



Matra Basti in Vibandh – A Review Article

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Abstract

Vibandh is a very common gastrointestinal disorder of all age groups and occur commonly due to our sedentary life style and poor food habits. It is experienced by most of the people at some time during their whole life. *Vibandha* is the obstruction of *Purisha* /stool in the *Purishavaha Srotas* which can be called as Constipation. *Apana Vayu* is responsible for the expulsion of Mala from the *Purishavaha Shrotas*. When *Apana Vayu* is vitiated, it results in *Vibandh*. In modern aspect *Vibandh* is correlated with constipation. It refers to bowel movements that are infrequent or hard to pass and in general term used to indicate fewer bowel movements, solidified hard stools, painful defecation and feeling of bloating, abdominal discomfort or incomplete elimination. In *Panchkarma*, *Basti Chikitsa* is considered to be a prime treatment of vitiated *Vata Dosha*. It has not only curative aspects but also preventive and promotive aspects. *Matra Basti* is a type of *Sneha Basti*. In *Matra Basti*, least dose of oil/unctuous substance is used and administered in the body through anus preceded by *Sthanik Abhyanga* and *Swedana*. It normalizes the vitiated *Apana Vayu* and clears the obstruction of *Purishavaha Shrotas*. So *Matra basti* is found to be effective in the treatment of *Vibandh*.

Keywords: Vibandh; Basti; Purishavaha Shrotas; Udavarta

Introduction

In this present competitive era, the people in an attempt to fulfil their fast-growing desires by following irregular life styles and erratic dietary habits because of which there is a strong impact on the Gastro-intestinal tract (GIT). That's why, day by day, the incidence of diseases due to Gastro Intestinal derangement is increasing. *Vibandh* or Constipation is one of the outcomes of such problems. 22% of the adult Indian population is suffering from this condition, with 13% complaining of severe constipation, 6% of the Indian population suffer from constipation associated with certain comorbidities [1]. The worldwide prevalence of 1% to 80 % where the condition is characterized by a wide geographical variation [2]. Constipation is known as *Vibandh* or *Malabadhta* in *Ayurveda*. In which there is a passing of hard stool or inability to evacuate completely.

Hetu

Though, there is no independent mention of the causative factors of *Vibandh* available in the classical text, but according to all the *Acharyas*, *Vata* is the main responsible factors for this Disease. According to *Acharya Charak*, excessive intake of *Katu*, *Tikta*, *Kashaya* and *Ruksha Aharas*, suppressing of natural urges and excessive sexual indulgence leads to aggravation of *Apana vayu* in *Pakvashaya* and obstructs the *Purishavaha* and *Mutravaha Srotas*. This obstruction causes various symptoms like *Avrita of Mala (Vibandha)*, *Urdhva Gaman of Apana Vayu* and *Shuskta of Purisha*. Other symptoms like *Adhamana*, *Hrillasa*, *Shula of Basti*, *Parshva*, *Kukshi* and *Pristha* which all are the symptoms of *Udavarta* [3]. So *Vibandh* is the obstruction of *Purisha* /stool in the *Purishavaha Srotas* which can be called as Constipation. It may be the end result of many gastrointestinal and other medical

disorders According to *Sushruta*, *Mandagni* is the main cause of *Vibandh* [4] or constipation. Indigestion (*Ajirna*) and improper diet (*Malinahar*) also causes constipation. It is to be noted that Dusti of *Apana Vayu* and *Pureesha* causes *Vibandha* [5]. Both of them can create symptoms like pain in Abdomen, gas formation, pain in anus while passing stool, headache, acidity, palpitation and in chronic cases, Piles and Fistula [6].

सर्वेषामेव रोगाणां नदिानं कुपिता मलाः[7]

As it is said that *kupita Mala* is the root cause of all the disease which means that mala gets *kupita* due to *Vibandh* or constipation.

Samprapti

Due to all above mentioned reason, the digestive power become sluggish which cause incomplete digestion of food, which is not expelled by the intestines and causes the formation of *Ama*. This *Ama* occult stool slowly and accumulate in the stomach and large intestine and impair *Vata Dosha* which results in obstruction of the digestive tract. When the digestive tract is not clear, the body will not be able to facilitate proper bowel movements, thereby leading to the condition of *Vibandh*.

