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# Role of *Udavartahar Chikitsa* in the management of *Pureesha Avrita Vata* w.s.r. to Chronic Constipation on Constipation Assessment Scale: A Case Study

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## ABSTRACT

**Background:** *Pureesha Avrita Vata* is defined as the absolute constipation along with *Parikartika* (Fissure in Ano), *Shroni Vankshana Prstha Ruk* (pain in hips, groin and back) and uncomfortable sensation in chest region etc. The main features of Constipation are infrequent or hard stool, abdominal pain, bloating, and feeling of unsatisfactory bowel evacuation. Contemporary laxatives, which are generally used in Constipation, become habitual after some duration and only symptomatic relief. Moreover, these medicines never alter pathogenesis of disease. So, it is a need of hour to search effective, safe & alternative formulations in Ayurveda, which can completely break the pathogenesis of *Pureesha Avrita Vata*. As per Ayurveda, *Vata Dosha* and *Pureesha Mala* are the main factor involved in this condition. Therefore, the prime treatment principle recommended by Ancient *Acharyas* is *Snigdha Udavartahar Kriya*.  
**Aim & Objectives:** This case study is primarily carried out to study *Pureesha Avrita Vata* w.s.r. to Constipation and to evaluate role of *Chinchalavan Taila Matra Basti*, *Indukanta Ghrta* orally with *Snigdha Virechana* in the management of *Pureesha Avrita Vata*.  
**Methods:** A 68 years old male patient approached Kayachikitsa I.P.D. with *Pureesha Avrita Vata* for one year; he was administered 60ml *Chincha Lavana Taila Matra Basti* for 7 days, *Indukanta Ghrta* orally and *Snigdha Virechan* for consecutive 15 days.  
**Result:** Patient has significant effect to improve the Constipation Assessment Scale from 15 to 03 and in other classical features of *Pureesha Avrita Vata*.

**Key words:** *Pureesha Avrita Vata*, *Matra Basti*, *Snigdha Virechana*.

## INTRODUCTION

Constipation is generally described as having fewer than three bowel movements a week. Though occasional constipation is very common, some people experience chronic constipation that can interfere with their ability to go about their daily tasks. The main features of Constipation are infrequent or hard stool, abdominal pain, bloating, and feeling of unsatisfactory

bowel evacuation.<sup>[1]</sup> Chronic constipation can be correlated with *Pureesha Avrita Vata*<sup>[2]</sup> which is defined as the absolute constipation along with *Parikartika* (Fissure in Ano), *Shroni Vankshana Prstha Ruk* (pain in hips, groin and back) and uncomfortable sensation in chest region etc. The common approach groups constipation into primary and secondary causes. Primary causes are intrinsic problems of colonic or anorectal function, whereas secondary causes are related to organic disease, systemic disease or medications.<sup>[3]</sup> Contemporary laxatives, which are generally used in Constipation, become habitual after some duration and only symptomatic relief. Moreover, these medicines never alter pathogenesis of disease. So, it is a need of hour to search effective, safe & alternative formulations in Ayurveda, which can completely break the pathogenesis of *Pureesha Avrita Vata*.

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the prime treatment principle recommended by Ancient Acharyas is *Snigdha Udavartahar Kriya*.

### AIM & OBJECTIVES

To evaluate role of *Chinchalavan Taila Matra Basti*, *Indukanta Ghrita* orally with *Snigdha Virechana* in the management of *Pureesha Avrita Vata* on constipation assessment scale.

### PATIENT INFORMATION

A 68-year-old male with complaint of severe constipation, abdominal pain, abdominal distension, less frequent bowel movements, rectal fullness or pressure, rectal pain with bowel movement, smaller stool size and inability to pass stool, pain in hips, groin and back, uncomfortable sensation in chest region and H/O of fissure per rectal visited in I.P.D. of department of *Kayachikitsa*, Government Ayurveda college, Nagpur. The height of patient was 163 centimetres (cm) and the weight of patient was 72 kilograms (kg). His appetite was normal. Patient had normal micturition. The patient had undergone for consultations in Government Medical college, Nagpur for two months before, where he was diagnosed as a case of absolute constipation and symptomatic management was recommended.

