

FUNDAMENTAL APPLICATION OF BOTH SHAMANA(YOGA) & SHODHANA(BASTI CHIKITSA) IN CHRONIC CONSTIPATION**Dr. Bishnupriya Mohanty¹, Jidnyasa Sanjay Desai²**

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ABSTRACT

Constipation is a frequently seen problem in today's lifestyle, where a person passes hard stool with difficulty or irregularly. In Ayurveda, this condition can be compared with ****Vibandha****, mainly due to imbalance of ****Vata Dosha****, especially Apana Vata. Continuous difficulty in passing stool leads to straining, which may further result in ****Arsha (hemorrhoids)****. This paper explains the combined role of ****Yoga practices and Basti therapy**** in improving bowel habits and preventing complications like Arsha. Basti helps in regulating Vata and softening stool, while yoga improves digestion and intestinal activity. Together, they provide a simple and effective method for managing constipation.

KEYWORDS: Vibandha, Arsha, Constipation, Yoga, Basti.

INTRODUCTION

In present days, many people suffer from irregular bowel habits due to improper diet and lack of physical activity. Constipation is not only uncomfortable but can also lead to further health issues if ignored.

According to Ayurveda, normal elimination of stool depends on proper functioning of ****Apana Vata****. When this Vata gets disturbed due to dry food, stress, or suppression of natural urges, stool becomes hard and difficult to pass, leading to Vibandha.

If this condition continues for a long time, excessive straining during defecation increases pressure in the anal region, which may develop into Arsha.

Management of constipation at an early stage is therefore very important. Ayurveda suggests **Basti therapy** as the main treatment for Vata imbalance. Along with this, **Yoga** helps in improving digestion and bowel movement in a natural way.

AIM

To understand the role of **Yoga and Basti therapy** in relieving constipation and preventing Arsha.

OBJECTIVES

1. To study Vibandha from an Ayurvedic point of view
2. To observe the effect of Basti therapy on bowel habits
3. To evaluate the role of yoga in improving digestion
4. To understand prevention of Arsha through proper management.

Review of Literature

Constipation can be understood as difficulty in passing stool or reduced frequency of defecation. It is commonly associated with:

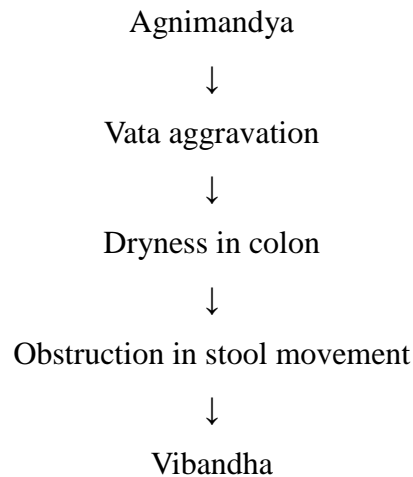
- * Low fiber intake.
- * Less water consumption.
- * Lack of exercise.
- * Mental stress.

Vibandha (Ayurvedic View)

Vibandha mainly occurs due to aggravation of Vata Dosha.

Common causes include:

- * Excess intake of dry and light food.
- * Irregular eating habits.
- * Suppression of natural urges.
- * Sedentary lifestyle.

Pathogenesis (Samprapti)**Arsha (Hemorrhoids)**

Arsha is a condition where veins in the anal region become swollen due to repeated strain during defecation.

SYMPTOMS

- * Bleeding per rectum.
- * Pain or discomfort.
- * Itching around anus.

Thus, controlling constipation plays a key role in preventing Arsha.

Role of Basti Therapy

Basti is a Panchakarma procedure in which medicated oil or decoction is given through the rectal route.

Its actions include

- * Normalizing Vata Dosha.
- * Providing lubrication to intestines.
- * Making stool soft and easy to pass.
- * Supporting proper bowel movement.

Because the main seat of Vata is Pakvashaya, Basti directly acts on the root cause.

Role of Yoga

Yoga helps maintain digestive health by activating abdominal organs and reducing stress.

Useful practices

* Pavanamuktasana.	*Ardha Matsyendrasana.
* Bhujangasana.	*Paschimottanasana.
* Malasana.	*Setu Bandhasana.
* Vajrasana.	*Dhanurasana.

Regular practice helps in better digestion and smoother bowel movements.

OBSERVATION (Single Case)

A 38-year-old patient with complaints of irregular and hard stool for several months was advised:

- * **Matra Basti with Tila Taila** for 7 days
- * Daily yoga practice for 20 minutes.

AFTER TREATMENT

- * Stool became soft
- * Frequency improved to daily
- * Straining reduced

No symptoms related to Arsha were seen.

DISCUSSION

Constipation mainly develops due to disturbance of Vata and improper lifestyle habits. Basti therapy works by correcting the movement of Apana Vata and reducing dryness in the colon. Yoga supports this effect by enhancing digestive activity and improving intestinal movement. It also helps in reducing stress, which is an important factor in constipation. When both therapies are used together, they help in maintaining regular bowel habits and reduce the chances of developing Arsha.

CONCLUSION

Constipation is a common but preventable condition. If managed properly at an early stage, complications like Arsha can be avoided. Basti therapy helps in correcting Vata imbalance, while yoga improves digestive function. Their combined use provides a simple, safe, and effective method for managing constipation and maintaining anorectal health.

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