

Understanding the Difference in *Malotsarjan* (Defecation) Patterns in Healthy Individuals - A Survey Study

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ABSTRACT

Life style disorders are most prevalent now a days in the world and fortunately Ayurveda has an ample scope to contribute a lot in this field to the world because Ayurveda has a total understanding about the nature and person. Ayurveda the science of life is a time tested treasure of knowledge that has been handed down to us from our great ancestors. Small topic has been chosen to consider of its great value to correct some primary steps of Lifestyle Disorders. For that a survey has conducted to understand the difference in *malotsarjan* (Defecation) patterns in healthy individuals consuming vegetarian & mixed diet.

Keywords: *Malotsarjan* (Defecation), healthy individuals, vegetarian, mixed diet

INTRODUCTION

Ayurveda the science of life is a time tested treasure of knowledge that has been handed down to us from our great ancestors. The wisdom the foresightedness and pragmatic attitude structured in the classics aims for total positive health including physical, mental, spiritual well being and combating with illness. So far a small topic has been chosen to consider of its great value to correct some primary steps of Lifestyle Disorders. Ayurveda has told about *dinacharya* (daily regime), *ritucharya* (seasonal regime) for healthy living. *Malotsarjan* (Defecation) is a very important aspect of *dincharya*¹. All the unwanted & toxic substances of body are excreted as Mala. If *malotsarjan* is improper

then it will cause various diseases². So *malotsarjan* pattern directly affects on health of individuals. Whether there are many factors responsible for *malotsarjan* like *agni* (digestive fire), exercise, water intake, sleep, mental conditions like stress, depression etc. but most important factor is diet. The first & most important *upstambh* (pillar) is Aahar.³ Humans can be divided in two groups according to diet intake, consuming vegetarian diet & consuming mixed diet (taking both veg. & non-vegetarian products) Diet has direct effect on *malotsarjan* pattern. After digestion *aahar* (diet) changes into two product-one is *Prasad* (used for making body material) & other is *Kitta* which is *Mala*⁴. To conceptualize the role of diet in *malotsarjan*, *Prasada-Kiṭṭa* theory was further explained in detail with the supplementary knowledge of Digestion and metabolism, *Prasada* and *Kiṭṭa nirmaṇa* (formation), absorption, circulation and distribution of *Prasada*; formation, segregation and elimination of *Kiṭṭa*. To make some clinical establishments, one grand survey of 200 individuals of kodoli- (Kolhapur) area out of which 100 individuals consuming vegetarian diet and 100 consuming mixed diet had been conducted to reveal the clinical facts of the circumstances of diet and defecation.

Aims & Objectives

Aim

- To study the difference in *malotsarjan* (defecation) pattern in healthy

individuals consuming vegetarian & mixed diet

Objectives

- To study malotsarjan pattern in healthy individuals consuming veg. diet
- To study malotsarjan pattern in healthy individuals consuming mixed diet
- Survey Study of present lifestyle and diet pattern and its effect on malotsarjan pattern.

MATERIALS & METHOD

Material

- 100 healthy individuals consuming veg. diet of survey area
- 100 healthy individuals consuming mixed diet of survey area
- Survey Questionnaire Sheets

Inclusion Criteria

- Healthy individuals
- Age group between 25 to 40 years irrespective of sex, religion & occupation

Exclusion Criteria

- Volunteers suffering from any disease
- Volunteers taking any purgative or stimulation for malotsarjan

Method

- Specific Questionnaire was prepared
- Written consent was taken from them
- Random selection of healthy individuals was done from survey area
- Questionnaire was distributed to individuals

- Knowledge about the filling of questionnaire was given to each individual.
- Pattern of their diet intake was observed
- Pattern of their malotsarjan (defecation) was observed
- Every individual was observed Daily for One month duration
- Individuals were used to visit after 7 days to check the filled questionnaire
- Corrections and suggestions were used to give when required.
- Filled questionnaires were collected after 30 days.
- Observations and results were made on the basis of collected data.

Study Design: An open, randomized, comparative, survey study

PARAMETERS FOR ASSESSMENT

1. For Pattern Of Diet

- Time of taking food
- Frequency of taking food
- Products detail of diet

2. For Pattern Of Malotsarjan

- Time of Malotsarjan
- Frequency of Malotsarjan
- Consistency of stool
- Colour of stool
- Feeling of incomplete evacuation present or not
- Discomfort like pain, itching, irritation, burning sensation, straining if any-during/after malotsarjan

OBSERVATION & RESULTS

Table No 1: showing the observation for various characters in Group A, Group B and their frequency

S.No	Criteria	Sub criteria	group A	Group B
1	Sex	Male	52	67
		Female	48	33
2	Age	25-30 years	38	47
		31-35 years	30	33
		36-40 years	32	20
3	Prakuriti	Vatapittaj	32	30
		Pittakaphaj	05	08
		Kaphapittaj	11	12
		Kaphavattaja	16	12
		Vatakaphaja	19	25
		Pittavataj	17	13
4	Occupation	Labourer	10	9
		Student	26	18
		Service	22	31
		Bussiness	15	25
		Others	27	17

