A Critical Review on Formulations Used in the Management of *Malavstambha* (Constipation)

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This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.

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**ABSTRACT**

**Background:** *Malavstambha* is not mentioned as a disease in any text of Ayurveda, but it is symptoms of many diseases. Many types of diseases caused by ‘*Malavstambha*’ (*sarveshamev kupita malaha*). Multiple reasons contribute to this phenomenon, such as the effects of ageing on gut physiology, certain illnesses, medications, reduced mobility, inadequate caloric intake, and anorectal sensory changes. It is a very common problem which is increase day by day. For readily available market preparation is used for *malavstambha*. There is many formulations are mentioned in Ayurvedic Text but it is not in practice or didn’t researches conduct.

**Aim:** To find out the various formulations for *malavstambha*.

**Result and Observations:** In Bhaisajyajya Ratnavali, Yogratnakar, Charak Samhita, Ashtanga Hriday and Sushruta Samhita, we found many formulations.

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Conclusion: There are many formulations mentioned in our Samhitas. Some of them are used in practice, but we have to conduct researches on mentioned formulations and create evidence based protocol for malavstambha.

Keywords: Malavstambha; formulations; ayurveda; diseases.

1. INTRODUCTION

The Ayurvedic theory of tridosha stands for all times and circumstances and justifies the ancient needs and caring for the future. These three doshas maintain the integrity of the human body. The equilibrium of these three basic substances is responsible for maintaining good health. Similarly disequilibrium of these may cause disintegration of the body or may leading too death [1,2].

There are three main ‘malas’ like Shakrut, Sweda and Mutra. Kitta is produced after the digestion of food material in the large intestine. After digestion, food is divided in two parts, sara and kitta. Sara bhag is known as Aahar rasa, while kitta bhag is known as mala, sweda, mutra, purisha etc. are nourished by this second part of digestion i.e. kitta bhag [3]. The undigested food residue which is expelled out of pakvashaya with the help of apan vayu is called purisha to which this topic is related i.e. purishavastambha means Malavstambha [4].

Malavstambha is not mentioned as a disease in any text of Ayurveda, but it is symptoms of many diseases. Much type of diseases was caused by ‘Malavstambha’ (sarveshamev kupita malaha). Multiple reasons contribute to this phenomenon, such as the effects of aging on gut physiology, certain illnesses, medications, reduced mobility, inadequate caloric intake, and anorectal sensory changes [5].

A normal pattern of stool evacuation is thought to be a concerning of all ages. In modern science it is correlated with Constipation. Constipation is almost always associated with slowed bowel transit. It may be due to the sphincter in coordination concerning the destructor mechanism or to the destructor. Weakness is causing loss of propulsive force (Swash et al., 2001). Rajput et al. reported in their study ‘the prevalence of Constipation in the last year was 24.8% whereas 16.8 % of participants had Constipation according to the Rome II criteria. In his study, most subjects (83%) within the age group 18-59 years. He reported; their male was more frequent than in male (20 % vs 13%) and in nonworking population than in working population (20% vs 12%)’ [6].

Constipation is defined as the infrequent passage of hard stools; there may also be complaints of straining, the sensation of incomplete evacuation and perianal or abdominal discomfort. Constipation may have a significant impact on quality of life detailed would restrict patient’s social activities, increasing levels of anxiety and depression, so that symptoms’ management is critically important [7].

This review will focus on providing a detailed account of Malavstambha formulations mentioned in Ayurvedic text.

2. MATERIALS AND METHODS

Various Kalpa/ Formulations mentioned in various classical texts like Yoga Ratnakara, Bhaishajya Ratnavali, Chakradatta, Rasendrachintamani, Sugam Chikitsa, Sahastra Yoga Charaka Samhita, Ashtanga Hriday, Sushruta Samhita etc have been collected. A detailed description of these Various Kalpa Formulations is seen in the following tables.

3. RESULTS

Formulation indicated in the treatment of Malavstambha.

| Sr. no. | Name of Formulation / under the Heading of disease | Rogadhikar | Refernce | Pg. No. |
|---------|--------------------------------------------------|------------|----------|--------|
| 1.      | Vibandha (Malabadhata)                          | Atisara chiktisa | Atisara chikitsa/ 22 | P.G.No.260 |
| 2.      | Malabadhata                                     | Raktatisarachikitsa/2 | Raktatisarachikitsa/2 | P.G.No. 264 |

