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EFFICACY OF DRAKSHAVALEHA IN PREGNANCY INDUCED CONSTIPATION

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ABSTRACT

Aim: Efficacy of *Drakshavleha* in Pregnancy induced constipation. **Background**: Constipation in pregnancy is one of the most common complaint of modern life-style. Generally in pregnancy due to pressure of gravid uterus, iron tablets intake, etc. causes constipation which not only reduces the quality of life but it also effects *anulom gati* of *vata*(downward) and thereby affecting *sukha-prasav*(normal labor).

Methology:

1) Type of study : Simple open clinical study
2) Sample size : 60
3) Place : Bharti Ayurveda Hospital

Result: Out of evaluated 64 patients, 60 patients were recruited for this study and all 60 patients got relief from constipatin. Overall 100% result obtained. **Conclusion**: In this study it was concluded that *Drakshavleha* is effective in relieving constipation in pregnancy.

KEYWORDS: Constipation, Bowels, *Badhapurisha, Purishavaha Srotas*.

INTRODUCTION

In Sanskrit, the word *Ayurveda* consist of the word "*Ayusha*" meaning "*longevity*" and "*Veda*" meaning "related to knowledge or science."

यद्प्त्यनां मूलं नार्यः परं नृणाम |[1]

-च. चि 30/5

The most ambitious dream of a woman in her life is giving birth to a healthy child. During pregnancy she has to pass through various problems. One among them is "constipation". *Acharya Charka* mentioned *"Malavsthambha"* in terms of "*Vibandha*", "*Bandha*" etc. *Malavsthambha* as a disease has not mentioned in any *Samhitas*.

The health of a woman during pregnancy is the real wealth. It is being said that *Rasa* (fluid), *Rakta* (blood*), Mansa* (muscle tissue), *Meda* (fatty tissue), *Asthi* (bony tissue), *Majja* (nervous system*), Sukra* (ovum or sperm*)* forms from *Ahar rasa* (essence of food) which gives complete nutrition not only to a mother but also to a developing fetus. So the *Ahar*(essence of food) which is consumed by *Garbhini*(Pregnancy) must be properly digested and absorbed.

Prevalence of constipation - Constipation is a frequently found sign during pregnancy and up to 11-40% of pregnant women experience it at some stage of their pregnancy.[2,3]

According to American Pregnancy Association approximately 6 million pregnancies occurs every year throughout the United States. According to National Health Interview Survey reports about 4.4 million pregnant women complains of constipation.[6]

The main cause of constipation during pregnancy:-

a) Hormonal change:-

The main cause of constipation during pregnancy is the production of the hormone progesterone, progesterone is known to slow down the digestive system by reducing transit time of food.[4]

b) Too much iron intake.

c) Pressure on the rectum:-

d) Emotions:-

Too much worry & anxiety can also lead to constipation.

e) Low-fiber diet

f) Lack of exercise

g) *Acharya Charaka* has mentioned in *Naveganadharniya Adhaya Sutra Sthana* that supression of *Apana vayu* and *Purishavega* can lead to *malavsthambha*, and in *Charak Siddhi Sthana* 11/28, 29, 30 *Vaisya, Brahamana, Rajabhritya, Baniya* suffers from *Malavastambha* easily due to work load. This all above effects *doshas* in body, especially

vata dosha. As *Shakrut* and *Mutra nishkramana* is the main function of *Apana vata*, it should maintain in normal state.

"आमाष्योत्थरोगेषु हेतुदोशानुसारतः |

अग्रेर्दीपतिर्विधातव्या पचिनं चनुलोमनम्|"

-भ .र 76/4

While following a treatment to the problems related to gastro intestinal tract, the main reasons of the ailment should be considered and the disorders in *doshas* should be taken care as per their degree. As in pregnancy *shodhan* (purification therapies) is contraindicated, emphasis should be laid upon the drugs which are *anulomak*. (carminatives- having the power to relieve flatulence and associated colic).

Acharya Kashyapa mentioned *Mrudu virechaka* or *Anulomaka* drug for pregnant lady.[5]

Draksha* is *mruduanulomak. A systemic review conducted by Bradley in springer Cochrane explained importance of probiotics in treating constipation during pregnancy and its form- *Drakshavaleha* which is mentioned in *Brihat Nighantu Ratnakar*, *Bhaishajya Ratnavali*, *and Harita Samhita* must be used.

There are many views about the ingredients of this ayurvedic formulation. However, the formulation taken for the present work is as compiled in *Astanga Hridaya Chikitsa Sthana* 16th Chapter, *Pandu Roga Chikitsa*, and *Sloka* No.29-31.

Draksha Avleha is a semisolid intended for internal administration which has multiple micro nutrients has a greater positive impact on birth weight, constipation, etc. keeping this mind *Drakshavaleha* is used.

The Present study was carried out in 60 patients. Outcome of study conducted showed that the drug played foremost role in remission of the symptoms like hard stool, pain during defecation, sense of incomplete evacuation, etc.

If constipation is not treated than many problems may occur like hemorrhoids, severe abdominal pain, rectal prolapse, *Parikartika, Udavarta.*[7]

AIM AND OBJECTIVES

AIM

- Efficacy of *Drakshavleha* in Pregnancy induced constipation.

OBJECTIVES

- To study *malavsthambha* as a symptom and sign in *Ayurvedika* classics and modern.
- To study the effect of *Drakshavleha* in Constipation.
- To study properties and ingredients of *Drakshavleha*.
- Standardization of *Drakshavleha*.
- To study modern aspect of constipation

MATERIALS AND METHODS

Contents of Drakshavaleha

1. Draksha (Vitis venifera, raisins)
2. Kana (Pippali) (Piper longum, dried fruits)
3. Madhuka (Yastimadhu) (Glycyrrhiza glabra, dried roots)
4. Shunti (Zingiber officinale, dried rhizomes)
5. Thvakkshiri (Vamshalochana) (Bambusa_arundinacea, secretion)
6. Dhatri Phala (Amalaki) (Embilica officinalis, fresh and dry fruits)

METHOD OF PREPARATION

- One *drona* (12.288 kg)of a*mala*ki *phala swarasa* prepared and kept aside
- *Ardha tula* (2.4 kg) of *sharkara* is added and boil it.
- Add 1 *prastha* (768gm) of *draksha, pippali* + 2 *pal* (96 kg)each *madhuka, shunthi* and *tvakshiri.*
- After cooling add 1 *prastha* of *madhu.*
- Mix it well and store it.

