



## **A Critical Review on Formulations Used in the Management of *Malavstambha* (Constipation)**

**Shweta Parwe<sup>1,2</sup>, Swati Tikale<sup>3</sup>, Puja Shrivastav<sup>2,4</sup> and Milind Nisargandha<sup>5\*</sup>**

<sup>1</sup>Department of Panchakarma, Mahatma Gandhi Ayurved College Hospital and Research Centre, Wardha, Maharashtra, India.

<sup>2</sup>Datta Meghe Institute of Medical Sciences, Nagpur, India.

<sup>3</sup>Panchakarma Department, Datta Meghe Ayurveda Medical College Hospital and Research Centre, Nagpur, India.

<sup>4</sup>Department of Shalya, Mahatma Gandhi Ayurved College Hospital and Research Centre, Wardha, Maharashtra, India.

<sup>5</sup>Department of Physiology, Ashwini Rural Medical College Hospital and Research Center, Kumbhari, Solapur, India.

### **Authors' contributions**

*This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.*

### **Article Information**

DOI: 10.9734/JPRI/2021/v33i34A31828

#### Editor(s):

(1) Dr. Rafik Karaman, Al-Quds University, Palestine.

#### Reviewers:

(1) Deepika Badkur, LNCT University, India.

(2) Kirti Rajendra Bhati, Bharati Vidyapeeth (Deemed to be University), India.

Complete Peer review History: <http://www.sdiarticle4.com/review-history/70584>

**Original Research Article**

**Received 23 April 2021**

**Accepted 28 June 2021**

**Published 30 June 2021**

### **ABSTRACT**

**Background:** *Malavstambha* is not mentioned as a disease in any text of Ayurveda, but it is symptoms of many diseases. Many types of diseases caused by '*Malavstambha*' (*sarveshamev kupita malaha*). Multiple reasons contribute to this phenomenon, such as the effects of ageing on gut physiology, certain illnesses, medications, reduced mobility, inadequate caloric intake, and anorectal sensory changes. It is a very common problem which is increase day by day. For readily available market preparation is used for *malavstambha*. There is many formulations are mentioned in Ayurvedic Text but it is not in practice or didn't researches conduct.

**Aim:** To find out the various formulations for *malavstambha*.

**Result and Observations:** In Bhaishajya Ratnawali, Yogratnakar, Charak Samhita, Ashtanga Hriday and Sushruta Samhita, we found many formulations.

\*Corresponding author: E-mail: [manisargandha@gmail.com](mailto:manisargandha@gmail.com);

**Conclusion:** There are many formulations mentioned in our Samhitas. Some of them are used in practice, but we have to conduct researches on mentioned formulations and create evidence based protocol for *malavstambha*.

*Keywords: Malavstambha; formulations; ayurveda; diseases.*

## 1. INTRODUCTION

The Ayurvedic theory of *tridosha* stands for all times and circumstances and justifies the ancient needs and caring for the future. These three *doshas* maintain the integrity of the human body. The equilibrium of these three basic substances is responsible for maintaining good health. Similarly disequilibrium of these may cause disintegration of the body or may leading to death [1,2].

There are three main '*malas*' like *Shakrut*, *Sweda* and *Mutra*. *Kitta* is produced after the digestion of food material in the large intestine. After digestion, food is divided in two parts, *sara* and *kitta*. *Sara bhag* is known as *Aahar rasa*, while *kitta bhag* is known as *mala*, *sweda*, *mutra*, *purisha* etc. are nourished by this second part of digestion i.e. *kitta bhag* [3]. The undigested food residue which is expelled out of *pakvashaya* with the help of *apan vayu* is called *purisha* to which this topic is related i.e. *purishavastambha* means *Malavstambha* [4].

*Malavstambha* is not mentioned as a disease in any text of Ayurveda, but it is symptoms of many diseases. Much type of diseases was caused by '*Malavstambha*' (*sarveshamev kupita malaha*). Multiple reasons contribute to this phenomenon, such as the effects of aging on gut physiology, certain illnesses, medications, reduced mobility, inadequate caloric intake, and anorectal sensory changes [5].

