

EFFECT OF PANCHALAVAN CHURNA WITH GOGHRUTA IN MALAVSTAMBHA (CONSTIPATION)

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ABSTRACT

INTRODUCTION

The word “constipation” has varied meanings for different individuals. Although medical personnel define constipation as 3 bowel movements per week, feelings of incomplete emptying, straining, and urge for defecation.^[1] Constipation is one of the most frequently diagnosed gastrointestinal disorders. Most studies estimate the prevalence of constipation in the general population to be 12 – 19%.^[2] The prevalence of constipation rises dramatically with age, with some estimates approaching 50% among adults over 80 years of age. Up to 40% of seniors living in the community and 60% of those in institutions are affected. Lower socioeconomic class, non-white race, regular medication use, female sex, and symptoms of anxiety and

depression have all been associated with increased prevalence of constipation among older people.^[3] According to Sushruta, he told about the *lakshana* of 'Atma' & 'Indriya' & remaining is the notated with the disease of *Malavstambha*. (Samamalakriyaha) This is the cause of it.^[4] In patient of *Malavstambha*, we get mainly the disturbance of 'Purisha' & 'Purishkriya' & Including 'Dosha' & 'Agni'. So due to this human being become *Nirutsahi* & so they become the '*Malavstambhi Rugna*' Vagbhatacharya explained or mentioned the importance of mala i.e. (*Malochittwada Dehasya*). It is the regularly habit of our body that to excrete the waste product i.e. mala in the Morning hence we get clean the body, freshness of mind & lightness of body. But due to same reason, if mala did not excrete, it gets stored at body and due to this diseases get produced. 'Mala' is an entity which is nourished by 'Kitta

by the action of *Agni*. *Purisha mala* is formed in *Purishvaha strotas* from this *kitta*. In large intestine about 1 lit. of slurry is delivered, where most of water, sodium, chloride, glucose and amino acid are reabsorbed. Here potassium is secreted and goblet cell secret mucus to lubricate the stool. Bacteria on intestinal flora produce Vit. K and Vit. B12 from this slurry. So initially *Purish mala* is functioning entity. It provides strength and support to *Vayu*, *Agni* and *Pitta*.^[5,6] As per status of our body, age these *Mala* get replenished till they achieve their physiological measurement. They are produced in their quantities and qualities. This brings homeostatic condition in our body. When it becomes nuisance to body physiology, it should be excreted out; otherwise it will cause ill-effect.^[7] Charkacharya advised this in '*Nidan sthana*' but because of fast life or changing life style, society can't follow these concepts about '*Aahar*' & '*Vihar*' (e.g. Pav or Bread, fast food, Chinese, *Ratri Jagarana*.)^[8] Hence now a day's maximum people are suffering from problem of constipation i.e. *Malavstambha*. In Ayurvedic samhitas, in '*Ashtang Hriday*', *Malavstambha* is mentioned as a *lakshana*. Many types of diseases were caused by '*Malavstambha*'. Five varieties of salts are very commonly used in the preparation of many numbers of Ayurvedic dosage forms and as a routine dietary regimen. Sushruta describes it as stomachic, digestive and laxative.^[9] Constipation is defined as delay or difficulty in defecation, causing significant distress to the patient. It is characterized by infrequent bowel evacuations, hard small feces with painful defecation. It can be divided into organic or nonorganic / functional constipation. Only 5-10% patients have an organic cause for it & 90-95 % patients have no biochemical, pathological abnormalities are identified.

AIM

To study the effect of *Panchalavana Churna* with *Goghruta* in *Malavstambha*.

OBJECTIVE

1. To study the effect of *Panchalavana Churna* with *Goghruta* in *Malavstambha* patient.
2. To suggest the proper dosage and its adverse effect in *Malavstambha* patient.

MATERIALS AND METHOD

It is a simple comparative Randomized clinical study. Total patients were made into two Groups A and B. Group A given *churna* of *Panchalavana* and Group B given *khadisakhar churna*(Placebo).

Source of Data

Patients suffering from *Malavstambha* selected from O.P.D. & I.P.D. of SVNH Trust's Ayurvedic college Hospital, Shivaji nagar at Rahuri factory.

Sample Size & Grouping

A minimum of 60 Patients equally distributed in each groups.

Group A - In this group 30 patients were given *Panchalavana churna* (*Sauvarchala, Saindhav, Bid, Audbhid, Samudra*) with *Goghrut*.

Group B -- In this group 30 patients were given *khadisakhara churna*(Placebo) with *Goghruta*.

Selection criteria

The cases were selected strictly as per the pre-set inclusion and exclusion criteria.

A) Inclusive criteria

1. Patients ready for this study & willing for the treatment.
2. Patient were selected the specific age group i.e.15 to70years.
3. Selection was irrespective to religion, occupation, and habitat.
4. Patients with irrespective to sex & prakruti.
5. Patients with *vatanubandhit malavstambha lakshane* according to text

B) Exclusive criteria

1. Patients having *kshaya*.
2. Patients having Hypertensive, Renal failure.
3. Patients suffering from diabetes mellitus.
4. *Garbhini* should be excluded.