METHODOLOGY

1) This is an open clinical labeled study.
2) Sample size: 60 patients.
3) Place: Bharati Ayurveda Hospital, OPD and IPD.
4) Consent: written consent as per guidelines in local language was taken from each patient
5) STATISTICAL ANALYSIS: Wilcoxon test and paired ‘t’ test used in present study.

TREATMENT DETAILS

A)	Dose	6-12 gm (approximate 2 tbs)
B)	Form	*Avleha*
C)	*Kala*	*Nishikala*
D)	*Anupan*	Water/milk
E)	*Pathya*	*Madhura, snighna padartha* and *deepaniya dravyas*. (su. *Sharir* .10/3)
F)	Preservation	In wide mouthed glass or porcelain jar
G)	Shelf life of *Avaleha*	1 year (*Sharangdhara Samhita*)
H)	Follow up	Initial – 1st day 1 st follow up- 7th day 2 nd follow up-14th day
F)	Route of Administration	Orally
G)	Duration	15 days

SELECTION CRITERIA

1. Inclusion Criteria

- All antenatal mothers of all age groups
- Both multi and primi gravida of all trimesters.

2. Exclusion criteria

- Associated problems like piles, fistula, rectal prolapse.
- Systemic diseases like diabetes.

3. Discontinuation criteria

Voluntary withdrawal of patient, if irregular for follow up, loose motion, etc.

ASSESMENT CRITERIA

Subjective criteria

- Considering the symptoms of constipation given in modern science such as the assessment made.
- Full detailed history and physical examination of the patients have recorded into specially prepared proforma for vibandha.

Subjective Parameter

***Lakshana* (symptoms)**	**Initial Assessment 1st day**	**1st follow up 7th day**	**2nd follow up 14th day**
Excessive Straining			
Hard stool			
Lower Abdominal Fullness			
Sense of Incomplete Evculation			
Gas passed			

++++ - Severe constipation
+++ - Moderate constipation
++ - Mild constipation
+ - Very mild constipation
0 - Normal

STASTICAL ANALYSIS, OBSERVATIONS AND DISCUSSION

Present study was an open labelled clinical study. The aim was to find out whether *Drakshavaleha* is effective in relieving constipation in pregnancy. In this study the sample size was of 60 patients for final analysis.Here the patient were given *Drakshavaleha* 2 tsf at night with milk/water for 15 days

1. Age –

Statistical analysis

Table: Age wise distribution.

Age	No. of pts
Below 20	10
20-30	39
30-40	10
Above 40	1

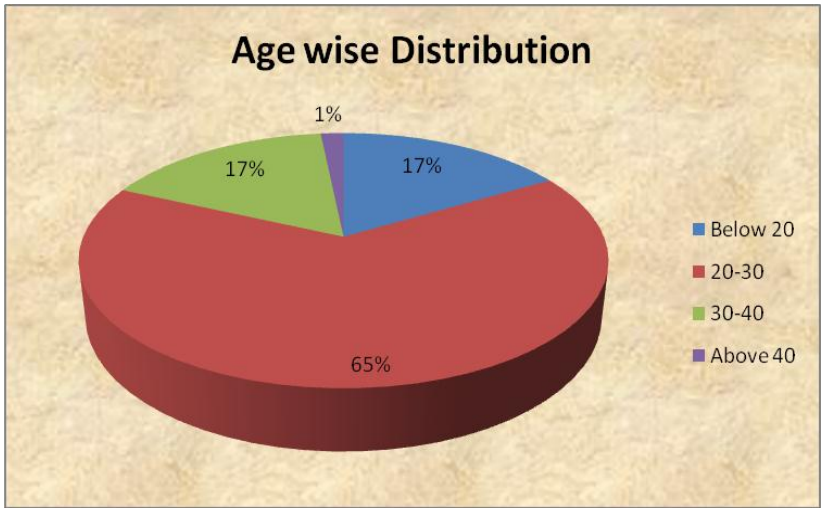

Figure: Age wise distribution.

Observation

It was observed that, in this study 655% patients were in the age group 20-30 years

Discussion

The maximum number of patients were found in the interval of 20-30 years. This is because the marriage age in India is between 18 years and 30 years. According to "The Special Marriage Act, 1954" prescribe 18 years as the minimum age of consent for marriage for women in India. The fertility rate in India is seen much better in the age between 20 and 30 years of age.

2. Weight

Statistical analysis

Table: Weight wise distribution.

Weight	No. of pts
Below 20	2
20-40	5
40-60	32
60-80	19
80-100	2

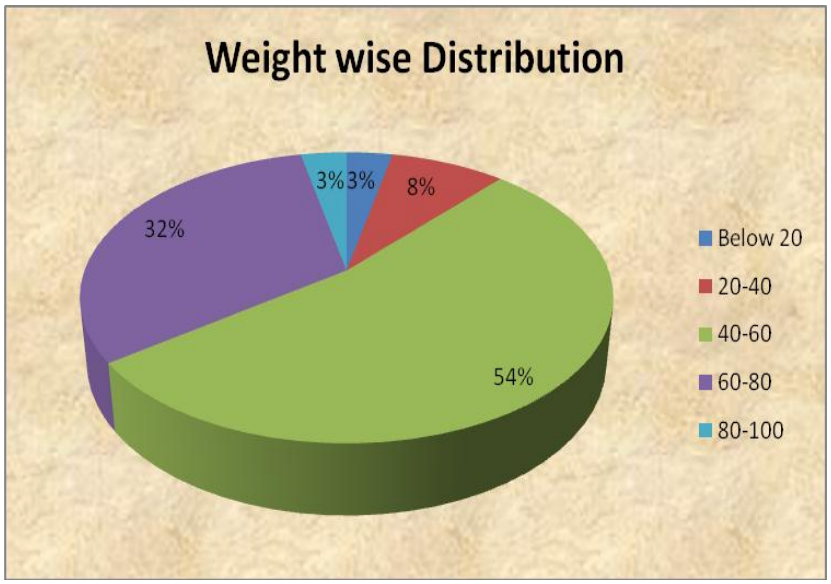

Figure: Weight wise distribution.

