



LITERARY REVIEW OF GARBHINI VIBANDHA

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ABSTRACT

Constipation is a common minor ailment during pregnancy due to anatomical, physiological, and hormonal changes. Many pregnant women experience symptoms such as heartburn, nausea, vomiting, pedal oedema, and constipation during all three trimesters. In Ayurveda, constipation during pregnancy is known as Garbhini Vibandha, characterized by difficulty in bowel movements.

According to Acharya Kashyapa, diseases occurring in other individuals can also occur in pregnant women because the Dosha and Dushya remain the same. This condition mainly results from the aggravation of Vata Dosha, especially Apana Vata, which controls the process of elimination. Factors such as hormonal changes, improper diet, reduced physical activity, and stress may worsen the condition.

Ayurveda recommends a holistic approach including dietary regulation, lifestyle modifications, and herbal remedies like Triphala Kwatha, Haritaki, Guda, and Nagara. These medicines should be used only under medical supervision to avoid adverse effects.

INTRODUCTION

Constipation is a common ailment during pregnancy. The term constipation is derived from the Latin word constipare, meaning “to pack tightly.” In Ayurveda, it can be correlated with Vibandha, as both conditions show similar features such as Purisha

Nigraha and Malarodha (difficulty in bowel evacuation). Constipation may occur at any age and is often seen in individuals who repeatedly suppress the natural urge for defecation.

According to Ayurveda, the body is composed of Dosha, Dhatu, and Mala. During the process of digestion and metabolism of Ahara (food), waste products are formed, mainly Purisha (feces) and Mutra (urine), which are considered the primary malas of the body.

It is termed Mala because it has the tendency to vitiate other components of the body. According to Ayurvedic principles, Vibandha (constipation) mainly occurs due to the aggravation of Vata Dosha, especially Apana Vayu, which regulates the process of elimination.

Vibandha is not described as an independent disease in classical texts but is

mentioned as a symptom (Lakshana) in various conditions. Acharya Charaka described Vibandha as a symptom of Udgar

Nigraha¹ and in Vata Vyadhi², while Acharya Sushruta mentioned it in conditions like Visuchika³ and Jwara.⁴ Acharya Vagbhatta also described Vibandha as a symptom in Vidvrata Vata⁵ and Ajeerna⁶.

Certain gynecological conditions, stress, and hormonal imbalance can lead to irregular bowel habits in women. During pregnancy, increased progesterone levels relax smooth muscles and reduced motilin hormone slows intestinal movement, increasing bowel transit time. Additionally, greater water absorption from the intestines makes the stool dry and harder, leading to constipation.

Prevalence of Constipation During Pregnancy

According to a survey on the prevalence of constipation during pregnancy, 24% in first, 26% in second, 16% in third trimester, 24% in 3 months Postpartum.⁷

AIM

To study and review the concept of Garbhini Vibandha in Ayurvedic classical texts.

OBJECTIVES

1. To study the concept of Vibandha described in Ayurvedic classics.
2. To understand the nidanpanchak of Garbhini Vibandha.

MATERIALS AND METHODOLOGY

Materials

The present study is based on classical Ayurvedic texts, including: Classical Ayurvedic texts:

- Charaka Samhita
- Sushruta Samhita
- Ashtanga Hridaya
- Kashyapa Samhita
- Bhavaprakasha

Methodology

This study is conducted through literary review methodology. Relevant references regarding Vibandha, Garbhini Paricharya, Vata Dosha, and constipation in pregnancy were collected, analyzed, and compiled from classical Ayurvedic texts.

REVIEW OF LITERATURE

Description of the Garbhini Vibandha

Garbhini Vibandha is not mentioned in Samhita as a specific disease.

