

# 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।<sup>1</sup>

### कब्ज के कारण



आहार में कम फाइबर होना<sup>2</sup>



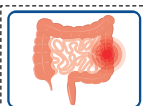
तरल पदार्थ का कम सेवन करना<sup>2</sup>



शारीरिक गतिविधि/ व्यायाम की कमी<sup>2</sup>



तनाव/चिंता<sup>2</sup>



इरिटेबल बाउल सिंड्रोम<sup>3</sup>



दवाओं के दुष्प्रभाव<sup>2</sup>

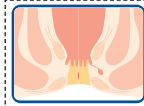
### कब्ज से होने वाली बीमारियां



बवासीर<sup>4</sup>



मलाशय से खून आना<sup>4</sup>



मलद्वार में कटाव आना<sup>4</sup>



नींद की कमी<sup>5</sup>



थकान/कम ऊर्जा<sup>5</sup>

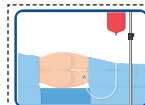


मनोवैज्ञानिक समस्या<sup>5</sup>

### मेडिकल उपचार<sup>6</sup>



पेट साफ करने की दवा



एनीमा और सपोसिटरी



सर्जरी

### कब्ज से बचाव<sup>7</sup>



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 आहार<sup>8</sup>



साबुत अनाज



फलियां



बेरी और सेब



सब्जियां



मेवे

### अगर आपको निम्न में से कोई भी समस्या हो तो डॉक्टर से मिलें<sup>9</sup>



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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# 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.<sup>1</sup>

## Causes of constipation



Less dietary fiber<sup>2</sup>



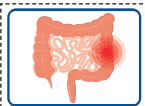
Low fluid intake<sup>2</sup>



Lack of physical activity/exercise<sup>2</sup>



Stress/anxiety<sup>2</sup>



Irritable bowel syndrome<sup>3</sup>



Medication side effects<sup>2</sup>

## Complications of constipation



Hemorrhoids<sup>4</sup>



Rectal bleeding<sup>4</sup>



Anal fissures<sup>4</sup>



Lack of sleep<sup>5</sup>



Tiredness/Low energy<sup>5</sup>

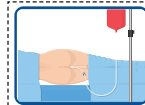


Psychological distress<sup>5</sup>

## Medical treatment<sup>6</sup>



Laxatives



Enemas and suppositories



Surgery

## Preventing constipation<sup>7</sup>



Having a high fiber diet



Ensuring sufficient water intake



Exercising regularly



Avoiding processed foods and excessive carbohydrates



Adopting correct toilet posture

## High fiber foods<sup>8</sup>



Whole grains



Legumes



Berries and apples



Vegetables



Nuts

## Seek medical help if you experience any of the following<sup>3</sup>



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>
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- <https://www.mayoclinic.org/diseases-conditions/constipation/diagnosis-treatment/drc-20354259>
- <https://www.webmd.com/digestive-disorders/constipation-relief-tips>
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