

A LITERATURE REVIEW ON THE EFFECTS OF ABDOMINAL MASSAGE IN CONSTIPATION FOR POST MENOPAUSAL WOMEN

Physiotherapy

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ABSTRACT

Background: Constipation is a prevalent gastrointestinal issue among the elderly, particularly among the post-menopausal women. The increased prevalence of constipation in this demographic is influenced by factors such as aging, hormonal shifts, decreased exercise, and dietary habits. In addition to potentially posing health problems, constipation lowers the well-being of life for older postmenopausal women. Constipation can lead to complications such as fecal impaction, hemorrhoids and decreased overall well-being. An emerging complementary therapy for the treatment of constipation is abdominal massage, which is noninvasive and non pharmacological. **Aim:** The purpose of this literature review and Analyze how abdominal massage can help with constipation in elderly postmenopausal women. **Search Method:** PubMed, Google scholar, Pedro, Science direct, and Cochrane from these databases, articles were searched using the keywords. **Selection Criteria:** The articles were gathered according to specific inclusion criteria, centering on abdominal massage as a treatment in elderly post-menopausal women for constipation. **Results:** The outcomes demonstrate that, post-menopausal women require comprehensive treatment that includes lifestyle modifications, careful consideration of diet and physical activity) to manage menopausal symptoms. Constipation treatments for the elderly, like laxatives or dietary adjustments, frequently fail to yield results for every patient. or have undesirable side effects. Thus, abdominal massage will be a non invasive and non pharmacological technique to alleviate constipation in elderly patients with desirably no side effects. **Conclusion:** As per this study's findings,, elderly postmenopausal women find there is good advantages and benefits from abdominal massage for managing and treating constipation. This method of treatment helps elderly women with postmenopausal symptoms and enhances their quality of life.

KEYWORDS

INTRODUCTION

As a natural stage of life marked by various physiological changes, aging necessitates that special attention be given to the health care needs of elderly individuals as a collective group. Constipation affects about 30% of the population overall, especially women and elderly individual. According to the research, 40% of people over 65 and older suffer from constipation, and this number rises with age. Constipation is identified by a bowel movements that occur less than three times per week, difficulties passing stool, hard stool, and poor draining.⁴ Age-related constipation is thought to be triggered by low fibre consumption, inactivity, diminished thirst sense, inadequate hydration, electrolyte changes, endocrine and metabolic problems, neurological illnesses, psychological disorders, and medicines. It seems that constipation is a common issue, but if left untreated, it can lead to several issues, such as faecal incontinence, anal fissures, intestinal perforation, gas, and bloating.² Constipation may be an indication of a disease or a disease, and requires examination and consideration due to its long-lasting complications and effects on the patients' life quality⁵.

Constipation in elderly people can be managed and treated using a variety of pharmaceutical and nonpharmacological methods. Pharmaceutical treatments subject patients to significant costs and a wide range of negative effects³. Increasing physical activity, drinking more liquids, and consuming more fibre are a few of the primary non-pharmacological approaches used to alleviate constipation.²

Every female who reaches mid-years. go through the physiological process of menopause. Menopause is not just the end of menstruation; it's also the "depletion of ovarian follicles" that causes a drop in ovarian hormones. Menopause is most frequently experienced by women in the 45–55 age range. Menopause occurs as a natural physiological process, nonetheless, women experiencing. or have recently gone through it may experience a range of symptoms, including irritability, lethargy, melancholy, forgetfulness, weight gain, sleeplessness, joint and muscle pain, and constipation.¹¹

Abdominal massage can play an essential role in managing constipation since it is a non-pharmacological and non-invasive management. This increases the overall quality of life of the patient⁷. Abdominal massage is found to be helpful in reducing the symptom of constipation in post-menopausal elderly women⁴. Abdominal massage is a treatment in which the activities of the intestine can be retrained. It creates a mechanical effect on the intestines. This effect is produced by applying intra-abdominal pressure which initiates peristalsis and increases the contraction of force, thus increases the mass of the intestine to move

more quickly. This massage treatment might soften the stool and reduce the time required for the digestive system for transition⁴.

