

**CASE STUDY – RELATION BETWEEN MAJJA DHATU AND
CONSTIPATION****Vd. Vivek Ambare^{1*}, Vd. Milind C. Kirte² and Vd. Ravindra S. Dhimdhime³**¹Pg Scholar, Kriya Sharir Department, Gac, Osmanabad.²Guide, Associate Professor, Kriya Sharir Department, Gac, Osmanabad.³Head of Department, Professor Kriya Sharir Department, Gac, Osmanabad.Article Received on
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Constipation is becoming one of the severe problem in Indian society. Change In lifestyle and alteration in food habits are important causes of this. About 22% of Indian population are suffering from chronic constipation. Constipation can be defined as Painful, hard and incomplete evacuation of stool along with bloating of abdomen. Constipation is symptom and not the disease. But constipation is cause of many severe diseases which is leading to uncurable set of symptoms. American college of Gastroenterology defines constipation as unsatisfactory defecation characterised by infrequent stools and difficult stool passage. According to Ayurveda texts constipation can

be related to Malagrah. So in this article correlation of majja dharu and constipation made according to Ayurveda and case study of constipation treated successful.

KEYWORDS: Majja Dhatu, Tridosha, Constipation, Agni.**INTRODUCTION**

Ayurveda mentioned theories of Tridosha, Saptadhatu and Mala which govern physiological functioning of body and helps to maintain general health. The equilibrium of these three is very important for healthy physical and mental state. The imbalance in Doshas and Dhatus leads pathological manifestation in body. Amongst them the concept of Dhatu is very essential for describing structural and physiological components of body.^[1-4] In Ayurveda health is a status where the dosha, dhaatu, agni, mala, all the physiological process are in homeostatic state and soul, sense organ and mind are in a state of total wellbeing.^[5] Out of them, Dhatus are seven in number. These are rasa (plasma), Rakta T (formed blood cells),

Mamsa (muscle tissues), Meda (fatty tissues), Asthi (bone tissue), Majja (bone marrow) and Shukra (reproductive tissues). In Ayurvedic classics, three laws have been explained for the formation, nourishment and replenishment of dhatus as dhatu R poshannyaya. Ingested food material (Ahara) being digested by jathragni makes the final product known as ahara Rasa and kitta (waste product). The functions of ahara rasa tarpan (nourishment), vardhan (to increase), dharan (maintenance) and yapan (to give support in the old age).^[6] This ahara rasa undergoes transformation with the help of Bhutagni and dhatvagni to nourish subsequent dhatus.

CASE STUDY

Patient Information

A 46 Years female patient is a Medical Practitioner in Solapur District. Her Weight is 61 kg and Height is 155 cm with medium built body type.

Present medical history

A patient with Chronic complaint of constipation came to take Ayurved treatment. She was presented with consistent complaint of Bloating in abdomen, difficulty to pass stool, straining while defecation. She was complaining of hard stools after excessive straining. Frequency of defecation was 3 times in a day with long time spent in toilet.

Past Medical History

Patient does not have complaint of any severe or chronic illness in past. She was suffering from constipation from last 2 years. She tried many laxatives which gave only temporary relief. She was neither on any active medication nor have addiction of any kind. She was also suffering from Dermatitis since last year.

Assessment criteria

PAC – SYM Questionnaire

Developed for adult patient's perspective of chronic idiopathic constipation.

Also important in capturing Psychometric properties of patient.

BRISTOL STOOL CHART -Assessment of Constipation according to type of stool.



Fig no 1: Shows Assessment Chart.

Observation

after 21 days

PATIENT ASSESSMENT CHART FOR CONSTIPATION

NAME OF PATIENT :- Neesha Prachant kolhe Age / Sex :- 46.yr / f
 Occupation :- Doctor Date :- 26/12/2022

SR.NO.	SYMPTOMS IN LAST 7 DAYS	ABSENT (1)	MILD (2)	MODERATE (3)	SEVERE (4)	VERE SEVERE (5)
1	Discomfort in your abdomen	✓				
2	Pain in your abdomen	✓				
3	Bloating in your abdomen		✓			
4	Stomach cramps	✓				
5	Painful bowel movement	✓				
6	Rectal Burning during or after bowel movement	✓				
7	Rectal Bleeding	✓				
8	Incomplete bowel movement		✓			
9	Bowel movement that were too hard	✓				
10	Bowel movement that were too small	✓				
11	Straining to pass bowel	✓				
12	Feeling like had to pass bowel movement but couldn't	✓				

Fig. no 2: shows before treatment assessment score.

Treatment given

Patient was given following treatment for 15 days.

Shankh Vati - 250 mg – BD – After Meal.

Musta + Amalaki + Guduchi Choorna – 1 gm each.

Anupan – Ghrit, Khadisakhar.

Kala – Twice a day Before food – Apana Kala.