Nidana/Etiology of Vibhandha^{8,3}

- Atisevana of Katu, Tikta, Kashaya Rasa Dravya
- Ruksha, Sangrahi, Guru, Abhishyandi
- Asnehata, Kshiraanupasevanata

- Atisevana of Mudga, Chanaka, etc
- Abhojana, Hinamatra, Upavasa
- Sandharana
- Atiradana
- Prajagrana
- Vyayama
- Maithuna
- Shaka, Bhaya
- Insufficient dietary
- Roughage
- Lack of exercise

Acharya Charaka describes that suppression of the urge to defecate (Purishvega Nigraha) can lead to several disorders such as Pakwashaya Shoola (pain in the iliac region), Shirah Shoola (headache), obstruction of Apana Vayu and stool (Purisha Nirodha), Pindikodweshtana (calf muscle cramps), and Adhyamana (abdominal distension).¹⁰

Roopa of Vibhandha

- Anaha
- Adhyamana
- Daurgandhya
- Graditha anthrata
- Sirah shoola
- Udara shoola
- Utsah hani

Samprapti of Vibandha¹¹

Nidana

↓ Votoprakopa Agni Dusti

↓

Anaha, Atopa, Adhmana

↓

Apana Vayu Avaigunya

↓

Ruksha, Kharagunavridhiin. Pakwashaya

↓

Mala sushkata

↓

Vibandha

***Samprapti ghataka*¹²**

- Dosh- Vata especially Apana Vata Pradhana Tridosha
- Dushya-Rasa
- Agni-Jataragni
- Srotas-Annavaaha, Pureeshavaha
- Srotodushti-Sanga
- Udbhavastana Amashaya, Pakvashaya
- Vyaktasthana- Koshta
- Adhithana- Pakvashaya
- Rogamarga-Abhyantara

Dosha Imbalance

In Ayurveda, Garbhini Vibandha (constipation during pregnancy) mainly occurs due to vitiation of Vata Dosha, especially Apana Vata, which regulates the downward movement of feces. During pregnancy, hormonal changes, stress, improper diet, and reduced physical activity aggravate Vata, leading to dryness, hardness of stool, and difficulty in defecation.

Along with Vata, Pitta and Kapha Doshas may also become imbalanced as pregnancy progresses. Pitta imbalance may cause symptoms like heartburn, irritability, and excessive thirst, while Kapha imbalance may lead to lethargy, swelling, and heaviness.

Prognosis of Vibandha

If this ailment is not treated then it results into various troubles some problems like Arsha, hemorrhoids, Pakvashaya shoola, Udavarta, Anaha, Adhyomana, Antravradhi, Bhagandara, Parikartika.

Ayurvedic Review in the Management of Garbhini Vibandha

In Ayurveda, Vibandha is not described as a separate disease; its management focuses on balancing Doshas and improving Agni. It can be managed through proper diet, adequate hydration, fiber-rich foods, and suitable Ayurvedic medicines that promote smooth bowel movements.

Acharya Sushruta recommends the use of Madhura Dravya Siddha Basti in the eighth month of pregnancy to relieve constipation and ensure proper evacuation of stool.

Acharya Kashyapa advises the use of Mrudu Virechaka or Anulomaka drugs from the fourth month onwards. These mild purgatives with Mrudu Virya and Madhura properties help facilitate bowel movements without harming the fetus.

Acharya Vagbhatta explains that Udavarta during pregnancy can cause constipation and suggests Vata-pacifying therapies and Snigdha Annapana to relieve the condition.

In the eighth month, classical texts also recommend Madhura Aushadha Siddha Asthapana Basti, Anuvasana Basti, and Ksheera Yavagu with Sarpi to promote regular bowel movements and maintain the balance of Vata Dosha.

DISCUSSION

Garbhini Vibandha is a common condition resulting from both physiological changes during pregnancy and lifestyle factors. Ayurveda explains the condition mainly through Vata vitiation and Apana Vata dysfunction.

The management principles emphasize dietary modifications, lifestyle regulation, and mild herbal medicines that are safe for both mother and fetus. Integrating Ayurvedic

principles with modern understanding can help in the effective management of constipation during pregnancy.

CONCLUSION

Garbhini Vibandha is a frequently occurring condition during pregnancy due to hormonal, physiological, and lifestyle changes. Ayurvedic literature provides detailed guidance on maintaining maternal health through Garbhini Paricharya, which helps prevent such complications.

Proper diet, lifestyle modification, and safe Ayurvedic medications play an important role in managing Vibandha during pregnancy while ensuring the well-being of both mother and fetus.

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