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| Sr. no. | Name of Formulation / under the Heading of disease | Rogadhi kar | Reference | Pg. No. |
|---------|---------------------------------------------------|-------------|-----------|---------|
| 3.      | Malabadhata                                       | Atisarachiktsa | Atisarachiktsa/ 9-10 | P.G.no. 265. |
| 4.      | Abhayadi Gutika (Malabadhata)                     | Sannipataj atisara chiktsa | Sannipatatisarachiktsa/ 2-3 | P.G.No. 267 |
| 5.      | Dudha pine ka vidhan                              | Pravahika    | ( Pravahika )/1 | P.G.no. 271. |
| 6.      | Malabadhata – (Kwath)                             | Jwaratisara chiktsa | jwaratisarachiktsa/ 19 | P.G. no. 273. |
| 7.      | Vishtambha -                                      | Grahanichiktsa | Grahanichiktsa/ 2 | P.G.no. 288. |
| 8.      | Shankarasaava-Malavrodhal/ Vibandha – Vyasadi churna Vibandha | Arshorog | Arshorogchiktsa /1-5 | P.G.no. 303. |
| 9.      | Vibandha -                                        | Arshorog | Arshorogchiktsa /8 | P.G.no. 304. |
| 10.     | Vibandha- (Takra)                                 | Arshorog | Arshorogchiktsa /3 | P.G.no. 305. |
| 11.     | Vibandha -                                        | Arshorog | Arshorogchiktsa /10 | P.G. no. 305 |
| 12.     | Vibandha -                                        | Agnimandya | Agnimandya / 1 | P.G. no. 309 |
| 13.     | Hingwadi churnam – Vibandha – Dhananjay vati – Vibandha | Ajirna | Ajirnachiktsa / 1 | P.G. no. 318. |
| 14.     | Amrut Haritaki – Vibandha                         | Ajirna | Ajirnachiktsa (Gutika prakaran) / 1-7 | P.G.no. 320. |
| 15.     | Dashmuladya Ghrita-Vishtambha                     | Ajirna | Ajirnachiktsa/Atha Ghriti / 1-5 | P.G.no. 323. |
| 16.     | Shatavari Ghrita – Vibandha                       | Raktapittha | Raktapittachiktsa /1 | P.G.no. 357. |
| 17.     | Suvarna Bhupati Rasa-Vishtambha                   | Rajyakshma | Rajyakshmachiktsa/ 1-9 | P.G.no. 388. |
| 18.     | Yavanikhandav churna – Vibandha                   | Arochak | Arochakchiktsa / 1-5 | P.G.no. 443. |
| 19.     | Hingwadi churna – Vibandha                        | Vatvyadhi | Vatvyadhichiktsa / 1 | P.G.no. 519. |
| 20.     | Tumbuvadi churna – Vandanha                       | Udavarta | Uttarardha Shulchiktsa / 1 | P.G. no. 9. |
| 21.     | Hingwadi churna – Vandanha                        | Udavarta | Uttarardha Shulchiktsa / 1 | P.G. no. 9. |
| 22.     | Narach churna – Gadhavita                         | Udavarta | Uttarardha Shulchiktsa / 2 | P.G. no. 9. |
| 23.     | Narach churna – Gadhavita                         | Udavarta | Uttarardha Shulchiktsa / 1 | P.G. no. 23. |
| 24.     | Yavanyadiyoga – Varchonulomniya                   | Udavarta | Uttarardha Shulchiktsa / 1 | P.G. no. 32 |
| 25.     | Chitrakadi kwath - Vibandha                       | Gulma | Uttarardha Shulchiktsa / 1 | P.G.no. 34. |
| 26.     | Bhaskar lavanyadya Churna– Vibandha               | Gulma | Uttarardha Shulchiktsa / 5-7 | P.G. no. 35. |
| 27.     | Kravyad rasa – Stransan                           | Gulma | Uttarardha Shulchiktsa / 10. | p.g. no. 39 |
| 28.     | Samudradi varti - Vatvaronchonirodhesu            | Gulma | Uttarardha Shulchiktsa /1 | p.g. no. 41. |
| 29.     | Haritkadi kwath - Vibandha                        | Mutrakriccha | Uttarardha Mutrakricchachiktsa / 1 | p.g. no. 52. |
| 30.     | Maharohitak Ghrita-Vibandhashula                   | Udar | Uttarardha Udarchiktsa / 1-7 | P.G. 113. |
| Sr. no. | Name of Formulation / under the Heading of disease | Rogadhikar | Reference | Pg. No. |
|---------|--------------------------------------------------|------------|-----------|---------|
| 32. | Narayan Churna - Dadhimanden Vitsange | Mutrakriccha | Uttarardha | p.g. no. 52. |
| 33. | Bindu Ghrita | Udar | Uttarardha Udarchikitsa | p.g. no. 118. |
| 34. | Shoth-with Vibandha-Niruha Basti- | Shoth | Shoth chikitsa | p.g. no. 125 |
| 35. | Shoth-with Vibandha-Eranda tel pana | Shoth | Shothchikitsa | p.g. no. 125 |
| 36. | Bilva patra swaras – Vitsange | Shotha | Shothchikitsa - | p.g.no. 127 |
| 37. | Punarnavasava – Badhapurishata | Shotha | U. Shothchokitsa/1 | p.g. no. 131 |
| 38. | Takradi yoga – Vittatasange | Shotha | U. Shothchokitsa/1 | p.g. no. 132 |
| 39. | Guggul vataka - Vibandha | Vranashodhropan | U.vranashodhropan vidhi / 1 | p.g. no. 177 |
| 40. | Kansaharitaki – vibandha | Amlapitta | Amlapitta chikitsa /2 | p.g. no. 240 |
| 41. | Chitrak Haritaki – Malavkasha | Nasaroga | Nasarogachikitsa /1-2 | p.g. no. 329 |