Observation: 54% patient's weight followed in the interval of 40-60kg.

Discussion: maximum patients (32) were from class 40-60 kg .So here in this study there is no direct co-relation.

3. *Prakruti*

Statistical analysis

Prakruti is an important criterion as per *Ayurvedic* methodology of diagnosis, treatment & treatment outcome.

Assessment of *Prakruti* is done by keeping following data

Table: assessment of *Prakruti.*

Categories	*Vata*	*Pitta*	*Kapha*
Body Build	Bony prominence Superficial Veins prominent Lean	Just Visible Slightly Prominent Medium	Not visible Not Visible Stout
Skin	Dry Rough Dark/Brown	Moist Soft Pink Blushed	Oily Smooth Fair
Body Temperature	Warm	Hot	Cold
Hair	Dry Curly	Oily Straight	Oily Wavy
Forehead	Narrow	Medium	Straight
Eyes	Small Off White	Medium Red tinged	Wide Whiter
Lips	Narrow Dark	Moderate Red	Wide Pink
Teeth	Pale Protuberance	Yellowish Medium with gap	White Straight
Tongue	Furrowed	Red	Pink
Shoulder and Chest	Narrow	Medium	Wide
Palms	Dry	Moist	Oily
Gait	Unsteady and Quick	Fast	Slow and Stable
Muscles	Prominent Calf	Loose flaccid	Compact
Physical activity	Very active	Moderate	Slow
Sleep	Interrupted sleep	Sound Sleep	Sound Sleep
Thirst	Medium	Maximum	Less
Sweating	Scanty	More	Moderate
Hunger	Unpredictable	Good Cannot tolerable	Less can tolerable
Capacity to digest food	Erratic	Excess	Low

Table: *Prakruti* wise distribution.

Prakruti	No. of pts
KPV	4
KVP	2
PKV	3
VKP	35
VPK	16

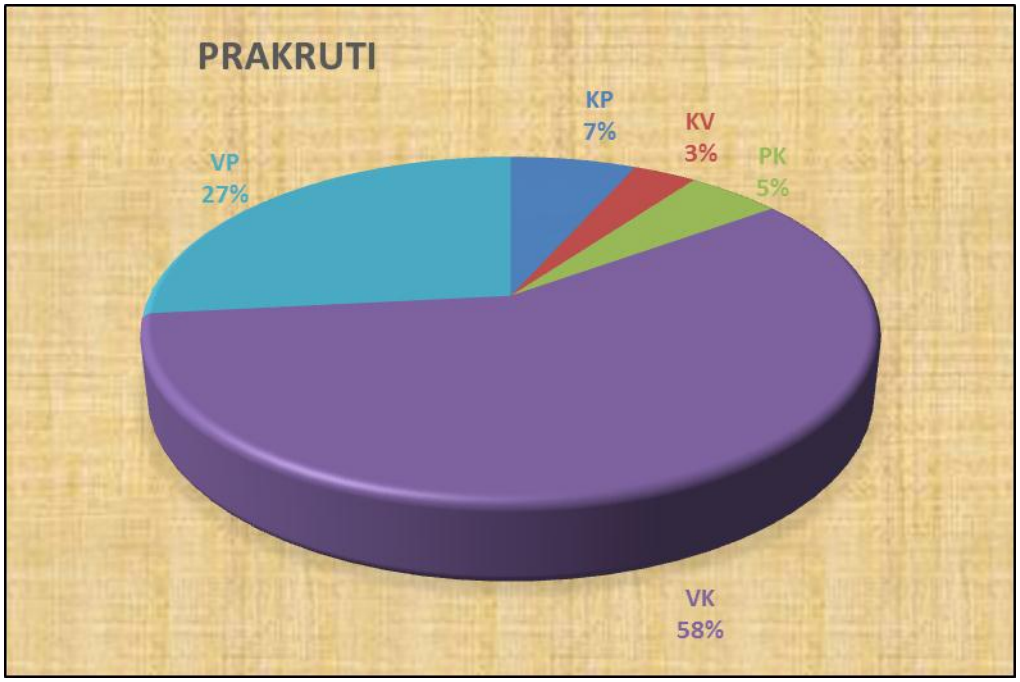

Figure: *Prakruti* wise distribution.

Observation: *VatakaphaPitta*j *Prakruti* found in Maximum no of patients.

Discussion: 35 patients were having *vata-kapha*j *Prakruti* and 16 patients were *vata-pitta*, the common factor appears to be "*vata*". *Vata Prakruti* dominant people have krur *koshtha* and krur *koshtha* is more prone to constipation. Constipation occurs when *vata*'s cold and dry qualities disturb the colon, inhibiting its proper functioning. ***Draksha*** being *vata shamak* and *mrudu virechak* helps in relieving constipation.

4. Diagnosis

Statistical analysis

Table: Diagnosis Wise Distribution.

Diagnosis	No. of pts
Mild constipation	22
Moderate constipation	28
Severe constipation	9
Very mild constipation	1

