



CONSTIPATION CAN CAUSE FOR ALL THE AILMENTS?

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ABSTRACT

In the present scenario, the life is going very fast, people are not thinking of their own health. Many people are addicted to the tobacco such related addictions. Second reason, people are running behind the money, so, they are consuming the street food, packaged food, unhygienic foods & many other like junk food & become habituate with them; many of them do not adopt even smaller walk or exercise; it all reasons may cause the constipation. Constipation like symptom or other disease does not happen in a single day. If someone frequently adopting faulty lifestyle or sedentary lifestyle which lead to initially as a smaller complain like passing of hard stool (as bowel habit) followed by the constipation. In winter season particular complain become worsen because of the less water consumption & due to the cold climate. As Ayurveda always says that prevention is better than cure, in Ayurveda's objectives it suggest that, "swasthasy swastha rakshanam aturasy vikaara prashamanam cha" which has been explained in Charak sutrasthana 30/26 It means restore the healthy state of life of healthy one, one who afflicted to any disease it could be treated by curative therapy by giving certain medicine. For restoring healthy state of life, there are several measures has been explained in Ayurveda, to perform physical exercise is the one of them. To prevent the all the ailment which caused by the constipation; someone must be avoid the basic cause i.e. constipation. There is wide range of explanation on constipation in Ayurveda; in briefly, it will be explored over here.

KEYWORDS : Ayurveda, Health, Constipation, Mechanism Of Constipation, Defecation etc.

INTRODUCTION:-

Constipation like symptom or other disease does not happen in a single day. If someone frequently adopting faulty lifestyle or sedentary lifestyle, frequent consuming certain medication, addiction to tobacco & other related addictions; which lead to initially as a smaller complain like passing of hard stool followed by the constipation. In winter season particular complain become worsen because of the less water consumption & due to the cold climate.

Defecation: - Mass movement drives the faeces into sigmoid or pelvic colon. In the sigmoid colon, the faeces, is stored. The desire for defecation occurs when some faeces enters rectum due to the mass movement. Usually, the desire for defecation is elicited by an increase in the intra rectal pressure to about 20 to 25 cm H₂O.

Usual stimulus for defecation is intake of liquid like coffee or tea or water. But it differs from person to person.

CONSTIPATION:-

Failure of voiding of faeces, which produces discomfort, is known as constipation. It is due to the lack of movements necessary for defecation. Due to the absence of mass movement in colon, faeces remain in the large intestine for a long time, resulting in absorption of fluid. So the faeces become hard and dry.

CAUSES FOR THE CONSTIPATION:-

- 1. Dietary causes:-** Lack of fiber or lack of liquids in diet causes constipation.
- 2. Irregular bowel habit:-** Irregular bowel habit is most common cause for constipation. It causes constipation by inhibiting the normal defecation reflexes.
- 3. Spasm of sigmoid colon:-** Spasm in the sigmoid colon (**spastic colon**) prevents its motility, resulting in constipation.
- 4. Diseases:-** Constipation is common in many types of diseases.
- 5. Dysfunction of myenteric plexus in large intestine – megacolon:-** Megacolon is the condition characterized by distension and

hypertrophy of colon, associated with constipation. It is caused by the absence or damage of ganglionic cells in myenteric plexus, which causes dysfunction of myenteric plexus. It leads to accumulation of large quantity of feces in colon. The colon is distended to a diameter of 4 to 5 inch. It also results in hypertrophy of colon. Congenital development of megacolon is called **Hirschsprung disease**.

6. Drugs:- The drugs like diuretics, pain relievers (narcotics), antihypertensive drugs (calcium channel blockers), anti parkinson drugs, antidepressants and the anticonvulsants cause constipation.

MECHANISM OF THE DEFECTION:-

Voiding of faeces is known as defecation. Faeces is formed in the large intestine and stored in sigmoid colon. By the influence of an appropriate stimulus, it is expelled out through the anus. This is prevented by tonic constriction of anal sphincters, in the absence of the stimulus.

Act of defecation is preceded by voluntary efforts like assuming an appropriate posture, voluntary relaxation of external sphincter and the compression of abdominal contents by voluntary contraction of abdominal muscles.

Usually, the rectum is empty. During the development of mass movement, the faeces is pushed into rectum and the defecation reflex is initiated. The process of defecation involves the contraction of rectum and relaxation of internal and external anal sphincters.

Internal anal sphincter is made up of smooth muscle and it is innervated by parasympathetic nerve fibers via pelvic nerve.

External anal sphincter is composed of skeletal muscle and it is controlled by somatic nerve fibers, which pass through **puddendal nerve**. Puddendal nerve always keeps the external sphincter constricted and the sphincter can relax only when the pudendal nerve is inhibited.

MECHANISM OF CONSTIPATION

Generally, GIT motility is under parasympathetic (cholinergic) control. Parasympathetic stimulation leads to increase in motility of the GI tract along with small & large intestine, due to above said reasons or other faulty food habit (junk food habit)

or sedentary life style leads to anti-cholinergic like effect occur by which intumescence leads to decrease in motility of the entire GI tract which leads to constipation

Acute constipation:- unsatisfactory defecation that results from infrequent stools, difficult stool passage.

Chronic constipation:- it is a disorder characterized by unsatisfactory defecation that results from infrequent stools, difficult stool passage, or both over a time period of at least 12 weeks

AYURVEDA:-

The science which imparts knowledge about, life with special reference to its definition & the description of happy & unhappy life, useful & harmful life, long & short span of life & such other materials along with their properties & actions as promotes & demotes longevity is described in Ayurveda.

