

To study the relation between constipation and *Majja dhatu mala*.

A literary review.

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Abstract:

Constipation is major problem in the society. It refers to bowel movements that are infrequent or hard to pass¹The stool is often hard and dry may be associated with abdominal pain, bloating, and feeling of incomplete evacuation. Constipation may cause hemorrhoids or anal fissures. Forceful evacuation or taking purgatives to pass the stool is very common thing we found in society. Actually passage of stool is very natural process and it should not be forced or painful. But it should be like hot knife cut through butter. According to *Ayurveda* stool is the solid waste generated after digestion of food, it is called as major digestion. As well as in the minor digestion i.e. metabolic leveled digestion *Majja Dhatu Mala* (waste product in formation of *Majja Dhatu*) is generated, which helps smooth passage of stool.

Introduction-

Constipation is major problem in the society. Average 2 to 20 % of the society is suffering from constipation.² While 50 to 70 percent of elderly population is suffering from this condition. Definition of constipation includes "excessive straining, a sense of incomplete evacuation, failed or lengthy attempts to defecate, use of digital maneuvers for evacuation of stool, abdominal bloating and hard consistency of stool³." This constipation is causing substantial healthcare problems and so economic burdens. If the passage for the stool is smooth having proper mucosal secretions the stool will be passed easily. No straining will be needed.

Constipation

Constipation is a symptom not the disease, this is a condition of digestive system where individual has hard stool and it is difficult to expel. To empty the bowels is very painful in constipation condition. Dry and hard feces are main symptoms of constipation. Also patient need to strain more to evacuate the stools. The American college of Gastroenterology describes constipation as unsatisfactory defecation characterized by infrequent stools, difficult stool passage, or defecation that is both infrequent and /or difficult⁴.

Causes of constipation:

- Lack of fiber diet- fibers in diet promotes the bowel movements also they hold water at large and for longer duration so chances of dryness in fecal matter became less so these bulk forming fibers prevent constipation. And if they

are less in quantity may cause the constipation.

- Lack of physical activity, physical activity promotes the bowel movements. Especially in old patients where they are prone to inactive. So some sort of physical activity is necessary to decrease constipation.
- Medications if someone is consuming viz. codeine, opioid, some of antidepressants, anticonvulsants, calcium channel blockers, aluminum, some diuretics are some medicines which causes constipations. Some persons consume tobacco to empty the bowel as initially it is having some neuro-stimulator effect but it becomes habitual and later doses increases, in long period of time people become so habitual to it that they don't make difference on bowel movements.
- Disease like IBS. In Irritable Bowel Syndrome patient get constipation more frequently.
- Pregnancy, in second or third trimester when uterus size increases it creates pressure on abdominal organs and intestines, so bowel movements are slower compared to normal woman. That causes the constipation. Also there are some hormonal changes in pregnancy which makes woman more susceptible to constipation.
- Other diseases like tumors in abdominal cavity may compress the intestine, also scar tissue, *Diverticulosis* and abdominal narrowing of colon, neurological disease viz. multiple sclerosis,

Parkinson's disease, stroke, spinal cord injuries, cancers or patients on chemotherapy may be the cause of constipation.

- Some persons having mental pressure also develop constipation in long duration of time.
- Uses of laxatives, over and chronic use of laxatives makes bowel movements paralyzed or decreases it. Body gets used to it and one has to increase the doses of it which make these said effects.

Diagnosis -

A. Rome III or Rome II criteria are international standards to diagnose the bowel diseases. In ROME III diagnostic criteria,

- Must include two of more of the things a) Straining during at least 25% of defecation,
- a) Lumpy or hard stools in at least 25% of defecations, c) Sensation of incomplete evacuation for at least 25% of defecations.

b) Sensation of *anorectal* obstruction / blockage for at least 25% of defecations, e) Manual maneuvers to facilitate at least 25% of defecations, f) Fewer than three defecations per week.

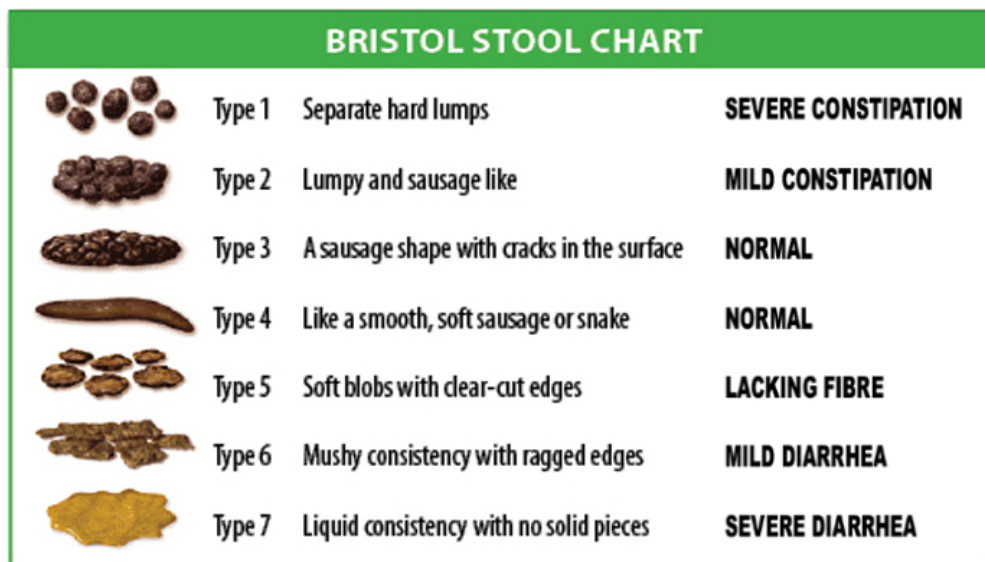
- Loose stools are rarely present without the use of laxatives,
- Insufficient criteria for irritable bowel syndrome.

