



Effect of *Sapa Vireka Choorna* on *Vibandha* (*Mala Adassiya*/ Chronic Constipation) – Series of case studies

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Abstract

Vibandha (*Mala Adassiya*/ chronic constipation) is a condition caused by vitiated *Vata Dosh*a. It is a common clinical problem and symptom of many diseases. *Vibandha* is not described as a separate disease in the classical Ayurveda texts. According to Sri Lankan traditional medicine, *Mala Adassiya* is a disease condition which is characterized by having bowel motions around twice a week, difficulty in evacuating bowels, straining during defecation, passing hard and dry stools and pain during defecation. *Vibandha* / *Mala Adassiya* can be correlated with chronic constipation. *Sapa Vireka Choorna* is used by traditional physician W.M.Dharmasiri to treat patients suffering from *Vibandha* (*Mala Adassiya*/ chronic constipation) with effective results and present study was carried out to evaluate the efficacy of this treatment. Twenty patients suffering from *Vibandha* (*Mala Adassiya*/ chronic constipation) were selected from Sadasiri Ayurveda Dispensary, Demataluwa, Sri Lanka. Selected patients were treated according to the practice of Sri Lankan traditional physician family Dharmasiri *Veda Paraparawa*. Five grams (5gm) of *Sapa Vireka Choorna* is mixed with 120ml of lukewarm water and given at night after meals for a period of seven days. Discomfort and pain in abdomen, painful defecation, manual maneuvering to facilitate evacuation, passage of hard and pelleted stools was completely relieved after treatment and other symptoms showed partial reduction of over 70%. *Sapa Vireka* is beneficial in treatment of *Vibandha* (*Mala Adassiya*/ chronic constipation).

Key words: Chronic constipation, *Mala Adassiya*, *Sapa Vireka*, *Vibandha*

Received: 20.08.2019

Revised: 25.09.2019

Accepted: 29.09.2019



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Introduction:

Vibandha occurs due to vitiation of *Vata Dosha* especially *Apana Vata*. Elimination of faeces is a function of *Apana Vata*.^[1] If *Apana Vata* does not function properly it may lead to *Vibandha*. Derangement of *Agni* may also produce *Ama*.^[2] *MalaSanga* (accumulation of waste products including retention of faeces / constipation) is one of the clinical features of *Ama*.^[3] Therefore, according to Ayurveda, derangement of *Agni* and vitiation of *Vata Dosha* are responsible for occurrence of *Vibandha*.

According to Sri Lankan traditional medicine, *Mala Adassiya* (accumulation of faeces) occurs as a symptom or complication of various diseases. In Ayurveda it is known as *Vibandha*. *Vibandha /Mala Adassiya* has a close resemblance with chronic constipation. Chronic constipation is a term often used to describe the failure to evacuate bowels for three days in succession with subjective complaints of excessive straining, hard stools, lower abdominal fullness, a sense of incomplete evacuation.

Virechana Karma is described as one of the therapeutic measures in Ayurveda texts in treatment of *Vata Roga*.^[4] In Sri Lankan traditional medicine, *Bada Vireka* (purgation) is described as one of the therapeutic measures which can be used in the treatment of *Mala Adassiya*.^[5] Traditional physician family Demataluwa uses *Sapa Vireka Choorna* internally to treat patients suffering from *Mala Adassiya* with effective results at Sandasiri Ayurveda Dispensary. Hence, it was decided to conduct present clinical study to evaluate the effect of *Sapa Vireka Choorna* in *Vibandha (Mala Adassiya/ chronic constipation)* scientifically.