*"Heetaaheetam sukham dukkham ayusthasya heetaaheetam I
Maanam cha taccha tatroktham ayurvedah sa yuchate II"*
Ch. Su. 1/41

The science is designated as Ayurveda, where advantages, & disadvantages as well as happy & unhappy state of life along with what is good & bad for life, its measurement & life itself are described.

As Ayurveda always says that prevention is better than cure, in Ayurveda's objectives it suggest that, "*swasthasy swastha rakshanam aaturasy vikaara prashamanam cha*" which has been explained in Charak sutrasthana 30/26

It means restore the healthy state of life of healthy one, one who afflicted to any disease it could be treated by curative therapy by giving certain medicine. For restoring healthy state of life, there are several measures has been explained in Ayurveda, to perform physical exercise is the one of them.

FUNCTION OF THE PURISHA (STOOL):-

"Purisham upasthamaba vāvagni dharanam cha" it says that normal function of purisha (stool), it hold (sustain) the life by maintaining the balanced form of agni (digestive fire). At one place in *Astang hrudaya (Nidāna sthāna 12)* it is said that, "*rogah sarvei api mande agnou, sutarāmudarāni cha*"

The *agni* or the digestive fire if it is not maintained by someone in balanced form, it could be causative factor for all the disease like *uder-roga*.

Other above mentioned reasons for constipation are responsible as well, but suppression of the natural urges specially flatus & faeces (stool), leads to the constipation which has explained in Ayurveda, '*na vegan dh riyet dhimana'*, frequent suppression leads to habituate with this habit which is give rise to worsen the symptoms & leads to chronic constipation.

The constipation, causes accumulation of not only stool but also there is accumulation of the lots of toxin which produced due to over period of lodging stool in the large intestine, still there is continuous absorption will going on from the large intestine, this semisolid solid stool become hard like stone, as well as the symptoms become worsen which leads to sluggish movement of the intestine initially it hamper the digestive fire, this inappropriate digestive fire leads to the all diseases.

Causes of the vitiation of the purishavah srotasa:

1. Suppression of the natural urges (commonly stool & flatus),
2. Someone indulging with heavy or high amount of the food,

3. Aadya a an ta (bhuktsya upari bhjan ta-again eating food just after few minute before had of it).
4. Intake of food after indigestion.
5. Someone having inappropriate digestive fire.
6. Someone who is thin body or emaciated by nature.

Symptoms of the suppressing of the stool:

By suppression of the natural urge like stool, leads to following symptoms as;

1. Pindikodveshta – twisting pain of calf muscles
2. Pratishyaya – running nose
3. Shiroruja – headache
4. Urdhvavayu – upward movement of Vata,
5. Parikarta – anal itching sensation
6. Hrudayasya Uparodhana – stiffening feeling in chest region
7. Mukhena Vit pravrutti – foul breath, feces vomiting.

Symptoms of the suppression of flatus:-

By suppression of the urge of flatus (farting), on a continuous basis, one becomes prone to abdominal bloating, tumor, Ud varta (bloating), gaseous distension of abdomen Ruk (abdominal pain)

Klama – tiredness, exhaustion without doing anything blockage of flatus, constipation and difficulty in urination loss of vision and loss of digestive power diseases related to upper part of stomach and heart

This is because – the V ta gets obstructed in intestine by avoiding farting. At intestines and rectum, natural movement of V ta is downward. But because of suppression of flatus, Vata moves in upward direction and causes all these problems. Most of the problems explained are due to Vata imbalance.

DISCUSSION:-

In the present scenario, the life is going very fast, people are not thinking of their own health. Many people are addicted to the tobacco such related addictions. Second reason, people are running behind the money, so, they are consuming the street food, packaged food, unhygienic foods & many other like junk food & become habituate with them; many of them do not adopt even smaller walk or exercise; these all causes for constipation.

Constipation like symptom or other disease does not happen in a single day. If someone frequently adopting faulty lifestyle or sedentary lifestyle which lead to initially as a smaller complain like passing of hard stool (as bowel habit) followed by the constipation. In winter season particular complain become worsen because of the less water consumption & due to the cold climate. Certainly this constipation complains is very common in many peoples.

There is wide range of explanation on the on this topic in Ayurveda, but due certain restrictions, in this place, this topic concluded by explaining; the term defecation, physiological mechanism of the defecation, constipation, mechanism of the constipation, causes of the constipation, types of the constipation these all term are explained on the basis of the modern science.

What is Ayurved? Objectives of the Ayurveda, relation of the constipation with the suppression of the natural urges as well as the symptoms of the suppression of the flatus along with the function of the purisha (stool) & how it relate to the balancing of the agni (digestive fire). This inappropriate form of digestive fire is responsible for manifestation of all the disease like Udar-roga & all.

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certainly, to be considered as the metabolic diseases like; diabetes, obesity, cardiac diseases & thyroid diseases have major complain of the constipation which is found to become worsen day by days.

CONCLUSION:-

1. The constipation is very common complain which found among peoples, without awareness (known) of them, because it is pain less symptoms does not aware very soon & it is unnoticed.
2. The largest area of medical pathogenesis or diseases; certainly, to be considered as the metabolic diseases like; diabetes, obesity, cardiac diseases & thyroid diseases have major complain of the constipation which is found to become worsen day by days.
3. Certainly, it has major importance or more wattage for all the diseases, because it is found as the cause for many diseases as well as it is becomes the symptoms of many diseases.
4. To bring the awareness of this small complain, if avoided or prevented of cured at initial stage which may not cause for problem for the health.
5. To educate the people, to bring out the awareness among the common peoples by this common unnoticed complain; as well as to bring out awareness about the Ayurvedic system of medical science among the peoples.
6. Further more research has to be required to evaluate this topic in more elaborate way.

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