A normal pattern of stool evacuation is thought to be a concerning of all ages. In modern science it is correlated with Constipation. Constipation is almost always associated with slowed bowel transit. It may be due to the sphincter in coordination concerning the destructor mechanism or to the destructor. Weakness is

causing loss of propulsive force (Swash et al., 2001). Rajput et al. reported in their study 'the prevalence of Constipation in the last year was 24.8% whereas 16.8 % of participants had Constipation according to the Rome II criteria. In his study, most subjects (83%) within the age group 18-59 years. He reported; their male was more frequent than in male (20 % vs 13%) and in nonworking population than in working population (20% vs 12%)' [6].

Constipation is defined as the infrequent passage of hard stools; there may also be complaints of straining, the sensation of incomplete evacuation and perianal or abdominal discomfort. Constipation may have a significant impact on quality of life detailed would restrict patient's social activities, increasing levels of anxiety and depression, so that symptoms' management is critically important [7].

This review will focus on providing a detailed account of *Malavstambha* formulations mentioned in Ayurvedic text.

## 2. MATERIALS AND METHODS

Various *Kalpa* Formulations mentioned in various classical texts like *Yoga Ratnakara*, *Bhaishajya Ratnavali*, *Chakradatta*, *Rasendrachintamani*, *Sugam Chikitsa*, *Sahastra Yoga Charaka Samhita*, *AshtangaHriday*, *Sushruta Samhita* etc have been collected. A detailed description of these Various *Kalpa* Formulations is seen in the following tables.

## 3. RESULTS

Formulation indicated in the treatment of *Malavstambha*.

**Table 1. Yogratnakar [8]**

Sr. no.	Name of Formulation / under the Heading of disease	Rogadhikar	Refernce	Pg. No.
1.	Vibandha (Malabadhata)	Atisara chikitsa	Atisara chikitsa/ 22	P.G.No.260
2.	Malabadhata	Raktatisarachikitsa/2	Raktatisarachikitsa/2	P.G.no. 264.

