

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



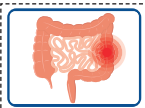
Low fluid intake²



Lack of physical activity/exercise²



Stress/anxiety²



Irritable bowel syndrome³



Medication side effects²

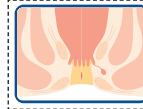
Complications of constipation



Hemorrhoids⁴



Rectal bleeding⁴



Anal fissures⁴



Lack of sleep⁵



Tiredness/Low energy⁵

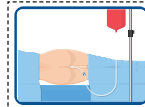


Psychological distress⁵

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/>
- <https://www.niddk.nih.gov/health-information/digestive-diseases/constipation/symptoms-causes>
- <https://stanfordhealthcare.org/medical-conditions/primary-care/constipation/complications.html>
- <https://www.webmd.com/digestive-disorders/chronic-constipation-ease-stress>
- <https://www.mayoclinic.org/diseases-conditions/constipation/diagnosis-treatment/drc-20354259>
- <https://www.webmd.com/digestive-disorders/constipation-relief-tips>
- <https://www.niddk.nih.gov/health-information/digestive-diseases/constipation/eating-diet-nutrition>

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कब्ज की समस्या

ये उपाय आजमाएं

कब्ज क्या है?



कब्ज का मतलब मल त्यागने में कठिनाई होना है। इसमें आमतौर पर व्यक्ति सप्ताह में तीन से कम बार मल त्याग करता है या फिर उसे मल त्यागने में कठिनाई होती है या जोर लगाना पड़ता है।¹

कब्ज के कारण



आहार में कम फाइबर होना²



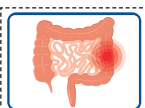
तरल पदार्थ का कम सेवन करना²



शारीरिक गतिविधि/ व्यायाम की कमी²



तनाव/चिंता²



इस्टिबल बाउल सिंड्रोम³



दवाओं के दुष्प्रभाव²

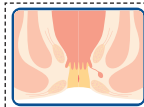
कब्ज से होने वाली बीमारियां



बवासीर⁴



मलाशय से खून आना⁴



मलद्वार में कटाव आना⁴



नींद की कमी⁵



थकान/कम ऊर्जा⁵

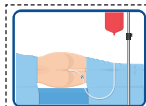


मनोवैज्ञानिक समस्या⁵

मेडिकल उपचार⁶



पेट साफ करने की दवा



एनीमा और सपोसिटरी



सर्जरी

कब्ज से बचाव⁷



अधिक फाइबर वाले आहार का सेवन करें



पर्याप्त पानी पिएं



नियमित रूप से व्यायाम करें



प्रोसेस्ड फूड और अधिक कार्बोहाइड्रेट से बचें



शौचालय में शौच के लिए सही तरीके से बैठें

अधिक फाइबर वाले आहार⁸



साबुत अनाज



फलियां



बेरी और सेब

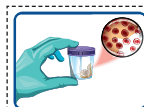


सब्जियां



मेवे

अगर आपको निम्न में से कोई भी समस्या हो तो डॉक्टर से मिलें³



मल में खून आना



लगातार पेट दर्द



बिना कारण वजन कम होना

References

- <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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