Case Report:

Twenty patients between 20-60 years of age, with a history of *Vibandha (Mala Adassiya / chronic constipation)* were selected from Sandasiri Ayurveda Dispensary, Demataluwa, Sri Lanka, from either sex. Informed consent was obtained prior to commencement of research. They complained that they were having only two or three bowel movements per a week. Other complaints were straining during defecation, discomfort in abdomen, pain in abdomen, bloating of abdomen, painful defecation, rectal bleeding during defecation, manual maneuvering to facilitate evacuation, passage of hard or pelleted stools, passing small quantity of stools, sense of incomplete evacuation and feeling of ano rectal blockage. Severity of the clinical features were recorded using a specially prepared grading scale, also as used in previously published research papers.^[6-8]

Intervention: Five gram (5gm) of research drug, *Sapa Vireka Choorna* mixed with 120ml of lukewarm water was administered orally after meal at night for a period of 7 days. After administration of *Sapa Vireka Choorna*, number of bowel movements, nature of faeces (hardness, constituent and colour) were also recorded.

Method of preparation of *Sapa Vireka Choorna*: Ingredients of *Sapa Vireka Choorna* with their quantities are given in Table 1. These ingredients were dried and pounded into a fine powder and sieved. The resultant powder is used as *Sapa Vireka Choorna*.

Table 1: Ingredients of Sapa Vireka Choorna:

Ingredient	Sanskrit /Sinhala names	Part used	Quantity
<i>Terminalia chebula</i>	Haritaki (Aralu)	Pericarp	20g
<i>Glycyrrhiza glabra</i>	Madhuka (Walmi)	Stem	20g
<i>Anethum sowa</i>	Shatapushpa (Sathakuppa)	Seeds	20g
<i>Saccharum officinarum</i>	Sikata (PitiSeeni)	Icing sugar	20g
<i>Cassia angustifolia</i>	Swarnapatree (Senehekola)	Leaves	10g
<i>Operculina turpethum</i>	Thrivut (Thirassawalu)	Roots	05g

Table 2: Percentage of reduction of symptoms

Clinical features	Complete Relief	Partial Relief	Unchanged	Aggravated
Decreased number of bowel movements per week	90%	10%	-	-
Straining during defecation	70%	30%	-	-
Discomfort in abdomen	100%	-	-	-
Pain in abdomen	100%	-	-	-
Bloating in abdomen	75%	25%	-	-
Painful defecation	100%	-	-	-
Rectal bleeding during defecation	70%	30%	-	-
Manual maneuvering to facilitate evacuation	100%	-	-	-
Passage of hard or pelleted stool	100%	-	-	-
Passing small quantity of stool	100%	-	-	-
Sense of incomplete evacuation	85%	15%	-	-
Feeling of ano-rectal blockage	90%	10%	-	-

Table 3: Statistical Analysis
n=20

Clinical features	Before Treatment	After Treatment	p value
	Mean ± SE	Mean ± SE	
Decreased number of bowel movements per week	2 ± 0.28	0.11 ± 0.07	0.000*
Straining during defecation	1.78 ± 0.24	0.39 ± 0.11	0.000*
Discomfort in abdomen	0.72 ± 0.17	0.00 ± 0.00	0.0004*
Pain in abdomen	0.44 ± 0.12	0.00 ± 0.00	0.001*
Bloating in abdomen	0.89 ± 0.19	0.28 ± 0.10	0.001*

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Painful defecation	1.61 ± 0.25	0.00 ± 0.00	0.000*
Rectal bleeding during defecation	0.61 ± 0.16	0.33 ± 0.11	0.01*
Manual maneuvering to facilitate evacuation	0.44 ± 0.12	0.00 ± 0.00	0.001*
Passage of hard or pelleted stool	1.28 ± 0.15	0.00 ± 0.00	0.000*
Passing small quantity of stool	1.94 ± 0.29	0.00 ± 0.00	0.000*
Sense of incomplete evacuation	1.28 ± 0.13	0.11 ± 0.07	0.000*
Feeling of ano-rectal blockage	1.22 ± 0.16	0.11 ± 0.07	0.000*
p < 0.05 significance			

Table 4: Pharmacodynamic properties of ingredients of *Sapa Vireka Choorna*:

