

CONSTIPATION

Difficulty in passing stool or passes once in 2 / 3 days, stools can be hard or soft is termed as constipation. Even ineffectual urge or a sensation of incomplete stools can be termed as constipation.

CAUSES

- 1) Modern life style - not eating enough and drinking little water, lack of exercise.
- 2) Emotional or psychological problems.
- 3) Sedentary life.
- 4) Eating too much of meat and dairy products.
- 5) Chronic abuse of laxatives.
- 6) Bottle fed babies.
- 7) Pregnancy.
- 8) Certain drugs like antacids, iron, calcium, blood pressure medications.
- 9) Certain digestive tract diseases.
- 10) School going children are shy to tell teacher, and later develops a habit to ignore the urge.
- 11) Cooking in aluminium, iron vessels, etc .

DIETARY MANAGEMENT

- 1) Drink at least 2-3 litres of water a day.
- 2) Eat high fibre diet - whole grains, bran, oat, green leafy vegetables, peas, beans, potatoes, raw vegetables, salads, dried fruits and fresh fruits.
- 3) Eat fruits and vegetables with the skin.
- 4) Avoid food that can cause constipation like pomegranate etc.
- 5) You can take one spoon isabgul (fibre, Psyllium) in water before retiring to bed.
- 6) Walk after every meals.
- 7) Drink 2- 4 glasses of warm water every morning.
- 8) Limit intake of laxatives.

NOTE

- 1) Do not suppress the urge to pass stools.
- 2) Get a regular time fixed to the toilet.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PROBLEMS YOU HAVE. THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .