



Role of *Gandharva Hasta Tail* in Geriatric Constipation - A Case Study

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Abstract:

Constipation is a common complaint in older adults. Although constipation is not a physiologic consequence of normal aging, decreased mobility and other medical conditions may contribute to its increased prevalence in older adults. The prevalence of constipation rises dramatically with age, with some estimates approaching 50% among adults over 80 years of age. There are a variety of over-the-counter and prescription laxatives available for the treatment of constipation. There are many laxatives sold in the market. They have not been studied in controlled trials to make a recommendation. Its side effect may be harmful to patient. There is no one best evidence-based treatment for chronic constipation in the elderly.

this study, shows single case of geriatric patient suffering from constipation wherein Gandharvahasta tail was given 10ml orally. The reference of Gandharvahasta tail is Bhaishajya Ratanavali. Gandharvahasta tail acts as mild laxative with sweet taste, pleasant smell. Gandharvahasta Tail shows significant result with no side effect. It is

easily palatable so there is no complaint for taking medicine.

Keywords: Geriatric, Constipation, Gandharvahasta tail.

Introduction:

Geriatrics differs from standard adult medicine criteria because it focuses on the unique needs of the elderly person. Elderly people generally want to live independently as long as possible. *Malavashthambha*¹ (Constipation) is a condition of digestive system where an individual has hard stool that are difficult to expel. The slower the food moves through the digestive tract, the more water will be absorbed through colon. Consequently, the stool becomes dry and hard. *Malavashthambha* is caused by aggravated *vata dosha*. In old age, there is decreased physiological function of the body. *Gandharvahasta taila*² is classical preparation form the Ayurvedic text "Bhaishajya ratnavali". It is very useful drug for *malavashthambha* as it contains all the nutrients which are required for efficient functioning of the body.

Case report



Patient Name : xyz

Age -81 years

Sex- Female

Profession – housewife

Vyasan- Supari (beetle nut)

Desh- Sadharan

Vyadhi Lakashan –

- *Malavashthamba* (constipation)
- Lower Abdominal Pain
- *Anaha* (Flatulence)
- *Shirshul* (Headache)
- *Pindikodweshtan* (calf muscle pain/ cramps)
- *Sandhinigraha* especially *Hastanguli*
- *Chalankastata* (Difficulty in walking)
- *Kshudhaalpata* (Loss of Appetite)
- *Vissmaran* (Loss of Memory)
- *Anirbandh halchali* , *sarvanga kampa* (Tremors all over the body)
- *Nidraalpata* (insomnia)

Past History- Avishesh

Kulvruta - Avishesh

Sahanan – Madham

Follow up after 6 days ---

Jivha- Niram

Nadi (Pulse) - 90/Min

Mala- *Malavashthamba*

Dehosma (Temp) - 98.4⁰f

Mutra- *Swetvarni*

Hetu – Masaledar Padarth

Masaahar

Upavas

Tea (Atadhik Sevan)

Bhakari And Thecha

Vyadhimarga –Abhantar /Madham

Dosha - *Vatvyadhi Pradhan Tridosh*

Chikitsa (Treatment) -

1) Gandhavahasta Taila 10

ml.Ratri (At Bed Time)

2)

Dhashamul

+Trikatu+Shunthi+Eranda+Badishop

(Decoctions Sakali 10

Am And

Sandhyakali 6pm.)

3)

Mahayograj Guggul

250mg Bd with luke warm water.

<ul style="list-style-type: none"> • Malavshthamba problem was solved. (patient was having soft stools) • Pindikodwestan (Cramps in calf muscle) was reduced. • Shudha (appetite) was increased. • Shirshul (headache) was reduced. 	<p>Continued following Medicines</p> <p>1) Gandhavahasta Taila 10 ml.Ratri (At Bed Time). * 7 days</p> <p>2) Sahachar Tail + Bala Tail for abhyanga.</p> <p>3)Ashwagangha Churna+Kapikachu Churna +Bala Churna +Gokshur Churna 5gm with milk.</p>
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Follow up after 7 days

<ul style="list-style-type: none"> • Malavshambha problem was solved. (patient was having soft stools) • Shirshul (headache) was reduced. • Sandhinigraha was reduced. • Hatapayanchi anirbandh Halchali was under control. 	<p>Continued following Medicines</p> <p>1) Sahachar Tail + Bala Tail for abhyanga.</p> <p>2) Ashwaganga Churna+Kapikachu Churna +Bala Churna +Gokshur Churna 5gm with milk.</p>
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Discussion and conclusion

The significance of the result obtained in this study is being discussed in brief.

- 1) *Malavashthambha* is chronic disorder found commonly in old age.
- 2) It is observed that there was significant improvement in symptoms of *malavashthambha* which are hard stool, flatulence, lower abdomen fullness.
- 3) However it can be concluded that, Gandharvahasta taila is found to be very much effective in patients suffering from *malavashthambha*.
- 4) It reduces the allivated vata dosha. Lubricates the body, Intestine, Internal organs.
- 5) As it contains *Erand*, which is known as best *vataghna* drug, helps in regulating *vata* doshas,

anulomans the pathway of doshas, best lubricator, increases the cilia movement . This helps in *samyak purisha nirgaman*.

- 6) Geriatrics related disease has shown significant improvement in *malavashthambha* or difficulty in defecation. Besides relieving constipation other old age related discomfort and pain was also reduced.

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