



Review Article On Vibandha In Paediatric Age

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Abstract:

Constipation is a medical illness that is similar to the *Ayurvedic* conditions *Vibandha* or *Badhapurish*. One of the key causes of parents' growing worry is the pediatric ailment known as *Vibandha*. It manifests as a children's having trouble pooping, which is accompanied by firm stools and infrequent bowel movements. In the pediatric age group, the highest incidence of constipation occurs between the ages of 2 and 5. Constipation caused by *Hetus* such as *Vata Dushita Stanya Sevana*, *Krimi*, *Purish Vega Vidharana*, etc. is reported by the majority of pediatric group. It eventually results in the infant suffering from *Vibandha* due to the vitiation of *Samprapti Ghataka*, including *Amotpatti*, *Vata Prakopa*, and *Jatharagni Mandya*. Numerous problems, such as *Chardana*, *Rasa Kshaya*, *Karshya*, etc., arise with *Vibandha*. It is simple to avoid constipation than to treat it with proper workout maintenance. 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, *Badhapurisha*, *Purishavaha Srotas*.

Introduction:

Constipation is one of the common problems in paediatric age group responsible for both physical and psychological morbidity and poor quality of life. Constipation means slow movement of faeces through the large intestine often associated with large quantities of dry, hard faeces in the descending colon that accumulate because of over absorption of fluid¹. In some children after infancy, as a normal physiological phenomenon, there will be a frequency of only single motion per day². Constipation is known as infrequent passage of stool with pain and difficulty, or delay in defecations³. Study shows that around 4-37% of the paediatric population may have constipation³. 95% of infants pass more than or equal to 1 stool per day³. 95% of school-going children pass up to 3 stools per day³. Approximately, 5-10% of school-going children suffer from constipation³. Faulty toilet training, Altered food habits, raised fast food culture, variations in dietary habits and also disturbed routine of working mothers which leads to improper method of feeding, lack of exercise and impact of varying stressful childhood e.g. joining of school are preeminent factors for constipation⁴. *Vibandha* is not addressed as a separate disease

entity in *Ayurvedic* classics, but it has been cited as a *Nidana* (cause), *Lakshana* (symptoms), and *Upadrava* (complication) of various disorders. Due to the *Pratiloma Gati* of *Apana Vayu*.i.e reverse flow , it might be regarded a *Lakshana* in *Udavarta* (Retention of faeces, flatus, and urine) like *Anaha* (Obstruction), *Adhmana* (Distension), *Malaavastamba* (Hardness of stools)⁵. Generally, patients complaining of *Vibandha* have *Krura Koshtha*, which happens due to *Vata* dominance, and the *Rukshna Guna* of *Vata* promotes greater water absorption, resulting in hard lumpy stools. According *Acharyas* *Vibandha* is caused by vitiated *VataDosha*. *Pakvashaya*, *Vibandha*'s principal site, is dominated by *Apana Vata*. Among the several functions of *Apanvayu*, excretion of faeces and micturition are important functions. It means that if *Apanvayu* is disturbed by any because it will interrupt the normal function of excretion of faeces which will give rise to the symptom called *Vibandh*. In *Vibandha*, *Anuloma Gati* of *Apana* is obstructed & becomes *Pratiloma* so *Purisha* is obstructed in *Pakvashaya* and further complication such as unsatisfactory bowel emptying, indigestion of food, etc occurs which leads to deterioration of health of child. Treatment of *Vibandha* is based on *Samprapti Vighatana*, and because *Apana Vata* is the principal *Dosha* involved in creating *Vibandha*, medications with qualities opposing to *Vata Dosha*, such as *Ushna*, *Snigdha*, *Guru*, *Sara*, and *Dravya*, should be used to cure constipation. As a result, it is critical to understand *Vibandha* well before embarking on treatment.

Vibandha is not mentioned in *Samhita* as a specific disease but some references are given in the *Samhitas* regarding *Vibandha* as a disease. i.e. *Vibandha* mentioned in *Vataja Nanatmaja Vyadhi*. The Aim and objective is a detailed *Ayurvedic* review of *Vibandha Vyadhi* from the perspective of *Balroga*(constipation).

MATERIALS & METHODS:

Based on a survey of *Ayurvedic* literature and contemporary science information linked to *Vibandha* or Constipation and their relationship have been collected and assembled from various books. The review includes ancient classical Texts, *Samhita*'s, Online Research and Published Articles.