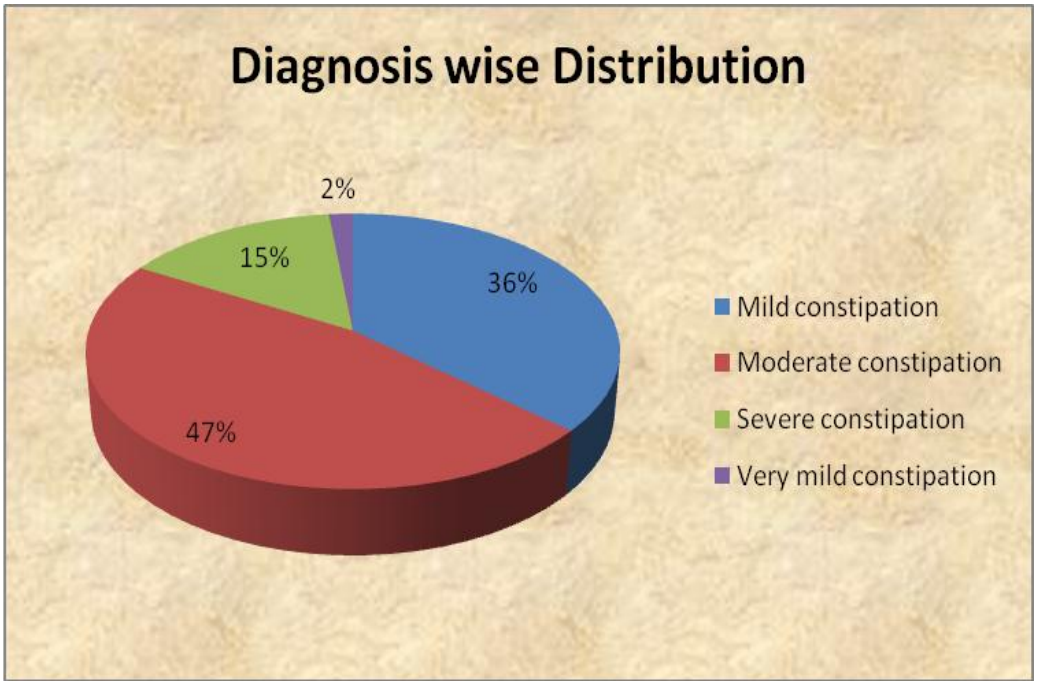

Figure: Diagnosis wise distribution.

Observation: In this study Moderate constipation found in 47% of patient

Discussion: In this study, it is observed that maximum 28 patient suffered from moderate constipation. It means more than 2 symptoms (excessive straining, gases, lower abdomen fullness, incomplete evacuation, hardstool) were present in patients which were enrolled during study.

5. Occupation

Statistical analysis

Table: Occupation wise distribution.

OCCUPATION	No. of pts
Accountant	4
Beautician	5
CA	1
Clerk	2
Housewife	37
Sales person	1
Sweeper	1
Teacher	8
Technician	1

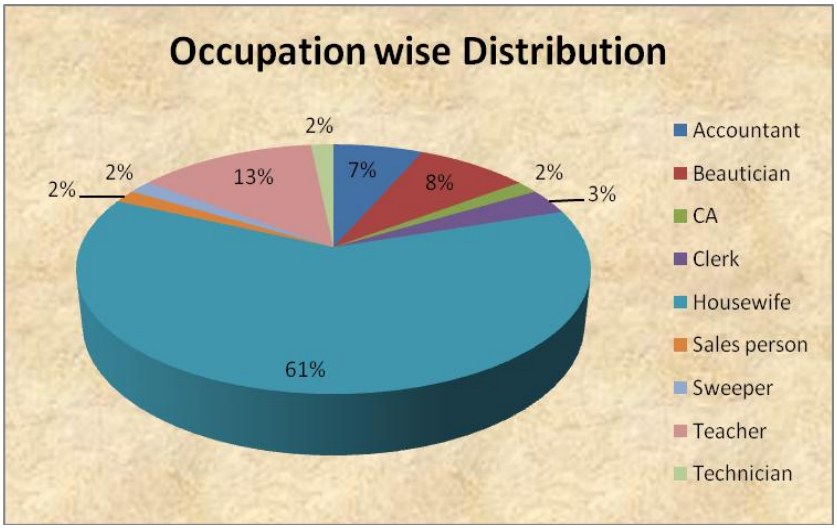

Figure: occupation wise distribution.

Observation: 61% housewives patients found in this study.

Discussion: 37 patients are housewives suffered more it may be due to intake of food inadequate food, not taking food on time, eating stale food these all will leads to provocation of *Vata* which intern leads to *malavsthambha*.

6. Normal/prolonged

Statistical analysis

Table: statiscal analysis of normal/prolonged.

NORMAL/PROLONGED	No. of pts
Normal	53
Prolonged	7

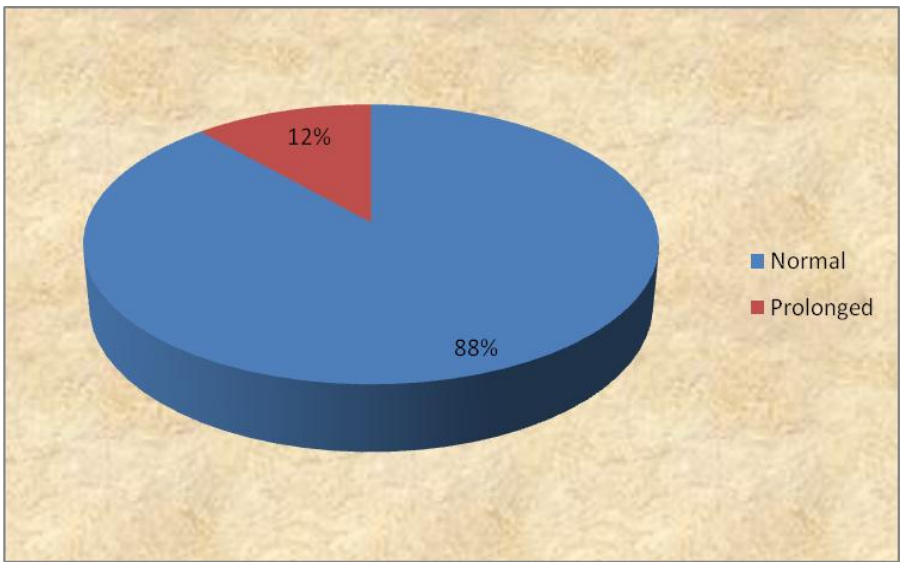

Figure: Statistical analysis of normal/prolonged.

Observation: Normal delivery found in 88% of patients.

Discussion: Out of 60 patient, 53 patient went for normal progess of labor, as draksavaleha balances *vata dosha* and one of the function of *vata dosha* is *garbha nishkraman.*

7. Trimester

Statistical analysis

Table: Trimester Wise Distribution.

