

Comprehensive Review on *Vibandha* with special reference to *Brihatryi:*
Short Communication

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ABSTRACT:

Vibandha means obstruction or *Sanga* which indicates the state of *Srotodusti* especially in *purishavahasrotas*; constipation is the condition characterized by infrequent bowel movements results in the passage of small amounts of hard and dry stool. *Vibandha* refers to bowel movements that are infrequent or hard to pass along with painful defecation, bloating and incomplete elimination. In this review the description mentioned in the context to *Vibandha* from all the *Sambitas* is briefed and compiled.

Key words: *Bandhapurisha*, *Purishava hasrotas*, *Purisha*, *Vibandha*.

Received: 08.05.2025 Revised: 21.05.2025 Accepted: 30.06.2025 Published: 21.06.2025



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QR Code



DOI: 10.70805/ija-care.v9i2.715

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INTRODUCTION:

Main composition of *Sharira* is *Dosha*, *Dhatu* and *Mala*, *Purisha* (stool) and *mutra* (urine) are the waste product of *Anna* (food) i.e., consumed food formed at the end of the process of digestion and metabolism termed as *mala*^[1]. The waste products formed is removed from body which is brought by the process called Excretion; if it remains for longer time in body, have tendency to vitiate the normal *doshas* by causing *srotosanga* called *Vibandha*^[2]. *Vibandha* can be correlated with constipation as both the terminologies have similar feature like *Purishanigraba*

(obstruction of stool), *Pakvashyashoola* (pain in abdomen), *Parikartika* (pain during defecation) etc. Constipation can occur at any age and is more common among individuals who resist the urge to move their bowels at their body's signal.

Vibandha is not described as a separate disease in our classical texts. Description of *Vibandha* is found in *Vamana* and *Virechana Vyapata*^[3]. It is the side effect of *Samsodhana* done in *Ajirna*. It is *Apatarpanjanya Roga* (Disease caused by nutritional deficiency) and one of the complication of *Raktarsha*. Symptoms of *Udavarta* like *Anaha*, *Admana*,

Malaavastamba due to *Vimargagamanagati* (reverse flow) of *Apana* does mimic the symptoms of *Vibandha*^[4,5]. *Vibandha* is not mentioned in *Sambitas* as a specific disease but some references given the *Sambitas* regarding *Vibandha* as a disease.

Methodolgy:

In this review the description mentioned in context to *Vibandha* from *Brihatryi* have been compiled.

Nidana Panchaka of Vibandha :

Hetu:

Purishajavegadharana, Purishavaha Srotodushti, Ayogya of virechana, Anuvasana and NiruhaBasti. Vibandha can be seen in so many disease as a *Lakshana. Vistabdaajeerna, Alasaka, Atisarapoorvaroopa, Gulmapoorvaroopa,*

Sanniruddhaguda, Vatadusitha Stanyasevana, kashayarasa Pradhana Kshreerasevana. The detail mentioned in table-1

Roopa of Vibhanda

- *Anaha*
- *Admana*
- *Dourgandhya*
- *Graditbaanthrata*
- *Udara Shoola*
- *Shira shoola*
- *Alashya*
- *Utsaha Haani*

Samprapti: It is mentioned in table-2

Table-1 : Hetu

<i>Hetu</i>	<i>Ahara</i>	<i>Viharaj</i>	<i>Vegadharana</i>
<i>Ruksba</i>	+	-	-
<i>Guru</i>	+	-	-
<i>Vegavighata</i>	-	-	+
<i>Ativabanam</i>	-	+	-
<i>Atiyanayanama</i>	-	+	-
<i>Atyasanam</i>	+	+	-
<i>Atisthanam</i>	-	+	-
<i>Atichakramana</i>	-	+	-

Table-2: Samprapti^[6]

