



## Constipation and Ayurvedic Churna for its Treatment

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### ABSTRACT:

Constipation is highly prevalent, heterogeneous disorder that significantly affects patients lives. Constipation is chronic in nature and affects the patients quality of life, causing tremendous impact on both the individual patient and society as well. Functional constipation is common both in adults and children. The prevalence in children ranges from 0.7% to 29.6%. In adults functional constipation affects between 0.7% and 79% of the general population. The prevalence is higher in females, older individuals, those of lower socioeconomic status and with lower educational level. This review will focus on to provide a detail account of constipation and present treatment with some ayurvedic churna for treatment of constipation.

Keywords: constipation, types, symptoms, causes, survey, churna.

### INTRODUCTION:

Constipation is considered as one of the common and it can be defined as the passage of small hard stool infrequently with difficulty and with pain. Constipation is common ailment with multiple symptoms and diverse etiology. Constipation in elderly is not simply related to the aging. It is a major feature of disorder of colorectal motility. There are two main type of constipation namely primary and secondary constipation

Types:

- Primary constipation also called as functional or idiopathic constipation and it has 3 pathophysiological subtype like normal transit constipation, slow transit constipation, outlet constipation
- Secondary constipation is constipation that occurs as a result of underlying health issues or due to side effect of medication use.

It is most often functional or idiopathic. If not treated it may responsible for colorectal cancer, distension of urinary bladder and enuresis in children.

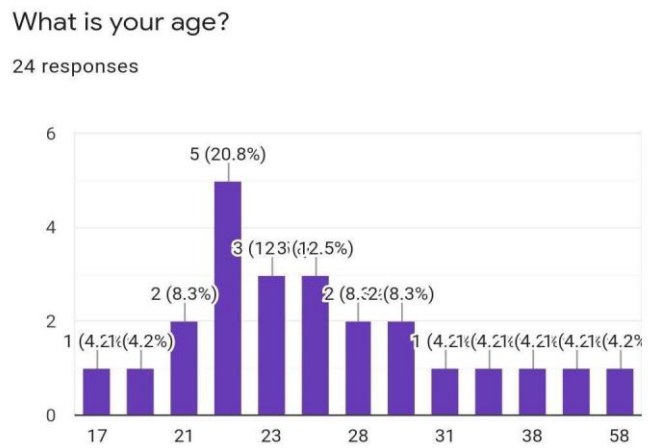
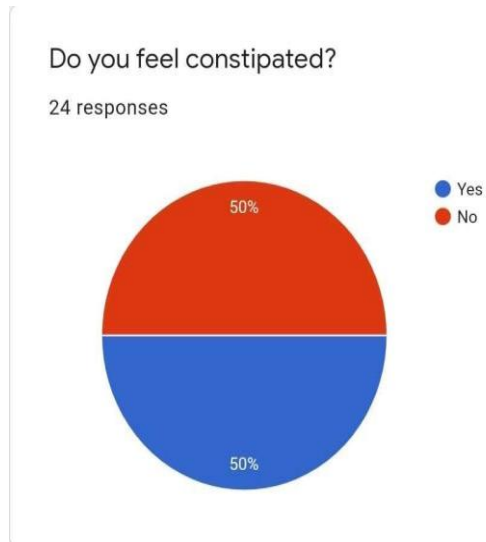
### SYMPTOMS:

1. STOOLS –[lumpy]HARD, DRY, SMALL
2. PAINFUL DEFEICATION
3. DIFFICULTY TO PASS
4. PAIN IN THE ABDOMEN
5. STRAINING
6. SENSATION OF INCOMPLETE EVACUATION

### Causes of constipation:

1. Gastrointestinal causes- irritable bowel syndrome, upper gastrointestinal disorder, anal and rectal disorder, tumors.
2. Metabolite and endocrine disorder- diabetes mellitus with neuropathy, hypothyroidism.
3. pregnancy-depressed gut motility, increased fluid absorption from colon, decreased physical activity, dietary changes, use of iron salt etc.
4. medication-analgesic, calcium channel blocker, barium sulfate, antacids containing calcium, clonidine, phenothiazines.

survey:



What others symptoms do you have eg. Do you feel sick or have swollen tummy or any other symptoms? Please mention below.

23 responses

Pain in the abdomen

Headache  
Stomach pain  
Pricking pain in pain

Pain and stomach ache

Pain and gas

No m fine

Abdominal distention

Acidity

Bloating

Are you taking any medicines to help with your constipation? (mention the name of medicine and whether it is Ayurvedic, Homeopathic or Allopathic)

20 responses

I used to take ayurvedic medicine earlier (chitrakadi vati)

Yes I do take , cremaffin

Ayurvedic medicines - Gandharva haritaki

No medicine taken

NA

Haritaki churna

No.

Amrita bindu

Noo

What kind of foods do you eat?

23 responses

Spicy

Healthy

Home made food  
Hotel food sometimes  
Lays

Home made +without salt

Home made

Non Veg

Rice, fish curry, fish

Rice, curry, fish,

How much liquid do you drink each day?

24 responses

2-4 glass

2 to 3 ltrs

2 glass

1 litre

3 litre

1.3L

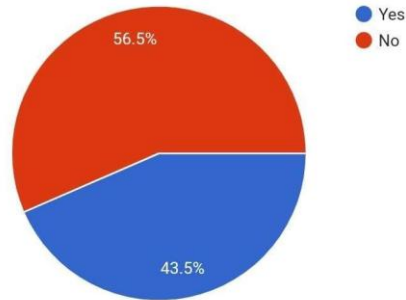
1 litter

1 ltr

3 liter

Have you made any changes to your diet?

23 responses



**CHURNA USED IN TREATMENT OF CONSTIPATION:**

NAME OF THE CHURNA :	CONTENTS:	QUANTITY :
1.GANDHARVA HARITAKICHURNA	Bal haritaki Erand oil Sunthi Saindhav lavana Savarchal Pippali	6.5mg 1.6mg 0.6mg 0.7mg 0.2mg 0.5mg
2.AVIPATTIKAR CHURNA	Sunthi Pippali Maricha Haritaki Baihitaki Amalaki Musta Vida lavana Vidanga Suksmaila	75mg 75mg 75mg 75mg 75mg 75mg 75mg 75mg 75mg

**Conclusion:**

Generally ayurvedic medicines are the combination of selective herbal drugs . Churna is a fine powder of drugs . And is free flowing and retains in potency for one year . These form of medicines are prescribed generally because of their smaller particle size ,smaller the particle size greater is the absorption rate from GIT. After taking ayurvedic churna mentioned above patient got relief from constipation and other associated symptoms.