

बद्धकोष्ठतेमध्ये मदत करू द्या

बद्धकोष्ठता म्हणजे काय?



बद्धकोष्ठता म्हणजे मलविसर्जनात अडचण येणे. सामान्यतः आठवड्यातून तीनपेक्षा कमी वेळा आतड्याची हालचाल होणे किंवा कठीण किंवा ताणलेले आतड्याची हालचाल अनुभवणे अशी त्याची व्याख्या केली जाते.¹

बद्धकोष्ठतेची कारणे



आहारातील फायबरची कमतरता²



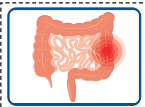
द्रवाचे कमी सेवन²



शारीरिक हालचाली/
व्यायामाचा अभाव²



ताण/चिंता²



आतड्यात दाह
असण्याची लक्षणे³



औषधांचे दुष्परिणाम²

बद्धकोष्ठतेतील गुंतागुंत



मूळव्याध⁴



गुदाशयातील रक्तस्ताव⁴



गुदद्वारातील भेगा⁴



झोपेचा अभाव⁵



थकवा/कमी ऊर्जा⁵

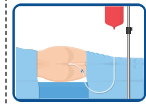


मानसिक त्रास⁵

वैद्यकीय उपचार⁶



जुलाब



एनीमा आणि
सपोसिटरीज



शस्त्रक्रिया

बद्धकोष्ठता प्रतिबंधित⁷



उच्च फायबरयुक्त
आहार घेणे



पुरेसे पाणी
पिणे



नियमित व्यायाम
करणे



प्रक्रिया केलेले अन्न
आणि कर्बोदकांचे जास्त
सेवन टाळणे



शौचालयाची योग्य
स्थिती बदलणे

उच्च फायबरयुक्त पदार्थ⁸



संपूर्ण धान्य



शेंगा



बेरी आणि सफरचंद



भाज्या



सुकामेवा

खालीलपैकी काही अनुभवल्यास वैद्यकीय मदत घ्या³



मलामध्ये रक्त



सतत पोटदुखी



प्रयत्न न करता वजन कमी होणे

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



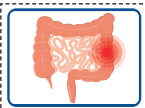
Low fluid intake²



Lack of physical activity/exercise²



Stress/anxiety²



Irritable bowel syndrome³



Medication side effects²

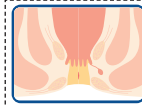
Complications of constipation



Hemorrhoids⁴



Rectal bleeding⁴



Anal fissures⁴



Lack of sleep⁵



Tiredness/Low energy⁵

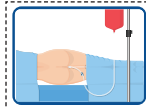


Psychological distress⁵

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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