Sr. no.	Name of Formulation / under the Heading of disease	Rogadhikar	Refernce	Pg. No.
3.	Malabadhata	Atisarachikitsa	Atisarachikitsa/ 9-10	P.G.no. 265.
4.	Abhayadi Gutika (Malabadhata)	Sannipataj atisara chikitsa	Sannipatatarachikitsa/ 2-3	P.G.No. 267
5.	Dudha pine ka vidhan	Pravahika	( Pravahika ) /1	P.G.no. 271.
6.	Malabadhata – (Kwath)	Jwaratisara chikitsa	jwaratisarachikitsa/ 19	P.G.no. 273.
7.	Vishtambha -	Grahanichikitsa	Grahanichikitsa/ 2	P.G.no. 288.
8.	Sharkarasava- Malavrodha/ Vibandha –	Arshorog	Arshorogchikitsa /1-5	P.G.no. 303.
9.	Vyoshadi churna Vibandha	Arshorog	Arshorogchikitsa / 8	P.G.no. 304.
10.	Vibandha -	Arshorog	Arshorogchikitsa / 3	P.G.no. 305.
11.	Vibandha– (Takra)	Arshorog	Arshorogchikitsa / 10	P.G. no. 305
12.	Vibandha -	Agnimandya	Agnimandya / 1.	P.G. no. 309
13.	Hingwadi churnam – Vibandha –	Ajirna	Ajirnadichikitsa / 1	P.G.no. 318.
14.	Dhananjay vati – Vibandha	Ajirna	Ajirnachikitsa (Gutika prakaran) / 1-7	P.G.no. 320.
15.	Amrut Haritaki – Vibandha	Ajirna	Ajirnachikitsa / 1-3	P.G.no. 321.
16.	Dashmuladya Ghrita- Vishtambha	Ajirna	Ajirnachikitsa/Atha Ghritani / 1-5	P.G.no. 323.
17.	Shatavari Ghrita – Vibandha	Raktapitta	Raktapittachikitsa /1	P.G.no. 357.
18.	Suvarna Bhupati Rasa– Vishtambha	Rajyakshma	Rajyakshmachikitsa/ 1-9	P.G.no. 388.
19.	Yavanikhandav churna – Vibandha	Arochak	Arochakchikitsa / 1-5	P.G.no. 443.
20.	Hingwadi churna – Vibandha	Vatvyadhi	Vatvyadhichikitsa / 1	P.G.no. 519.
21.	Tumburvadi churna – Vibandha	Shula	Uttarardha Shulchikitsa / 1	P.G. no. 9.
22.	Hingwadi churna – Vibandha -	Shula	Uttarardha Shulchikitsa / 1	P.G. no. 9.
23.	Narach churna	Shula	Uttarardha Shulchikitsa / 2	P.G. no. 9.
24.	Narach churna	Udavarta	Uttarardha Udavartachikitsa / 1	P.G no. 23.
25.	Yavanyadiyoga – Varchonulomniya	Udavarta	Uttarardha Udavartachikitsa / 1	P.G. no. 32
26.	Chitrakadi kwath - Vibandha	Gulma	Uttarardha Gulmachikitsa / Samanyavidhi / 1	P.G. no. 34.
27.	Bhaskar lavanyadya Churna– Vibandha	Gulma	Uttarardha Gulmachikitsa /5-7	P.G. no. 35.
28.	Kravyad rasa – Stransan	Gulma	Uttarardha Gulmachikitsa /10.	p.g. no. 39
29.	Samudradi varti - Vatvarchonirodhesu	Gulma	Uttarardha Gulmachikitsa /1	p.g. no. 41.
30.	Haritkyadi kwath - Vibandha	Mutrakriccha	Uttarardha Mutrakricchachikitsa / 1	p.g. no. 52.
31.	Maharohitak Ghrita- Vibandhashula	Udar	Uttarardha Udarchikitsa / 1-7	P.g. 113.

Sr. no.	Name of Formulation / under the Heading of disease	Rogadhikar	Refernce	Pg. No.
32.	Narayan Churna - Dadhimanden Vitsange	Mutrakriccha	Uttarardha Mutrakricchachikitsa/1	p.g. no. 52.
33.	Bindu Ghrita	Udar	Uttarardha Udarchikitsa / 1-3	p.g. no. 118.
34.	Shoth-with Vibandha-Niruha Basti-	Shoth	Shoth chikitsa / 3	p.g. no. 125
35.	Shoth-with Vibandha-Eranda tel pana	Shoth	Shothachikitsa/ 1	p.g. no. 125
36.	Bilva patra swaras – Vitsange	Shotha	Shothchikitsa - /1	p.g.no. 127
37.	Punarnavasava – Badhapurishata	Shotha	U. Shothchokitsa/ 1-5	p.g. no. 131
38.	Takradi yoga – Vitvatasange	Shotha	U. Shothchokitsa/ 1	p.g. no. 132
39.	Guggul vataka - vibandha	Vranashodhropan	U.vranashodhropan vidhi / 1	p.g. no. 177
40.	Kansaharitaki – vibandha	Amlapitta	Amlapitta chikitsa / 2	p.g. no. 240
41.	Chitrak Haritaki – Malavkasha	Nasaroga	Nasarogachikitsa / 1-2	p.g. no. 329

Table 2. Bhaishajya ratnawali [9]

