

**A RANDOMIZED OPEN CONTROLLED CLINICAL TRIAL TO
EVALUATE THE EFFICACY OF TRIVRUTA CHURNA OVER
AMALAKI CHURNA IN THE MANAGEMENT OF PURISHAJ ANAH
W.S.R. TO FUNCTIONAL CONSTIPATION IN CHILDREN**

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ABSTRACT

Functional constipation is a prevalent issue in pediatric populations, often impacting quality of life and requiring effective management strategies. This randomized, open-controlled clinical trial investigates the efficacy of *Trivruta Churna* compared to *Amalaki Churna* in managing *Purishaj Anah* (functional constipation) in children. Both *Trivruta* and *Amalaki* churna are recognized in Ayurvedic literature for their digestive and laxative properties. The study enrolled children with a clinical diagnosis of functional constipation, randomly assigning them to receive either *Trivruta Churna* or *Amalaki Churna* over a specified period. Key outcomes measured include frequency of bowel movements, stool consistency, and relief of associated symptoms. Results demonstrated a statistically significant improvement in bowel regularity and symptom relief in the *Trivruta Churna* group,

suggesting it may be more effective than *Amalaki Churna* for this condition. This trial supports the potential role of *Trivruta Churna* as an effective and safe Ayurvedic intervention for pediatric functional constipation.

KEYWORDS: Trivruta churna, Amalaki churna, Purishaj Anah.

INTRODUCTION

Ayurveda, the ancient system of Indian medicine, provides a holistic approach to health, emphasizing the prevention and treatment of diseases. Among the eight specialized branches of Ayurveda, Kaumarbhritya focuses on the healthcare of children, addressing both preventive and curative aspects. Maintaining the health of children requires meticulous attention to their unique physiological needs, diet, and lifestyle. One of the common pediatric conditions that disrupts a child's well-being is constipation, particularly functional constipation, which has become increasingly prevalent in modern times.

Functional constipation is a condition characterized by difficulty in defecation, infrequent bowel movements, and discomfort, without any identifiable anatomical or physiological abnormalities. It is a widespread problem in children, particularly during pre-school and early school years. In addition to physical discomfort, functional constipation often results in psychological distress and a decreased quality of life.

In Ayurveda, constipation or difficulty in the elimination of stool is addressed under the term Purishaj Anah. Although Purishaj Anah is not directly described as a separate disease entity, its symptoms align with those described in modern medicine for functional constipation. Acharya Sushruta discusses Anah, which refers to the obstruction of normal elimination of feces (Purisha), urine (Mutra), and flatus (Vata), leading to abdominal distension. This description closely mirrors the presentation of functional constipation in modern pediatrics.

AIM

- To assess the efficacy of Trivruta Churna in the management of Purishaj Anah (functional constipation) in children.

OBJECTIVES

Primary objective

- To evaluate and compare the efficacy of Trivruta Churna and Amalaki Churna in the management of Purishaj Anah (Functional constipation)

METHODOLOGY

Consent the present study was conducted under ethical principles following the international conference of Harmonization – Good clinical practices.

To fulfil the aim and objectives of the study, this work was carried out in the following manner.

CASE STUDY

A 5-10 yr old child reported to the kaumarbhritya out patient department of Yashwant ayurvedic college, P.G Training and research centre kodoli dist Kolhapur with following symptoms

1. Purishaj Apravartan (Not passing stool)
2. Udarashuta (Pain in abdomen)
3. Sashula malpravritti (Pain during defecation)
4. Vat apravatana (Not passing flatus)
5. Udara gaurava (Heaviness in abdomen)
6. Udara adhman (Abdominal distension)
7. Kati Prushtha shula (Pain at back and waist)
8. Kati-prushtha stambha (Stiffness at back and waist)
9. Kshuda (Appetite)
10. Shirshool (Headache)
11. Mala swarup (Stool consistency)
12. Mutra Apravritti

History of past illness

No h/o any other major illness or any surgery.

Drug history

No drug history present.

Family histroy

No history of consanguineous marriage.

Immunization history

All vaccines are given as per age.

Systemic examination

Rs – AEBE clear

CVS – s1s2 normal

CNS- concious, Active

P/A – tender with gaseous distension

Sleep – disturbed

Urine – 7-8 times a day without complaints

Stool – 2 times a day without complaints

Development milestone

Achieved as per age.

Diagnosis

Purishaj anah.

Treatment given

- **Group A (Trial)**
- Drug: Trivruta Churna (*Operculina turpethum*)
- Dose: Adjusted using Dilling's Formula
- Anupan: Sukoshna Jala (warm water)

- **Group B (Control)**
- Drug: Amalaki Churna (*Emblica officinalis*)
- Dose: Adjusted using Dilling's Formula
- Anupan: Sharkara (sugar)

Assessment criteria

No	Sign & Symptoms	Duration			
	B.T.	2nd Day	4th Day	6th Day	8th Day
1	Purishaj Apravartan				
2	Udarshula				
3	Sashula Malpravrtti				
4	Vata Apravartana				
5	Udara Gaurav				
6	Udar Adhman				
7	Kati-Prushta Shul				
8	Kati-Prushtha Stambha				
9	Kshuda				
10	Shirshul				
11	Mal Swarup				
12	Mutra Apravritti				

RESULT

Sr. No.	Symptoms (Group A)	B.T.	A.T.	Relieved	% Relief
1	Purishaj Apravartan (Not passing stool)	115	22	93	80.87
2	Udarashuta (Pain in abdomen)	114	22	92	80.70
3	Sashula malpravritti (pain during defecation)	110	25	85	77.27
4	Vat apravatana (not passing flatus)	111	25	86	77.48
5	Udara gaurava (Heaviness in abdomen)	117	23	94	80.34
6	Udara adhman (Abdominal distension)	117	23	94	80.34
7	Kati Prushtha shula (Pain at back and waist)	110	23	87	79.09
8	Kati-prushtha stambha (stiffness at back and waist)	117	23	94	80.34
9	Kshuda (Appetite)	73	14	59	80.82
10	Shirshool (Headache)	112	26	86	76.79
11	Mala swarup (Stool consistency)	68	13	55	88.88
12	Mutra apravritti (Difficulty in micturation)	109	19	90	82.57
Overall result				79.79	

DISCUSSION

In the Discussion part the points are discussed as follows, General observations, clinical observations, statistical analysis, total effect of therapy, probable mode of action of Trivruta churna with counselling on Purishaj Anah (Functional constipation), scope and limitations of this study.

CONCLUSION

In view of Observations and statistical analysis, we concluded that Trivruta churna with counselling showing significant results than Amalaki churna with counselling in symptoms of Purishaj Anah (Functional constipation).

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