Samprapti Ghatak

- Nidana : Aharaja, Viharaja, Manasika
- Dosha : Apana vayu
- Dushya : Purisha
- Agni : Mandagni, Vishamagni
- Srotasa : Purishvaha srotas
- Srotodusti : Sanga
- Udbhavasthan : Amashaya, Pakvashaya
- Rogamarga : madhayama
- Vyadiswabhava : Chirakari
- Adhithana : Pakvashay

Chikitsa

The line of treatment for *Vibandh* may be followed as that is in *Udaravata* [8] as *Apana Vayu* is the main factor for the causing the disease and *Vibandh* itself is one of the important symptoms of *Udaravata*.

तं तैलशीतज्वरनाशनाक्तं सुवेदैर्यथोक्तैः परबलीनदोषम् ।
उपाचरेदन्तिरूहबस्तसिन्नेहैवरिकैरनुलोमनान्[9] ।।

Matra Basti is a type of *Sneha Basti* i.e. *Anuvasana Basti*. It promotes strength and can be administered easily. It helps in early voiding (elimination) of stool. For *Matra Basti*, the dose of *Sneha* to be given is equal to the minimum quantity prescribed for *Anuvasana Basti*. This dose gets digested

in half of the day (2 Yama i.e. 6 hours) is called as *Harsva Matra* but the dose required to get digested in 2 Yama is not mentioned [10].

While commenting upon *Matra Basti*, *Chakrapani* has described that *Sneha Basti* contains 6 Pala of *Sneha*, *Anuvasana Basti* contains 3 Pala of *Sneha* and *Matra Basti* contains 1½ Pala of *Sneha*. From above references it can be said that the dose of *Matra Basti* is 1½ Pala of *Sneha* i.e. approximately 60 ml. The normal time of *Pratyagamana Kala* of *Sneha Basti* is 3 Yama i.e. 9 hours [11]. Since, *Matra Basti* is the type of *Sneha Basti*, its *Pratyagamana Kala* is also 3 Yama i.e. 9 hours. There is no harm if *Matra Basti* is retained in the body, because while describing *Anuvasana Basti*, *Acharya* has explained that it does not injure to body, even in the event of its being retained in the body for a whole day. Also the dose of *Sneha* in *Matra Basti* is very small which can get easily absorbed in the body without coming out. It is believed that *Sneha Basti* should retain in the body. If *Basti* returns much earlier, it cannot produce the described *Sneha* effect in the body. "*Basti Vata Haranam Shrestham*" is the quotation mentioned by *Acharya Charaka* in *Agradravyas* [12]. This type of medicated *Basti* immediately relieves the retention of urine, stool and flatus and promotes the normal functioning of the rectum as well as connected vessel.

Discussion

In recent years, there has been an unprecedented increase of incidences of gastrointestinal anomalies, due to changes in life style, diet habits, behavioral pattern etc, which very much disturb the normal physiology of digestion. *Vibandha* is a disease of *Annavaaha Srotasa*, any disturbance of *Agni* due to irregular diet and behavioral pattern as well as the involvement of mental stress and strain, leads to the disease *Vibandha*. *Basti* administered through *Guda* (Rectal Route) reaches the *Pakvashaya* which is considered as the main site of *Vata Dosha*. After that it normalizes *Apana Vayu* leading to *Vatanulomana* and improves physiological functioning of *Vata*. As the *Vata* is pacified disease itself gets cured because it is a major causative factor in the disease. *Basti* administered in the *Pakvashaya* affects the whole body by its *Virya*.

Conclusion

Constipation is a major and common health concern. It put greater impact on the general health and quality of life of general population. If not treated or treated is delayed, it can lead to further problems such as piles, fissures, fistula, lack of appetite and indigestion. *Matra Basti* is one of the most important and useful treatments for a diseased and healthy person. *Matra Basti* helps to maintain the equilibrium of *Vata Dosha* in our body. More and more strategies should be

conducted to have a better understanding for the prevention and treatment of constipation among general population.

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