### Clinical findings

On physical examination, patient was anxious and his tongue was coated. Patient had *Vata-Kapha Prakriti* with *Pravar Samhanana* (Upper most body constitution), *Avara Sara* (~lowermost purest body tissue), *Avara Satmya* (lowermost homologation), *Avara Satva* (lowermost mental strength), *Madhyam Vyayamshakti* (middlemost capability to carry on physical activities), *Madhyam Aharshakti* and *Jaranshakti* (middlemost food intake and digestive power). The patient demonstrated normal gait. On neurological examination higher mental function and speech were normal. All cranial nerves were intact. On motor examination, bulk, tone, power and co-ordination of arms and legs were normal bilaterally. Joint position sense and vibration sensation was normal bilaterally. Upon abdominal examination, patient demonstrated marked abdominal distention

with palpable pain in abdomen. Rectal examination revealed an fissure per rectal and resulted in the forceful expulsion of fecal material upon completion of examination. Complete blood count (CBC), lipid profile test, liver function test, kidney function test, blood sugar was within limits.

### Diagnostic focus and assessment

The patient was a known case of Chronic Constipation. It was confirmed by previously done Ultrasonography of abdomen where no anatomical abnormalities of intestine revealed. History of delayed passage of stool since 1 year and Constipation assessment scale<sup>[4]</sup> carried out. *Pureesha Avrita Vata* was considered as Ayurvedic diagnosis which is included in *Vatavyadhi* [~neurological, rheumatic and musculoskeletal diseases].

### Therapeutic intervention

Line of treatment for *Pureesha Avrita Vata* is similar to general line of management of *Udavarta*<sup>[5]</sup> (~abdominal distention due to constipation and other causes). *Abhyanga* (massage) with *Shita Jwarokta* oil (oil used for *Shita Jwara*), *Svedana* (sudation), *Varti* (suppository), *Niruha basti*, *Snehana*, *Virechana* (mild purgation), use of *Anulomak* (carminative) foods are indicated for the treatment of *Udavarta*. Since the patient was admitted in IPD, different *Panchakarma* procedures was used. Patient was treated with *Abhyanga* (massage) and *Swedana* (sudation) and *Matra Basti*. *Sarvanga Abhyanga* (massage) with *Til Taila* and *Sarvanga Swedana* done for 15 days. *Matra Basti* with *Chinchalavan Taila*<sup>[6]</sup> 60 ml were also prescribed for 7 days. Along with these interventions Ayurvedic oral medications mentioned below.

**Table 3: Ayurvedic treatment given to a case of *Pureesha Avrita Vata***

Name of Drug used orally	Composition	Dose	Anupan	Day of treatment
Cap. <i>Indukanta Ghrita</i> <sup>[7]</sup>	<i>Panchakola</i> , <i>Dashamola</i> , <i>Yavakshara</i> , <i>Putika</i> ,	2 cap. (10 ml)	Luke warm water	From 1st day to 15 <sup>th</sup> day

	<i>Devadaru, Godugdha, Goghrita</i>	twice a day		
<i>Gandharva Haritaki Churna</i> <sup>[8]</sup>	<i>Bal haritaki, Eranda oil, Sunthi, Sandhav Lavana, Savarchal and Pippali</i>	5 -10 gm twice a day	Luke warm water	From 1st day to 30 <sup>th</sup> day

