

কোষ্ঠকাঠিন্য ইয়াক সহায় কৰিবলৈ দিয়কু

কোষ্ঠকাঠিন্য কি?



কোষ্ঠকাঠিন্য মানে শৌচ পাৰ হোৱাত অসুবিধা। ইয়াক সাধাৰণতে প্ৰতি সপ্তাহত তিনিটাতকৈ কম অস্ত্ৰৰ চলাচল হোৱা বা কঠিন বা টান অস্ত্ৰৰ চলাচল অনুভৱ কৰা বুলি কোৱা হয়।^১

কোষ্ঠকাঠিন্যৰ কাৰণ



কম আহাৰৰ আঁহ^২



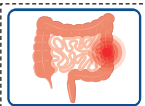
কম তৰল গ্ৰহণ^৩



শাৰীৰিক সক্ৰিয়তা/
ব্যায়ামৰ অভাৱ^৪



চাপ/উদ্বেগ^৫

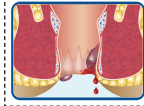


ইৰিটেবল বাৱেল
ছিণ্ড্ৰ'ম^৬



ঔষধৰ পাৰ্শ্বক্ৰিয়া^৭

কোষ্ঠকাঠিন্যৰ জটিলতা



ৰক্তক্ষৰণ^৮



মলদ্বাৰৰ ৰক্তক্ষৰণ^৯



গুহাদ্বাৰৰ ফাট^{১০}



টোপনিৰ অভাৱ^{১১}

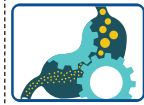


ভাগৰ/নিম্ন শক্তি^{১২}

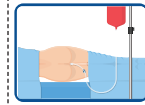


মানসিক দুখ^{১৩}

চিকিৎসা^{১৪}



ৰেচক



এনিমা আৰু
ছাপ 'জিট'ৰী



অস্ত্ৰোপচাৰ

কোষ্ঠকাঠিন্য প্ৰতিৰোধ কৰা^{১৫}



উচ্চ আঁহযুক্ত
আহাৰ গ্ৰহণ কৰা



পৰ্যাপ্ত পানী গ্ৰহণ
নিশ্চিত কৰা



নিয়মীয়াকৈ
ব্যায়াম কৰা



সংসাধিত খাদ্য আৰু
অত্যধিক কাৰ্বোহাইড্ৰেট
পৰিহাৰ কৰা



সঠিক শৌচাগাৰৰ
ভঙ্গী গ্ৰহণ কৰা

উচ্চ আঁহযুক্ত খাদ্য^{১৬}



সম্পূৰ্ণ শস্য



মাহজাতীয় শস্য



বগৰী আৰু আপেল



পাচলি



বাদাম

যদি আপুনি নিম্নলিখিত যিকোনো এটা অনুভৱ কৰে তেন্তে চিকিৎসা সহায় বিচাৰিব^{১৭}



শৌচত তেজ



নিৰন্তৰ পেটৰ বিষ



চেপ্টা নকৰাকৈ ওজন হ্ৰাস

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1. <https://www.mayoclinic.org/diseases-conditions/constipation/symptoms-causes/syc-20354253> 2. <https://www.nhs.uk/conditions/constipation/> 3. <https://www.niddk.nih.gov/health-information/digestive-diseases/constipation/symptoms-causes> 4. <https://stanfordhealthcare.org/medical-conditions/primary-care/constipation/complications.html> 5. <https://www.webmd.com/digestive-disorders/chronic-constipation-ease-stress> 6. <https://www.mayoclinic.org/diseases-conditions/constipation/diagnosis-treatment/drc-20354259> 7. <https://www.webmd.com/digestive-disorders/constipation-relief-tips> 8. <https://www.niddk.nih.gov/health-information/digestive-diseases/constipation/eating-diet-nutrition>

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IN CONSTIPATION *Let it Help*

What is constipation?



Constipation refers to difficulty in passing stool. It is typically defined as having fewer than three bowel movements per week or experiencing hard or strained bowel movements.¹

Causes of constipation



Less dietary fiber²



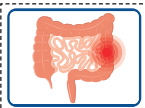
Low fluid intake²



Lack of physical activity/exercise²



Stress/anxiety²



Irritable bowel syndrome³



Medication side effects²

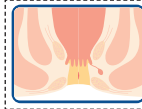
Complications of constipation



Hemorrhoids⁴



Rectal bleeding⁴



Anal fissures⁴



Lack of sleep⁵



Tiredness/Low energy⁵

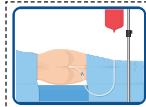


Psychological distress⁵

Medical treatment⁶



Laxatives



Enemas and suppositories



Surgery

Preventing constipation⁷



Having a high fiber diet



Ensuring sufficient water intake



Exercising regularly



Avoiding processed foods and excessive carbohydrates



Adopting correct toilet posture

High fiber foods⁸



Whole grains



Legumes



Berries and apples



Vegetables



Nuts

Seek medical help if you experience any of the following³



Blood in stools



Persistent stomach pain



Weight loss without trying

References

- <https://www.mayoclinic.org/diseases-conditions/constipation/symptoms-causes/syc-20354253>
- <https://www.nhs.uk/conditions/constipation/>
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