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'⁶. *Vibandha* is the *Ayurvedic* term for *Apravrutti*, according to *Shabdakosh*⁷. To accomplish the goals of *Ayurveda*, good health is a vital necessity. Maintaining health requires *samadhathumalakriya*, which is the correct creation of *Dhatu* and evacuation of *Mala*⁸. According to *Acharya Charaka*, resisting the urge to urinate results in colic discomfort, headaches, excrement retention, flatulence, calf cramps, and abdominal distention⁹ *Vibandha* is comparable to the *Lakshana* of *Purishavaha Vayu* and includes symptoms including faeces retention, abdominal distention, passing dry faeces like pellets with difficulty, after a long delay, and hip pain¹⁰.

Hetu:

- 1)Rasa: *Katu*, *Tikta*, *Kashaya*.
- 2)Guna: *Ruksha*, *Guru*, *Sheeta*, *Vidahi* , *Abhishyanda*, *Sushka* .
- 3)Ashana: *Abhojana*, *Adhyaashana*, *Vishamaashana*, *Asaatmyabhojana*, *Viruddhaaahara*, *Atyashana*, *Alpa Bhojana*. *Alpajalapana*.
- 4)Ahara: *Patrashaka*, *Viruddha*, *Nava Shooka*, *Shushkashaka*, *Guru Phala*.
- 5)Vihara: *Vega sandharana* , *Ratri jagarana*.
- 6) Manas: *Shoka Bhaya*.

Hetu in Paediatric age group:

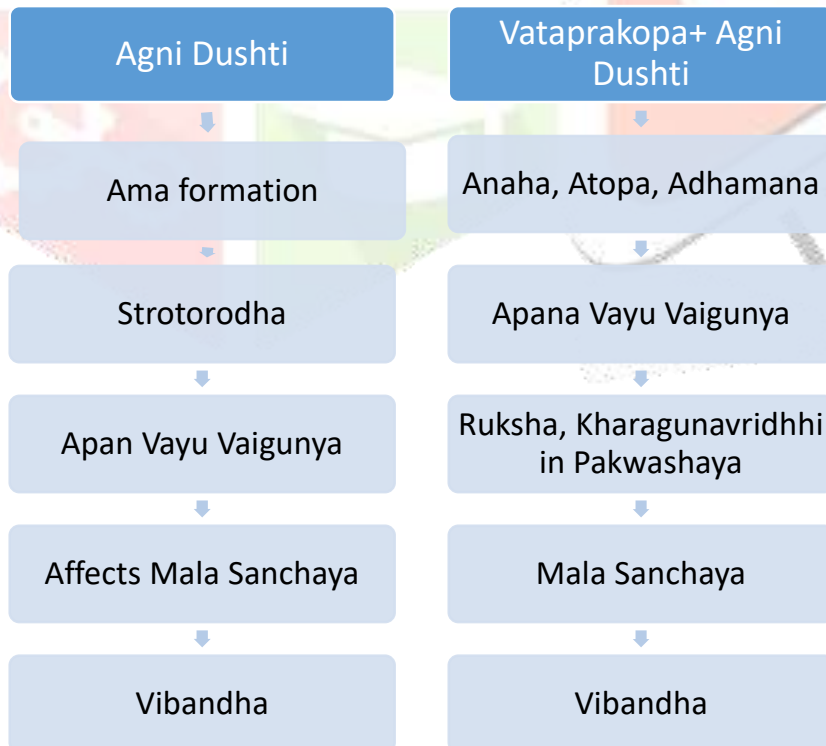
1. Sanniruddha Guda
2. Kshira: Vata Dushitha Sthanya Sevana, Kashaya Rasa Pradhana Ksheera Sevana.
3. Purishaja Krimi: Krimi also causes Vibandha.
4. Purishaja Veghadharana
5. Ayogya of Virechana, Anuvasana Basti and Niruha Basti.
6. Vibhanda can be seen in so many diseases as a Lakshana - a. Vata Jwara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

Purva of Vibandh¹¹: Purva Roopas (Prodromal symptoms) associated with Vibandha are Agnimandya, Aruchi, Bhaktadwesa, Klama, Adhmana, Antrakoojana.

Rupa of Vibandh (symptoms) includes Vatavarcha Apravrutti, Mala Katinata, Sushka, Grathita Mala Pravarthana, Alpamatra Mala Pravarthana, Kashta Mala Pravarthana, Sa-shoola Mala Pravarthana^{12,13,14}.