B. In ROME II diagnostic criteria,

At least 12 weeks, which need not be consecutive in the preceding 12 months of two or more of

1. Straining >1/4 of defecations,
2. Lumpy or hard stools >1/4 of defecations,
3. Sensation of incomplete evacuation >1/4 of defecations,
4. Sensation of anorectal obstruction / blockage >1/4 of defecations,
5. Manual maneuvers to facilitate >1/4 of defecations,
6. < 3 defecations per week.

B) Bristol stool chart grades the stool.



Complications of Constipation-

Rectal bleeding, anal fissures, hemorrhoids, inflamed blood vessels of veins in the rectum are some complications of constipations.

Process of digestion according to Ayurveda-

According to Ayurveda process of digestion completes in two phases.

1. *Sthool Pachana*-
2. *Sookshma Pachana*-

1) *Sthool Pachana*-(Digestion Proper)-

This digestion process where *Jatharagni* and *Panch Mahabhootagni* process food consumed and converts it into *Ahara Rasa*⁵. In this process liquid as well as solid waste is generated. Which in time turns into urine and stool respectively.

2) *Sookshma Pachana*-(Metabolic Digestion)-

In this process the *ahara rasa* formed in *stool Pachana* is used as base and processed by *Dhatwagni* to produce *Dhatu*. This whole process of *sookshma pachana* is like the process of formation of *Ghee* from milk. In this we boil milk and get the layer of cream on surface of milk. This cream is pure form of milk and remaining white milk is without fat i.e. actually waste product of boiled milk. This cream is then skimmed to get butter as pure part and butter milk as waste product. This butter is boiled to get *Ghee* as pure part and buttermilk as waste product. This whole process is called '*Ksheerhadhi Nyaya*' by Ayurveda.

So when *Rasa Dhatwagni* processes *Ahara Rasa* we get *Rasa Dhatu* as main product, *Rakta Dhatu Poshak* part, breast

milk and menstrual fluid as *upadhatu*, *kapha* and *kleda* as waste products. Same process again done by *Rakta Dhatwagni* on *Raktaposhak Ansha*. We get *Raktadhatu* next *Dhatu* i.e. *Maansa Poshak Ansha*, *upadhatu*- *Sira* and *Kandara* as main products and *Pitta* and *Kleda* as waste products. The same process continues till formation of *Shukra Dhatu* as it is seventh and last *Dhatu* of body. During process of formation of *Majja Dhatu*, when *Majja dhatwagni* processes *Majja poshak Ansha* from *Asthi Dhatu*, we get *Majja Dhatu* as main product and *Sneha* of eyes, skin, and stool as the waste product⁶.

Out of these the waste product *Sneha* around stool works as the, oil works around piston which prevents friction and makes smooth movements. This *Sneha* keeps the stool in wet state and prevents it from drying, also facilitates smooth movement activity which is important to pass the stool smoothly without any pain or pressure. If this *Sneha* will be altered by any cause this smooth movements too. This increased dryness in stool leads to constipation. As this patient will not feel the complete evacuation of stool and have to apply pressure to pass this. There may be lots of reasons for pathology in production of *Sneha*, viz. altered digestion of *Majja Dhatu*, which will produce less waste product, increase functions of *Apana Vayu*, which will increase dryness around stool and prevent the *Sneha* to perform its routine activity of easy passage of stool.

Materials and Methods-

Literary Review:

This is literary research from various *Samhita* and their commentators,

study was done from *Ayurveda Granths*, modern books ,published journals and articles.

Discussion-

According to Ayurveda to pass the stool is natural urge which should not be forcefully stopped or created. If this is done then it is one of the major reason of *Vataprakopa*. Out of *Tridosha*, *Vata* plays major role in evacuation of stool, one of the five types of *Vayu* is *Apan Vayu*, which has a seat in large intestine (*Pakwashaya*). Who functions to expel out the stool material at proper time. This *Vayu* is having some special qualities, dryness (*Rukshtha*) is one of its qualities, which soaks humidity or watery part from stool and make it solid and hard. To check this dryness opposite quality must be there, so here role of *Majja Dhatu Mala* is. Qualities of this *Sneha* is exactly opposite to the qualities of dryness , which make balance well and moves stool out without any pathology.

Conclusion-

This literary search gives an idea to solve the major problem of the society i.e. constipation. We can do the clinical study of correlation between *Majjadhatu*

and constipation to prove this theoretical aspect clinically.

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