Table 2. Bhaishajya ratnawali [9]

| Sr. no. | Name of Formulation | Rogadhikar | Reference | Pg. No. |
|---------|---------------------|------------|-----------|---------|
| 1. | Mahamruganka Rasa(Ra.Sa.S. ) | Malavrodh | (14/162-168) malavrodhajany arog nashta | p.g.no. 421 |
| 2. | Lavangadi churnam mahat– Vishtambha(Rasaratnakar) | Vishtambha | 8/ 75-82 | p.g.no. 261 |
| 3. | Lavangadi churnam Bruhat – Vishtambha(Rasaratnakar) | 8/ 64-75 | p.g.no. 262 |
| 4. | Dashmula guda | 8/ 136-140 | p.g.no. 268 |
| 5. | Agnikumar modak – Vibandha | Vibandha | 8/ 226-232 | p.g.no. 274 |
| 6. | Maharajnupati vallabha rasa – Vishtambha | Vranashodhropan | 8/371-377 | p.g.no. 285 |
| 7. | Vidvibandhe takra prayogaha | Vranashodhropan | 9/20-21 | p.g.no. 310 |
| 8. | Bhakta vipak vati ( Ra. Sa. S. ) | Vranashodhropan | 10/157-162 | p.n.no. 351 |
| 9. | Ajnari Rasa | Vranashodhropan | 10 / 235-238. | p.n. no. 358 |
| 10. | Amruta Haritaki | - | 10/ 260 – 263. | p.g.no. 360 |
| 11. | Mahashankha vati | - | 2 10/ 204-210 | p.g.no. 355 |
| 12. | Kalingadi Kwatha | Mala vibdhata | 7/30. Mala vibdhata tatha Sthabadha nasha | p.g.no. 238 |
| 13. | Gudabilva prayoga | Vranashodhropan | 7/ 81 | p.g.no. 244 |
| 14. | Ajina bala kalanal Rasa. | Vranashodhropan | 10/ 176-186 | p.g.no. 352 |
| 15. | Abhayadi Modak | Malabhedi | 5/ 143 | p.g. no. 95 |
| 16. | Bruhat guduchyadi kwath | Vranashodhropan. | 5/ 153-158 | p.g. no. 97 |
| 17. | Tripurbhairav rasa | Vranashodhropan | 5/ 496-498 | p.g. o.133 |
| 18. | Shri Ram ras | Vranashodhropan. | 5/ 523 | P.g. no. 135 |
| 19. | Jwaramurari Rasa | - | 5/ 863 – 868 | p.g. no. 166 |
| 20. | Vidyadhara rasa | Vranashodhropan | 5/876-877 | p.g. no. 166 |
| Sr. no. | Name of Formulation                          | Rogadhikar | Reference | Pg. No. |
|---------|----------------------------------------------|------------|-----------|---------|
| 21.     | Ushiradi Kwatha                             | Vibandha.  | 6/ 10-10  | p.g. no. 225 |
| 22.     | Dhanyapanchaka Kwatha                       | Vibandha.  | 7/ 19     | p.g. no. 237 |
| 23.     | Avipattikar Churna                          | Vibandha.  | 56/24-28  | P.g. no. 903 |
| 24.     | Garbhavilas rasa / Garbha Chintamani Rasa  | Vishtambha | 68/ 76-77 | p. g. no. 1059 |
| 25.     | Bhadrotkatadya avaleha                      | Vibandha.  | 69/ 21-24 | p. g. no. 1064 |
| 26.     | Sutika Vinoda rasa                          | Vishtambha | 69/ 62    | p. g. no. 1068 |
| 27.     | Amrutaprasn Ghurta                          | Badhhakoshta haraam | 74/285-295 | p.g. no. 1150 |
| 28.     | Chhagaladi ghruta                           | Koshtanigrahe | 74/297-321 | p.g. no. 1151 |
| 29.     | Bruhad rasendra Gutika                      | Vidvibandha | 15/91-97 , | pg no. 447 |
| 30.     | Vatviharvansa Rasa                          | Vibandha.  | 26/ 178-184. | p.g.no.534 |
| 31.     | Nakuladya Ghurta                            | Koshta badhahta, Koshtanigrahe | 26/215-220 | p. g. no. 538 |
| 32.     | Bruhat Chhagaladi Ghurta (Haritaki )        | Koshta badhahta | 26/226-250, | p. g. no. 538 |
| 33.     | Sinhashthyadi Kwatha (Bha.P.)               | Purush vibhandh | 27/17-18 | p.g. no. 574 |
| 34.     | Vaishwanar churna                           | Vibandha.  | 29/46-49  | p.g. no. 600 |
| 35.     | Shrutngabardi Ghurta                        | Vibandha   | 29/197-198, | P.g.no.611 |
| 36.     | Kanjishapatala Ghurta..                     | Vibandha.  | 29/199-201 | P. g. no. 611 |

