</i>	<i>Brihati</i>	Solanaceae	Carminative, <i>vata-shamak</i>
7	<i>Solanum xanthocarpum</i>	<i>Kantakari</i>	Solanaceae	<i>Ushnavirya</i> , alleviates <i>vata</i> and <i>kapha</i>
8	<i>Tribulus terrestris</i>	<i>Gokshuru</i>	Zygophyllaceae	Alleviates <i>vata</i> and cures <i>mutrakricchra</i>
9	<i>Desmodium gangeticum</i>	<i>Shalparni</i>	Fabaceae	Alleviates <i>vata</i> , carminative, <i>snehopaga</i>
10	<i>Uraria picta</i>	<i>Prishniparni</i>	Fabaceae	<i>Vata-shamak</i> and diuretic

The ten roots individually possess various beneficial activities, but as a whole they balance *kapha*, *pitta* and *vata doshas* and useful especially for *vata vyadhi*. *Matra basti* with *Dashmoola oil* alleviates the vitiated *Apanavayu*, oleates the intestines and also softens the impacted stool in the rectum for its easy passage without straining.

**Table 4: Mode of action of internal medicines.**

Name of drug	Mode of action
Syrup Zymnet Plus	Increase digestive juice secretion, hence improves digestion and metabolism, also stimulate proper functioning of liver cells.
Syrup Adliv	Hepato protective, Appetizer
Syrup Laxirid	Main content is <i>Trivrut</i> ( <i>Operculinaturpethum</i> ), also called as <i>sukh-virechaniya</i> . It enhances retention of intestinal fluid by hydrophilic or osmotic mechanism and promotes intestinal motility.
Sitz bath with lukewarm water	Relaxes the anal sphincter pressure and relieves anal pain

## OBSERVATION AND RESULTS

There was significant relief observed after the above treatment protocol. During the treatment no minor or major complication was observed in the patient.

- ☐ Patient had started passing stools daily and regularly with a frequency of even 2 stools/day from sixth day of the treatment.
- ☐ Pain during defecation had reduced significantly.
- ☐ Obstruction felt during defecation that made the patient to strain had also alleviated.
- ☐ Consistency of stools had also changed from solid hard to semi-solid.
- ☐ Pain in umbilical region had also reduced with overall improvement in appetite and health of the patient.

## DISCUSSION

**Table 5: Nidana (Etiological factors).**

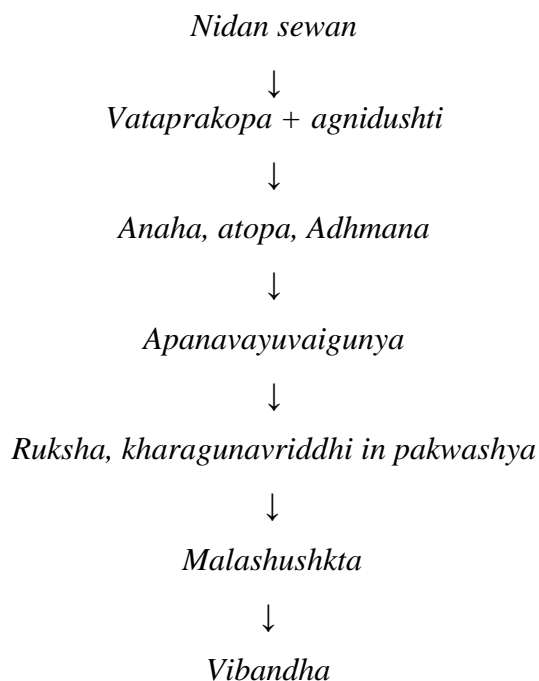
<i>Rasa</i>	<i>Katu</i> (acid), <i>Tikta</i> (bitter), <i>Kashaya</i> (astringent)
<i>Guna</i>	<i>Ruksha</i> (dry), <i>Guru</i> (heavy), <i>Sheeta</i> (cold), <i>Vidahi</i> (causes burning sensation), <i>Abhishyandi</i> and <i>Sushka</i> (dry)
<i>Ashana</i>	<i>Abhojana</i> (not taking food), <i>Adhyaashana</i> (eating food before the digestion of prior food), <i>Vishamaashana</i> (untimely taking food with differed quantity), <i>Asaatmya bhojana</i> (non-accustomed food), <i>Viruddha aahara</i> (incompatible food), <i>Atyashana</i> (excessive intake), <i>Alpa bhojana</i> (less intake), <i>Alpa jalapana</i> (less water intake)
<i>Ahara</i>	<i>Patrashaka</i> (leafy vegetables), <i>Viruddha</i> (sprouts), <i>Nava shooka</i> (newly harvested cereals), <i>Shushkashaka</i> (dry leafy vegetables), <i>Guru phala</i> (Fruits which are heavy to digest)
<i>Vihara</i>	<i>Vega-Sandharana</i> (withholding urges), <i>Ratri jagarana</i> (awakening at night)
<i>Manas</i>	<i>Shoka</i> (grief), <i>Bhaya</i> (fear)