METHODOLOGY

Search Method And Eligibility Criteria

Extensive research into the literature was carried out utilizing, Medline, Google scholar, Pub Med and Pedro from the year 2023-2003. Unpublished English-language articles were removed.

Constipation, menopause, elderly post-menopausal women, physical activity, were the keywords used in this search to find relevant articles. 20 publications were eventually retrieved out of 40 publications for the review.

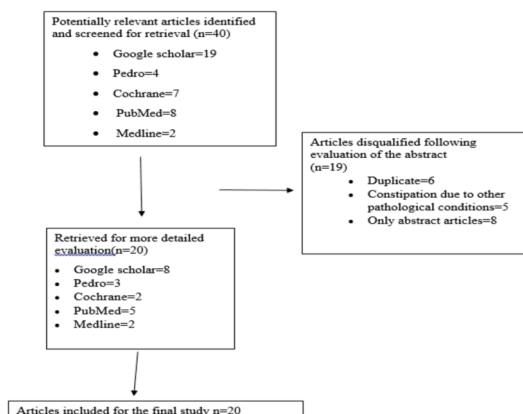
Inclusion Criteria

- Articles explaining about the constipation among elderly individuals were selected.
- Articles published in recent years.
- Full-text articles.
- Articles published in English.

Exclusion Criteria

- Articles explaining pharmacological interventions for constipation.
- Articles discussing other pathological conditions which leads to constipation were excluded.

METHODOLOGY



	AUTHOR	TITLE	YEAR	STUDY DESIGN	SAMPLE SIZE	SUMMARY
1.	Digdem Lafci	The effect of aroma massage on constipation in elderly individuals.	2023	Randomized controlled trial	48	The focus of the study was to find out how aromatherapy massage affected older people's constipation. The findings indicated that while fragrance massage reduced tension during defecation and the sensation of incomplete faecal discharge, it increased frequency, volume, and consistency of faeces. According to the study, massage treatment with aromatherapy may enhance intestinal health.
2.	Ayşe Aydinli	Effects of abdominal massage applied with ginger and Almond Oil on Constipation and Quality of Life among Elderly Individuals.	2023	Randomized controlled trial	40	This study was on Investigating the influence of abdominal massage using ginger and lavender oil for constipation among forty senior citizens residing in nursing homes. For five weeks, the group that is under no treatment protocol received no intervention at all, while the intervention Group was allotted a 15-minute aromatherapy massage. The massage improved stool consistency, lessened the degree of difficulty in passing stool.
3.	Amir Faghihi	Comparison of the Effects of Abdominal Massage and Oral Administration of Sweet Almond Oil on Constipation and Quality of Life among Elderly Individuals	2022	Single Blind clinical trial	90	The effect on constipation and quality of life in the elderly was evaluated in this study by comparing oral sweet almond oil and abdominal massage.. The oral consumption group's well being of life scores decreased, CAS scores significantly decreased, and stool consistency scores increased. It is advised to treat constipation in older persons using these affordable, low-complication approaches.
4.	Sevil Olgun	The Effect of Abdominal Massage on Chronic Constipation and Constipation Quality of Life in Elderly.	2022	Randomized control trial	60	The study delved into how: how abdominal massage affected older people's life standard and chronic constipation. There were 60 individuals total, split into two groups: the intervention group and the control group. The life standard scores and symptoms of constipation significantly improved in the massage group, according to the results.
5.	Orhan C	Comparison of Connective Tissue Manipulation and Abdominal Massage Combined With Usual Care vs Usual Care Alone for Chronic Constipation:	2020	Experimental study	60	This study explores how the impact on patients' quality of life and symptoms of constipation after comparing the effects of abdominal massage and (CTM)that is tissue manipulation with standard therapy. The findings Significant differences were noted among the three groups, however no significant differences were discovered between the CTM and abdominal massage groups.
6.	Kexin Li,MD	Safety and Effectiveness of Moxibustion and Abdominal Massage in Hospitalized Older Patients With Constipation.	2022	Retrospective study	200	The study investigates the safety and effectiveness of moxibustion and abdominal massage in older hospitalized patients with constipation. Results show improvement in symptoms after 2 weeks, but increased diarrhea. More study is needed to address the increased occurrence of diarrhea.
7.	Zahra Fekri	The effects of abdominal "I LOV U" massage along with lifestyle training on constipation and distension in the elderly with stroke .	2021	Randomized clinical trial	68	The study explored to how elderly stroke patients' both distention and constipation were affected by abdominal massages and lifestyle modifications. In a randomised clinical research, it was discovered that improving lifestyle choices along with abdominal massage helped with distension and constipation while also increasing tolerance to meals. The number of times defecation and belly circumference were significantly lower in the group who received treatment.
8.	Amir Faghihi	The Effect of Abdominal Massage with Extra-Virgin Olive Oil on Constipation among Elderly Individuals.	2021	Randomized controlled trial	54	The study looks into how extra-virgin olive oil massages applied to the abdomen affect senior constipation. Prior to the intervention, there were no significant variations in the results; nevertheless, the oil group's constipation ratings significantly decreased, indicating that the treatment was beneficial.