Sr. no.	Name of Formulation	Rogadhikar	Refernce	Pg. No.
1.	Mahamruganka Rasa(Ra.Sa.S. )	Malavrodh	(14/162-168) malavrodhajany arog nashta	p.g.no. 421
2.	Lavangadi churnam mahat-vishtambha(Rasaratnakar)	Vishtambha	8/ 75-82	p.g.no. 261
3.	Lavangadi churnam Bruhat – vishtambha( Rasaratnakar)		8/ 64-75	p.g.no. 262
4.	Dashmula guda		8/ 136- 140 .	p.g.no. 268
5.	Agnikumar modak – Vibandha	Vibandha	8/ 226-232	p.g.no. 274
6.	Maharajnrupati vallabha rasa – Vishatambha	Vishatambha	8/ 371- 377	p.g.no. 285
7.	Vidvibandhe takra prayogaha	Vidvibandha	9/20-21	p.g.no. 310
8.	Bhakta vipak vati ( Ra. Sa. S. )	Vidgrahe	10/157-162	p.n.no. 351
9.	Ajirnari Rasa	Digestion and mala evacuation	10 / 235- 238.	p.g.no. 358
10.	Amruta Haritaki	-	10/ 260 – 263.	p.g.no. 360
11.	Mahashankha vati	-	2 10/ 204-210	p.g.no. 355
12.	Kalingadi Kwatha	Mala vibdhata	7/30. Mala vibdhata tatha Sthabadha nastha	p.g.no. 238
13.	Gudabilva prayoga	Vibandha	7/ 81	p.g.no. 244
14.	Ajirna bala kalanal Rasa.	Vishtambha	10/ 176-186	p.g.no. 352
15.	Abhayadi Modak	Malabhedi	5/ 143	p.g. no. 95
16.	Bruhat guduchyadi kwath	Vishtambha.	5/ 153-158	p.g.no. 97
17.	Tripurbhairav rasa	Vishtambha	5/ 496- 498	p.g. o.133
18.	Shri Ram ras	Vishtambha.	5/ 523	P.g.no. 135
19.	Jwaramurari Rasa	-	5/ 863 – 868	p.g. no. 166
20.	Vidyadhara rasa	Vibandha	5/876-877	p.g. no. 166

Sr. no.	Name of Formulation	Rogadhikar	Refernce	Pg. No.
21.	Ushiradi Kwatha	Vibandha.	6/ 10-10	p.g. no. 225
22.	Dhanyapanchaka Kwatha	Vibandha.	7/ 19	p.g. no. 237
23.	Avipattikar Churna	Vibandha	56/24-28	P.g. no. 903
24.	Garbhavilas rasa / Garbha Chintamani Rasa	Vishtambha	68/ 76- 77	p. g. no. 1059
25.	Bhadrotkatadya avaleha	Vibandha	69/ 21-24	p. g. no. 1064
26.	Sutika Vinoda rasa	vishtambha	69/ 62	p.g. no. 1068
27.	Amrutaprash Ghruta	Badhhakoshta haraam	74/285-295	p.g. no. 1150
28.	Chhagaladi ghruta	Koshtanigrahe	74/ 297-321	p.g. no. 1151
29.	Bruhadrasendra Gutika	Vidvibandha	15/91-97 ,	pg no. 447
30.	Vatvidhavansa Rasa	Vibandha	26/ 178-184.	p.g.no.534
31.	Nakuladya Ghruta	Koshta badhahta, Koshtanigrahe	26/215-220	p. g. no. 538
32.	Bruhat Chhagaladi Ghruta (Haritaki )	Koshta badhahta	26/226- 250,	p. g. no. 538
33.	Sinhasthyadi Kwatha (Bha.P.)	Purush vibandha	27/17-18	p.g. no. 574
34.	Vaishwanar churna	Vibandha	29/46-49	p.g. no. 600
35.	Shrungaberadi Ghruta	Vibandha	29/197-198,	
36.	Kanjishatapala Ghruta,.	Vibandha	29/199-201	P.g.no.611

Table 3. Chakradatta [10]

