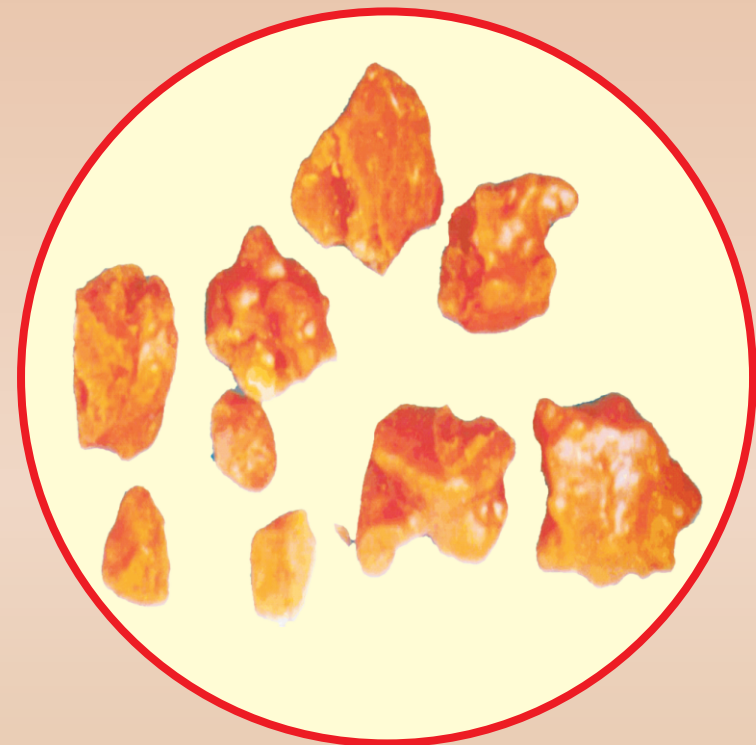


DIGESTIVE DISORDERS (PACHANA VIKRITI)

POOR APPETITE, INDIGESTION & CONSTIPATION



Hingu



CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
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What are poor appetite, indigestion and constipation?

| | |
|----------------------|--|
| Poor appetite | Not desirous to take food |
| Indigestion | Lack of proper digestion |
| Constipation | Hard stools with painful defecation, bloated abdomen, abdominal discomfort or incomplete elimination |

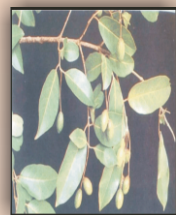
What are the features?

| | | |
|----------------------|---|--|
| 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 augustifolia)
- 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