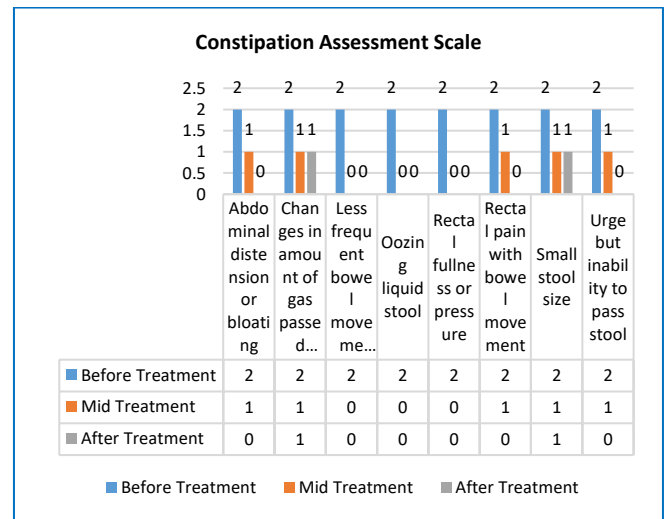
**OBSERVATIONS AND RESULTS**

The changes observed in the signs and symptoms were assessed by adopting suitable scoring method and the objective signs by using appropriate clinical tools. Assessment was done before treatment on zero day and on 16<sup>th</sup> day and 30<sup>th</sup> day after completion of treatment.

Compared to your usual pattern you have had, No Problem – 0 score, Some Problem – 1 score or Severe Problem – 2 score.

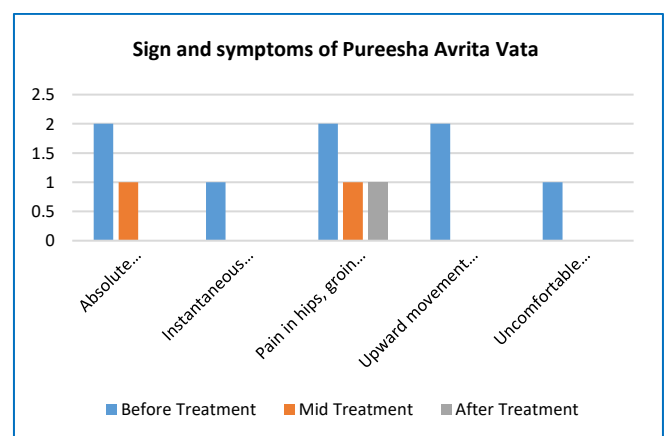
**Table 4: Constipation assessment scale taken in the case of Pureesha Avrita Vata.**

SN	Item	Zero Day	On 15 <sup>th</sup> Day	On 30 <sup>th</sup> Day
1.	Abdominal distension or bloating	02	01	00
2.	Changes in the amount of gas passed rectally	02	01	01
3.	Less frequent bowel movements	02	01	00
4.	Oozing liquid stool	01	00	00
5.	Rectal fullness or pressure	02	00	00
6.	Rectal pain with bowel movement	02	01	00
7.	Small stool size	02	00	00
8.	Urge but inability to pass stool	02	01	01
	Total	15	05	00

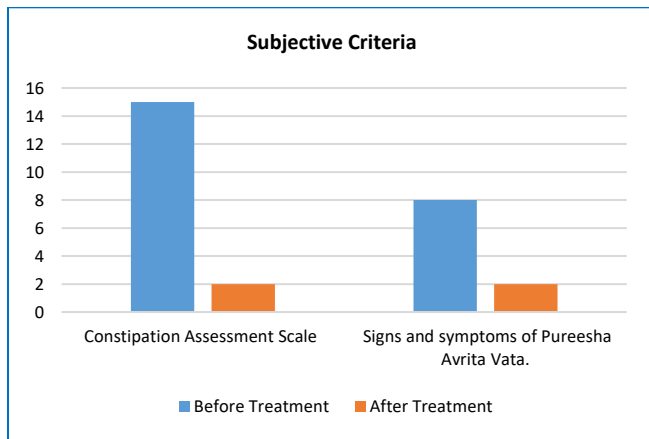


**Table 5: Assessment scale of classical sign and symptoms of Pureesha Avrita Vata**

SN	Lakshan	Zero Day	On 15 <sup>th</sup> Day	On 30 <sup>th</sup> Day
1.	Absolute constipation	02	01	00
2.	Instantaneous digestion of the ingested fat	01	00	00
3.	Pain in hips, groin and Back	02	01	01
4.	Upward movement of vata in the abdomen	02	00	00
5.	Uncomfortable sensation in chest region	01	00	00
	Total	08	02	01



Patient has significant effect to improve the Constipation Assessment Scale from 15 score on zero day to 02 score on 15<sup>th</sup> day and in other classical features of *Pureesha Avrita Vata*.