Sr. no.	Name of Formulation	Rogadhikar	Refernce	Pg. No.
1.	Kaishor Guggul –	Vibandha	23/ 44-53	p.g. no. 221
2.	Aamvatadau Kanjik Shatapalakam Ghrutam	vinmutra sangrahe	25/ 62-64	p.g. no. 233
3.	Chittrakadi	Vibandha	26/ 58	p.g. no. 244
4.	Ruchakadi	Vidvibandhe	26/ 66-67	p.g. no. 246,
5.	Trivrudadi gudika	Vidvibandha	28/ 6	P. g. no. 260
6.	Narach churanam	Gadhapurushhe	28/9	p.g. no. 260
7.	Hapushadyam Ghrutam	Vibandha	30/ 57- 59	p.g. no. 272
8.	Sukumarkumarak Ghrutam	Gadhapurishanam	32/ 30-37,	p.g. no. 287
9.	Narayanam Churanam	Vitsange	37/ 33-40	P.g. no. 317
10.	Maharohitaka Ghrutam	Vibandhashulam	38/33-39	P. g. no. 326
11.	Bilvapatra Swaras	Vitsange	39/ 14	p.g, no. 330
12.	– Lal chawal peya. Jwar pidit pidayukta koshta badhata - manuka, pipparamula, chavya , chittrak or sunthi ke kadha se pakai hui lal chawal ki peya.	Jwarjanya koshta badhata	(Chakradatta 15/25)	-
13.	Vatika guggulu	Vibandha	44/ 72	p.g. no. 367
14.	Bhasakaralavanam – Vibandhadi udar prayoga	Vibandha	10/79-87	p. g. no. 343
15.	Pranada Gutuka	-	9/80-90	p.g. no. 316
16.	Shothhar yoga	Vitsange	42/31.	P. g. no. 770.

**Table 4. Sahastrayog [11]**

Sr. no.	Name of Formulation	Rogadhikar	Refernce	Pg. No.
1.	Dantyarishta	malanulomak	9/ 166-168	p.g. no. 323.
2.	Abhayarishta	varcho mutra vibandha	9/175-180	p.g. no. 324

**Table 5. Charak [12]**

Sr. no.	Name of Formulation	Rogadhikar	Reference	Pg. No.
1.	Saghrutam lavanaeryuktam naroannavagraham pibet	Malavibandha	(Cha chi 15/204)	Pg no. 583
2.	Ksheer Yoga. Yamak + dugdha, Eranda mula + dugdha, Bal bilva + dugdha	Vibandha	Cha chi 19/47-49	Pg no. 681
3.	<i>Malaraksha Vidhan</i>	-	Cha chi 8/41-42	Pg no. 346

**Table 6. Ashtanga hridaya [13]**

Sr. no.	Name of Formulation	Rogadhikar	Refernce	Pg. No.
1.	Chavaka, Pippalimula, Manuka, Amalaki, and suntha	Vibdhe	A.H. Chi. 1/ 31	Pg. No.219
2.	Haritaki, Pippalimula, Shamyaka, Katuka, and Musta Kwath	Vatakaphajwara Vibandha	A.H. Chi. 1/ 54	Pg. No.220
3.	Katuka, Manuka, Trayamana and triphala Hima with Guda	Badhavit	A.H. Chi. 1/ 68	Pg. No.221
4.	Erandamula or Balbilva Ksheerpaka	Vibadhanilvarchasaha	A.H. Chi. 1/ 111	Pg. No.224
5.	Suntha, Bala, Vaghri, Gokshura and Guda Ksheerpaka	Vibandha	A.H. Chi. 1/ 112	Pg. No.224
6.	Chukyachi bhaji + Sasa mansa	Vibandhe	A.H. Chi. 2/ 23	Pg. No.229
7.	Matulunga, Amlavetasa, Hinga, Pilu, and Bidlavana etc with food	Udavarta with Adhamana and Tamakashwasa	A.H. Chi. 4/ 7	Pg. No.241
8.	Sukumar Rasayana	Vidvibandha	A.H. Chi.13/ 41- 47	Pg. No.292
9.	Hingwadi Churna	Vatavinmutrasanga	A.H. Chi. 14/ 41	Pg. No.294
10.	1 tola gud + 1 tola sunth + 4 tole Kale til - mix – crush - Tab with Godugdha	Shakrud Grahan	A.H. Chi. 14/ 31-33	Pg. No.295
11.	Chitrakadi Kadha	Vibandha	A.H. Chi. 14/ 48	Pg. No.295
12.	Java + milk or oil + Saindhava + mug = Mug stew	Badhavinmaruta	A.H. Chi. 14/ 51-52	
13.	Narayana churna + Dahyachi Niwali		A.H. Chi. 15/ 14-21	Pg. No.301
14.	Basti of siddha til tail with amla and vataghna dravya and erand tail	Badhashakruta	A.H. Chi. 15/ 57-58	Pg. No.303