9.	Canon Birimoglu Okuyan	Effect of abdominal massage on constipation and quality of life in older adults.	2019	Experimental study	220	The study assessed how abdominal massage affected older persons' quality of life and ability to manage constipation. The standard of life scale was considerably raised and constipation was well managed with abdominal massage, according to the results. The study recommends belly massage as a stand-alone nursing project.
10.	Cemile Kutmee Yilmazz	Identifying the Constipation Levels of Older People and their Interventions for Recovery	2017	Descriptive study	309	The study aim was to determine older adults' constipation levels and the strategies they used to get better. It included 309 patients from a state hospital who were 65 years of age or older. There were 57% females and an average age of 72.72. 18.1% had delayed colon excretion, while 64.7% had constipation issues. Constipation was more common in older adults with poor daily fluid intake. In addition, many reported experiencing gastrointestinal symptoms such as bloating, rectal pain, difficulty swallowing, loss of appetite, and indigestion.
11.	Arpita Nath	A Study to Assess the Psychosomatic Problems of Postmenopausal Women in Slums of Dibrugarh Town, Assam	2017	Cross sectional study	260	A Cross sectional study was conducted to assess the psychosomatic problems of postmenopausal women in slums of dibrugarh town, Assam. 260 post-menopausal women included in the study. Prevalence of psychosomatic problems among post-menopausal women were fatigue, muscle and joint pain, irritability, depression, weight gain and constipation. The study pointed out that women should recognize these symptoms early and seek timely medical care.
12.	Guatham Ray	Evaluation of the Symptom of Constipation in Indian Patients.	2016	Cross sectional study	331	A study conducted on 331 Indian patients who complained of constipation revealed that the Indian definition of constipation is more appropriately defined as a frequency Under five movements per week, and that the subjective experience of incomplete evacuation is universal. Additionally, the study discovered that 13.8% of patients had a diagnosis of Irritable bowel syndrome is the primary cause of constipation. and 69.1% of patients had a diagnosis of functional constipation.
13.	Pouneh Shamloufard	Bowel function of postmenopausal women: Effects of daily consumption of dried plum.	2016	Randomized control trial	84	Postmenopausal women were given calcium and vitamin D for 6 months and divided into control, 50 g/d dried plum, and 100 g/d groups. There were no negative consequences identified., but pain and constipation increased in the control group. Dried plum doses there were no negative effects and may decrease bowel movement discomfort.
14.	Kristina Lamas	Prevalence of constipation among persons living in institutional geriatric-care settings	2016	Cross-sectional study	2970	According to a cross-sectional study conducted in northern Sweden, 67% of people who experienced constipation were receiving institutional geriatric care. The majority suffered from severe drug usage, speech problems, physical constraints, and cognitive disabilities. Laxatives were prescribed to 68% of patients, but not to 29%. The study emphasises how these situations call for improved bowel control techniques.
15.	Tzu-Ting Huang	Effectiveness of individualised intervention on older residents with constipation in nursing home.	2015	Randomised controlled trial	43	This study looks at how well tailored therapies work to help older persons. Within elder care facilities to feel less constipated. The experimental group had a higher incidence of bowel movements and defecation than the control group, as per the the results, which implies that tailored therapies would be appropriate for this population.
16.	Nuray Turan	The Effect of Abdominal Massage on Constipation and Quality of Life.	2014	Randomised controlled trial	60	The randomised controlled experiment discovered that giving patients abdominal massages reduced the regularity of their bowel movements has improved their quality of life. and alleviated their postoperative constipation symptoms. There were no discernible variations the groups that are experimented with and those that are not.