Table 3. Chakradatta [10]
Table 4. Sahastrayog [11]

| Sr. no. | Name of Formulation | Rogadhihkar | Reference | Pg. No. |
|---------|---------------------|-------------|-----------|---------|
| 1.      | Dantyarishta        | malanulomak varcho mutra vibandha | 9/ 166-168 | p.g. no. 323. |
| 2.      | Abhayarishta        |             | 9/175-180 | p.g. no. 324 |

Table 5. Charak [12]

| Sr. no. | Name of Formulation | Rogadhihkar | Reference | Pg. No. |
|---------|---------------------|-------------|-----------|---------|
| 1.      | Saghrutam lavanaeryuktam naroannavagraham pibet | Malavibandha | (Cha chi 15/204) | Pg no. 583 |
| 2.      | Ksheer Yoga. Yamak + dugdha, Eranda mula + dugdha, Bal bilva + dugdha | Vibandha | Cha chi 19/47-49 | Pg no. 681 |
| 3.      | Malaraksha Vidhan | - | Cha chi 8/41-42 | Pg no. 346 |

Table 6. Ashtanga hridaya [13]

| Sr. no. | Name of Formulation | Rogadhihkar | Reference | Pg. No. |
|---------|---------------------|-------------|-----------|---------|
| 1.      | Chavaka, Pippalimula, Manuka, Amalaki, and suntha | Vibdhe | A.H. Chi. 1/ 31 | Pg. No.219 |
| 2.      | Haritaki, Pippalimula, Shamyaka, Katuka, and Musta Kwath | Vatakaphajwara Vibandha | A.H. Chi. 1/ 54 | Pg. No.220 |
| 3.      | Katuka, Manuka, Trayamana and triphala Hima with Guda | Badhavit | A.H. Chi. 1/ 68 | Pg. No.221 |
| 4.      | Erandamula or Balbilva Ksheerpaka | Vibadhanilvargasaha | A.H. Chi. 1/ 111 | Pg. No.224 |
| 5.      | Suntha, Bala, Vaghri, Gokshura and Guda Ksheerpaka | Vibandha | A.H. Chi. 1/ 112 | Pg. No.224 |
| 6.      | Chukyachi bhaji + Sasa mansa Matulunga, Amlavetasa, Hinga, Pilu, and Bidlavana etc with food | Vibandhe Udavarta with Adhamana and Tamakashwasa | A.H. Chi. 2/ 23 | Pg. No.229 |
| 7.      |  |  | A.H. Chi. 4/ 7 | Pg. No.241 |
| 8.      | Sukumar Rasayana | Vidvibandha | A.H. Chi.13/ 41-47 | Pg. No.292 |
| 9.      | Hingwadi Churna | Vatavinmutrasanga Shakrud Grahan | A.H. Chi. 14/ 41 | Pg. No.294 |
| 10.     | 1 tola gud + 1 tola sunth + 4 tole Kale til - mix – crush - Tab with Godugdha | Shakrud Grahan | A.H. Chi. 14/ 31-33 | Pg. No.295 |
| 11.     | Chitrakadi Kadha | Vibandha | A.H. Chi. 14/ 48 | Pg. No.295 |
| 12.     | Java + milk or oil + Saindhava + mug = Mug stew | Badhavhinmaruta | A.H. Chi. 14/ 51-52 | Pg. No.301 |
| 13.     | Narayana churna + Dahyachi Niwali |  | A.H. Chi. 15/ 14-21 | Pg. No.303 |
| 14.     | Basti of siddha til tail with amla and vataghna dravya and erand tail | Badhashakruta | A.H. Chi. 15/ 57-58 | Pg. No.303 |
Table 7. Sushrut [14]