Table no.1 continued....				
5	Marital Status	Married	40	45
		Unmarried	60	55
6	Sleep	Sound	64	53
		Disturbed	18	23
		Irregular	18	24
7	Agni	Manda	8	17
		Teekshna	36	30
		Visham	16	24
		Sama	40	29
8	Kostha	Mridu	25	29
		Madhyama	45	53
		Krura	30	18
9	Exercise	Daily	17	17
		Occasionally	44	42
		Never	39	41
10	Water intake per day	Greater than 3 litres	20	22
		2-3 litres	69	62
		Less than 2 litres	11	16
11	Frequency of defecation	1 times	47	20
		2 times	30	28
		3 times	16	32
		4 times	07	20
12	Consistency of Stools	Hard	07-32	
		Semisolid	77	48
		Irregular	16	20
13	Defecation duration	Less than 5 min	77	48
		Greater than 5 min	23	52
14	Feeling of in complete evacuation	Yes	23	52
		No	77	48
15	Time of discomfort	During defecation	10	23
		After defecation	13	29

Table No 2: Frequency of eating Non- veg or Guru Veg Food/Week

Frequency of eating Non-veg or Guru Veg Food/Week	group A			Group B		
	Frequency	Total	Def. Comfort	Def. Discomfort	Total	Def. Comfort
5 times	11	06	05	09	00	09
4 times	21	12	09	13	01	12
3 times	30	22	08	37	17	20
2 times	25	24	01	30	20	10
1 times	13	13	00	11	10	01

RESULT

STATISTICAL ANALYSIS

Table No 3: According to five times frequency

Group	Comfort	Discomfort	χ^2 value at 0.05 level of significance & DF-1	χ^2 value in table	Inference
A	6	5	7	3.84	SIGNIFICANT
B	0	9			

Table No 4: According to four times frequency

Group	Comfort	Discomfort	χ^2 value at 0.05 level of significance & DF-1	χ^2 value in table	Inference
A	12	9	8.31	3.84	SIGNIFICANT
B	1	12			

Table No 5: According to three times frequency

Group	Comfort	Discomfort	χ^2 value at 0.05 level of significance & DF-1	χ^2 value in table	Inference
A	22	8	5.14	3.84	SIGNIFICANT
B	17	20			

Table No 6: According to two times frequency

Group	Comfort	Discomfort	χ^2 value at 0.05 level of significance & DF-1	χ^2 value in table	Inference
A	24	1	7.35	3.84	SIGNIFICANT
B	20	10			

Table No 7: According to one times frequency

Group	Comfort	Discomfort	χ^2 value at 0.05 level of significance & DF-1	χ^2 value in table	Inference
A	13	0	1.25	3.84	INSIGNIFICANT
B	10	1			

Table No 8: Overall Results in total

Group	Comfort	Discomfort	χ^2 value at 0.05 level of significance & DF-1	χ^2 value in table	Inference
A	77	23	17	3.84	HIGHLY SIGNIFICANT
B	48	52			

DISCUSSION

Out of 100 individuals of Group-A only 23 individuals got discomfort in malotsarjan while in group-B 52 got discomfort, so it is clear from above data that mixed group individuals have abnormal defecation pattern as compared to vegetarian group and it is also statistically proved by chi square test i.e. the calculated value i.e. 17 is more than table value i.e. 3.14 at 0.05 level of significance and at d.f. 1 and this is highly significant difference.

CONCLUSION

It is very difficult to reach at the conclusion of such a clinical work which is being studied at very first time with this length and style. Even then a good sized sample of survey is carrying some useful data for discussion to conclude the topic. All 200 volunteers were humbly requested to contribute with true information for real things and fortunately most of them were given their contribution very well with true information. Mixed diet consuming individuals have more chances of discomfort in defecation as compare to vegetarian. Vegetarian food products contain a good amount of dietary fiber content while non-vegetarian products lack. Occupation is an important factor for *malotsarjan* because sedentary job or over sitting slows the digestion process and may cause discomfort in defecation. Sleep is also an important factor for *malotsarjan*; sound sleep helps in good digestion of food which results in comfortable defecation while disturbed sleep plays opposite role. Agni is also a important factor for

malotsarjan. *Sam agni* (balanced digestive fire) helps in comfortable *malotsarjan* while *mand* (low), *tikshna* (excess) and *visham agni* (imbalance) plays opposite role. *Koshtha* also play important role in *malotsarjan*. Exercise is also an important factor. Regular exercise helps in proper digestion of food which results in comfortable *malotsarjan* while irregular or no exercise plays opposite role. Water intake also plays great role in *malotsarjan*. Normal amount of water i.e. 2-3 litres. per day is very essential for proper digestion of food which results in comfortable *malotsarjan*.

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