Panchalavana – Table

Sr. No.	Name of drug	Latin name	Rasa	Guna	Virya	Vipaka	Action on dosha
1.	Sauvarchala	Anaqua Sodichloridum, Unqua Sodii Chloredum, Black salt	Katu	Laghu, Sukshma	Ushna	Katu	Vibandhanashaka, Gulmaghna, Shulanashaka, Udgarnashaka, Krimiroghagna.
2.	Saindhava	Sodii Chloridum, Sodium chloride, Impura Rock salt	Lavana, madhur	Laghu, Snigdha, Sukshma	Ushna	Madhura	Vibandhghna, Tridoshghna, Chakshushya, Vrishya.
3.	Bid	Amonium Chloride	Lavana	Laghu, Tikshna, Ruksha, Ushna	Ushna	Madhura	Vibandhanashaka, Vishtambhaghna, Vatanulomaka, shulaghna.
4.	Audbhida	Pot Nitre	Lavana, katu	Tikshna, Guru, Snigdha, Sukshma	Shita	Madhura	Vatanashaka, Utkleshaka
5.	Samudra	Sodii muras, Sodium chloride, Sodii muris	Madhura, Katu	Ruksha, Guru, Snigdha,	Ushna	Madhura	Bhedaghna, Shulaghna, Agnidipaka

Method of preparation

Firstly, the drug is crushed into powdered form then it is filtered from the required type of mesh. This time, powder is said to be *Churna, Raja & Kshoda*. The quantity of *churna* given to the patient is 1 *Karsh* i.e. 10 gm or as required. For crushing or churning grinder, mixer or *khala* etc. can be used. The mesh is selected accordingly to the method fineness of *churna*. Mostly *churna* should be prepared in summer it can be prepared in winter also. The potency of *churna* is said to be only till 4 to 6 months. It depends upon the mesh selected for receiving the *churna*. The *churna* was selected *sukshmtar churna*. Its *sakshmata* is between 85 to 100 & used in *guti, vati, parpati, anjan* etc But *sukshmtar churna* selected because it get dissolved in *Goghrut* quickly & it is easily swollen.

Treatment was given in the following manner.

Sr. No.	Manner of Treatment	Clinical trial group	Placebo group
1	Treatment	30 patients	30 patients
2	Medicine	<i>Panchalavana churna</i>	<i>Khadisakhara churna</i>
3	Dose	125 mg.	125 mg.
4	<i>Anupana</i>	<i>Goghruta</i> 5ml	<i>Goghruta</i> 5ml
5	<i>Aaushadha sevenkala</i>	<i>Apankala</i>	<i>Apankala</i>
6	Duration	15 days	15 days
7	Follow up	after every 3 days	after every 3 days
8	<i>Swarup</i>	<i>Sukshmtar Churna</i>	<i>Sukshmtar Churna</i>

Assessment criteria-**Gradation & disease stage**

1st Stage - Sakashta malapravrutti '+'

Sashabda & Alpalpa Malapravrntti

Waranwar Malapravtutti

Pravahan

Malavrodha

2nd Stage - Symtoms signs of 1st Stage '++' +

Gaurav / Agnimandya

Aanah

Atop

Aadhman

3rd Stage - Symptoms signs of 1st & 2nd Stage '+++'

Hrillas

Apachan

Udgar / Cchardi

Shula Dah

4th Stage - Symptoms' signs of 1st, 2nd & 3rd Stage '++++'

Parikartika

Katiprushta stambha

Mala mutrasang

OBSERVATION AND RESULT

Table 1: No. of patients according to age.

Sr. No.	Age	No. of Patents (Out of 60)	Percentage
1.	15-25 yrs	14	23.33%
2.	25-35 yrs	08	13.33%
3.	35-45 yrs	08	13.33%
4.	45-55 yrs	12	20.00%
5.	55-65 yrs	07	11.66%
6.	65-75 yrs	11	18.33%

When we saw the frequency of *Malavstambha* patients according to age, we found that *Malavstambha* was more frequently found in Age Group 15- 25 yrs & next higher frequency found in Age group 45-55 yrs. Frequency Among sixty patients according to age was found as Table no. 1.

Table 2: No. of patients according to sex.

Sex	No. of Patients (out of 60)	Percentage
MALE	43	71.66%
FEMALE	17	28.33%

Malavstambha was found frequently in MALE, was 71.66% while in Female was only 28.33%.

Table No. 3: Population according to Desha.

Habitation	No. of Patents (out of 60)	Percentage
Urban	9	15.00%
Rural	51	85.00%

Malavstambha was found more frequency in rural habitation than Urban Rural Habitation's Frequency was found 85%, Urban Habitation's frequency was found 15%.

Table No. 4: No. of patient's according to disease stage.

Disease Stage	No. of Patients (out Of 60)	Percentage
Stage Ist	14	23.33%
Stage IInd	24	40.00%
Stage IIIrd	22	36.66%

We found the frequency of patient's according to disease stage. We got more patient suffering from stage IInd stage IIIrd.

