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A SURVEY STUDY ON CONSTIPATION W.S.R. TO LIFESTYLE DISORDERS

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ABSTRACT:

Ayurveda attempts to provide overall wellness rather than just treating our physical ailments. In order to be fully healthy, one must understand every aspect of himself, including his mind and soul. Ayurveda's two of primary objectives are maintaining good health in healthy people and treating diseases in sick people. Maintaining health is the primary focus of one aspect of Ayurveda. Here, the term "health" refers to physical and mental as well as spiritual health. Ayurveda mentions a wide approach for keeping the body healthy and free from any kind of ailment.

The WHO definition from 1948 states that health is a complete condition of physical, mental, and social well-being and not just the absence of sickness or disability. It implies that being physically healthy also includes being intellectually and emotionally fit. Our lifestyles in general should include maintaining good health. Since leading a healthy lifestyle can help prevent chronic diseases. Because of their unhealthy lifestyles, people nowadays are dealing with several health issues. Examples of lifestyle disorders include diabetes, hypertension, excessive cholesterol, and joint pain etc.

Similar to Vibandha as stated in Ayurveda, constipation is itself a diseased condition or a symptom of disease.

In general, it refers to fewer or difficult-to-pass bowel motions, hardened, painful stools, painful defecation, and the sensation of bloating, abdominal discomfort, or incomplete elimination. Painful defecation is frequently caused by constipation. The most frequent causes are dietary or routine changes, a lack of appropriate fiber intake, or both. Fluid homeostasis in the body is maintained by hormones. Constipation can be a symptom of a number of diseases and disorders that disturb the hormone balance, such as diabetes, hypothyroidism, and others. Therefore, a survey study was conducted to evaluate the relationship between constipation and lifestyle diseases in particular.

Keywords: Constipation, Health, Lifestyle disorder, Vibandha.

INTRODUCTION:

A healthy lifestyle lowers a person's risk for disease and keeps them active, fit, and healthy. The WHO states that a healthy lifestyle allows someone to cherish more aspects of his or her life. It is a manner of life that reduces the risk of developing a major illness or passing away too soon. Avoiding illness or disease is only one aspect of being healthy. Additionally, it concerns individual's social, mental, and physical health.

Constipation is a condition marked by irregular bowel motions that pass only tiny volumes of firm, dry stool. There are many reasons that contribute to this, but three main causes, dietary, mental, and lifestyle issues are responsible for it.

Numerous people throughout the world encounter constipation, which is one of the most prevalent health issues. Although it's mainly a chronic condition, it can sometimes manifest as an acute problem for a short period of time. Constipation is one of the major contributors to a wide range of health issues, particularly digestive diseases, metabolic issues, and stomach problems. Aside from all chronic diseases of every kind, our sedentary lifestyle is also a contributing factor.ⁱ

The large intestine absorbs too much water from the stool, causing constipation and the passage of dry, hard stools. It could also occur as a result of the not enough contraction of the intestinal walls to properly remove the stool and waste. Sometimes it is a secondary symptom of diseases like hypothyroidism, diabetes, etc.ⁱⁱ

AIM AND OBJECTIVES:

1. To explain all the conceptual aspects of Constipation (Vibandha) as per the Ayurveda and modern science.
2. To find out the interrelationship between constipation and lifestyle disorders.

REVIEW OF LITERATURE:

Constipation, which is a common cause of painful faeces, is referred to as "vibandha" in Sanskrit. The term is used in one of the Rasashastra literature, "Rasaprakashasudhakara".ⁱⁱⁱ

Constipation and Vibandha have characteristics such as purish nigrha (stool obstruction), pakvashya shoola (abdominal discomfort), parikartika (pain while defecation), etc.

The vyapada of Vamana and Virechana provide a description of Vibandha.^{iv}

It is a side effect of sansodhan (Vamana or Virechana) done in Ajirna.^v And also described as symptoms of parikartika.^{vi} It is apatarpanjanya roga (Diseases caused by nutritional deficiency)^{vii} and one of the complications of immediate haemostasis in Raktarsha (bleeding piles)^{viii} However symptoms of Udavarta (Retention of feces, flatus, urine) like Anaha (Obstruction), Adhmana (Distension), Malaavastamba (Hardness of faeces) due to the pratiloma gati (reverse flow) of Apana is mimic the symptoms of vibandha.^{ix}

Vibandha is not mentioned in Bruhattruyi and Laghuttrayi samhita as a specific disease but some references are given in some of other samhitas regarding Vibandha as a disease. i.e. Vibandha mentioned in Vataja Nanatmaja Vyadhi. The symptoms of Vibandha are "Shefah Stambhah Shronibhedo Vankshanahavidgadou". (Ka.Su. 27/22).