<i>Hetu</i>	<i>Agnivaigunya-Ama Formation- Malsanchaya-Vibndha</i>
<i>Dosha</i>	<i>Vata Dosha –Apanavayu</i>
<i>Dushya</i>	<i>Rasa</i>
<i>Srotas</i>	<i>Pureeshavaha Srotas</i>
<i>Udbhavasthana</i>	<i>Pakvashaya</i>
<i>Vyaktasthana</i>	<i>Adhakaya</i>

Upadrava:

Udavarta, Admana, Arshas, Antravriddi, Bhagardara, Parikartika

Chikitsa:

The management should be based on *Koshta*. It may be inferred that therapy should be

administered based on *Nidana*, in addition to *Pathya-Apathya* and many other types of laxatives such as *Anulomana, Bhedana* etc.

In the treatment of *Vibandha*(constipation), purgation eliminates *Pitta*. There are three types of *Virechana*^[7,8,9]

1. *Sukha Virechana* (Easy purgation) :
e.g., *Trivrit*
(*operculinaturpentum*Linn.)
2. *Mridu Virechana*(Mild purgation) :
e.g., *Aragvadha* (*Cassia fistula*Linn.)
3. *Tikshna Virechana* (Strong purgation)
: e.g., *Snuhi* (*Euphorbia neriifolia*
Linn.)

Vibandha is one of the *Apatarparajanya Roga* and in its treatment, drinks prepared of roasted corn flour, alcohol, honey and sugar help in the elimination of feces.

Anulomana: The substance when administered improves *Agni*, digests the partially digested or undigested residue of food and resolves the occlusions.
e.g., *Haritaki*

Bedhana: The drug which pushes the mala downwards after breaking down the faecal mass irrespective of their state.
E.g., *Katuki*

Rehana: The drug which liquefies the *Mala* irrespective of their *Paka* and expels them.
E.g., *Trivrit*

Sramsana: The drug which takes no part in digestion but which drives the product downwards that remain impacted in the intestines.
E.g., *Aragvada*

Panchakarma

- ✓ *Snehapaana* ex: *Grita* and *Taila*
- ✓ *Niruha* and *Anuvasana Basti*

Yogic Practices:

The following yogic practices are beneficial in constipation; however, these should be performed only under the guidance of

qualified *Yoga* therapist and duration is decided by the *Yoga* therapist.

Kurmasana, Vakrasana, Katihakrasana, Samvagasana, Shavasana, Pavanamuktasana, Mandukasana, Vajrasana etc.

Yogamudra, Shankhaprakshalana, Nadishodhana. Surya Namaskara, Anulomaviloma, Deep relaxation technique.

Pathya in Vibandha^[10]:

- ✓ *Phalavarga* :*Matulunga, Jambira, Draksha.*
- ✓ *Shakavarga* :*Pushpaphala, alabu, kalinda*
- ✓ *Ardrakaswarasa* cures *Vibandha.*
- ✓ *Vataharamadira* *Sauviraka* and *Tushodaka* and *Amlakanji* are laxative.
- ✓ *Sauvarcala* (black salt) is light in digestion, alleviates constipation,
- ✓ *Vibandha* is instantaneously cured by the administration of *Bhallataka, rasona* is laxative.

CONCLUSION:

Vibandha is not explained as a single disease in *Ayurveda* but still described in association with many diseases.

Its management should be according to type of *Koshta*. It may be concluded that treatment such as *Anulomana, Bhedana, Rechana, Sramsana* etc should be selected as per individual's *Prakriti, Koshta*, type of *Agnidushti* along with plenty of water, physical exercise, which should be given according to state of *dosha* and *kosta*.

Conflict of interest: The author declares that there is no conflict of interest.

Guarantor: The corresponding author is the guarantor of this article and its contents.

Source of support: None

How to cite this article:

Pavan Kumar G. Comprehensive Review on *Vibandha* with special reference to *Brihatriyi*: Short Communication. Int. J. AYUSH CaRe. 2025;9(2):435-438.

DOI: <https://doi.org/10.70805/ija-care.v9i2.715>

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