Table No. 5: Patient frequency According to Upashaya / Anupashaya TRIAL Group.

Upshaya / Anupashaya	No. of Patients (out Of 30)	Percentage
Uttama	22	73.33%
Madhyam	4	13.33%
Hina	3	10.00%
Anupashya	1	3.33%

Table No. 6: Patient frequency According to Upashaya / Anupashaya Placebo Group.

Upshaya / Anupashaya	No. of Patients (out of 30)	Percentage
Uttama	6	20.00%
Madhyam	2	6.66%
Hina	7	23.33%
Anupashva	15	50.00%

Table No. 7: The Cured and Not-Cured rate of Malavstambha by both the group.

Cured / Not Cured	By Trial Group	By Placebo Group
Cured	73.33%	20.00%
Not Cured	26.66%	80.00%

Table No. 8: The Cured and Not-Cured rate of Malavstambha out of 60 Patients.

Drug	Not Cured number of Patients	Cured number of Patients	Total number of Patients
Placebo Group	24	8	30
Trial Group	6	22	30
Total	30	30	60

DISCUSSION

Due to all properties of *Panchalavana*. Its acts as *Vibandhaghna*, *Vatanulomak* and *Bhedaka* & due to *Snigdha* guna it gets *Snigdhatata* & moistness to mala. Due to its *Sukshma Guna* it acts as a *Sukshma Srotogami*. Due to *Vatanashak* its act as a *Shulaghna*. So all its properties like *Sarak*, *Bhedak*, *Snigdha*, *Sukshma*, & mainly *Vatanulomak* it's useful in *Malavstambha*. It has a tendency to draw out water from blood into the digestive tract. The water accumulated inside the colon helps to soften up the stool. The magnesium present in this salt then promotes contraction of the bowel muscles. Thus stool is excreted out easily.^[10]

Finally, the large intestine recovers sodium chloride table salt in English back from stools. Salt is needed body-wide to keep blood adequately salty, to prevent edema, to avoid dehydration, to make sweat, and to synthesize hydrochloric acid for gastric digestion. If you don't consume enough salt, stools get dehydrated even faster thanks to the intense recovery of this precious sodium chloride from the large intestine.

Magnesium, is a very relaxing mineral also known as the 'anti-stress' mineral. How this impacts digestion is that it functions to relax the smooth muscles of blood vessels and the gastrointestinal tract. So, if you are someone who tends towards constipation issues getting adequate magnesium could go a long way to helping with that. In the short term, magnesium can be used to bowel tolerance in larger doses.^[11]

Ghruta is a *Sarak*, *Snigdha*, *Balya* & mainly *Vata Pittanashaka* so it's useful in *Malavstambha*.

As individual ingredients trial group medicine i.e. *Panchalavana* are useful for *Malavstambha*, minerals has obviously better results in *Malavstambha*. It has no side effects. Placebo group medicine was *Khadisakhar churna*. It is a *Sarak*, *Daha* & *Ratanashak*, *Balya*, and *Viryavardhak*. Due to its *Sarak* & *Vatanashak* property it is useful in *Malavstambha*. Non-absorbable sugars induce little improvement in stool frequency and consistency. So it is less effective than *Panchalavana*. The cure rate of *Panchalavana* is 73% & *Khadisakhara* i.e.

placebo group is 20%. After observing all results of 30 patients of trial group through the results are encouraging more detailed future study with increasing sample size i.e. patients & comparing its result with other standard medicine, will help to enlighten, the effect of *Panchalavana* in *Malavstambha*. In Ayurveda, the concept of *Sneha* is broadly elaborated in all the *samhitas*. The Characteristics of the *Snehas* are *Guru*, *Sheeta*, *Sara*, *Snigdha*, *Manda*, *Sukshma*, *Mrudu*, *Dravam*, these are the properties exactly opposite to *Ruksha Guna*.^[12]

This *Sneha* is having properties to normalize vitiated *Vata*, it keeps the body soft and helps to evacuate the obstructed *Mala*.^[13] When treated patients are classified based on the age group it is found that there are more number of patients suffering from this element 5-25 yrs. The age group 15-25 years, 35-45 years, 45-55 years shown better response to *Panchalavana* i.e. 100%.

Panchalavan having better response in *Mrudu Koshta* & *Madhyam Koshta*. It is also useful or efficacious in *Krura Koshta*. *Panchalavan* having better response in stage Ist & IInd of disease & also efficacious in stage III. The total cured rate of *Malavstambha* is 73% by the *Panchalavana* & 20% by Placebo group ie *Khadisakhar churna*.

CONCLUSION

There is significant difference between cure rates (Result) & medicines. There were no side effects or adverse reactions of the *Panchalavana*. It is safe drug in the age group of 15-70 years and also in *Pitta Prakrutti*. *Panchalavana* is economically cheap and easily available. It is easy to take orally and best medicine for *Malavstambha*.

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