Because Vata governs all movements, including excretion, the Ayurveda describes constipation as a condition that results from the vitiation of Vata Dosha. Therefore, everything that enhances this Dosha, such as anxiety, stress, travel, dehydration, chilly winds, exhaustion, or dry, cold, rough food, can vitiate vata and cause constipation in anyone.

Additional signs of vata excess include spasms, particularly in the colon, lower back stiffness, pelvic discomfort or pain, and extremely hard, dry, and tight stools.

Once the primary pathology is treated, constipation that emerges as a secondary or associated symptom of a disease can be easily resolved. But in the case of chronic constipation, it needs appropriate management because the cause is not as simple as Vata vitiation or Malabandha.

We can link the sign and symptom of chronic constipation to Pakvasayagata Vata. When the Vata Dosha becomes excessively aggravated, it vitiates, and ultimately accumulates in the Pakvashaya (Intestine), resulting in a number of signs and symptoms. This is known as Pakvasayagata Vata. The symptoms of Pakvasayagata vata include Antrakoojana (bowel sounds), Aatop (flatulence), Mala Mutrakrchra (difficulties passing urine and stool), Anaaha (abdominal distension), and Trikvedana (pain around the sacral region).

This occurs when someone ignores their constipation and continues up the long-term Vata-vitiating factors. Overeating, smoking, drinking alcohol, and eating junk food are a few of the most prevalent causes. Most individuals who experience this issue feel bloated and uncomfortable due to their difficulty to properly pass stool. It results in chronic disease, which elevates the chance of the previously mentioned hazards..^x

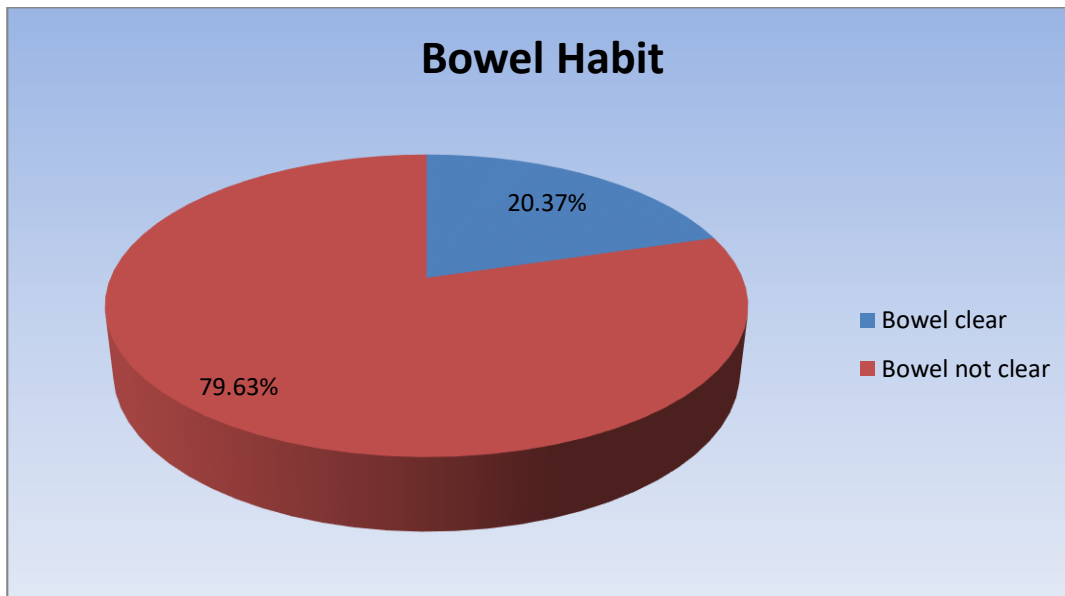
MATERIALS AND METHODS:

To fulfil the primary aim of this study, the material has been collected from the Charaka Samhita, Sushruta Samhita, Kashyap Samhita, Rasashastra and by referring all its available commentaries to get fruitful conclusion. All available Ayurvedic classical texts, journals research papers and online websites have been referred and collected reference are critically assumed to frame the conceptual aspect.

A survey was conducted on the occasion of world health day. This survey was done on 1021 adult people irrespective of their gender. A questionnaire format was used for this survey study. The questions prepared were in bivariate (yes/no) and multiple-choice forms and were used to collect the data.