Samprapti:

Vibandha is result from Agni Dushti or Ama formation¹⁵. or Vataprakopa¹⁶. Samprapti of Vibandha is summarized in following chart:



Complications: Complications of Vibandh includes Udavarta, Anaha, Aadhmana, Arsha's, Antravridhhi, Bhagandhara, Parikarthika.

Updrava's of Vibandha:

Upadrava's of Vibandha includes *Nishwasita*, *Trushyati*, *Hikka*, *Parikarthika*, *Arshas* and other features could be *Guda Bhramsha*, *Gulma*, *Hridaya uparodha*, *Chardhana*, *Rasa Kshaya*, *Karshya*.

Treatment:

- 1) *Anulomana*: The drug which carries out the *Paka* of the mala and which facilitates their easy elimination through anus by breaking the bandha is called *Anulomana*. Ex: *Haritaki*.
- 2) *Bhedana*:
The drug which pushes the *Malas* downwards after breaking down the scybal (hardened faecal mass) irrespective of their state i.e. clinging or not clinging to the walls. Ex: *Katuki*.
 - *Charaka* mentioned *Suvaha*, *Arka*, *Agnimukha* under *Bhedhana* dravyas.
- 3) *Rechana*:
The drug which liquefies the *Malas* irrespective of their *Paka* and expulses them is called *Rechana*. *Jala Mahabhoota* predominance. Ex: *Sukha Virechana* – *Trivrit Teekshna* – *Snuhi Ksheera Mridu* - *Aragvadha*
- 4) *Sramasana*:
The drug which takes no part in digestion but which drives downwards the products that remain impacted in the intestines Ex: *Aragvadha*
- 5) Drugs - Should be *Snigdha*, *Agni Vardhaka*, tone improving. - Can advise Calcium supplements.
Other general drugs in infants – *Rojapusp Avaleha* in older children - *Swadist Virechana Churna*, *Avipattikara Churna*.
- 6) *Panchakarma* - *Sneha Paana* ex. *Grita* and *Taila* - *Swedana Yogya* - *Niruha* and *Anuvasana Basti*.
- 7) Yoga practices: The following yogic practices are beneficial in constipation; however, these should be performed only under the guidance of qualified Yoga therapist. Duration should be decided by the Yoga therapist. 1. *Kurmasana*, *Vakrasana*, *Katichakrasana*, *Sarvangasana*, *Shavasana*, *Pavanamuktasana*, *Mandukasana*, *Vajrasana* etc. 2. *Yogamudra*, *Shankha prakshalana*, *Nadishodhana*. 3. *Surya namaskara*, *Anuloma viloma*, Deep relaxation technique.
- 8) Remedies - *Ushnodhaka* - *Ksheera* - *Mamsa rasa*.
- 9) Fruits: *Guava*, *Orange*, *Grapes*, *Papaya*.

Discussion:

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*. *Vibandha* in children is a common issue that causes concern for parents. It is often seen in individuals with *Vata* and *Kapha Prakriti*, who are prone to hard bowels due to dryness and stagnation in the digestive system. In infants, faulty feeding and maternal dietary habits can lead to constipation. Over-enthusiastic toilet training in infancy may also contribute to chronic constipation in children. In toddlers and older children, *Vibandha* as a disease usually occurs due to *Vata Prakopaka Ahara*, *Vihara*, and non-compliance with *Asthavidha Ahara Ayatana*. In older children, *Vibandha* is usually caused by factors like poor dietary habits, lifestyle choices, and mental stress, leading to disturbances in the digestive system. Changes in diet, lifestyle, and addressing mental stress are important in managing *Vibandha*. Chronic constipation can result in a vicious cycle with frequent digestive disturbance, over stagnation of food, poor peristalsis, excessive faeces (bandha) retention, and consequent nutritional problems in children.

Conclusion:

Constipation is a common problem in the Paediatric 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. The text highlights that *Vibandha* is not a

singular illness but is connected to various ailments according to *Ayurvedic* texts. The treatment approach should be tailored based on the individual's *Kostha* type. It is suggested that therapy should be guided by the underlying cause (*Nidana*), as well as dietary restrictions (*Pathya-Apathya*) and various types of laxatives like *Anulomana*, *Bhedana*, among others.

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