**Table 7. Sushrut [14]**

Sr. no.	Name of Formulation	Rogadhikar	Refernce	Pg. No.
1.	Samudri Lavan , Adaraka, Saraso, Maricha - Gudvarti	Vatvarcho Nirodhe	Su. U. 42/60	Pg. No.268
2.	Yava and Godugdha- Kheer or Kulmasha with Sneha and Saindhava	Badhavinmarutgulme	Su. U. 42/66	Pg. No.268

#### 4. DISCUSSION

During Constipation, the diet should be easily digestible, with plenty of fruits, vegetables, salads, freshly cooked food, including probiotic foods like curd and chew food thoroughly. Include Vitamin C and Magnesium rich your daily diet. During eating keep yourself in your present mind and pay full attention on food [15]. There are so many *kalpas* are mentioned in Samhitas for *Malavstambha* but only few formulations were used in practice.

##### Table 1 Shows

In the Ayurvedic text of Yogratanakar, there are total 44 *kalpas* are mentioned for *malavstambha*. Formulations are mentioned under heading *malabadhata* and *vibhandha*. In text of Yogratanakar total nine *churnas*, two *kwathas*, 4 *ghritas*, five *vati* and *rasa*, three *avleha*, one *takra*, one *swaras* and one *gudavarti* is mentioned for *malavstambha*. These different formulations are mentioned in different *chikitsa adhyaya* like *Atisar chikitsa*, *Jwarachikitsa*, *Grahanichikitsa*, *Amlpitta*, *nasaroga*, *vranashodhropana*. Four formulations are mentioned in *Arshoroga adhyaya* and *gulma adhyaya*, five formulations are mentioned in *Ajima*, *Agnimandya* and *Shotha adhyaya*. In the *adhyaya* of *Rajyakshma*, *vatavyadhi*, *Raktapitta* and *Arochaka* one- one formulations are mentioned. In the *adhyaya* of *Shula*, there are three formulations are mentioned for *malavstambha*, in the *adhyaya* of *Udavarta*, *udar* and *mutrakrichhra*, two formulations are mentioned.

##### Table 2 Shows

In the Ayurvedic text of Bhaishjya Ratnawali, there are total 36 formulations are mentioned. In the text of Bhaishjya Ratnawali, formulations are mentioned under headings *Malavrodha*, *vishtambha*, *vibandha*, *vidgrahe*, *koshtanigrahe*

and *koshtavibandha*. In the above text, three *churnas*, six *ghrutas*, eleven *rasa kalpas*, four *kwathas*, two *avalehas* and one *guda kalpa* are mentioned.

##### Table 3 Shows

In the text of Chakradutta, there are total sixteen formulations are mentioned for *malavstambha*. Formulations are mentioned under following heading *Vibandha*, *vitsange*, *vidvibandha*, *gadpurusha*. In the text Chakradutta, three *ghrutas*, two *guggul*, two *yoga*, three *vati*, one *lavana prayoga* and *swaras* are mentioned for *malavstambha*.

##### Table 4 Shows

In the text of Sahastra yoga, two formulations are mentioned for *malavstambha*. Both arishtas are mentioned under the headings *malanulomaka* and *varcho mutra vibandha*.

