

## MALAVASHTAMBH

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### ABSTRACT

- Malavstambh is one type of vata vyadhi which is very common now a days.
- Todays modern era due to Lack of proper healthy diet or consumption of junk food ,spicy food leads to this disease which can be seen increasing day by day.
- Common symptoms of this disease are bloating of abdomen (adhmana), Hard Stools (grathit mala pravritti) or difficulty in defecation (sakashtha mala pravritti).
- Due to busy life style, most of the times people ignore the disease, and do not take any treatment.if not treated then it can cause other diseases like cough (kasa),Throat pain(kantha shoola) ,due to vimargagaman of vata.
- This disease can be treated even by home remedies like by consuming sabja seeds.The present article is an attempt to give extra information about Malavstambh and the benefits and contraindication of sabja seeds in this disease.

### KEYWORDS

- Hard stools
- Sabja seeds /tupmiri/basil seeds
- Malavstambh
- Malabaddhata
- Malavibandha

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### I. INTRODUCTION

- So we are conducting a survey as a research project on malavashtambha and giving a remedy I.e :
- Take 1/2 spoon sabja seeds/tupmiri/ basil seeds, \_\_\_\_\_soaked in 1 glass of water for 5 minutes \_\_\_\_\_and take before going to sleep \_\_\_\_\_for 15 days .

## MALAVASHTAMBH

### Swantatryavyadhi

1. Not mentioned about Malavashtambh in any granth
2. It is the main cause of many rog
3. It is lakshan
4. It is chirkari vyadhi va Peedakar
5. Abhyamar Marg - Vyadhimarg Abhyantar
6. Malapravrutti - Asmandhankarak or No malpravrutti - This is the main lakshan of Malavashtambh.

## MATERIALS AND METHODS

### CAUSES:

1. Vishamashan
2. Adhyashan
3. Laghan
4. Guru or Laghu Ruksha
5. Shupak - Vishtambhi - Pischil gun
6. Padartha - Intake of this product more , chivda, chirmuli

## CAUSES IN TODAY'S WORLD

1. Sause ,Chips , Lassi , Cadburry, Chocolates, Pizza,Taak , Bread
2. Ratrijagran, Divasvap,Ativyayam, Atimaithun, Vegdharan, Agnimadh- These are the cause of Malavashtambh

## PURVARUPA

1. Adhor Guruna
2. Malpravrutti is not clear
3. Kshudhamadh
4. Durgdhayukt Malapravrutti
5. Durgandhit Aapan Nihasaran adhik pramanat hone

## LAKSHANE: SAMANYA

1. Ahaman
2. Malpravrutti with pravahan
3. Punaha:Punha Malpravrutti/Varam var
4. Malpravrutti sankasht
5. Shithil or Grathit malpravrutti
6. Apachan, Hrillas ,Udarshool, Udardah
7. Amlodgar
8. Urovidah
9. Shirshool
10. Zhop na lane / yen, swan hoop pane, Utsahani,Alasya, Chidchid

## PRAKAR 2 TYPES

### Vaatpradhan

1. Shush, Grathit, Malpravrutti
2. School, Adman Pravahan
3. Adhik pramanat heekshane

### Vaatkaphpradhan

1. Mala-Pischil, Chital
2. Adhodarguruna
3. Mukhprasek
4. Mukhdurgadhata
5. Kshudhaalpa

## UPADRAVA

- Vidranash, Shirr- School, Udarshool, Udavarta, Arsha, Parikartika, Gudabhrash, **Vruddhi**
- Sadhyasadhyatva
- Navin - Sukhsadhya
- Jirnaavastha - Kashtasadhya
- Vruddha- Yapya or Asadhya

## CHIKITSA

- Tasha Virechana dont give
- Only Anulomak Aushadha
- Draksha, Aragvadh, Vishonar, Haritaki, Eranda tail, Gandharvahirataki- Sreshtha
- Vaatpradhanchiki - Snehan, Anuvasan baste
- Vatakpradhan - Pischil Drava should be used - Sebago
- Seed ( Bee )
- Dud - Mruduvirechan Dravya
- Darroj ratri zhopnyapurvi - Dud gene - Mitzvah
- Aampachak vati - Atyant Upayukta tharate
- Suvarna, Abhrak vang - Indrayalya
- Chakram an Karate, Palebhajya adhikpramanat should eat. Godhum, Rice

## ACCORDING TO MODERN

- 1. Elderly people are more likely to suffer from constipation due to change in diet , medication.
- 2. Malavstambh is more common in women (have a slightly slower movement of food through women's intestine as well as effect of female hormone) on GI Tract.
- **CONSTIPATION IN CHILDREN :**
- 1. After starting formula or processed food.
- 2. During toilet training toddlerhood.
- 3. Soon after starting school.
- 4. Infants who are breast fed rarely develop constipation.
- **CONSTIPATION OCCURS :**
- Large intestine absorb too much of water from the stool with the result dry and hard stools are passed.
- It may also be due to inadequate contraction of bowel walls expel the stools and waste products.

## ACCORDING TO AYURVEDA

- **PURISHA VYAKHYA :**
  - After digestion food dived into 2 parts in intestines/pakwashaya i.e Sara and Kitta.
  - **Sarabhaga-** formed from ahāa that we consume
  - **Kittabhaga-** is the mala produced in the body.  
It is of two types: *Solid* and *liquid*.  
*Solid : Purisha*  
*Liquid : Muttra and Swede*
- PRAMAN OF PURISHA : 8 ANJALI**

## RISK FACTORS AND MANAGEMENT

- More use of Antacid, Antihistamines, Aspirin, B blockers, Anti hypertensive drugs, iron-calcium supplements.
- **RISK FACTORS:**
  - Female
  - Old
  - Less exercise
  - Low calorie intake
- **MANAGEMENT:**
  - **Prevention** - Godhum, midge, shashtikshali, Lashun, Hingu, Draksha, Pippali, Shunthi Lukewarm water ,Vyayam.
  - **Avoid**:GuruAhar, oily junk food, Excess Tea, coffee, Smoking, Avoid using self medication.

