

## CONSTIPATION IN PREGNANCY AYURVEDIC AND MODERN VIEW

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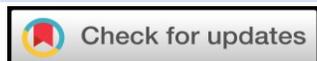
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## ABSTRACT

*Malavsthambha* (constipation) is a disease which occurs due to *Vikruti* of *Vayu* (defected or diseased air) (*Pratilom Gati* of *Apan Vayu*) and *Purishavaha Srotasa Dushti*. *Acharya Charaka* mentioned '*Malavsthambha*' in terms of '*Vibandha*', '*Bandha*' *Malavsthambha* as a disease has not been mentioned in any *Samhitas*. Most of the pregnant women will be having this complaint. There are anatomical, physiological and hormonal adaptations in pregnancy. Due to these changes every pregnant woman will face some difficulties like heartburn, nausea, vomiting, pedal oedema, constipation in three trimesters. *Acharya Kashyapa* says that the diseases which are seen in any other individual will be seen in pregnant ladies also as *dosha*, *dushyas* of the body are same. As *shakrut* and *mutra nishkramana* is the main function of *Apana vata*, it should maintain in normal state.

**Keywords** Constipation, Bowels, *Badhapurisha*, *Purishavaha Srotas*.

## INTRODUCTION

The word Constipation comes from Latin word – 'Constipare' – To press or crowd together. It refers to persistent, difficult, infrequent or seemingly incomplete

defecation<sup>1</sup>. It is a symptom not a disease. In general population incidences varies from 2-3% and it is com-

mon in females than in males due to some of the reasons like Anatomical relation - Female reproductive system and excretory system are closely related in woman. Pressure from gravid uterus<sup>2</sup> or any mass causes constipation in females, hormonal modulations, stress and tendency of withholding natural urges. Stress can alter body rhythm by which gut motility reduces. During stress blood & oxygen redirected to brain, so there is diminished GI reflexes in ongoing chronic stress<sup>3</sup>. Due to inconvenience of using public toilets, more concern about hygiene women are more likely to withhold the natural urges. These conditions will produce constipation in women.

### Aim and Objective

AIM- Constipation in pregnancy Ayurveda and Modern view.

#### OBJECTIVE-

1. To study the causes of *Malavsthambha* (constipation) in pregnancy.
2. To study the effect *vata* on *Malavsthambha* (constipation).

### Need to Study

Constipation in pregnancy occurs due to hormones that relaxes intestinal muscle and also by the pressure of uterus on intestinal muscle. This causes food and water to move slower through system. If this constipation which is one of the most common complaints in hospital is not treated than various troublesome problems like hemorrhoids, severe abdominal pain, *Udavarta* (), *Parikartika* (), rectal prolapse, insomnia may occur decreasing quality of life. Constipation may affect the *Anulom gati* of *vata* (normal direction of air) and *Anulom gati* may affect *Sukhaprasav* (normal, vigorous delivery) which is the main aim of a pregnant woman.

### Materials and Method

Information sources and Searches- To review the *Ayurvedic* literature and contemporary science regarding *Malavsthambha* in *Garbhini* (pregnant women). The search strategy used the keywords “pregnancy”, “*Vibandha*”, “*Malavsthambha*”, and “*Purishvahastrota*” Informative sources were identified from the Google scholar, PubMed. Based on this quality evaluations, the content was summarized and assessed.

### Literature Review

*Annavaha Srotas* (gastro-intestinal tract) is one of the types of *Srotas* (channel) described in all important *Samhita*, it can be considered to Gastrointestinal Tract except colon from modern view. *Mahsrotas*<sup>5</sup> and *Kostha*<sup>6</sup> are describe synonymous to *Annavaha Srotas*. The *pakwashaya* (colon) and further part of alimentary tract are included in *Purishvaha srotasa*.<sup>7</sup>