##### Table 6 Shows

In Charak samhita there are some formulations are mentioned for *malavstambha*. In *grahanidosha Chikitsa adhyaya*, he mentioned the *yoga* of *Lavana* with *goghrita* for *malavibandha*. And some *ksheer yoga* mentioned for *vibandha* in *Atisar adhyaya*.

Particularly stated the '*Malarakshan Vidhan*' i.e. Charaka mentioned importance of mala and mala should be protect in *yakshma rogi* in '*Rajyakshma adhyaya*.'

##### Table 7 Shows

In *Ashtanga Hriday Samhita* text, there are total 14 formulations are mentioned. Total 12 *yogas*, one – one *kwatha*, *churna* and one *rasayana* are mentioned for *malavstambha*. These formulations are mentioned under the following headings *Vibandha*, *Badhavit*, *vibdhe*,

*vidvibandha, vata vinmutra sanga, Shakrud graham, badhavinmaruta and badhashakruta.*

### Table 8 Shows

In *Sushruta Samhita*, only two formulations are mentioned for *malavstambha*. One *gudavarti* and one *yoga* are mentioned for *malavstambha*. Under headings *Vatvarcho Nirodhe, Badha vinmarut gulme*.

Some studies are conducted on *Malavstambha*. PS. Borhade et al. reported thirteen type of *churnas* for *malavstambha* ie Constipation which are routinely used in practice [16]. Bali said in his study that *purishadhara kala* is of fifth- and here the separation of *rasa, mutra* and *purisha* takes place [17]. Thakre studied in her study that 'Role of Diet, Life Style & Stress in the etiopathogenesis of Constipation in Geriatric Patients'. She mentioned etiopathogenesis factor regarding diet life style and stress for Constipation [18]. Soni et al reported in his study, regarding definition, aetiopathogenesis, complications, modern medication and ayurvedic *kalpas* [19].

Edirisinghe et al reported in his case series that *Sepa Vireka Choorna* is an effective treatment in *Vibandha* (Mala Adassiya Chronic constipation) [20]. Zadpe et al said in their study that *Shunthyadi* Syrup has shown significant effect in alleviating the sign and symptoms of *Vibandha*(*Constipation*) in children [21]. HM IL et al studied the Pharmacognosy and phytochemical evaluation of *Vaishvanara Churna*. They reported that it was performed which is a potent medicine in the management of *Vibandha* (Constipation) [22]. Satani et al reported in his study that *Yogic Ahara* and *Vihara* can be a good alternative for all geriatric disorders like chronic gastro-intestinal problems, especially Constipation [23]. Mangal et al studied on *Avipattikar churna* in Hyperacidity (*Amlapitta*).He reported that it is very effective in *amlapitta* and it holds potent neutralizing the *pitta dosha* in stomach [24]. Parwe et al said in her study that *Panchalavan* with *Goghruta* is effective in *malavstambha* w r t age, gender and symptoms of *malavstambha*, and it is the safest drugs in all age group [25].

### 5. CONCLUSION

There are many formulations mentioned in our *Samhitas*. Some of them are used in practice, but we have to conduct researches on mentioned

formulations and create evidence based protocol for *malavstambha*.

### CONSENT

As per international standard or university standard, patients' written consent has been collected and preserved by the author(s).

### ETHICAL APPROVAL

It's not applicable.

### COMPETING INTERESTS

Authors have declared that no competing interests exist.