Ingredient	Rasa	Guna	Veerya	Vpaka	Other
<i>Terminalia chebula</i>	Madhura, Amla, Tikta, Katu, Kashaya	Laghu, Ruksha	Ushna	Madhura	Deepana, Pachana, Anulomana, Mrudu Rechana
<i>Glycyrrhizaglabra</i>	Madhura	Guru, Snigdha	Sheeta	Madhura	Vata Anulomana, Mrudu Rechana
<i>Anethum sowa</i>	Tikta, Katu	Laghu, Ruksha, Thikshna	Ushna	Katu	Deepana, Pachana, Anulomana
<i>Saccharum officinarum</i>	Madhura	Guru, Snigdha	Sheeta	Madhura	Vata Shamaka, Indicated in Vibandha
<i>Cassia angustifolia</i>	Tikta, Katu, Madhura, Kashaya	Laghu, Ruksha, Thikshna	Ushna	Katu	VataAnulomana, Sramsana
<i>Operculina turpethum</i>	Tikta, Katu,	Laghu, Ruksha, Thikshna	Ushna	Katu	Rechana, Bhedana, Indicated in Vibandha

Results and Discussion:

Therapeutic effect was observed on the basis of relief in clinical features. Results are given in Table -2. After seven days of treatment, painful defecation, discomfort in abdomen, pain in abdomen, manual maneuvering to facilitate evacuation, passage of hard or pelleted stools and passage of small quantity of stools were completely relieved. Sense of incomplete evacuation, feeling of ano-rectal blockage, straining during defecation, rectal bleeding during defecation, bloating in abdomen and decreased number of bowel movements per a week were partially relieved.

Statistical comparisons of the symptoms, before and after treatment were made by using the paired t-test. Significance was set at $P < 0.05$. Data are given as mean \pm SE in Table- 3. Reduction of symptoms are statistically significant.

Vibandha (Mala Adassiya) occurs due to vitiation of *Vata Dosha*. *Virechana Karma* is described as one of the therapeutic measures in treatment of *Vata Roga*.^[4] *Thrivrutis* described as the best drug which can be used in *Virechana Karma*.^[9] It is also mentioned as a *Rechana Dravya*.^[10] *Haritaki* is described as an *Anulomana Dravya*.^[11] As shown in table 4, most of the ingredients of *Sapa Vireka* possess *Anulomana*, *Mrudu Virechana*, *Rechana* and *Bhedana* properties.^[12] Laxative

effects of some ingredients of *Sapa Vireka* such as *Cassia angustifolia*, *Operculina turpethum*, and *Terminalia chebula* are scientifically proven.^[13, 14, 15]

Virechana is one of best therapy for *Vibandha (Mala Adassiya)*. Therefore, *Sapa Vireka* is beneficial in treatment of *Vibandha (Mala Adassiya /chronic constipation)*. *Sapa Vireka* pacifies vitiated *Vata Dosha* due to the Ayurveda pharmacodynamic properties such as *Madhura Rasa*, *Amla Rasa*, *Snigdha* and *GuruGuna*, *UshnaVeerya* and *MadhuraVipaka* of its ingredients (Table-4). Hence, it is beneficial in treatment of *VataRoga* including *Vibandha (Mala Adassiya/ chronic constipation)*. Some of the ingredients of *Sapa Vireka* possess *Deepana* and *Pachana* properties. Due to these properties, *Sapa Vireka* helps to normalize deranged *Agni* and relive *Vibandha (Mala Adassiya/ chronic constipation)*

Conclusion:

It can be concluded that, *Sapa Vireka Choorna* is an effective treatment in *Vibandha (Mala Adassiya Chronic constipation)*.

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Guarantor: Corresponding author is guarantor of this article and its contents.

Conflict of interest: Author declares that there is no conflict of interest.

Source of support: None

How to cite this article:

Edirisinghe E.M.B.M. , Ediriweera E.R.H.S.S. , Dharmasiri W.M. Effect of *Sapa Vireka Choorna* on *Vibandha (Mala Adassiya/ Chronic Constipation)* – Series of case studies Int. J. AYUSH CaRe. 2019; 3(3):247-251.