TRIMESTER	No. of pts
1	7
2	19
3	34

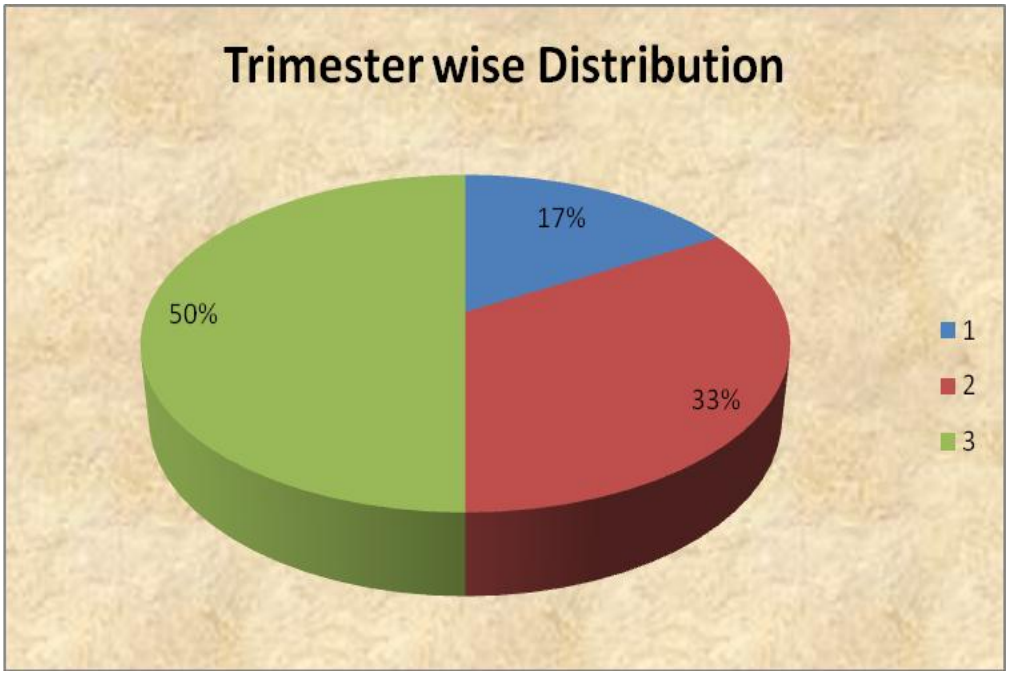

Figure: Trimester wise distribution.

Observation: 50% patients came in 3rd trimester.

Discussion: Out of 60 patients 34 patients were from third trimester suffered from constipation. *Vata dosha* represents the force of movement. This *dosha* will rise steadily throughout pregnancy, coming to a climax for childbirth. Moreover In third trimester maximum weight gain occurs that exerts pressure on rectum leading to constipation. Third trimester is a *vata* dominance phase and this triggers constipation more in third trimester. Moreover pressure of gravid uterus on rectum contributes constipation more in third trimester of pregnancy. Contents of *drakshavaleha* helps in normalizing *vata dosha*.

8. Parity

Statistical analysis

Table: Parity wise distribution.

Parity	No. of pts
Multi	4
Primi	37
Second	19

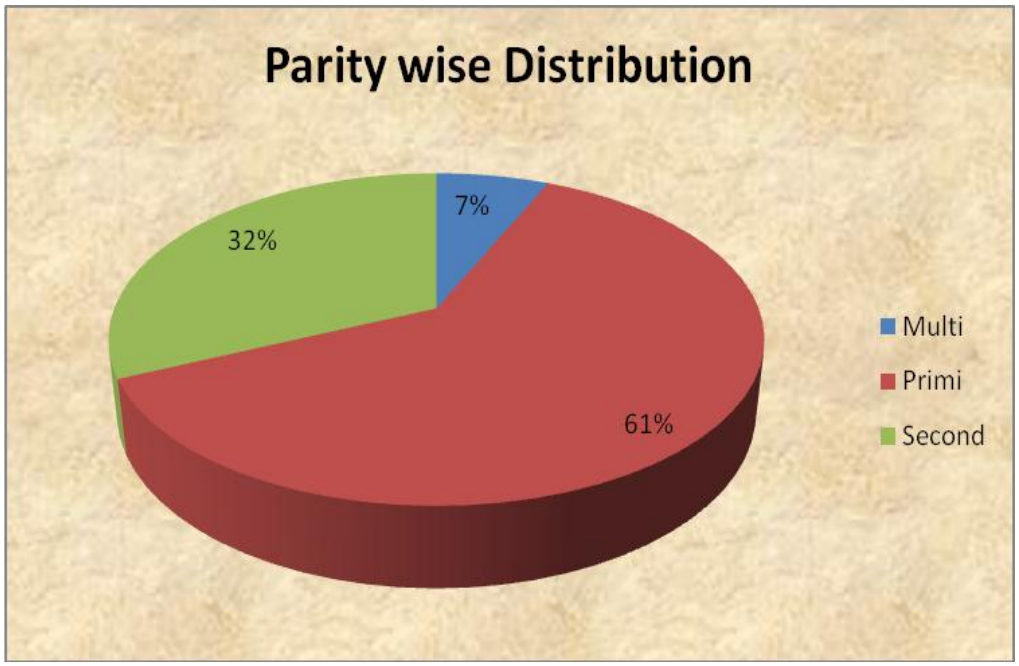

Figure: Parity wise distribution.

Observation: 61% patient comes under primi para.

Discussion: Out of 60 patient 37 patients were primi, 19 patient were second para and 4 patient were multi para. There is no direct relation between parity and constipation**.**

9. *Agni* –

Statistical analysis

Table: *Agni* wise distribution.