17.	Elena Salmoirago	Constipation and Risk of Cardiovascular Disease among Postmenopausal Women .	2011	Observational study	93,676	A study that included 93,676 women discovered a link between constipation and a higher risk of cardiovascular events. Risk factors included things like age, ethnicity (African American and Hispanic), diabetes, smoking, high cholesterol, and a family history of myocardial infarction.
18.	Heararington	Managing a Patient's Constipation With Physical Therapy.	2006	Case report	1	This case report discusses the use of abdominal massage in physical therapy for a patient with constipation, demonstrating its effectiveness and no known side effects compared to traditional treatments.
19.	Simone Caetano	Prevalence and factors associated with intestinal constipation in postmenopausal women.	2005	Cross-sectional study	100	According to a Brazilian study, 37% of postmenopausal women over 45 reported being constipated. The predominant signs and symptoms included firm stools, less than three weekly bowel motions, insufficient evacuation, and considerable straining during defecation. Constipation was substantially correlated with factors like perianal surgery and the tone of the anal sphincter.
20.	Laurent Dukas M.D	Association Between Physical Activity, Fiber Intake, and Other Lifestyle Variables and Constipation in A Study of Women.	2003	Prospective study	62,036	The commonness of having constipation was found to be inversely correlated with age, body mass index, lifestyle, and nutritional factors by the Nurses' Health Study. Constipation was linked to a reduced prevalence when there was daily physical activity and greater fibre consumption. An rising prevalence was linked to higher aspirin usage.

DISCUSSION

The purpose of this research was to assess the effectiveness of abdominal massage in alleviating constipation among elderly postmenopausal women. Constipation is a health issue that can be resolved. It is frequently experienced by the elderly and shown a detrimental impact on their both emotional and physical health.. Nonetheless, observations have demonstrated that post-menopausal women, particularly those among older age bracket, are prone to experiencing constipation. Menopause, a significant physiological event in a woman's life, brings about hormonal changes and additional components that could be implicated in contributing the progression of of constipation symptoms.

A study with a descriptive approach was conducted by Cemile Kutmee Yilmazz et al., to determine the constipation levels of older individuals and their recovery measures. According to the study, laxatives and copious amounts of fluids were commonly utilised to manage constipation In older individuals, there is a chance of having negative side effects also .

Guatham Ray et al. conducted a cross-sectional study in India, evaluating constipation signs in 331 patients, 65% of whom were above 60 years old, seeking medical guidance.

According to a study by Arpita Nath et al., post-menopausal women frequently face psychosomatic issues such melancholy, weight gain, joint pain, exhaustion, and constipation. This highlights the significance of early detection and prompt medical intervention.

To determine the consequences of aromatherapy massage on constipation in elderly people, Digidem Lafci et al. conducted a randomised controlled trial. The study found that aroma massage practice increased "frequency of defecation," "amount of faeces," and "consistency of faeces," and decreased "straining during defecation" and "feeling of incomplete discharge of faeces," indicating that it has positive effects on relieving constipation symptoms.

This study builds on existing literature that suggests abdominal massage may impact positively on gastrointestinal function. This review article aims to consolidate and critically asses existing research regarding how abdominal massages positively shows effect on constipation in elderly post menopausal women. It seeks to offer a comprehensive a general description of the available evidence, identified trends in the literature, and offer perceptions of the potential benefits and limitations of this intervention.

LIMITATIONS

Few articles related to constipation in elderly women. Further studies are required to manage the constipation symptoms and to improve the welfare within this susceptible demographic.

CONCLUSION

In line with the research findings of this study, abdominal massage helps elderly postmenopausal women. Besides enhancing their quality of life, this therapy method helps ease the post menopausal symptoms in elderly women.

Conflict Of Interest

The authors affirm their absence of conflict of interest

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