

Editor's Note

Dear Readers,

Constipation is one among the common gastro-intestinal disorders where everyone tends to suffer one or another day. Clearing of bowels is a step towards good health. There is a feeling of being uncomfortable and routine work is hampered when the bowels of a person are not cleared. This prevalent problem is due to an incorrect lifestyle and poor eating patterns. Constipation may manifest in different ways - not passing bowels even once a day or a sense of incomplete evacuation. Although constipation is often looked upon as a common problem, if not treated or if treatment is delayed, it can lead to further problems such as fissures, fistulas, piles, lack of appetite and indigestion. If it continuously dogs you then you are in trouble.

Though the disease of constipation has not been discussed separately in Ayurvedic texts, its occurrence as a symptom of various diseases and ways to tackle it has been described. Constipation is mentioned in Ayurvedic texts by the name of Vibandha meaning obstructing or binding of stool. Vibandha occurs when something is wrong somewhere in our food habits. In this newsletter, we will discuss about the cause and treatment of Vibandha in detail.

We welcome your suggestions and submissions.

Enjoy reading and get benefited with Ayurveda.

Vaidya Lakshmi Anoop

Vibandha (Constipation)



Does constipation hamper your routine???

Then friends this will definitely an interesting perspective for you to eliminate your problem....

What is Vibandha (Constipation)? "Constipation is the decrease in the frequency, size, consistency, and ease of bowel movement and the complaint depends upon the individual perception". Inability to completely evacuate the bowels or passing very hard stools is known as Constipation or Vibandha in Ayurveda.

How it is caused? Sedentary lifestyle, inadequate sleep or day sleep, long continuation of allopathic medication, junk foods, oily, spicy food, cold beverages and addictions. Some believe that addictions help them

for easy movement of bowel so many have a bad habit of chewing tobacco, smoking before defecation which is wrong belief and in turn invite the other diseases.

Secondary causes like Ano rectal disorders like piles, tumors, rectocele, psychological factors like Excessive stress, mental exhaustion etc are some of the triggering causative factors causing constipation.

Pathogenesis: Causative factors lead to Ama (Metabolic toxin formed due to improper digestion) formation and abnormal movement of Apana vata (a sub type of vata dosha which helps in expulsion of the stool, urine etc). This makes the stool dry, peristalsis is slowed and stool is retained in pakvashaya (colon). Hence there is difficulty in passing stools leading to Vibandha or Constipation. The vitiation of the Apan vata and the failure of the expulsion make the stool harder causing Vibandha.

Treatment: There are several herbs which are classically mentioned in the text to relieve Vibandha. These herbs act as laxatives and help in easy evacuation of bowel - Madhuyashti (Glycyrrhiza glabra), Abhaya (Terminalia chebula), Aragvadha (Cassia fistula), Eranda (Ricinus communis), Trivrit (Ipomoea turpethum), Jatiphal (Myristica fragrans), Amalaki (Embellica officinalis), Isabgol and Rose buds.

Some formulations for constipation - Panchasakar churna, Avipattikar churna, Vaishvanar churna, Triphala churna, Iccha bedi rasa, Eranda taila.

"Eat healthy-Talk Healthy"

This article is written by Vaidya Aniket k. BAMS, (Rajiv gandhi university of health science, Bangalore)

Home Remedies for Constipation

- Make a powdered preparation of dried ginger root, long pepper, black pepper, and black salt in equal quantities. Have 1 teaspoon of this mixture at bedtime with lukewarm water and 2 to 3 teaspoons of psyllium (isabghul) husk.
- Make a powdered mixture of celery seeds, cumin seeds, and asafoetida in equal quantities and have ½ teaspoon 15 minutes before meals twice a day.
- Drink a glass of lukewarm water with 1-2 teaspoons of honey in it 3-4 times a day.

Special Offer on Ayurveda Training Program

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Product of the month - Haritaki vati

Ingredients – Decoction and Powder of Haritaki.

Benefits – It is a digestive and laxative. It helps relieve constipation and heals wounds and ulcers.

Dosage – Two tablets twice or thrice a day.

For more on this Product please [click here](#)

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