

**ROLE OF MATRA VASTI IN GERIATRIC MALAVSHTAMBHA-
SINGLE CASE STUDY****Shruti Shukla^{1*}, Amit Chavan² and Amandeep Kaur³**¹PG Scholar, (Panchakarma), ^{2,3}Assitant Proffesor, (Panchakarma)

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INTRODUCTION

As it is quoted “AGE IS JUST A NUMBER” but the health problems faced by geriatrics i.e in vrudhaavastha are immense which hampers the day to day life. One of the leading difficulty is *Malavshtambha* i.e hardened stools and strainful defecation *Malavshtambha* is caused by aggravated *vata dosha* in old age, there is decreased physiological function of the body. Also, *Malavshtambha* is caused due to increased medicinal intake such as PPI's NSAID'S, calcium channel blockers, anticholinergic drugs, calcium supplements, decreased intake of fluids and fibre in diet, metabolic factors etc. These factors affect the intestinal mobility. Stimulant, osmotic and saline laxatives of chemical origin are known to cause abdominal cramping, hypokalemia, flatulence, abdominal distension, and alteration in electrolyte transportation which limit the long-term use of these drugs. In Ayurveda, vasti or medicated enema is considered as ardhchikitsa for

vitiated vata dosha, *matra vasti* is best treatment for vata in *Malavshtambha* (Geriatric constipation).

As per acharya charak

विण्मूत्रपित्तादिमलाशयानां विक्षेपसङ्घातकरः स यस्मात्।

तस्यातिवृद्धस्य शमाय नान्यद्बस्तिं विना भेषजमस्ति किञ्चित्॥३९॥

तस्माच्चिकित्सार्थमिति ब्रुवन्ति सर्वा चिकित्सामपि बस्तिमेके॥४०॥

(CHA.SI.-1)

Acharya Charaka explained the importance of *vasti karma* in treatment of vitiated *vata dosha*. *Malavshatambha* being *vata* pre dominant *vasti chikitsa* would help in pacifying *vata dosha*.

Hingutrigunam taila contains hingu, eranda, rason and all of these have ushna, vataghana, anulomak properties which helps in pacifying vitiated *vata dosha* being opposite to gunas of *vata dosha*.

METHODS AND MATERIALS

- हिङ्गुत्रिगुणं सैन्धवमस्मात्त्रिगुणं च तैलमैरण्डम्||३९||

तत्त्रिगुणरसोनरसं गुल्मोदरवर्ध्मशूलघ्नम् (AS.HR.CHI-40/39)

1. Hingu- 1 Parts
 2. Saindhav- 3 Parts
 3. Erand taila- 9 Parts
 4. Rason swaras- 27 Parts
- Dosage- Matra Vasti- 60ML
 - Duration- 07 Days

Sr. no.	Dravya	Latin name	Rasa	Guna	Veerya/vipaka	Doshkarma
1	Hingu	Ferula asafoetida	Katu	Snighda, Laghu Ushna teekshna	Ushna/Katu	Kapha-vataghana
2	Eranda	Ricinus communis	Madhur	Ushna, Snigdha,	Ushna/Madhur	Vataghana
3	Saindhava	Rock salt	Lavan	Laghu, ushna Sukshma	Sheeta/Katu	Deepana, pachan, Tridoshghana
4	Rason	Allium sativum	Pancha ras (except lavana)	Snigdha, Tikshna Guru pichil	Ushna/katu	Kaphgna, Vatashamak

Basti karma

Name of dravya:- Hingutriguna taila

Contents-Hingu, Eranda, Saindhava, Rason

Poorva karma

- Preparation of patients by Sthanik abhyanga using Murchit Til Tail, Sthanik Nadi swedana.