Agni	No. of Patient
Samagni	**10**
Mandagni	***12***
Tikshnagni	***03***
Vishmagni	**35**

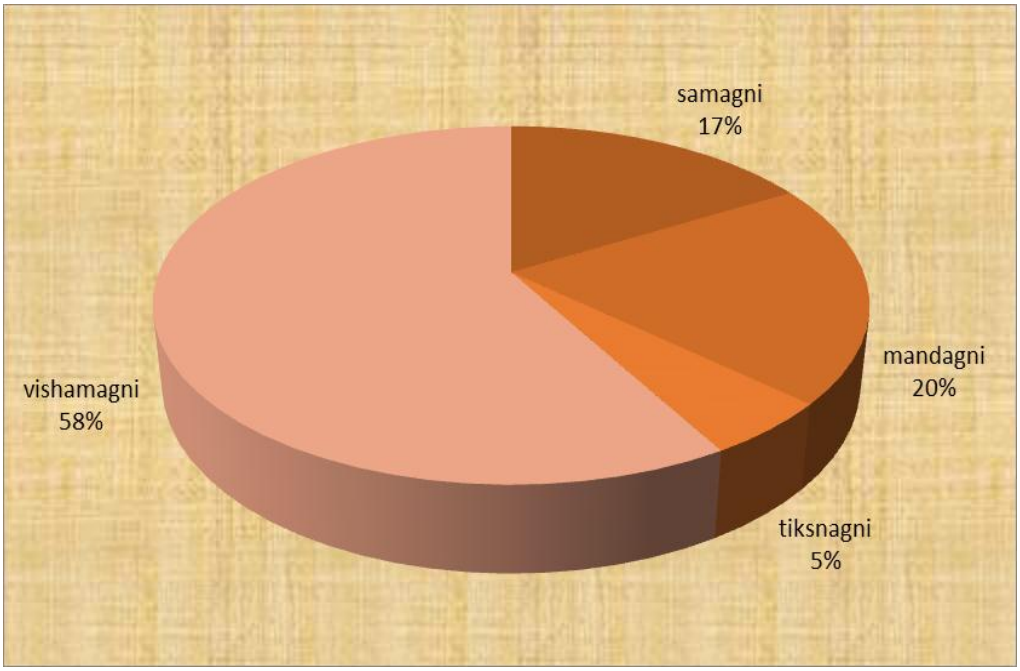

Figure: *Agni* wise distribution.

Observation: Maximum no. of patient i.e 36(58%) patients were having *vishmagni*, 12 patients of mand*Agni*(low digestive fire) suffered from constipation, 3 patients of tikshna *Agni*(strong digestive fire) suffered from constipation. 10 patients of sam*Agni* suffered from constipation.

Discussion: out of 60 patients, 10 patient had samagni, 12 patients had mandagni, 3 patients had tikshnagni, 35 patients had visham *Agni* Samprapti vigaṭana may be easy when *Agni* is normal while comparing to altered state of *Agni*. It may be one factor for getting the result.

9. *KOSHTHA* WISE DISTRIBUTION

Statistical analysis

Table: Koshta wise Distribution.

Koshtha	**No.Of Patient**
Krur	35
Madhyam	12
Mrudu	13

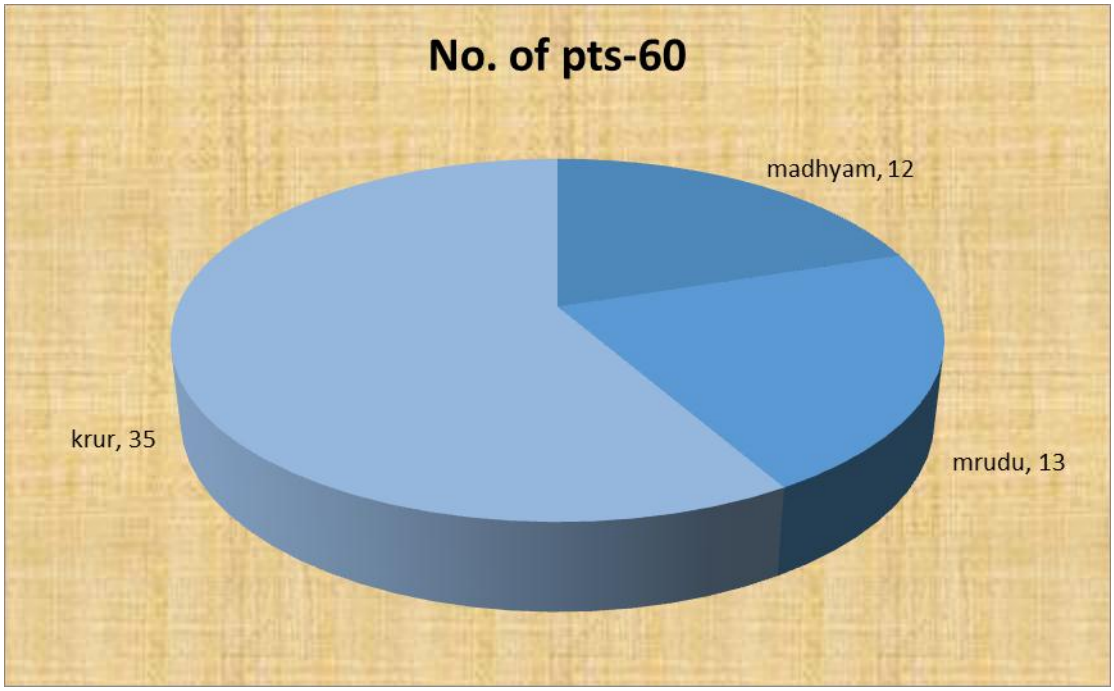

Figure: Koshta wise distribution.

Observation and discussion: Maximum no. of patient i.e 35 were having krur koshta , In krura koshta as the predominant *dosha* being *vata*, increase of *vata* produces hard faeces with difficulty of elimination or even non-elimination.

12 patients of *madhyam Koshtha* (predominance or increase of *kapha*).

13 patients of m*rudu Koshtha* (predominance or increase of *pitta*).

For qualitative data:

The obtained information was analyzed statistically by using wilcoxon test.

11. Effect of *Drakshavleha* On Excessive Straining In Constipation During Pregnancy

Statistical analysis

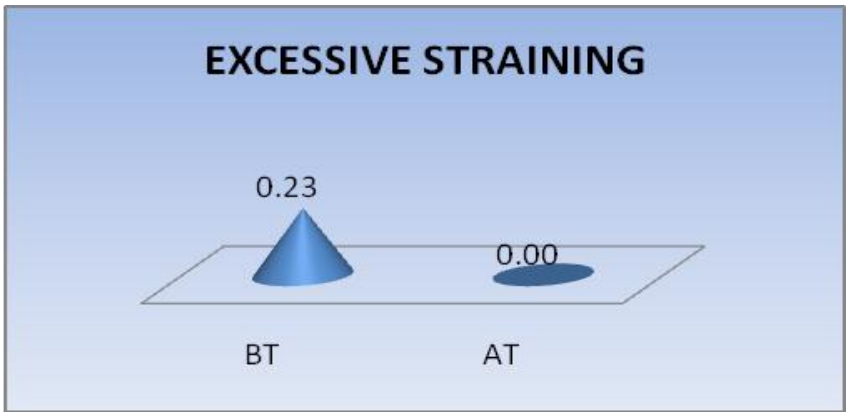

Figure: Effect of *Drakshavleha* on Excessive Straining In Constipation During Pregnancy.