### Moolasthan of Annavaha Srotas

*Acharya Chakrapani* described *Moolasthan* as *prabhavasthan*.<sup>8</sup> meaning anatomical seat of respective *srotas* where pathology of that *srotas* begins. As per *Charak* these are *Amashya* (stomach) and *vamaparshwa* (left upper quadrant of abdomen), As per *Sushrut*, *Amashaya* (stomach) and *annavahini dhamani* are *moolasthan* of *annavaha srotas*. Injury to these produces fullness in abdomen, pain in abdomen, loss of appetite, vomiting, thirst, vertigo and death.<sup>9</sup>

### The process of Pachan (Digestion)

*Pranavayu* takes *anna* to the *koshtha*. Here it is disintegrated by *drava* (fluid) and made smooth by *sneha*. *Saman vayu* intensify the *agni*. Thus, the timely taken and balanced food get digested properly leading to promotion of life span.<sup>10</sup> The *pachana* takes place in the presence of *Agni*. Along with *Bhutagni* and *Dhatwagni* especially, *Jatharagni*. The *pacaka pitta* which is responsible for splitting-up of the ingested food materials may be compared with the enzymes like secretin cholecystokinin, enterokinase, lipase, amylase, invertase, enterogastrone etc.

### Constipation in pregnancy

There is no difference in the physical and physiological disorders of pregnant woman from any other individual, because *Dosha* and *Dushya* of the body are same. So, the disease which are seen in normal person will be seen in pregnant and *nidana*, *samprapti* are also same.<sup>11</sup> *Acharya Sushruta* mentioned use of *madhura dravya siddha basti* in pregnant lady in 8th month.<sup>12</sup> It indicates that their incomplete evacuation during pregnancy. In order to prevent constipation, *Acharya Kashyapa* mentioned *Mrudu virechaka* or *Anulomaka* drug for Preg-

nant lady in 4th and after 4 months.<sup>12</sup> Painful defecation with pain in anal region, bleeding per rectum in *Garbhini* are mentioned by *Acharya Kashyapa*.<sup>13</sup>

### Management

The diseases of the pregnant women should be treated with the use of *mrudu*, *madhura*, *shishira*, *sukumara aushadha*, *ahara* and *upachara*.<sup>13</sup> All *shamana aushadhis* should be soft and should be given with food or drinks. It should consist of articles which are *mruduveerya* and *madhura*, shouldn't cause any harm to the fetus.<sup>14</sup> *Acharya vagbhata* mentioned that due to *udavarta* in pregnancy *vibandha* will occur, that can be treated with *vatahara*, *snigdha annapana*.<sup>15</sup> While explaining *Garbhini paricharya* in 8th month, our *Acharyas* mentioned as *Madhura aushadha siddha Asthapana basti* and *Anuvasana basti*, *Ksheera yavagu* with *Sarpi* orally for *Purana Pureesha shuddhi* and *Vaataanulomana*.<sup>16</sup> The aim of *garbhini paricharya* to maintain *vata* in normal state. 4th month and thereafter to maintain proper *vata gati*, *Aragvadha ksheerapaka* is advised. <sup>17</sup>*Acharya Haritha* specially mentioned treatment for *Garbhini vibandha: Hareetaki with Shunti* and *Guda* or cool decoction of *Triphala*.<sup>18</sup> The pregnant women should be treated just like pot filled with oil, a slightest oscillation of such pot cause spilling of oil, similarly slightest excitement to the pregnant woman can initiate abortion.<sup>19</sup>

### CONCLUSION

Constipation is a common symptom which everybody faces once in lifetime. It causes discomfort moreover to risk in pregnancy and puerperal period. It is very important to expel unwanted things from the body to maintain good health. So that regular bowel habit should be maintained. As constipation is physiological in pregnancy, diet and lifestyle modification is the best way to overcome this problem. Fiber rich food like Green leaves, vegetables like Onion, Bottle gourd, Radish, Brinjal, fruits like Banana, Papaya, regular exercise, pranayama will help in maintain regular bowel movements in pregnancy. According to *masanumasika garbhini paricharya ksheera, ghruta, navaneeta*, plenty of fluids in the form of siddha *Madhura*

*Aushadha Ksheerapakas* will definitely help in normalizing *vata* and prevent constipation.

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