

DIGESTIVE DISORDERS (PACHANA VIKRITI)

POOR APPETITE, INDIGESTION & CONSTIPATION



Hingu



CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
Government of India

What are poor appetite, indigestion and constipation?

Poor appetite
Indigestion
Constipation

Not desirous to take food
Lack of proper digestion
Hard stools with painful defecation, bloated abdomen, abdominal discomfort or incomplete elimination

What are the features?

Poor appetite : Lack of interest in food
Indigestion : Improper digestion, heaviness in the body, tympanitis, body ache, thirstiness, loss of taste, etc.
Constipation : Abdominal discomfort with intermittent colicky pain, flatulency, vomiting

How Ayurveda manages poor appetite, indigestion and constipation?

According to Ayurveda, people with vata constitution often suffer from constipation & need to lubricate the digestive tract with the warm food, oil, ghee and grains.

- Vata alleviating warm oil enema
- Virechana (therapeutic purgation)
- **Some useful Ayurvedic Formulations:**



Haritaki

Poor appetite:

- Agnitundi vati, Draksharistha, Vaishwanara Churna, Lemon juice with rock salt

Indigestion:

- Lashunadi vati, Hingwashtaka churna, Shankha vati, Jeerakadyarishta

Constipation:

- Triphala churna, Abhayarishta, Avipattikara churna

What are the useful medicinal plants for poor appetite, indigestion and constipation?

Poor appetite:

- Ardraka (*Zingiber officinalis*)
- Chitraka (*Plumbago zeylanica*)
- Pudina (*Mentha arvensis*)
- Shunthi (*Zingiber officinalis*)



Chitraka



Eranda

Indigestion:

- Shunthi (*Zingiber officinalis*)
- Chitraka (*Plumbago zeylanica*)
- Hingu (*Ferula foetida*)
- Pippali (*Piper longum*)



Shunthi

Constipation:

- Senna (*Cassia angustifolia*)
- Aragwadha (*Cassia fistula*)
- Isabgol (*Plantago ovata*)
- Eranda (*Ricinus communis*)
- Haritaki (*Terminalia chebula*)



Sanaya

Specific Do's and Don'ts

Do's:

- Godhuma (Wheat), Mudga (green gram), old Rice, Garlic, Seasonal fruits, diet of high fiber content, Hingu, Draksha, Amla, black pepper, Ginger, Green leafy vegetables, consumption of luke warm water.
- Physical exercise like walking, swimming, yogasanas and meditation

Don'ts:

- **Irregular food habits**, Heavy and unwholesome, oily, spicy food items,
- Bakery & stored items,
- Low fiber food items like Potato
- Suppression of natural urges, excess tea, coffee, smoking
- Sleep disturbances, worries, anxiety, depression

Important Scientific References & Reading material

- Prof.P.V.Sharma:, Charaka Samhita Vol. 1 and 2 (Text with English Translation), Chaukhamba Orientalia, Gokul Bhawan, K-37/109, Gopal Mandir Lane, Varanasi-1 (India) 1st edition, 1983.
- Dr. Mujoomdar Ashok "Home remedies in Ayurveda", Pub- Amar Granth publication P.No-115.



Pippali



Amalatasa