**Poorva Rupa (Prodromal symptoms)**

Prodromal symptoms associated with *Vibandha* are *Agnimandya* (indigestion), *Aruchi* (anorexia), *Bhaktadwesa* (aversion towards feed), *Klama* (fatigue), *Adhmana* (tympanites), *Antrakoojana*, *Arati* (dullness) In infants, other features could be rejection for feed, *Routi* (cries), *Utthanaavabhanajan* (Excessive tossing), *Udarastabdhata* (Reduced peristalsis), *Shaitya* (Cold and clammy extremities), *mukhasweda* (Excessive perspiration on face).

**Table 6: Lakshanas.**

<b>Lakshana related to Mala</b>	<b>Anubandha Lakshana</b>
1. <i>Vatavarcha Apravrutti</i> (obstruction of flatus and faeces)	1. <i>Aruchi</i> (Anorexia)
2. <i>Mala kathinta</i> (hard stool)	2. <i>Ajeerna</i> (indigestion)
3. <i>Sushka, Grathita mala Pravartana</i> (dry, pellet like stool)	3. <i>Atopa</i> (flatulence)/ <i>Adhmana</i>
4. <i>Alpamatra mala Pravartana</i> (less quantity)	4. <i>Udara Shoola</i> (pain abdomen)
5. <i>Kashta mala Pravartana</i> (difficulty while defecating)	5. <i>Shira Shoola</i> (headache)
6. <i>Sashoola mala Pravartana</i> (pain while defecating)	6. <i>Antrakoojana</i> (increased intestinal movements)
7. <i>Krucchrena- Chiraathpravrutthi</i> (excessive straining)	7. <i>Alasya</i> (lazyness)
	8. <i>Katiprushta vedana</i> (pain in back)

**Samprapti**

**Table 7: Sampraptighataks of Vibandha.**

<i>Dosha</i>	<i>Vata dosha Pradhan pitanubandha</i>
<i>Dushya</i>	<i>Mala</i>
<i>Dhatu</i>	<i>Rasa</i>
<i>Agni</i>	<i>Manda</i>
<i>Srotas</i>	<i>Annavaha, Pureeshvaha</i>
<i>Srotodushti</i>	<i>Sanga</i>
<i>Udbhavsthana</i>	<i>Amashya</i>
<i>Vyaktasthana (adhishtana)</i>	<i>Pakvashya, Sarvashareera</i>
<i>Sadhya-asadhyata</i>	<i>Sukhsadhya</i>

**CONCLUSION**

*Vibandha* (constipation) in children is distressing and reason for increased parental concern. Physiologically *Vata prakriti* and *Kapha prakriti* are prone for hard bowels. This can be attributed to inherent dryness (due to *Vata*) and excessive stagnation (due to *Kapha*) in the *koshta* of persons with *vata* and *kapha prakriti* respectively. In infants *vibandha* can be as a result of faulty, infrequent feeding of the baby as well as improper dietary regimen of the mother leading to *stanya dushti*. Over enthusiastic toilet training in infancy sometimes may be distressing in children who later end up in habitual constipation. In toddlers and older children, disease usually occurs due to *vata prakopaka ahara, vihara* and noncompliance of *Asthavidha Ahara Ayatana* (dietary principles). This shall include changes in dietary habits, life style, social structure and constant mental stress that result in disturbances of *Annavaha* and *Purishavaha srotovikaras* (G.I. tract) like *Vibandha, Adhmana, Anaha, Atopa* etc., these symptoms persisting for longer duration end up in more distressing features. Chronic constipation can result in vicious cycle with frequent digestive disturbance, over stagnation of food, poor peristalsis, excessive retention of faeces and consequent nutritional problems in children. Further, it can even have adverse impact on over all physical growth and mental compliance of children.

**SOURCE OF SUPPORT** – Nil.

**CONFLICT OF INTEREST** - None declared.

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