Pradhana karma

- Warm the oil at 40-45degree Celsius.
- It should always be lukewarm state or temperature the same or slightly above the body temperature not too cool not too hot.
- Patient was counseled and lie down to left lateral position on the basti table keeping his left hand below the head as a pillow, administered vasti using hingutriguna tail in 60ml of quantity.
- Tadan karma was done on loins or buttock region
- Patient was asked to sleep in supine position for 10min.
- The patient's legs are raised few times to raise the waist after a while patient was advised to get up from the table.

Pashchat karma

- In uttan position, abhyanga of patient is done from sole to pindika pradesh. Afterwards patient was asked to rest.

* The results were assessed on the basis of Signs and symptoms of *Malavshambha* before and

After treatment i.e on 07th day.

Assesement criteria**a) Hard stool**

Grade	Type of stool (bristol stool chart)	
0	4 (Normal smooth soft stools)	Absent
1	3 (Sausage shaped but with cracks on surface)	Absent
2	2 (Sausage shaped but lumpy)	Absent
3	1 (Hard lump like nuts, hard to pass)	Present

b) Excessive straining straining

Grade	Time	
0	0-5 Mins	Absent
1	6-10 Mins	Absent
2	11-15 Mins	Absent
3	16-20 Mins	Present

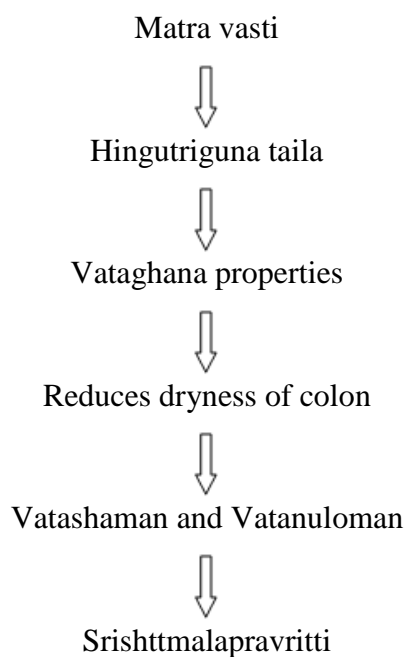
c) Sense of incomplete evacuation

Grade	Symptoms	
0	No	Absent
1	Mild	Absent
2	Moderate	Absent

3	Severe	Present
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d) Flatulence

Grade	Symptoms	
0	No	Absent
1	Mild	Absent
2	Moderate	Absent
3	Severe	Present

DISCUSSION AND CONCLUSION**Mode of action**

Criteria	Before treatment	After treatment
Hard stools	3	0
Excessive straining	3	0
Sense of incomplete evacuation	3	0
Flatulence	3	1

There was significant improvement in straining during defecation, sensation of incomplete evacuation and flatulence after 07 days of treatment.

The mean average time spent on toilet for bowel evacuation was decreased significantly after 07 days of treatment.

There was remarkable improvement in grade scores of associated symptoms of Malavshambha.

However, it can be concluded that, 07 days matra vasti of Hingutriguna taila 60ml in quantity, is found to be very much effective in patients suffering from *Malavshambha*.

Matra vasti reduces the elevated vata dosha lubricates the intestine and body.

As it contains Erand, which is known as best vataghana drug, helps in regulating vata dosha.

Due to its subtle nature (Sukshma guna) it enters deeper tissues and purifies the passages. It cures vata as it anuloman's the pathway of dosha, best lubricator, increases the cilia movement and particularly purges the bowels. This helps in Samyak purisha nirgaman.

Hingu is digestive, carminative showing improvement in flatulence

Rason improves appetite, it is gastric stimulant and carminative

Saindhav, it has Sukshma Guna hence penetrates quickly and thus helps in absorption.

The drugs have ushna and tikshna guna which stimulate appetite, rason with its Rasayan guna restores the cellular integrity.

Geriatrics related disease has shown significant improvement in Malavshambha or difficulty in defecation. Besides relieving constipation other old age-related discomfort and pain was also reduced.

Hingutriguna taila has actions like Deepana, Pachana and Anulomak.

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