Table: Effect of *Drakshavleha* on Excessive Straining In Constipation During Pregnancy.

Parameter	Mean		X	% of improvement	Negative rank	Positive rank	Tie	Z	P VALUE
	BT	AT							
EXCESSIVE STRAINING	0.23	0.00	0.23333	100.00%	14	0	46	-3.742	0

Observation and Discussion: The mean grade of excessive straining before treatment was 0.23 which was increased to 0 after treatment. The mean increment in score was 100% which is significant as observed by wilcoxon test (as p value<0.05) thus it can be said that there is significant increment on Excessive Straining in Constipation during Pregnancy.

i.e. *Drakshavleha* was effective on Excessive Straining in Constipation During Pregnancy.

12. Effect of *Drakshavleha* on Hardstool In Constipation During Pregnancy.

Statistical analysis

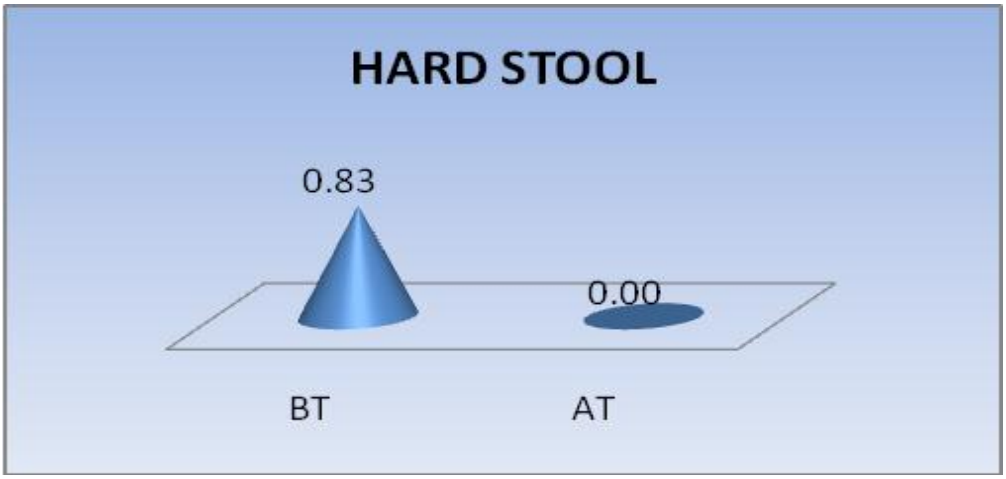

Figure: Effect of *Drakshavleha* on Hardstool In Constipation During Pregnancy.

Table: Effect of *Drakshavleha* on Hardstool In Constipation During Pregnancy.

Parameter	Mean		x	% of improvement	Negative rank	Positive rank	Tie	Z	P VALUE
	BT	AT							
HARD STOOL	0.83	0.00	0.83333	100.00%	50	0	10	-7.071	0

Observation and discussion: The mean grade of hard stool before treatment was 0.83 which was increased to 0 after treatment. The mean increment in score was 100% which is significant as observed by wilcoxon test (as p value<0.05) thus it can be said that there is significant increment on hard stool In Constipation during Pregnancy.

i.e. *Drakshavleha* was effective on hard stool in Constipation During Pregnancy.

13. Effect of *Drakshavleha* on Lower Abdomen Fullness In Constipation During Pregnancy.

Statistical analysis

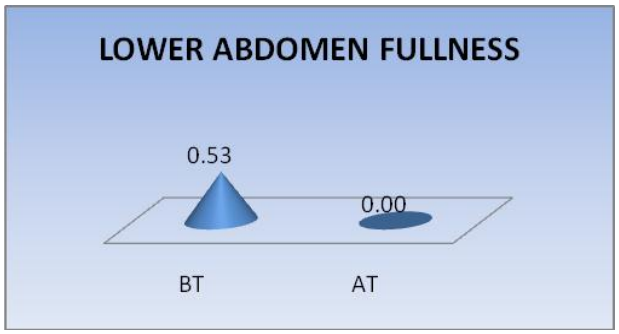

Figure: Effect of *Drakshavleha* on Lower Abdomen Fullness In Constipation During Pregnancy.

Table: Effect of *Drakshavleha* on Lower Abdomen Fullness In Constipation During Pregnancy.

Parameter	Mean		x	% of improvement	Negative rank	Positive rank	Tie	Z	P VALUE
	BT	AT							
Lower Abdomen Fullness	0.53	0.00	0.53333	100.00%	32	0	28	-5.657	0

Observation and discussion: The mean grade of lower abdomen fullness before treatment was 0.53 which was increased to 0 after treatment. The mean increment in score was 100% which is significant as observed by wilcoxon test (as p value<0.05) thus it can be said that there is significant increment on lower abdomen fullness in Constipation During Pregnancy i.e. *Drakshavleha* was effective on lower abdomen fullness in Constipation During Pregnancy.

14. Effect of *Drakshavleha* on Sense of Incomplete Evacuation In Constipation During Pregnancy.

Statistical analysis

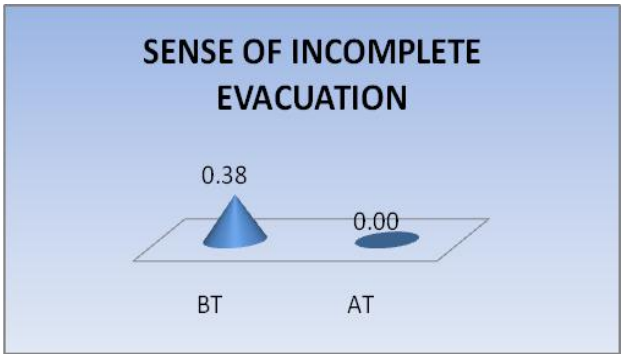

Figure: Effect of *Drakshavleha* on Sense of Incomplete Evacuation In Constipation During Pregnancy.