| Sr. no. | Name of Formulation | Rogadhikar | Reference | Pg. No. |
|---------|---------------------|------------|-----------|---------|
| 1.      | Samudri Lavan, Adaraka, Sarasao, Maricha - Gudvarti | Vatvarcho Nirodhe | Su. U. 42/60 | Pg. No.268 |
| 2.      | Yava and Godugdha - Kheer or Kulmasha with Sneha and Saindhava | Badhavinmarutgulme | Su. U. 42/66 | Pg. No.268 |

4. DISCUSSION

During Constipation, the diet should be easily digestible, with plenty of fruits, vegetables, salads, freshly cooked food, including probiotic foods like curd and chew food thoroughly. Include Vitamin C and Magnesium rich your daily diet. During eating keep yourself in your present mind and pay full attention on food [15]. There are so many kalpas are mentioned in Samhitas for Malavstambha but only few formulations were used in practice.

Table 1 Shows

In the Ayurvedic text of Yogratanakar, there are total 44 kalpas are mentioned for malavstambha. Formulations are mentioned under heading malabadhata and vibhandha. In text of Yogratanakar total nine churnas, two kwathas, 4 ghritas, five vati and rasa, three avleha, one takra, one swaras and one gudavarti is mentioned for malavstambha. These different formulations are mentioned in different chikitsa adhyaya like Atisar chikitsa, Jwarachikitsa, Grahanchikitsa, Amjittga, nasaraga, vranashodhropana. Four formulations are mentioned in Arshoroga adhyaya and gulkma adhyaya, five formulations are mentioned in Ajima, Agnimandya and Shotha adhyaya. In the adhyaya of Rajyaksha, vatavvyadhi, Raktapitta and Arochaka one- formulations are mentioned. In the adhyaya of Shula, there are three formulations are mentioned for malavstambha, in the adhyaya of Udavarta, udar and mutrakrichhra, two formulations are mentioned.

Table 2 Shows

In the Ayurvedic text of Bhaishjiya Ratnawali, there are total 36 formulations are mentioned. In the text of Bhaishjiya Ratnawali, formulations are mentioned under headings Malavrodha, vishtambha, vibhandha, vidgraha, koshtanigrahe and koshtavibandha. In the above text, three churnas, six ghrutas, eleven rasa kalpas, four kwathas, two avalehas and one guda kalpa are mentioned.

Table 3 Shows

In the text of Chakradutta, there are total sixteen formulations are mentioned for malavstambha. Formulations are mentioned under following heading Vibhandha, vitsange, vidvibandha, gadpurushe. In the text Chakradutta, three ghrutas, two guggul, two yoga, three vati, one lavana prayoga and swaras are mentioned for malavstambha.

Table 4 Shows

In the text of Sahastra yoga, two formulations are mentioned for malavstambha. Both arishtas are mentioned under the headings malanulomaka and varcho mutra vibandha.

Table 6 Shows

In Charak samhita there are some formulations are mentioned for malavstambha. In grahamidosha Chikitsa adhyaya, he mentioned the yoga of Lavana with goghrita for malavvibandha. And some ksheer yoga mentioned for vibandha in Atisar adhyaya.

Particularly stated the ‘Malarakshan Vidhan’ i.e. Charaka mentioned importance of mala and mala should be protect in yakshma rogi in ‘Rajyakshma adhyaya’.

Table 7 Shows

In Ashtanga Hriday Samhita text, there are total 14 formulations are mentioned. Total 12 yogas, one – one kwatha, churna and one rasayana are mentioned for malavstambha. These formulations are mentioned under the following headings Vibandha, Badhavit, vibdhe,
5. CONCLUSION

There are many formulations mentioned in our Samhitas. Some of them are used in practice, but we have to conduct researches on mentioned formulations and create evidence based protocol for malavstambha.

CONSENT

As per international standard or university standard, patients’ written consent has been collected and preserved by the author(s).

ETHICAL APPROVAL

It's not applicable.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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