RESULT:

The health survey was conducted on 1021 people at MMMGAC, Udaipur in which 486 participants were male and 535 participants were female. There were only 208 (20.37%) people out of 1021 whom bowel was cleared at daily basis. It was observed that the people who were suffering from chronic constipation had a very poor lifestyle and were also suffering from much lifestyle disease because of this or vice versa. This shows that the people having constipation are prone to some lifestyle diseases or vice versa.



DISCUSSION:

INTERRELATION BETWEEN CONSTIPATION AND LIFESTYLE DISORDERS:

Here are the many reasons which cause the constipation. But this paper aims at only to describe the interrelation between constipation and lifestyle diseases.

The fluid balance in the body is maintained by hormones. Constipation can result from diseases that disrupt the balance of hormones or the metabolism. Among them are diabetes, hypothyroidism, and underactive thyroid etc.^{xi}

According to some research, up to 60% of diabetics report having constipation. However, they draw attention to the fact that some experts believe this issue impacts 11–56% of diabetics. According to the scientists, patients with type 1 or type 2 diabetes are more likely to experience chronic constipation than the general population.

Those who have diabetes may experience diabetic neuropathy. Damage to the nerves caused by diabetes can impact various body systems, including the digestive system. The vagus nerve, which regulates how food travels through the digestive system, may be impacted by diabetes-related nerve damage. When this happens, a person's bowels are not as efficient in processing solid waste. A person may experience constipation as a result. Since they consume less fiber, people with diabetes may get constipation. Constipation may result from using some drugs for diabetes and related diseases.^{xii}

People who have hypothyroidism, a disorder in which the thyroid is underactive, frequently have constipation. Many of our body's systems, including stomach motility, digestion, and excretion, are slowed down by hypothyroidism or low thyroid hormone levels (T4 and T3). As a result of their illness, some patients can develop chronic constipation.^{xiii}

Our body needs cholesterol to function properly. In fact, cholesterol is essential for the survival of every cell in our body. But when blood cholesterol levels rise, our body's primary method of eliminating the extra cholesterol is through bowel movements. Extra cholesterol that is not required is pumped into the

gallbladder's bile by the liver. Then, bile exits our bodies through bowel movements after entering our intestines through an opening known as the Vater's ampulla. Cholesterol in bile can be reabsorbed back into our system, leading to elevated cholesterol levels, if we eat little fibers, don't drink enough water, or are constipated.^{xiv}

Cardiovascular events and constipation are related. Constipation can alter the gut flora, which can lead to cardiovascular events like atherosclerosis and blood pressure increases. Aging-related constipation frequently occurs in conjunction with cardiovascular risk factors. Additionally, strain at the stool raises blood pressure, which can result in cardiovascular problems such as congestive heart failure, arrhythmia, acute coronary syndrome, and aortic dissection.^{xv}

Additionally, according to Park et al., constipation may also share a pathophysiology with migraines and plays a major role in the onset of headaches. Serotonin (5-hydroxytryptamine) plays an important role in both diseases and is elevated in the gastrointestinal mucosa of patients with constipation and decreased in patients with migraine, making it one of the common cases of pathophysiology between these two illnesses. Furthermore, stress, dehydration, reduced fluid intake, and appetite loss are linked to constipation. Headaches may result from these factors. On the other hand, the Valsalva procedure, which is used in patients who have had their intestines removed and are constipated, can also cause headaches.^{xvi}

Constipation is one of the rarest reasons of joint pains. We experience muscle tension and squeezing when our colon absorbs too much water from our food, which slows down the motion of the stool. This criterion also contributes to lethargy and laziness physically. Basically, when the colon holds the faeces for a long time, the body begins to re-absorb the water. Furthermore, during this process, the body may occasionally absorb the poisons that should be ejected. Due to the possibility of increased pathogen levels in the body, our immune system becomes active in opposing them. As a result, the process of restoration or healing is put on hold. When the body returns to normal, or when the intestinal system is functioning normally, the immune system activates once more and releases cytokines, which are inflammatory mediators that are circulated throughout the body through the blood and lead to the onset of joint pain.^{xvii}

CONCLUSION:

The description of Vibandha given in Ayurvedic Samhita is very less but so unique. The descriptions of Vibandha in the ancient literature show about the well-established concept of constipation and can be treated with having the approach towards Vata.

In this survey, a large number of participants having constipation also suffered from many lifestyle diseases like diabetes, hypertension, high cholesterol, joint pain, Migraine, hypothyroidism etc. or the constipation is also a symptom of some lifestyle disease.

So, this concept is significantly proved by this survey study that the people with chronic constipation have a very poor lifestyle and suffers from lifestyle diseases most or the person having constipation are prone to some of the lifestyle diseases or vice versa.

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