EFFECT OF ERAND (Ricinus communis) TILA (Sesamum indicum) TAILA SNEHABASTI ON BALMALAVSTAMBHA (FUNCTIONAL CONSTIPATION) - A CASE STUDY.

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ABSTRACT

Background: Malavstambha is common problem in annad avastha (1-2 years) in children. Cause of Malavstambha in children is low fibre content foods such as bakery products, irregular bowel habits, psychological stress, worm infestation, congenital anal anomaly, Hirschsprung’s disease, hypothyroidism etc. Malavstambha is Vata pradhan vyadhi and Basti is the main principle treatment of Vata Dosha. Case Study: 20 months old male child, known case of functional constipation was brought to OPD for Ayurvedic treatment. Patient was given Erand (Ricinus communis) Tila (Sesamum indicum) taila snehabasti alternate day for 20 days. Results and Discussion: After treatment and diet modification for 2.5 months patient got relief from all symptoms of constipation. As Malavstambha is pakwashayagat vyadhi, basti is the most effective therapy. Erand taila with its laxative property helped anulom gati of apana vayu while Tila taila by its snigdha guna reduced rukshata of pakwashaya facilitating defecation. Cumulative effect of two gave relief from functional constipation to patient. Conclusion: Erand Tila taila snehabasti is effective procedure in the management of functional constipation in Kshirannad avastha in children.

Keywords: Malavstambha, Functional constipation, Pakwashaya, Erand (Ricinus communis) Tila (Sesamum indicum) taila snehabasti, Apan vayu.

1. INTRODUCTION

Malavastambha (constipation) is common problem in children of kshirannad awastha (1-2 years of age). There are many causes of constipation in children that include hypothyroidism, hypercalcemia, Hirschsprung’s disease, low fibre diet, irregular bowel habits, anatomical defect, drugs etc. Malavstambha causes significant distress to child as well as parents. Most common cause is low fibre diet i.e. bakery products. Most bakery products are ruksha in nature that leads to decrease in snigdhta of pakwashaya. Due to this vitiation of vata dosha as per samanya vishesha siddhant and apan vayu dushti. Dushti of apan vayu causes disturbance in normal bowel movements that leads to malavstambha.

The main symptom of malavstambha is malbaddhata (hard stools) which can cause pain during defecation. Due to fear of pain child start to avoid defecation that aggravates the symp-
Malavstambha is associated with other symptoms such as irritability, anorexia, painful defecation, abdominal distension etc. Pakwashaya is mool sthana of Apan vayu.2 Basti is described as prime treatment of choice for Vata Dosha by Charakacharya.3 In modern medicine permanent cure for malavastambha (functional constipation) is unavailable. In treatment of Ayurveda many laxative (anulomana) and purgative (rechaka) drugs are available. But children don’t like to such drugs due to bitter taste. Comparatively basti is indicated, effective and no issue of taste arises. Hence, Snehabasti (Anuvasan) with Erand (Ricinus communis) Tila (Sesamum indicum) taila was chosen for the treatment. A case with good results is always useful knowledge source for new scholars to learn and for researchers to open new windows to evolve present knowledge. Hence it was decided to present such case.

2. CASE STUDY

2.1. History of present illness
A 20 months old male child having complaints of hard stools, painful defecation, abdominal distension, irritability, anorexia was brought to OPD by parents. Patient was suffering from these symptoms since last three months and already took allopathy treatment for the same. Parents approached to our hospital desiring Ayurvedic management of the disease. No history of any past illness was noted. Family history was not significant.

2.2. Chief complaints and duration
Hard stools, painful defecation, abdominal distension, irritability, anorexia for last three months.

2.3 General Examination
- Pulse – 92/min
- Sleep – Disturbed
- Stool – Hard
- Urine – NAD
- Systemic examination

2.4. Investigations
Patient has already done investigations such as USG abdomen and TFT. Those were within normal limit.

2.5 Treatment
The diagnosis was confirmed as Bala Malavstambh (functional constipation) on the basis of history, clinical examination and investigations done. Patient was treated with Erand Tila taila snehabasti (20 ml) on alternate day for 20 days. Follow-up was taken on the day 15th, 30th, 45th, 60th and 75th respectively.

2.6 Method for Basti karma

2.6.1. Purvakarma
- Parent’s consent was taken for Snehabasti to child.
- Parents were told to bring child to OPD after breakfast.
- Patient was slept in left lateral position, Tila taila was applied to anus and peri anal area in small amount.
- Tila taila (10 ml) and Erand taila were mixed well.

2.6.2. Pradhankarma
- A sterile disposable Syringe (20 ml) and Infant feeding tube No. 7 were taken.
- Mixture of Erand taila and Tila taila (10 ml each) was filled into syringe.
- Infat feeding tube was attached to syringe, small amount of Tila taila was applied on tip of infant feeding tube for lubrication.
- Tip of infant feeding tube was inserted gently in anus up to 3-4 inches inside.
- Mixture of Erand taila and Tila taila was ad-
ministered slowly.

2.6.3. Pashchatkarma

- After Basti, patient was slept in supine position for 10 minutes, then allowed to go home.
- Patient was checked for vitals before discharge.

3. RESULTS AND DISCUSSION

Assessment was done before and on 15th, 30th, 45th, 60th and 75th day for symptoms of hard stools, painful defecation, abdominal distension, irritability, anorexia. After first 7 basti, patient’s irritability, abdominal distension subsided. After completion of 10 basti, abdominal pain and anorexia decreased markedly. On 30th day follow up parents informed that now stools have become soft. On 75th day patients all complaints were abolished and child was playful and happy. In this case Bala Malavstambh was due to intake of low fibre diet, irregular feeding by parents. Bakery products are Ruksha in nature that leads to vitiation of Vata dosha and increase rukshata in pakwashaya contributed to Apanvayu dushti. Apanavayu is responsible for defecation and its dushti leads to irregular bowel movements and constipation.

Mode of action of Basti

- Basti is ardhachikitsa for all diseases of vata.
- Erand taila is mild laxative6 and good lubricant, that increased bowel movements and facilitated defecation.
- Tila taila is better than all vegetable oils according to Sushruti.

- Tila taila helped to reduce rukshata in pakvashaya.
- Dietary modification with high fibre diet was advised for Nidan parivarjan that was evident on 75th day follow up without recurrence.

5. CONCLUSION

Erand Tila taila Basti is safe, effective procedure in children of kshirannad avastha for Malavstambh. It pacifies vata dosha that relieved abdominal pain, distension and hard stools. Basti is praised to be ardhachikitsa i.e. half treatment and basti provided effective results in present case. Further trials are expected on the same topic.

6. REFERENCES


Cite this article as:

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Table No.1. Pain Gradation (VAS pain scale)

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<th>Sr. No.</th>
<th>Description</th>
<th>Grade</th>
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<tr>
<td>1</td>
<td>No pain</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>Mild pain</td>
<td>1-3</td>
</tr>
<tr>
<td>3</td>
<td>Moderate pain</td>
<td>4-7</td>
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<tr>
<td>4</td>
<td>Severe pain</td>
<td>8-10</td>
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Table No. 2 Effect of Basti on symptoms

<table>
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<tr>
<th>Sr. No.</th>
<th>Signs &amp; Symptoms</th>
<th>Follow Day</th>
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<td>1st</td>
</tr>
<tr>
<td>1.</td>
<td>Hard stools</td>
<td>+</td>
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<tr>
<td>2.</td>
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<tr>
<td>3.</td>
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<td>5.</td>
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