## DISCUSSION

Constipation is a heterogeneous, polysymptomatic, multifactorial disease. Acute or transient constipation can be due to changes in diet, travel or stress, and secondary constipation can result from drug treatment, neurological or metabolic conditions.<sup>[9]</sup> As per Ayurveda, *Vata Dosh* and *Pureesha Mala* are the main factor involved in this condition. Therefore, the prime treatment principle recommended by Ancient *Acharyas* is *Snigdha Udavartahar Kriya*.<sup>[10]</sup> According to *Acharya Charaka*, *Matra Basti* is always applicable to those emaciated due to overwork, physical exercise, weight lifting, journey on vehicles, indulgence in women, in debilitated person and in those afflicted with *Vata* disorders. *Matra Basti* promotes strength, without calling for any strict regimen of diet, and also causes easy elimination of *Mala* and *Mutra*. It performs the function of *Brimhana* and cures *Vatavyadhi*.<sup>[11]</sup> Our *Acharyas* have considered the rectum (*Guda*) as the root of the body (*Mula* of *Sharira*). According to *Acharya Charaka*: 'As a tree irrigated in its root attains blue branches with beautiful tender leaves, flowers and fruits in time, and attains a big stature, so too the man with unctuous enema given through the rectum.<sup>[12]</sup> On the action of *Basti*, *Vagabhata*<sup>[13]</sup> says the *Virya* of *Basti* is conveyed to *Apana* and then to *Samana Vata*, which may regulate the function of *Agni*. It then goes to *Udana*, *Vyana*, and *Prana*, thus

providing its efficacy all over the body. At the same time *Basti* by pacifying *Vata*, restores the disturbed *Kapha* and *Pitta* at their original seats and thus helps in breaking the pathogenesis. *Matra Basti* with *Chincha Lavana Taila* effectively corrects the pathology of Constipation without causing any undue or adverse effect.<sup>[14]</sup> *Sarvanga Abhyanga* (massage) with *Til Taila* and *Sarvanga Svedana* are used to improve gastrointestinal motility.<sup>[15]</sup>

*Indukanta Ghrita* is also effective in various symptoms of *Parinama Shula* (duodenal ulcer), i.e., pain abdomen, nausea, vomiting, burning sensation in the abdomen, acid eructation, flatulence, indigestion, constipation, and tenderness in the epigastrium<sup>[16]</sup> as well as is indicated for strengthening digestive fire (*Agni*), opening the channels (*Srotas*).<sup>[17]</sup> Thus, overall *Tikta Rasa* predominant in *Indukanta Ghrita* clears excessive gastric secretions, absorbs such excess quantities, keeps away the microbes, and helps in maintaining the physiological functioning of gut microflora.<sup>[18]</sup> *Gandharva Haritaki* is *Anulomaka* and hence helps in *Sampraptibhanga*.<sup>[19]</sup>

## CONCLUSION

Treatment of constipation is most often empirical and continues to evolve and remains challenging. Though the conventional treatment is well established in a recent survey of over 5000 patients who were taking medications for constipation, nearly one half of patients were unsatisfied with current modern therapy. Stimulant, osmotic and saline laxatives of chemical origin are known to cause abdominal cramping, hypokalemia, flatulence, abdominal distension, and alteration in electrolyte transportation which limit the long-term use of these drugs.<sup>[20]</sup> Moreover, these medicines never alter pathogenesis of disease. So, it is a need of hour to search effective, safe & alternative formulations in Ayurveda, which can completely break the pathogenesis of *Pureesha Avrita Vata*.

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