

## 2. VIBANDHA (CONSTIPATION)

### A. Single formulations

| Sl. No. | Name of the formulation<br>(Botanical/ Mineral/ Metallic preparations) | Auṣadha kalpanā<br>(Dosage form)* | Mātrā<br>(Daily dose) | Anupāna<br>(Vehicle) | Textual reference |
|---------|--|-----------------------------------|-----------------------|----------------------|-------------------|
| 1.      | Tr̥vṛt Cūrṇa<br>(Operculina turpethum)                                 | Cūrṇa                             | 3 gm<br>BD            | Hot water            | C.S.Su.<br>25     |
| 2.      | Eraṇḍa Taila<br>(Ricinus communis)                                     | Seed oil<br>(Caster oil)          | 10 ml<br>BD           | Warm milk            | C.S.Ci.<br>13/12  |

### B. Compound formulations

| Sl. No. | Name of the formulation | Auṣadha kalpanā<br>(Dosage form)* | Mātrā<br>(Daily dose) | Anupāna<br>(Vehicle) | Textual reference       |
|---------|-------------------------|-----------------------------------|-----------------------|----------------------|-------------------------|
| 1.      | Vaiśwānara Cūrṇa        | Cūrṇa                             | 3 gm<br>BD            | Hot water            | B.R.<br>Āmavāta cikitsā |

|    |                 |        |              |   |                                  |
|----|-----------------|--------|--------------|---|----------------------------------|
| 2. | Abhayāriṣṭa     | Ariṣṭa | 20 ml<br>BD  | with equal<br>qty. of<br>water after<br>meals | B.R, Arśa<br>cikitsā             |
| 3. | Icchabhedi Rasa | Vaṭī   | 250 mg<br>BD | Cold<br>water                                 | B.R.<br>Udara<br>roga<br>cikitsā |
| 4. | Pathyādi Kwātha | Kwātha | 30 ml<br>BD  | Water   | B.R,<br>Arśa<br>cikitsā          |

**C. PATHYAPATHYA (Do's and Don'ts)**

|                        | Pathya (Do's)  | Apathya (Don'ts)                     |
|------------------------|--|--------------------------------------|
| Cereals                | Old rice, wheat  | Rice                                 |
| Pulses                 | Green gram (mudga),<br>pigeon pea (arahara)  | Black gram (uḍada), peas<br>(maṭara) |
| Fruits &<br>vegetables | Green vegetables,<br>papaya, carrot, radish,<br>cucumber (khīrā), cabbage,<br>bottle gourd (laukī) | Banana, potato and other<br>tubers   |
| Others                 | Excess intake of water   | Spicy food, fast food                |

|            |  |   |
|------------|--|---|
| Life style | Sudation, therapeutic purgation (virecana), therapeutic enema (vasti), exercise, walking | Night awakening, suppression of natural urges, lack of exercise |
|------------|--|---|

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.