## MEDICAL MANAGEMENT

- Nidan Parivarjan
- Samshodhana
- Shaman
- Virechana
- Basti
- COUNCELLING/ASHWASANA CHIKITSA :
- Ushnodaka
- Avoid vegadharan
- Use of Godugdha.

## SABJA SEEDS /TUPMIRIYA/BASIL SEEDS



- **Sabja** seeds, also called tukmaria or basil seeds, are black seeds that look a lot like chia seeds and offer immense health benefits. They are native to India but different from the holy basil- also called Tulsi. Sabja seeds are rich in protein, essential fats, carbs, and are packed with fiber. Surprisingly, they contain no calories.
- Sabja seeds are very hard and you cannot consume them raw. So, they are best consumed after soaking in water, which makes them more gelatinous. Sabja seeds typically come from sweet basil i.e. *Ocimum basilicum*, which we commonly use as seasoning. As they come from the sweet basil plant, they are commonly referred to as sweet basil seeds.

#### • Benefits of Sabja seeds

- Sabja seeds have a lot of benefits which include the following:

##### • 1. Aids Weight Loss

- Rich in alpha-linolenic acid, sabja seeds are known for their weight loss properties. As they are full of fiber, they keep you full for a long time, prevent unwanted cravings, and aid in weight loss.

##### • 2. Controls blood sugar levels

- It slows down the metabolism of your body and controls the conversion of carbs into glucose. It is even considered to be good for type II diabetes patients.



##### • 3. Helps relieve constipation and bloating

- Sabja seeds naturally detoxify your body by regulating movement. It contains a volatile oil that helps in relieving gas from your gastrointestinal tract and acts as a stomach cleanser.

##### • 4. Helps treat acidity and heartburn

- Sabja seeds help to neutralize the acidic effect of HCL in the body, which can bring relief from acidity and heartburn. This is because we consume the seeds after being soaked in water, the water content helps soothe the stomach lining and relieves you from the burning sensation.

##### • 5. Good for skin and hair

- We can accomplish Sabja seeds' benefit for the skin by adding crushed seeds to coconut oil and applying it to the affected area. This helps in treating skin ailments such as eczema and psoriasis. It also has numerous other benefits like regularly eating the seeds helps your body to secrete collagen, which is required to form new skin cells.
- It is proven that Sabja seeds are beneficial for maintaining healthy hair as they are full of iron, vitamin K, and protein that is needed for long and strong hair. Also, the antioxidant properties present in them also benefit your skin and hair.

##### 6. Helps cure cough and cold

Yet another sabja/basil seed's benefit is its antispasmodic property. These seeds soothe the spasmodic muscles and help them relax. The antispasmodic property helps to control whooping cough and also aids in strengthening the body's immunity system.

Basil seeds are a rich source of minerals that are essential for your body to stay healthy.

## CONTRAINDICATIONS

- Pregnant lady .
- Women on her periods .
- For longer duration it should not be taken causes hormonal imbalance .

Subject	Age	Gender	How many times goes for passing stools ?	Whether you are satisfied?	Hard or loose stool	Any other complaint ?	Any relief after taking medicine
1	54	Female	1	Yes	Hard	-	Yes
2	55	Male	1	Yes	Hard	Abdominal dispension	Yes
3	14	Male	Alternate date	No	Hard	-	Yes
4	17	Female	1	Yes	Hard	-	Yes
5	58	Male	1	Yes	Hard	Acidity	-
6	28	Male	1	Sometimes	Hard	-	Yes
7	56	Male	1	Yes	Hard	Acidity	Yes
8	55	Female	1	No	Hard	-	Yes
9	23	Female	1	No	Sometimes	-	No
10	18	Male	2	Yes	Hard	-	Yes
11	22	Female	1	No	Hard	-	-
12	46	Female	1	Yes	Hard	-	Yes

13	17	Female	1	Yes	Hard	Abdominal pain	Yes Abdominal pain reduced.
14	22	Female	1	No	Hard	-	Yes
15	57	Male	1	Yes	Sometimes hard	Acidity	Yes
16	38	Female	1	Yes	Hard	-	Yes
17	29	Female	1	No	Normal	-	-
18	50	Male	1	Yes	Hard	-	Yes
19	23	Female	1	Sometimes	Sometimes	-	Yes
20	23	Female	Alternate days	No	Hard	-	-
21	57	Male	1	Yes	Hard	Abdominal distention	Yes
22	49	Female	1	No		-	-
23	24	Female	1	Yes	Hard	-	Yes
24	32	Male	1	Yes	Hard	-	Yes
25	61	Male	1	Yes	Hard	-	Yes
26	53	Female	1	No	Hard	Abdominal distention	Yes
27	39	Male	1	No	Sometimes hard	-	-
28	45	Female	1	Yes	Hard	-	Yes
29	38	Female	1	Yes	Hard	Acidity	-
30	15	Female	1	Sometimes	Hard	-	Yes



## CONCLUSION

- So we have given this remedy to the patients and we found that :
- Most of the patient get relief from hard stools .
- Also got relife from abdominal pain .

## REFERENCE

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