### REFERENCES

1. Sushrut Samhita (Hindi) (Varanasi Chaukhamba Orientalia reprint 4<sup>th</sup> edition. 1980;(Su.Su.21/3).
2. Ashtang Hridayam of Vagbhata Edited by With The Vidyotini Hindi Commentary by Kaviraj Atrideva Gupta Published by Chaukhamba Sanskrit Sansthan, Varanasi, Reprint Vi.Sa. 2062; (A.H.Su.1).
3. Shastri, Charak Samhita vol. I (Hindi) (Varanasi Chukhamba Bharati Academy 20<sup>th</sup> edition 1994;(Cha. Su. 28/4).
4. Shweta D Parwe, Nisargandha MA. An Ayurvedic approach of Constipation, Ayurlog: National Journal of Research in Ayurved Science- 2019;7(1):1-9.
5. Soni AS. Ayurvedic management elderly constipation. Journal of Indian System of Medicine. 2016;4(2):121.
6. Rajput M, Saini SK. Prevalence of Constipation among the general population: a community-based survey from India. Gastroenterology Nursing. 2014;37(6):425-9.
7. Available:www.intechopen.com.
8. Yogratnakar with Vidyotini Hindi commentary by Vaidya Lakshmiapati shastri, Chaukhamba prakashan, Reprinted; 2008.
9. Bhaishajya ratnavali of Shri Govinda Das, Kaviraj Shri Ambikadatta Shastri Ayurvedacharya, Editor- rajeshwardatta Shastri. Chaukhamba Prakashan.
10. Sharma PU. Chakradatta edition, 2007, Chaukhambha Orientalia, Delhi. Chkra



11. Mahendrapalsingh A. Sahastrayoga, Sanskrit-Hindi-English anuvada, translated by Dr. DB Panditarao, Vandamanya anusandhan ekaka, CCRAS, New Delhi. 1990;589.
12. Brahmananda Tripathi, CHARAK SAMHITA (Hindi) (Varanasi Chaukhamba Surbharati Prakashan, Reprint Edition; 2001.
13. Kaviraj Atridev Gupta, Ashtang Hrudaya, edition Reprint, Chaukhamba Prakashan Varanasi; 2016.
14. Sushruta Samhita edited by Kaviraj Ambikadatta Shastri, Part I and II, Uttartantra, Chaukhamba Sanskrit Sansthan, Varanasi.
15. Parwe S, Nisargandha M. Role of life style and other factors in etiopathogenesis of Malavstambha (Constipation). Int J Sci Res. 2019;8:273-5.
16. Borhade PS, Deshmukh TA, Patil VR, Khandelwal KR. Constipation and Ayurvedic Churn for Its Treatment. International Journal of Advances in Pharmacy Biology and Chemistry. 2013;2(1):37-43.
17. Bali DH. A review on role of purishdhara kala in malavstambha.
18. Thakare SH. Assessment of role of diet, life style & Stress in the Etiopathogenesis of Constipation in Geriatric Patients.
19. Soni AS. Ayurvedic management elderly constipation. Journal of Indian System of Medicine. 2016;4(2):121.
20. Edirisinghe EM, Ediriweera ER, Dharmasiri WM. Effect of Sapa Vireka Choorna on Vibandha (Mala Adassiya/Chronic Constipation)–Series of case studies. International Journal of AYUSH Case Reports. 2019;3(3):246-51.
21. Zadpe A, Rathi R, Rathi B, Umate R. Study on the efficacy of Shunthyadi Syrup in Children with Vibandha (Constipation).
22. Morelezo Nikan. Healthcare system sentinel event incidence, prevalence, and solution analysis. International Journal of Respiratory Care. 2020;16(1):11–13.
23. Atews Irama. A cross-sectional study of medication error impact on population quality of life. International Journal of Respiratory Care. 2020;16(1):14–17.
24. HM IL, Harisha CR. Pharmacognostical and phytochemical evaluation of Vaishvanara Churna-An Ayurvedic formulation. International Journal of Sciences Innovations and Discoveries. 2011;1(3):463-8.
25. Satani KG, Raghvani H, Raghvani K. Role of Yoga in gastro-intestinal problems wsr to Constipation (Vibandha) in geriatrics. Journal of Ayurveda and Integrated Medical Sciences. 2017;2(2):104.

© 2021 Parwe et al.; This is an Open Access article distributed under the terms of the Creative Commons Attribution License (<http://creativecommons.org/licenses/by/4.0>), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

*Peer-review history:*

*The peer review history for this paper can be accessed here:  
<http://www.sdiarticle4.com/review-history/70584>*