



# “ROLE OF *DRAKSHA KWATHA* IN *MALVIBANDHA* W.S.R. TO CONSTIPATION IN SCHOOL GOING CHILDREN ( AGE 5-10 YEARS ) : A CASE STUDY

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## Abstract :

*Ayurveda* is the science of life, which mentioned various principles for prevention and treatment of diseases<sup>1</sup>. *Ayurveda* advice to lead good life and avoid bad lifestyle is read whereas diagnosis and treatment of diseases is well proposed in science of *Ayurveda*. In *Ayurveda* there is description about eight principles of *Ayurveda* i.e. ‘*Ashtanga Ayurveda*<sup>2</sup>’; in which ‘*Balachikitsa*’ means ‘*Kaumarbhritya*’ tantra was also mentioned, which deals with the diseases related with the Child. *Malvibandha* is a symptom not a disease. But this symptom has become the major issue in today’s life. *Malvibandha* can be co-related with Constipation according to its clinical manifestation. Constipation is very common in children nowadays because of many causes like change in food habits (increased intake of fast food), improper toilet training, changing sleep pattern and also due to disturbed routine of working mothers. By considering all habitual changes in today’s generation, there is a need to study the symptom *Malvibandha* although it is not a disease. *Draksha Kwatha* have properties like *Anulomak*, *Mruduvirechak*, *Vibandhaghna* as mentioned in *Bhav Prakash Samhita*.

**Keywords :** *Draksha Kwatha*, *Malviandha*, Constipation.

## Introduction :

*Ayurveda* advice to lead good life and avoid bad lifestyle is read whereas diagnosis and treatment of diseases is well proposed in science of *Ayurveda*. *Malvibandha* is a symptom not a disease. But this symptom has become the major issue in today's life. According to *Ayurvediya Shabdakosha- Vibandha* –means *Apravrutti*<sup>3</sup>. Hence *Malavibandha* can be described as *Mala Apravrutti*. *Malvibandha* can be co-related with Constipation according to its clinical manifestation.

Constipation is very common in children nowadays because of many causes like change in food habits (increased intake of fast food), improper toilet training, changing sleep pattern and also due to disturbed routine of working mothers. By considering all habitual changes in today's generation, there is a need to study the symptom *Malvibandha* although it is not a disease.

Among several functions of *Apana vayu*, excretion of feces & micturition are important functions. It means that if *Apana vayu* is disturbed due to any cause, it will interrupt the normal function of excretion of feces which will give rise to the symptom called *Mal-Vibandha*<sup>4</sup>.

Constipation is considered as one of the most common symptom of GI system. It accounts for about 3 to 30% of visit to pediatric Gastroenterologists in developed countries<sup>5</sup> and in India the percentage lies between 5-29<sup>6</sup>.

If constipation not treated early it may lead to chronic abdominal pain, fecal incontinence & complications like enuresis, fecal soiling, anxiety etc. Due to the high prevalence rate, economic burden and adverse complications on the quality of life makes constipation a major public health issue. Theoretically there are multiple causes for constipation but almost all boil down to one common cause i.e. improper diet of the child.

According to *Ayurveda*, *Malvibandha* is a symptom caused by *Apana Vayu*.<sup>7</sup> The aim of the management of constipation is to promote regular bowel movements. *Malvibandha* needs *Anulomakchikitsa*. *Draksha kwatha* drugs play important role in treatment. *Draksha Kwatha* have properties like *Anulomak*, *Mruduvirechak*, *Vibandhaghna* as mentioned in *Bhav Prakash Samhita*<sup>8</sup>.

## Case study :

A 6 year old male patient visited in OPD of *Kaumarbhritya* presenting with the complaints of *Malvibandha* ( Constipation ) since from 12-15 days.

**Name of patient :** ABC, 6 year old, Male

**Chief complaints :**

1. *Malvibandha* ( Constipation )

**Ashtavidha Pariksha :**

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| a. <i>Nadi</i> = 78 / min           | e. <i>Shabda</i> = <i>Prakruta</i> |
| b. <i>Mala</i> = <i>Malvibandha</i> | f. <i>Sparsha</i> = <i>Anushna</i> |
| c. <i>Mutra</i> = <i>Samyaka</i>    | g. <i>Druka</i> = <i>Shwetabha</i> |
| d. <i>Jivha</i> = <i>Sama</i>       | h. <i>Akruti</i> = <i>Madhyam</i>  |

**General examination :**

PR – 78 / min

BP - 110/70 mm of Hg

Height - 106 cm

Weight - 16.3 Kg

Temperature - 97.1 °F

RS - AE= BE , Clear

CVS – S<sub>1</sub> S<sub>2</sub> N

CNS - Conscious , Oriented

P/A - Soft , No Tenderness

**Past History :** No history of any major illness

**Management :**

Management is done with the help of *Draksha Kwatha* which is given as follows ;

<i>Kalpa</i>	<i>Matra</i>	<i>Kala</i>	<i>Anupana</i>	<b>Duration</b>
<i>Draksha Kwatha</i> <sup>8</sup>	30 ml BD	Before meal	-----	7 days

Along with treatment proper *Pathya - Apathya* had been instructed to parents.

**Observations & Results :**

Effect of the treatment on *Malvibandha* [ Constipation ] as follows ;

Symptoms	Before treatment	After treatment
<i>Malviandha</i> [Constipation]	Present	Absent

*Draksha Kwatha* was given to patient for about 7 days and it was examined on 3<sup>rd</sup>, 7<sup>th</sup> and 14<sup>th</sup> day of study. During this treatment period, patient did not developed any type of complications.

**Discussion :**

In this study , observations was done before and after treatment based on the symptom - *Malvibandha* [Constipation]. *Draksha* having *Madhura Rasa, Madhura Vipaka, Sheeta Virya, Snigdha, Guru Guna* and having properties of *Pitta Shamana, Mrudu Virechaka* and *Vata Anulomaka*. So this properties helps to reduces *Malvibandha* and also helps to regulate the *Mala pravrutti* in children. It regulates the normal excretion of feces in children's.

**Conclusion :**

*Draksha Kwath* is one of the drug known for the property like *Mrudu Virechana* and also for *Vata Anulomana*. It is safer, palatable and more effective drug which works for *Malvibandha / Constipation* in children.

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