Table: Effect of *Drakshavleha* on Sense of Incomplete Evacuation In Constipation During Pregnancy.

Parameter	Mean		x	% of improvement	Negative rank	Positive rank	Tie	Z	P VALUE
	BT	AT							
Sense of Incomplete Evacuation	0.38	0.00	0.38333	100.00%	23	0	37	-4.796	0

Observation and Discussion: The mean grade of sense of incomplete evacuation before treatment was 0.38 which was increased to 0 after treatment. The mean increment in score was 100% which is significant as observed by wilcoxon test (as p value<0.05) thus it can be said that there is significant increment on sense of incomplete evacuation in Constipation During Pregnancy

i.e. *Drakshavleha* was effective on sense of incomplete evacuation in Constipation During Pregnancy.

15. Effect of *Drakshavleha* on Gases in Constipation During Pregnancy.

Statistical analysis

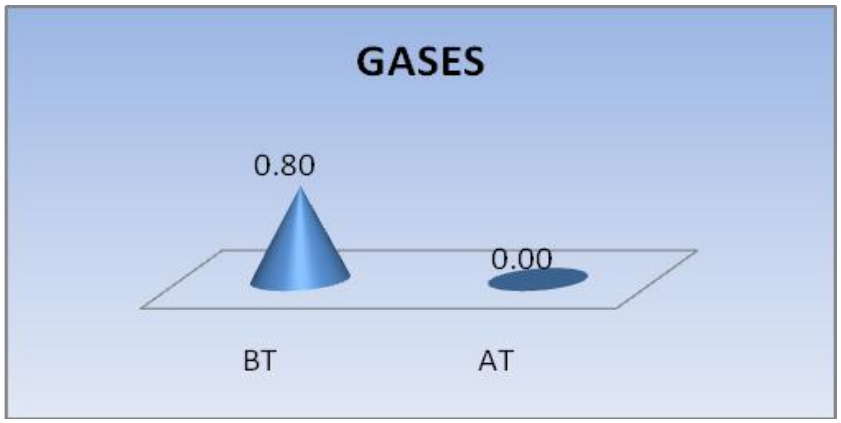

Figure: Effect of *Drakshavleha* on Gases in Constipation During Pregnancy.

Table: Effect of *Drakshavleha* on Gases In Constipation During Pregnancy.

Parameter	Mean		x	% of improvement	Negative rank	Positive rank	Tie	Z
	BT	AT						
GASES	0.80	0.00	0.8	100.00%	48	0	12	-6.928

Observation and discussion: The mean grade of gases before treatment was 0.80 which was increased to 0 after treatment. The mean increment in score was 100% which is significant as observed by wilcoxon test (as p value<0.05) thus it can be said that there is significant increment on gases in constipation during pregnancy

i.e. *Drakshavleha* was effective on gases in constipation during pregnancy.

ABOUT NIDAN PANCHAK

1. About *Hetu*

- In present study maximum patient suffered from constipation were from third trimester.and in third trimester there is mximum weight gain of *Garbhini* which exerts pressure of uterus on rectum.
- Third trimester is a *vata* dominant trimester and *vata dosha* is responsible for constipation.
- Maximum no.of patient suffered from constipation were from third trimester
- Ingredients of *drakshavaleha* has capacity to balance *dosha* especially *vata dosh*.
- Therefore, by normalizing *vata dosha* and by virtue of its agnideepan pachan properties it worked in present study with 100% efficacy.

2. Purvaroop and roop

- Due to constipation, patients feels uncomfortable and if it is not treated than it may also cause arsha, parikartika, headache, etc.
- *Drakshavaleha* worked in relieving constipation.
- And it was administered in avleha form which was easy to intake for patients.

3. Conceptual samprapti bhanga of *malavsthambha*

- *Malavsthambha* (mainly due to *vata dushti*, purishdharakala *dushti*)
- Mulasthana of *vata* and *purishdhara* kala in *pakwashaya*
- Ingredients of *drakshavaleha* directly acts on *vata-anuloman*.
- *Lakshan* upshay (after giving *drakshavaleha* for 15 days 2 tsf at Nishikala i.e at night with milk/water).

Overall effect of *drakshavaleha* in *malavsthambha*

- Out of 60 patients, 35 patients suffered from excessive straining (one of the symptom of constipation) which were relieved after taking *drakshavaleha* for 15 days.
- Out of 60 patients, 37 patients suffered from symptom of hardstool.

Draksha being hygroscopic in nature and yashtimadhu being madhur and snigdha rasatmak helped in softening stool and also for egestion.

- Out of 60 patients, 46 patients suffered from gases distention.

Ingredients of *drakshavaleha* like *shunthi*, a*mala*ki, draksha helped in relieving constipation.

- Out of 60 patients, 29 patients suffered from syptom of sense of in complete evacuation.

Administration of *drakshavaleha* was effective with 100% efficacy in those patient.

- 20 patient out of 60 patients suffered from lower abdomen fullness.

Here out of 20 patients 16 patients did adhyashan and had taken outside food.

So they were being adviced to take food after digestion of previously intaken food along with *drakshavaleha*.

Overall results showed that there was 100% relief from constipation in pregnancy after taking *drakshavaleha* for 15 days with milk or water at Nishikala(night).

CONCLUSION

Constipation in pregnancy is a common reported digestive problem and has considerable impact on health and quality of life. Diet and lifestyle modifications are often ineffective to manage constipation. To treat Constipation in pregnancy is a need of an hour. Ayurveda believes in *doshik* theory of diseases. Constipation occurs due to vitiation of *vata dosha*. Keeping *doshas* in normal state is the main aim of pregnancy.

In this study, this is an attempt to prevent and ultimately overcome this symptom. As cited by *Acharya Kashyap mrudu* virechak dravyas must be administered during pregnancy. Draksha being mruduvirechak, *shunthi*, *pippali* and a*mala*ki being *agnideepan* were useful in relieving constipation. *Drakshavaleha* also helped in normalizing *vata dosha*.

There were no untoward side effects of the formulation. Patient did not report any complaint and any drug intolerance.

This study was performed on 60 patients. It was observed that *drakshavaleha* was 100% efficient in relieving constipation.

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