



Ayurvedic Review On Vibandha in Pediatric Age

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Abstract: Constipation is a disease condition resembling *Vibandha* or *Badhapurish* described in Ayurveda. *Vibandha* is a common condition seen in childhood and one of the main reasons for increased parental concerns. It presents with the difficulty child faces in defecation associated with hard stools and infrequent bowel movements. The peak incidence of constipation in the Pediatric age group is at 2–5 years of age. Most children report constipation due to *Hetus* like *Vata Dushita Stanya Sevana*, *Krimi*, *Parish Vega-Vidharana*, etc. It leads to the vitiation of *Samprapti Ghatak* like *Amotpatti*, *Vata Prakopa*, and *Jatharagni Mandya*, which ultimately causes *Vibandha* to the child. *Vibandha* has various complications like *Chardana*, *Rasa Kshaya*, *Karshya*, etc. Constipation is easier to prevent than to treat by following maintenance with adequate exercise, fluid intake, and a high-fiber diet. The treatment of *Vibandha* includes *Nidan Parivarjana* and *Dipan*, *Pachan Anulomana*, *Bhedana*, *Rechana*, etc. Here one attempt is made to introduce *Vibandha* as a disease in children. The main objectives are to introduce *Vibandha* as a disease by detailing *Nidan Panchak*, especially the *Rupa*, *Samprapti*, etc., and to establish a missing link between them.

Keywords: *Vibandha*, Constipation, Bowels, *Badhapurish*, *Nidan Panchak*.

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Received On 26 December, 2022

Revised On 27 April, 2023

Accepted On 8 May, 2023

Published On 1 September, 2023

Funding This research did not receive any specific grant from any funding agencies in the public, commercial or not for profit sectors.

Citation Ruchi Jaywant Borse, Renu Rathi, Sachin Pawade and Trupti Thakre , Ayurvedic Review On Vibandha in Pediatric Age.(2023).Int. J. Life Sci. Pharma Res.13(5), L223-L227 <http://dx.doi.org/10.22376/ijlpr.2023.13.5.L223-L227>



I. INTRODUCTION

Ayurveda, the science of life, is a comprehensive system of health based on experiential knowledge and grown with perpetual additions. Our lifestyle is changing, and so is nature, which greatly reflects our health. *Vibandha* is among the commonest clinical conditions in children with difficulty defecating, hard stools, and infrequent bowel movements. Even though *Vibandha* as a disease as such cannot be found in Ayurveda, there is mentioning of different presentations of *Purisha* (feces) like *Badhapurish*, *Ghanapurish*, *Grathita Purusha*, *Mala Avabaddhata* in various contexts in Ayurveda.¹ these can be taken as various manifestations of *Vibandha*. *Vibandha* occurs because of vitiation of *Apana Vayu*.² and it is considered a prominent symptom in most of the *Annavaha* and *Purishavaha* *Stroto-Vikaras*³ children. *Vibandha* can be correlated to constipation, as explained in the modern system of medicines. Constipation means the slow movement of feces through the large intestine, often associated with large quantities of dry, hard feces in the descending colon that accumulate because of fluid over absorption.⁴ Constipation is one of the common problems in the Pediatric age group responsible for both physical and psychological morbidity and poor quality of life. In some children, as a normal physiological phenomenon after infancy, there will be a frequency of only a single motion per day.⁵ Constipation is the infrequent passage of stool with pain and difficulty or delays in defecation.⁶ It is estimated that around 4-37% of the Pediatric population may have constipation.⁷ About 95% of infants pass more than or equal to 1 stool per day, and.⁸ 95% of school-going children pass up to 3 stools per day.⁹ Approximately 5-10% of school-going children suffer from constipation.¹⁰ Faulty toilet training and changed dietary habits are the two dominant factors for constipation.¹¹ The Aim and objective is a detailed Ayurvedic review of *Vibandha Vyadhi* from the perspective of *Balroga* (constipation).

