



Review Article

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CONCEPTUAL STUDY OF EFFICACY AND CLINICAL SAFETY OF ARAGWADH MAJJA WITH GUDA GRANULES IN CONSTIPATION DURING PREGNANCY: A REVIEW

Rahul Gajare¹, Yesha Soni^{2*}

¹ Professor, Prasuti tantra evum Stree roga Department, College of Ayurved, Bharati Vidyapeeth (Deemed to be) University, Pune, Maharashtra, India

² PG Scholar, Prasuti tantra evum Stree roga Department, College of Ayurved, Bharati Vidyapeeth (Deemed to be) University, Pune, Maharashtra, India

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*Corresponding author

E-mail: yeshasoni16@gmail.com

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ABSTRACT

Constipation (vibandha) is a common symptom during pregnancy. Majority of cases are simple constipation that occurs Physiologically because of atonicity of the gut because of progesterone, pressure of gravid uterus on the pelvic colon and increased water absorption from the intestine, which causes stool to dry out, but there are certain other causes which can complicate this condition, according to various research this condition can worsen into hemorrhoids, fissure, fistula for lifetime after pregnancy. Thus, treating constipation during pregnancy is essential, in modern various laxatives are prescribed in constipation which decreases absorption of essential nutrients during pregnancy, thus a new drug should be researched for the same purpose with less side effects, Ayurvedic texts has mentioned aragwadh as best drug for mrudu virechana i.e., mild laxative. This article aims to provide action and safety of aragwadh majja with guda granules as laxative which prevents further lifetime complications secondary to constipation after and during pregnancy.

Keywords: Aragwadh majja granules, constipation during pregnancy, laxative, vibandha.

INTRODUCTION

Constipation is a condition resembling to vibandha described in ayurvedic texts, Vibandha is not described as a separate disease in our classical text, but it is mentioned with different context to purisha (faeces) like baddha purisha, Ghana purisha/grathita purisha, mala avabaddhata in various contexts in ayurveda. Constipation is a general term used to indicate fewer or infrequent bowel movements, solidified hard stools, painful defecation, feeling of bloating and incomplete elimination of stool. Constipation in pregnancy is quite common ailment. Physiological reasons can be atonicity of the gut because of progesterone, pressure of gravid uterus on the pelvic colon and increased water absorption from the intestine, which causes stool to dry out¹. Other causes are Emotional disturbances- Too much worry & anxiety can lead to constipation, Low-fiber diet, and excess intake of junk food- bakery items, etc. Lack of physical activity, due to iron supplements, Suppression of defecation urge (mala vege dharan), Disturbed sleep or Akala nidra, etc.

The Prevalence rate of constipation during pregnancy is approximately 11% to 38%. Also, National Health Survey reports that about 4.4 million women complains of constipation in pregnancy².

Thus, treating constipation in pregnancy is very essential and acharya Charaka has mentioned in Yajja purusheeya adhyay, sutrasthana (agrayagana) that use of tikshna aushadh along with excessive sexual intercourse and exercise should be avoided³, thus one should select a drug which is madhura in rasa and vipaka, has sheeta veerya and acts as mild laxative. In ayurvedic

texts it has been mentioned that the nishkraman karya of purisha is done by apan vayu thus sama avastha of apana vayu is also important. Aragwadh possess all such qualities, and it has been described by acharya charak in agrayagana as best drug for mrudu virechana i.e mild laxative³. In this study granules of aragwadh are used, which is a modernized form of avleha kalpana⁴ mentioned by acharya sharangdhar in madhyamkhanda. In this granules dviguna (two times) guda will be added⁵ which amplifies the action of aragwadh as laxative along with acting as an iron supplement⁶.

DRUGS USED

In this study aragwadh is used as main drug and along with it, guda in form of granules is used. Their details are mentioned below.

Aragwadh

Latin name: *Cassia fistula*

Family: Fabaceae

Synonyms

Sanskrit: Kritamala, Vyadhighata,shampaka, Nripadruma

English: Indian Laburnum, Purging cassia

Gujrati: Garamala, Garamalo

Hindi: Amaltas

Morphology

Aragwadh (the golden shower tree) is a medium-sized tree, growing to 10–20 m (33–66 ft) tall with fast growth. The leaves are deciduous, 15–60 cm (6–24 in) long, and pinnate

with three to eight pairs of leaflets, each leaflet 7–21 cm (3–8 in) long and 4–9 cm (1.6–3.5 in) broad. The flowers are produced in pendulous racemes 20–40 cm (8–16 in) long, each flower 4–7 cm (1.6–2.8 in) diameter with five yellow petals of equal size and shape. The fruit (majja) is a legume, 30–60 cm (12–24 in) long and 1.5–2.5 cm (0.6–1.0 in) broad, with a pungent odor and containing several seeds. The tree has strong and very durable wood.

Guna: Mrudu, guru, snigdha

Rasa- Madhura

Veerya: Sheeta

Vipaka: Madhur

Doshagnata: Tridosh hara, kapha pitta hara.

Rogagnata: Jwara, hradayroga, pittasra, vata udavarta, shulaghna.

Karma: mriduvirechana

Chemical constituents: Anthraquinone, flavonoids, flavon-3-ol derivatives, alkaloid, glycosides, tannin, saponin, terpenoids.

Guda

Guna: Na ati sleshmakara (does not increase kapha much), shrust mutra shakrut (it helps in excretion of urine and faeces).⁷

DISCUSSION

Constipation is a condition which disturbs the daily life of the women especially in pregnancy. Although it looks like a simple problem, it shouldn't be neglected. As pregnancy is the difficult phase of any women, the care must be taken to enhance quality of life. Most importantly, Constipation during pregnancy is origin of piles and fissures in those women for lifetime, according to a paper published in BJOG there was study conducted in 280 women. Out of them 123 (43.9%) women developed peri-anal disease- 1.6% in the first trimester, 61% during the third trimester, 34.1% after delivery and 3.3% 1 month after delivery. Also 114 (40.7%) women were diagnosed with hemorrhoids, seven (2.5%) with hemorrhoids and anal fissure and two (0.71%) with anal fissure⁸. In modern medicines the cure for constipation includes laxatives, among them laxatives like bulk-forming laxatives works by drawing water into stool thus hinders absorption of micronutrients from the intestine⁹ and causes loss of electrolytes and water from body.

Thus, an alternative drug should be researched for the same action and with less side effects. Aragwadh being madhura rasatmak, possesses bruhana property which enhances the strength of pregnant women along with acting as mild laxative

and granules being easy to administer can be used in pregnant women.

CONCLUSION

Pregnancy being the most important phase of women, total care should be taken by a health care provider to lookout for women and avoid any complications of that phase in future. One such complication being constipation can be resolved by giving aragwadh granules and it can be used as potent laxative with less side effects.

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