

A Literary Review on MALAVASHTHAMBHA (CONSTIPATION)

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Background

The disease mala-avshthambha is not described individually in any of samhitas by the Acharyas. It is seen just as a symptom in the person. It is the root cause of many diseases. Malavashthambha i.e Constipation is one of the root cause of all gastro intestinal disorders seen in day to day clinical practice. Malavashthambha is a disease cum symptom which occurs due to vikruti of vayu (defected or diseased air) and purishvaha strotasa dushti. Acharya Charak has mentioned it in terms of Vibandha, bandha malavashthambha as a disease has not been mentioned in any samhitas specifically. Acharya Kashyapa says that the disease which are seen in any other individual will be seen in pregnant ladies also as dosha, dushtyas of the body are same. As Shaktut and mutra nishkramana is the main function of Apana vayu, it should maintain in normal state.

KEYWORDS: malaavashthambha, vibandha, shaktut, nishkramana

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Mala – avshthambha is an abhanytar marg gat vyadhi which is seen in very chronic and severe forms of disease. The major sign seen is the defaecation which can be seen in very small quantity or either is not seen.

SYNONYMS OF PURISHA:-

Shakruta, Vishta, Mala, Varchas, Kita, Shauch, Purisha.

STHANA OF PURISHA:-

Large intestine and Rectum is totally called as Purishvaha Strotasa. This indicates that existence of mala is only in rectum.

According to Charak samhita and Susruta samhita:- (Su.Sha.4/16)

There are seven kala according to Ayurveda from this 5th kala is labelled as — Purishdhara Kala.

HETU OF MALAVSHTHAMBHA:-

Aharaj Hetu:-

- Vishamashan
- Lnaghana
- Guru, laghu-Ruksha
- Shushka – vishtambha –pitshil and fermented food products
- Adhayshana

Viharaj Hetu:-

- Ratri jagrana –Divaswap
- Ativayam -Avayam -Atimathuna -Vegvidharana
- Manasik chinta
- vaygrata
- Agni Mandya

These are the hetu for Malavashtambha. Agni mandya is the first major hetu which occurs due to the Prakupit vata (Ch.Chi.15/42-44)

Agni is deranged by fasting, eating during indigestion, over eating, irregular eating, intake of unsuitable food, heavy, cold too rough and contaminated food, faulty administration of Emasis and Purgation therapy, Emasiation due to some disease, adaption to unsuitable place at unfavourable time and season and suppression of natural urges.

Thus Agni deranged and is unable even to digest light food. Food when remained undigested it gets converted into acidic and toxic substances. This indigestion exhibits stasis of foods.

Malavashthambha is main cause of —Arsha, while vata prakop hetu appears in Agnimandhaya. ruksha guna of vata increases and the fecal matter becomes very solid. While passing the motion it cuts the 'shelshmal kala' (mucous membrane) of arsha and then bleeding starts. in this way doctor labels as bleeding piles. This is due to only phenomena of vata prakop.

Elaboration of Gudagata vata:-

Due to peculiarity of the cause and location vayu produces peculiar disorder. when vayu located in bowel is vitiated: retention of bowel causes hernia, cardiac disorder, piles, gulma, pain —inside. When vitiated vata is located in Anus there is Mala — avshthambha (constipation). It causes urine retention, disturbance in flatus, colicky pain, sacral region pain etc. (Ch.Chi. 28 /26)

Suppression of Urges:-

(A.Hru.4/3) Suppression of (the urge) defecation causes colic pain, headache, retention of flatus, and faeces, cramps in calf muscles and flatulence. In retention of faeces, fomentation, massage, tub —bath, suppositories, and enema are prescribed and also the food and drinks which are evacuative. This is the main cause of mala- avshthambha.

- In day-to-day practise we see the hetu of constipation as follows:-
- Excessive use of spicy and chilly foods - Excessive journey
- Excessive intercourse
- Eating dry foods
- Fasting for religious purpose. -Suppression of urges
- Day time sleep
- Night duties
- Not taking proper treatment for fever, acidity, anemia etc
- In females due to pregnancy the pressure exerted on rectum which causes constipation

➤ To stop dysentery taking medicine is the cause of constipation - Excessive use of meat

➤ Excessive straining for passing motion

These are all the causes which deal with vata prakopa hetu. This vata goes in purishvaha strotas which gives phenomena of samana and apana vikruti and the property of vata makes the fecal matter dry; due to dryness after giving strain on rectum the fecal matter is not passed out is called as constipation.

SAMANAY LAKSHANA:-

- Adhmana
- Frequent malapravriti
- Sakashtra malapravriti

These are the lakshana seen in mala- avshthambha

- Shithil or granthit
- Apachana
- Hrulas
- Amaloudgar
- Udarshula
- Udardaha
- Urovidha
- Shirshula
- Anidra
- Utsaha hani
- Aalasya
- Many dreams during sleep
- Angryness

• APAN VAYU Virkruti in Mala- avshthambha:-

- Males — krucha- vayata.
- Females — krucha raja pravriti

PRAKAR (TYPES):-

1. VATA PRADHANA
2. VATAKAPHA PRADHANA

1. VATA PRADHANA:-

LAKSHANA:- Mala pravriti — shushka / dry

- granthit / stone like
- pain /shul - Adhmana — Pravahahi

2. VATAKAPHA PRADHANA:-

LAKSHANA:- Mala pravriti is — pitshil — shithil

UPADRAVA:-

- Nidra nasha — Shirshula
- Udra shula — Udavarta
- Arsha
- Parikartika
- Guda bhraunsha — Vrudhi

Are the udrava seen in mala — avshthambha

SADHAYA-ASADHAYA

- Acute (new) Mala — avshthambha — Sukha sadhaya
- Jirna avastha — kashtasadhaya

- in vrudhavastha i.e in old age– asadhaya
- kunthane
- adhoudar guruta
- mukha presak
- mukha durghandhata - shudha alpata

CHIKITSA:-

- Tikshana virechana is avoided
- only anuloma medicine are used or should be used
- Draksha, Aragvadha, Nishoutra, Hirtki, Eranda tela, Gandhravahirtki such herbers should be used
- Vatapradhana mala – avshthambha – senehana, Anuvasana basti are better to be used.
- In vatakhapa pradhana, pitshila dravaya must be used
- Esabgola, Ahaliva, Ranatulshi seed are used.
- Milk as an mruduvirechak – before sleeping.
- Antra & maha strotsa and other organs should be strength with the help of karaskar kalpa specially amapachaka vati
- Suvarna, Abhrak, Vanga should be used for indriya balaya.
- With help of all these medicine + Asana – chakramana vayam
- Vihara like as leafy vegetable in more quantity, rice, wheat, etc.
- The hetu i.e. Aaharaj & Viharaj hetu should also be avoided.

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