

કબજિયાતમાં તેને મદદ કરવા દો

કબજિયાત એટલે શું?



કબજિયાત એ મળ પસાર કરવામાં મુશ્કેલીને સંદર્ભિત કરે છે. તેને સામાન્ય રીતે અઠવાડિયામાં ત્રણ કરતા ઓછી વખત મળ ત્યાગ કરવો અથવા સખત અથવા તાણયુક્ત મળ ત્યાગના અનુભવ તરીકે વ્યાખ્યાયિત કરવામાં આવે છે.¹

કબજિયાતના કારણો



આહારમાં રેશાવાળી વસ્તુઓનું ઓછું સેવન કરવું²



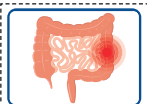
પ્રવાહીનું ઓછું સેવન કરવું²



શારીરિક પ્રવૃત્તિ/વ્યાયામનો અભાવ²



તણાવ/ચિંતા²



ઇરિટેબલ બાવલ સિન્ડ્રોમ (જઠરાંત્રિય વિકાર)³



દવાની આડઅસરો²

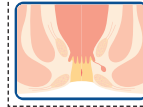
કબજિયાતની જટિલતાઓ



હેમરોઇડ્સ (હરસમસા)⁴



ગુદામાર્ગમાંથી રક્તસ્ત્રાવ⁴



એનલ ફિશર (ગુદામાર્ગના ચિરા)⁴



ઊંઘનો અભાવ⁵



થાક/ઉર્જાનો અભાવ⁵

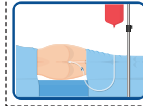


માનસિક તકલીફ⁵

તબીબી સારવાર⁶



રેચકો



એનિમા અને સપોઝિટરીઝ



સર્જરી

કબજિયાતને અટકાવવું⁷



ઉચ્ચ રેશાયુક્ત ખોરાકનું સેવન કરવું



પૂરતા પ્રમાણમાં પાણીનું સેવન સુનિશ્ચિત કરવું



નિયમિત વ્યાયામ કરવો



પ્રોસેસ્ડ ખોરાક અને વધુ પડતા કાર્બોહાઇડ્રેટ્સનું સેવન ટાળવું



શોચાલયમાં યોગ્ય મુદ્રા અપનાવવી

ઉચ્ચ રેશાયુક્ત ખોરાક⁸



આખું અનાજ



કઠોળ



બેરી અને સફરજન



શાકભાજી



નર્સ

જો તમને નીચેનામાંથી કોઈ પણ અનુભવ થાય તો તબીબી સહાય મેળવો³



મળમાં રક્ત



પેટમાં સતત દુખાવો



કોશિશ કર્યા વિના વજન ઘટવું

References

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



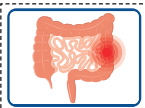
Low fluid intake²



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

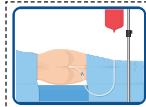


Psychological distress⁵

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/>
- <https://www.niddk.nih.gov/health-information/digestive-diseases/constipation/symptoms-causes>
- <https://stanfordhealthcare.org/medical-conditions/primary-care/constipation/complications.html>
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