

Role of Markandika Patra Churna in Malavstambha (Constipation)

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Abstract :

Constipation is a very common problem in children. For most children, constipation means passing hard stools , with difficulty, less often than normal. Regular soiling (often mistaken for runny diarrhoea) may indicate that a child has bad constipation with impaction .Where no particular disease or illness is the cause of the constipation, it is called idiopathic constipation. It is important that constipation be recognised early to prevent it from becoming a long-term proble. In this rsearch study cuse behind constipation is excessive milk , less physical activity , not proper diet etc , Markandika patra is used for treatment aspect , Ref. mentioned in Bhavprakash ,Kaiydev nighantu etc .

Introduction :

Constipation in children is a common problem. A constipated child has infrequent bowel movements or hard, dry stools. Common causes include early toilet training and changes in diet. Stools ware hard and perhaps very large, or pellet-like and small, like rabbit Difficulty or straining when passing stools (faeces).Pain when passing stools, sometimes with a tiny amount of blood in the nappy or on the toilet paper, due to a small tear in the skin of the back

passage, Passing stools less often than normal. Generally, this is less than three complete (proper) stools per week and droppings. Symptoms include abdominal pain, Poor appetite, Feeling 'off colour' (general malaise), Behavioural changes, such as being more irritable or unhappy, Fidgeting, restlessness and other signs that the child needs to go to the toilet, Feeling sick (nausea) etc. Fortunately, most cases of constipation in children are temporary. Encouraging child to make simple dietary changes- such as eating more fiber-rich fruits and vegetables and drinking more fluids can go a long way toward alleviating constipation.

Aim & objectives :

- ❖ Review literature of constipation as per modern and ayurvedic classics .
- ❖ To study the role of markandika patra churna in the management of constipation.

Material & Methods :

This is single case study .Patient selected from OPD dept of kaumarbhrityu of our institute Yashawant Ayurved College, PGT & RC, Kodoli ,Tal – Panhala, Dist – Kolhapur ,as per our inclusion & exclusion criteria. Written consent taken from parents .

Case Reports - 3 yrs male child having complains of constipation since 6 months , After taking allopathy medicine problem subside for that period but after some days again start symptoms .

C/o - Cant pass stool up to 2-2 days,
Hard stool, pain at defecation.

General Examination :

Patient is Obese, wt -16 kg, not taking regular food ,leafy vegetables are not includes in food ,Milk intake is up to 2 lit / day, Chocolates and dairy product intake is more .

Drug Review :

Markandika Patra churna Purchased from GMP approved pharmacy .

Dose - 250 mg Hs with milk

Duration - 1 month

Follow up - day 1st, Day 30th, day 60th.

Results & Observation :

This is single case study , our data shows significant results of markadika patra churna in the management of balmalavstambh , up to 1 month patient taking churna compulsory also chages in his dietry habbits , milk intake was decreased and diet includes leafy vegetables , in that period teach him toiletry habbits , Decreased in take of bakery products , also increased physical activity, when patients come at second follow up his problem of constipation reduced up to 80 % .

Discussion :

Markandika is mild laxative, helps to relive abdominal distension or bloting abdomen ,act against DNA of Ecoli bacteria ,Senna contains sennosides which is active component act intestinal tract as well as antifungal activity. Because of low dose child was unknown about this medicine ,It is very much useful in childhood.

- ❖ Serve more high-fiber foods, such as fruits, vegetables, beans, and whole-grain cereals and breads. If your child isn't used to a high-fiber diet, start by adding just several grams of fiber a day to prevent gas and bloating.
- ❖ Encourage child to drink plenty of fluids. Water is often the best.
- ❖ Regular physical activity helps stimulate normal bowel function.
- ❖ Regularly set aside time after meals for your child to use the toilet. If necessary, provide a footstool so that your child is

comfortable sitting on the toilet and has enough leverage to release a stool.

- ❖ Some children get so wrapped up in play that they ignore the urge to have a bowel movement. If such delays occur often, they can contribute to constipation.

Conclusion :

- ❖ Markandika patra shows significant results in the management of balamalavsthambh.
- ❖ No any side effect of this therapy.

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Acceptance Letter

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Sir

We are happy to inform you that the following research paper submitted by you are approved by our editorial board for the publication in the issue of **Vidyasearch** A Quarterly International Journal in Ayurveda, Arts, Fine Arts, Education and Law having ISSN No. 2278-7348

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