



CONSTIPATION:: ITS HOMEOPATHIC MANAGEMENT

Dr. D. N. Mishra

Shivang Homeopathic Medical College and Hospital, Bhopal, Government Homeopathy College, Bhopal

Dr. Ritu Mishra

Shivang Homeopathic Medical College and Hospital, Bhopal, Government Homeopathy College, Bhopal

ABSTRACT

Constipation is a sign, not a disease. Constipation is one of the most widespread gastrointestinal problems across the globe. Constipation includes the movement of tough and dehydrated bowel movements in small amounts. The rate is usually lesser than three times a week. Bowel movement turn out to be problematic and triggers pain in people with constipation. The affected person may feel uneasy, lethargic, and inflated. Homeopathic medicines are widely used to cure constipation. As they are entirely natural, they deliver efficient medication without the use of any chemicals. In this paper we have discussed about the homeopathic cure of constipation.

KEYWORDS :

INTRODUCTION:

Constipation happens because your colon absorbs too much water from waste (stool/poop), which dries out the stool making it hard in consistency and difficult to push out of the body.

A food normally goes through the intestinal tract, nutrients are absorbed. The partly digested food (waste) that continues to moves from the small intestine to the large intestine, also called the colon. The colon absorbs water from this waste, which makes a solid matter called stool. If you have constipation, food **may move too slowly through the digestive tract**. This gives the colon more time – too much time – to absorb water from the waste. The stool becomes dry, hard, and difficult to push out.

Constipation is very uncomfortable and frustrating. Almost every person gets constipated at some time during his or her life. It impacts roughly 2% of the population in the world. Women and the elderly personnel are more frequently affected. it's not normally very serious but constipation can be a concern.

Constipation occurs when bowel movements become difficult or less frequent. The normal length of time between bowel movements ranges widely from person to person. Some people have bowel movements three times a day; others, only one or two times a week. Going longer than three days without a bowel movement is too long. After three days, the stool or feces become harder and more difficult to pass.

Causes Which Lead Constipation:

- Less water intake
- Less exercise or immobility
- Eating large amounts of milk products.
- Avoiding the desire to have a bowel movement.
- Overdose of laxatives
- Hypothyroidism
- Neurological conditions
- Medicines containing calcium or aluminum
- Depression
- Eating disorders
- Irritable bowel syndrome
- Pregnancy
- Colon cancer
- Anal fissure
- Bowel obstruction
- Rectocele

Symptoms:

- Uncommon bowel movements or trouble having bowel movements

- Enlarged abdomen
- Vomiting
- Stiff, tamped stools that uncomfortable to pass
- Stretching for the duration of bowel movements
- No bowel movements in three days
- Stomach pains that are lessened by bowel movements
- Bloody stools
- Leaks of wet stool between regular bowel movements.

Tests may perform to diagnose the cause of the constipation include:

- Blood tests
- Barium test for barrier in colon
- Colonoscopy

In this paper we have discussed about, how homeopathy can help in curing constipation.

Homeopathic Management of Aphthae:

Homeopathic offers an effective treatment for Constipation. This take place since the medicines are selected purely on the basis of the condition of the person and not on the basis of the illness. The treatment varies from [person to person. The homeopathy medices are prepared from the natural ingredients and does not contain chemicals in it so its very safe to use without any side effects.

In our Shivang Homeopathic Medical College and Hospital, Bhopal, we have conducted the studies on following number of patients in different age groups:

Sr. No.	Age Group	Number of Patients
1	5 to 15	02
2	15 to 50 years	10
3	Above 50 years	38

As per the condition of the personnel's following medicines have been prescribed at different age group and where closely monitored for their symptoms:

Sr. No.	Name of Medicine	Purpose
1	NUX VOMICA	Frequent constipation in adults and ineffectual urging for passage of stool
2	BRYONIA ALBA	The stool is very hard, dry and extremely large
3	SILICEA	Constricted anal sphincter.
4	OPIUM	Stool is passed in the form of round, hard balls along with feeling of constipation
5	ALUMINA	Absence of the urge for a bowel movement

6	LYCOPODIUM CLAVATUM	Flatulence and a bloated abdomen
7	ANTIMONIUM CRUDUM	Constipation and diarrhea alternate
8	RATANHIA	Anal fissure with burning pain
9	GRAPHITIS	Stools large, difficult, knotty united by mucous thread
10	COLLINSONIA	Constipation during pregnancy

CONCLUSION:

The constipation can be effectively cured by homeopathic. This we have observed after successfully treating various personnel of different age groups at our homeopathic clinic. We also observed that it has no side effects.

REFERENCES:

1. Thomas KJ, Nicholl JP, Coleman P. Use and expenditure on complementary medicine in England: a population based survey. *Complementary Therapies in Medicine* 2001;9(1):2.11
2. Peckham EJ, Nelson EA, Greenhalgh J, Cooper K, Roberts ER, Agrawal A. Homeopathy for treatment of irritable bowel syndrome. *Cochrane Database of Systematic Reviews* 2012, Issue 3.
3. White A. Irritable bowel syndrome. *Complementary Medicine Bulletin* 1999;1(6):1.2
4. Slade N. Homeopathic casebook. Homeopathy and colitis. *Positive Health* 2003;86:25.8.
5. Dr. H.A. Roberts in „The principles and art of cure by homoeopathy B. Jain Publishers New Delhi (page no.193,223, 228)
6. Diseases of children - by Dr. Fisher C.E.
7. Pocket Manual of Homoeopathic materia medica & repertory - by Dr. William Boericke.
8. Harrison's Principal of Internal Medicines 17th Edition
9. Davidson's Principal & practice of Medicines
10. J.T.KENT REPERTORY Of Homoeopathic M.M.
11. Dr. S. K. Dubey, Text Book Of Material Medica
12. DR. N.M. CHOUDHARI, A Study On Materia Medica
13. DR. H.C. ALLEN Keynotes & Characteristics With Comparisons Of Some Leading Remedies of The Materia Medica With Bowel Nosodes, 8th Edition.
14. DR. PAMEETA UNIYAL, Materia Medica For Students.
15. DR. RITU KINRA, Materia Medica For Students.
16. John Henry Clarke, Materia Medica, 1902.