2. MATERIALS & METHODS

Strategic searching of ayurvedic literature and contemporary science is done to gather knowledge about the *Vibandha* and its manifestation. The review includes ancient classical Texts- *Samhita*, *Nighantu's*, Online Research, Previous Dissertations, and Published Articles.

2.1. *Vibandha in literature*

Vibandha is derived from two words, 'vi' and 'bandha,' which means Bind of stools. Other contextual references of *Vibandha* refer to 'To bind' or 'to encircle'.¹² *Vibandha* is the Ayurvedic term for *Apravrutti*, according to *Shabdakosh*¹³. The common causes are changes in food habits (Increased consumption of fast food), inadequate toilet training, altering sleep patterns, and also as a result of the working mother's disturbed routine¹⁴. To accomplish the goals of Ayurveda, good health is a vital necessity. Maintaining health requires *samadhatumalakriya*, which is the correct creation of *Dhatu* and evacuation of *Mala*¹⁵. According to *Acharya Charaka*, resisting the urge to urinate results in colic discomfort, headaches, excrement retention, flatulence, calf cramps, and abdominal distention.¹⁶ *Vibandha* is comparable to the *Lakshana* of *Purishavaha Vayu* and includes symptoms including feces retention, abdominal distention, passing dry feces like pellets with difficulty, after a long delay, and hip pain.¹⁷

2.2. *Hetu of Parikartika*

2.2.1. *Hetu*

Hetu for *Vibandha* is summarized in the table-I.

Table I: *Hetu of Vibandha*

Rasa	Katu, Tikta, Kashaya ¹⁸		
Guna	Ruksha, Guru, sheeta, vidahi ¹⁹ , Abhishyanda, ²⁰ Sushka ²¹		
Ashana	Abhojana, ²² Adhyaashana, ²³ Vishamaashana, Asaatmyabhojana ²⁴	Viruddhaahara ²⁵	
	Atyashana, ¹⁸ Alpa Bhojana. Alpajalapana ²⁶		
Ahara	Patrashaka ²⁷ Viruddha, Nava Shooka, ²⁰ Shushkashaka		
Vihara	Na bhrishtashaaka ²⁸ Guru Phala, ²⁰ Vega sandharana , ²² Ratri jagarana ²⁹		
Manas	Shoka Bhaya ³⁰		

2.3. *Hetu in Children's*

1. *Sanniruddha Guda*
2. *Kshira*: *Vata Dushitha Sthanya Sevana*, *Kashaya Rasa Pradhana* *Ksheera Sevana*.
3. *Purishaja Krimi*: *Krimi* also causes *Vibandha*.
4. *Purishaja Veghadharana*
5. *Ayoga* of *Virechana*, *Anuvasana Basti* and *Niruha Basti*.
6. *Vibhanda* can be seen in so many diseases as a *Lakshana*
 - a. *Vata Jwara*
 - b. *Atisara Purva Rupa*
 - c. *Gulma Purva Rupa*
 - d. *Grahani Lakshana*
 - e. *Vistabda Ajeerna*
 - f. *Alaska*.

2.4. *Purva Rupa*³¹

Prodromal symptoms associated with *Vibandha* are

- I. *Agnimandya*

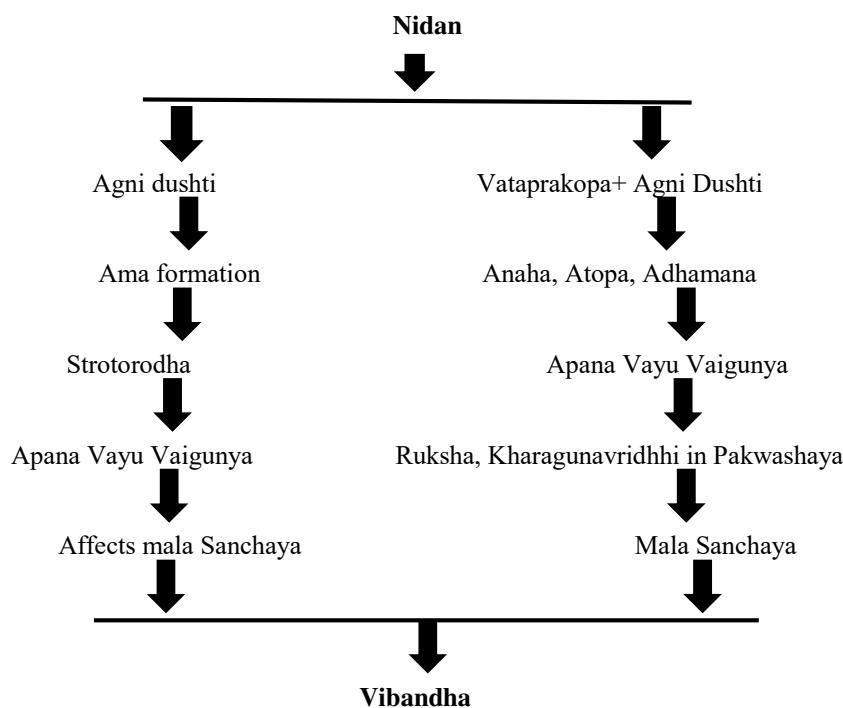
2. *Aruchi*
3. *Bhaktadwesha*
4. *Klama*
5. *Adhmana*,
6. *Antrakoojana*,

2.5. *Lakshana (symptoms)*

1. *Vatavarcha Apravrutti*³²
2. *Mala Katinata*³³
3. *Sushka, Grathita Mala Pravarthana*³⁴
4. *Alpamatra Mala Pravarthana*³⁴
5. *Kashta Mala Pravarthana*³²
6. *Sa-shoola Mala Pravarthana*³⁴
7. *Krucchrena- Chiraath pravruthi*³²

2.6. *Samprapti*

As discussed earlier, *Vibandha* results from *Agni Dushti* or *Ama* formation.³⁵ or *Vataprakopa*.³⁶ Events that occur in *Samprapti* of *Vibandha* are summarized in the flow chart.

**Fig No. 1: Samprapti of Vibandha**

Vibandha Samprapti flow chart is mentioned in above figure no. 1, main factors in Vibandha Samprapti are Agnidushti and vitiation of Vata Dosha.

2.7. Samprapti Ghatakas

The elements of pathogenesis involved in Vibandha are thus explained in Table 2.

Table 2: Samprapti Ghatakas

Dosha	Vatadosha Pradhana Pitta Anubadha
Dooshya	Mala
Dhatu	Rasa
Agni	Jatharagni
Ama	Sama
Srotas	Anna vaha, Pureeshavaha
Srotodushti	Sanga
Udbhavasthana	Amasahaya
Vyaktasthana	Pakwashaya, Sarvasarira
Sadyasadyata	Sukhasadhyta

2.8. Updrava

1. Nishwasita
2. Trushyati
3. Hikka, Parikarthika,
4. Arshas and other features could be Guda Bhramsha,
5. Gulma, Hridaya uparodha,
6. Chardhana, Rasa Kshaya, Karshya.

2.9. Principles of Treatment

Based on the above discussion, it can be concluded that *Vibandha* is a disease of *Pakwashaya* which is the *Vatasthana*, and involvement of *Agni* is invariably seen in *Vibandha*. Hence the treatment principles consist as follows.

A. Nidan Parivarjana

B. Anulomana

The drug that helps in the *Paka* of *Mala* and facilitates their easy elimination by breaking the *bandha* is called *Anulomana*. Ex: *Haritaki*.

C. Bhedana

The drug pushes the *Malas* downwards after breaking down the hardened fecal mass irrespective of their state, i.e., clinging or not clinging to the walls. Ex: *Katuki*. Charak mentioned *Suvaha*, *Arka*, *Urubhaka*, and *Agnimukha* under *Bhedhana Dravyas*.