RESULTS

Before - 0th day

PATIENT ASSESSMENT CHART FOR CONSTIPATION

NAME OF PATIENT:- Neesha Prashant Kolhe Age / Sex:- 46 yrs / F

Occupation :- DOCTOR Date :- 05/12/2022

SR.NO.	SYMPTOMS IN LAST 7 DAYS	ABSENT (1)	MILD (2)	MODERATE (3)	SEVERE (4)	VERY SEVERE (5)
1	Discomfort in your abdomen		✓			
2	Pain in your abdomen	✓				
3	Bloating in your abdomen			✓		
4	Stomach cramps		✓			
5	Painful bowel movement		✓			
6	Rectal Burning during or after bowel movement	✓				
7	Rectal Bleeding	✓				
8	Incomplete bowel movement			✓		
9	Bowel movement that were too hard				✓	
10	Bowel movement that were too small			✓		
11	Straining to pass bowel			✓		
12	Feeling like had to pass bowel movement but couldn't	✓				

Fig. No 3 shows assessment after treatment.

After 15 days of treatment patient started to see difference in her bowel movement.

Bloating in stomach was very less after 15 days.

Consistency of stool was soft and was easy to pass.

False alarming of bowel movement was absent.

Straining during bowel movement was reduced.

Feeling of incomplete bowel movement was still there.

Appearance and shape of stool was normal snake shaped with smoothness.

There was no evidence of any rectal bleeding, pain or burning sensation.

Concept of Mala

Monier– Williams :- any bodily excretion

Shabdakalpadrum:- मृज्यते शोध्यते इति ।

Factors affecting Mala Nirmiti and Pravrutti

● Agni ● Apana Vaayu ● Lifestyle and Eating Habits

Agni :- 1) Sthool Pachan:- This is a process where Jatharagni and Panchmahabhootagni process food into Ahararasa, which then gets converted into Saar and Kitta which is Mutra and Purisha.

2) Sukshma Pachan:- This is a process of metabolic digestion happening on the level of each Dhatu. Dhatwagni is important to convert Ahararasa into various products.

Ahararasa is acted upon by each Dhatwagni which produces Dhatu, Dhatuposhak Part and Dhatu Mala.

Dhatwagni will decide qualities of these end products which in turn defines health.

Apana Vaayu:- Apana Vaayu is type of Vata which helps in excretion.

DISCUSSION

CAUSES OF CONSTIPATION

Lack of Sneha in Ahara

Virudha Ahara sevan

Patient was habitual to fast food and Bakery Products.

Lack of any physical activity or Vyayam

As she was medical practitioner she has more sitting type of work which inhibited physical exercise.

Akaal Bhojan

Timing of meal was not fixed due to busy schedule

Mental Stress

Due to working responsibility patient was under stress for most of the time

Majja Dhatu functions as Sneha in body. Main function of Majja being Purana.

As Dhatwagni acts on Ahararasa, it converts into Dhatu as a main product along with Dhatuposhak Part, Updhatu and Dhatu Mala as side products.

किट्टमन्नस्य विष्मूत्रं, रसस्य तु कफोऽसृजः।

पित्तं, मांसस्य खमला, मलः स्वेदस्तु मेदसः॥१८॥

स्यात्किट्टं केशलोमास्थनो, मज्जः स्नेहोऽक्षिवित्त्वचाम्।

प्रसादकिट्टे धातूनां पाकादेवंविधच्छतः [१]॥१९॥

Dhatusneha parampara is explained in charak samhita in Grahanidosha Chikitsa Adhyay.

Quality of Dhatu will decide quality of Updhatu and Dhatumala.

Acharya charak has mentioned yoga in Charak Chikitsa Sthana in Jwar Chikitsa

कलिङ्गकाः पटोलस्य पत्रं कटुकरोहिणी॥२००॥

पटोलः सारिवा मुस्तं पाठा कटुकरोहिणी

निम्बः पटोलस्त्रिफला मृद्वीका मुस्तवत्सकौ॥२०१॥

किराततिक्तममृता चन्दनं विश्वभेषजम्

गुडूच्यामलकं मुस्तमर्धश्लोकसमापनाः॥२०२॥

कषायाः शमयन्त्याशु पञ्च पञ्चविधाञ्ज्वरान्

सन्ततं सततान्येद्युस्तृतीयकचतुर्थकान्

Chaturthak Jwar chikitsa – Asthi Majja Gata Jwara – Asthi – Majja Pachak Yoga.

Ghrit is Madhur, Snigdha and Agnidipak and also VataPitta Shamak.

Khadisakhar is Madhur, Snigdha, Pitta Vata Shamak and Balya.

Drugs	Action
Shankha Vati 250 mg BD	Works well in the problem of excessive gas, flatulence, burping etc. Calmative action of Shankh vati helps to provide relief in the burning sensation of stomach, also helps to improve the body's ability to absorb the nutrition in a natural way.
Musta + Amalaki + Guduchi Choorna Each 1 Gm BD	Guduchi - Rasa- Tikta, kashaya ,Guna – laghu, Veerya - Ushna, Vipak - Madhur, Karma -Tridosh shaman Amlaki - Ras – five except lavana. Amla is the main, Guna – Laghu, rooksha, Vipaka – Madhara, Veerya – Sheeta ,Karma – Tridoshaghna Mushta - Laghu, ruksha, Ras: - tikta kashay, Vipak: - katu, Virya - Sheeta, Karma - Deepan, pachan.

CONCLUSION

This literary search gives an idea to solve the major problem of the society i.e. constipation.

We can do many more clinical study of correlation between Majjadhatu and constipation to prove this theoretical aspect clinically.

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