D. Rechana

The drug which liquefies the *males* irrespective of their *Paka* and expulses them is called *Rechana*. *Jala Mahabhoota* predominance. Ex: *Sukha Virechana* – *Trivrit Teekshna* – *Snuhi Ksheera*, *Mridu* – *Aragyadha*

E. Sramsana

The drug takes no part in digestion but drives downwards the products that remain impacted in the intestines. Ex: *Aragyadha*

F. Drugs

- Should be *Snigdha, Agni Vardhaka*, and tone improving.
 - Can advise any Calcium supplements.
 - Other general drugs
- In children - *Swadisht Virechana Churna, Avipattikara Churna*.

G. Panchakarma

- *Snehan* ex. *Ghrita* and *Taila*
- *Mridu Svedana*
- *Niruha* and *Anuvasana Basti*

3. DISCUSSION

Vibandha in children is distressing and is a reason for increased parental concern. Normally *Vata* and *Kapha* Prakriti are prone to hard bowels. It can be attributed to inherent dryness (due to *Vata*) and excessive stagnation (due to *Kapha*) in the *Koshta* of persons with *Vata* and *Kapha* Prakriti, respectively. In infants, *Vibandha* can result from faulty, infrequent feeding of the baby and an improper dietary regimen of the mother leading to *Stanya Dushti*. Over-enthusiastic toilet training in infancy may sometimes be distressing in children who later develop chronic constipation. In toddlers and older children, *Vibandha* as a disease usually occurs due to *Vata Prakopaka Ahara*, *Vihara*, and non-compliance with *Asthavidha Ahara* *Ayatana*. It shall include changes in dietary habits, lifestyle, social structure, and constant mental stress that result in disturbances of *Annavaha* and *Purishavaha* *strotovikaras* like *Vibandha*, *Adhmana*, *Anaha*, *Atropa*, etc.; these symptoms persisting for longer duration end up in more distressing features *Vibandha*. It may be concluded that treatment, according to its cause, along with plenty of fluid, physical exercise, and many more forms of laxatives like *Anulomana*, *Bhedana*, etc., should be given according to the state of *Dosha* and *Koshta*. Chronic constipation can result in a

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vicious cycle with frequent digestive disturbance, over-stagnation of food, poor peristalsis, excessive feces (*bandha*) retention, and consequent nutritional problems in children.¹⁸

4. CONCLUSION

Constipation is a common problem in the Pediatric age group, with estimates suggesting that it affects up to 30% of children at some point during childhood. The cardinal features of *Vibandha* described in our classical texts are similar to that of constipation in contemporary science. Therefore, *Vibandha* is independently a disease and a complication of some diseases. Most children report constipation for reasons like *Vata Dushita Stanya Sevana*, *Krimi*, *Parish Vega-Vidharana*, etc. *Vibandha* has various complications like *Chardana*, *Rasa Kshaya*, *Karshya*, etc. Its management should be according to the type of *Koshta*. Treatment according to its cause, plenty of fluid, physical exercise, and many more forms of *Dipan*, *Pachan* *Anulomana*, *Bhedana*, *Rechana*, etc., should be given according to the state of *Dosa* and *Koshta*. According to Ayurveda, prevention is always better than cure to prevent constipation (*Vibandha*) child. Healthy bowel habits, such as regular toilet routines, a properly balanced diet, plenty of fluid, and regular physical activity, may help prevent constipation in children.

5. AUTHORS CONTRIBUTION STATEMENT

Vd. Ruchi Borse collected the essential references from Ayurvedic literature about *Vibandha* and prepared this Manuscript under the guidance of Vd. Venu Rathi. All authors read and approved the final version of the manuscript.

6. CONFLICT OF INTEREST

Conflict of interest declared none.

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