

କୋଷ୍ଠକାଠିନ୍ୟରେ ଏହାକୁ ସାହାଯ୍ୟ କରିବାକୁ ଦିଅନ୍ତୁ

କୋଷ୍ଠକାଠିନ୍ୟ କ'ଣ?



କୋଷ୍ଠକାଠିନ୍ୟ ମଳତ୍ୟାଗ କରିବାରେ ଅସୁବିଧାକୁ ବୁଝାଏ। ଏହାକୁ ସାଧାରଣତଃ ପ୍ରତି ସପ୍ତାହରେ ତିନି ଥରରୁ କମ୍ ଝାଡ଼ା ହେବା କିମ୍ବା କଠିନ କିମ୍ବା ଚାପଯୁକ୍ତ ଝାଡ଼ା ଗତି ଅନୁଭବ କରିବା ଭାବରେ ବ୍ୟାଖ୍ୟା କରାଯାଏ।

କୋଷ୍ଠକାଠିନ୍ୟର କାରଣ



କମ୍ ଖାଦ୍ୟ ଚନ୍ଦ୍ର²



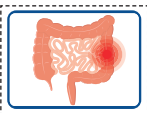
କମ୍ ତରଳ ପଦାର୍ଥ ଗ୍ରହଣ²



ଶାରୀରିକ କାର୍ଯ୍ୟକଳାପ/
ବ୍ୟାୟାମର ଅଭାବ²



ଚାପ/ଉଚ୍ଛ୍ଵାସ²



ଇରିଟେବୁଲ ବାୟେଲ
ସିଣ୍ଡ୍ରୋମ³



ଔଷଧର ପାର୍ଶ୍ଵ ପ୍ରତିକ୍ରିୟା²

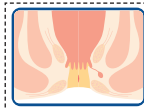
କୋଷ୍ଠକାଠିନ୍ୟର ଜଟିଳତା



ଅର୍ଶ⁴



ମଳଦ୍ଵାରରୁ ରକ୍ତସ୍ରାବ⁴



ମଳାଦେଶ ଫାଟ⁴



ନିଦ୍ରା ଅଭାବ⁵



ଲୁହ/କମ୍ ଶକ୍ତି⁵

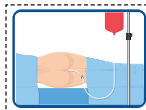


ମାନସିକ କଷ୍ଟ⁵

ଡାକ୍ତରୀ ଚିକିତ୍ସା⁶



ଲେକ୍ସେଟିଭ୍



ଏନିମା ଏବଂ
ସପୋଜିଟୋରି



ଅସ୍ତ୍ରୋପଚାର

କୋଷ୍ଠକାଠିନ୍ୟକୁ ରୋକିବା⁷



ଉଚ୍ଚ ଫାଇବରଯୁକ୍ତ
ଖାଦ୍ୟ ଖାଇବା



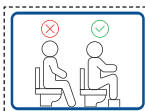
ପର୍ଯ୍ୟାପ୍ତ ପାଣି ଗ୍ରହଣ
ନିଶ୍ଚିତ କରିବା



ନିୟମିତ ବ୍ୟାୟାମ
କରିବା



ପ୍ରକ୍ରିୟାକୃତ ଖାଦ୍ୟ ଏବଂ
ଅତ୍ୟଧିକ କାର୍ବୋହାଇଡ୍ରେଟ୍‌କୁ
ଏଡ଼ାଇବା



ସଠିକ୍ ଶୌଚାଳୟ
ଛାଡ଼ି ଗ୍ରହଣ କରିବା

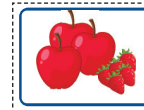
ଅଧିକ ଫାଇବରଯୁକ୍ତ ଖାଦ୍ୟ⁸



ଗୋଟା ଶସ୍ୟ



ଡାଲିଜାତୀୟ



କେରି ଏବଂ ସେଓ



ପରିପତ୍ରିକା



ନଡ଼

ଯଦି ଆପଣ ନିମ୍ନଲିଖିତ ମଧ୍ୟରୁ କୌଣସି ଅନୁଭବ କରନ୍ତି ତେବେ ଡାକ୍ତରୀ ସାହାଯ୍ୟ ନିଅନ୍ତୁ³



ମଳରେ ରକ୍ତ



ପେଟରେ ଲଗାତାର ଯନ୍ତ୍ରଣା



ବେଷ୍ଟି ନକରି ଓଜନ ହ୍ରାସ

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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



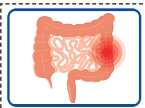
Low fluid intake²



Lack of physical activity/exercise²



Stress/anxiety²



Irritable bowel syndrome³



Medication side effects²

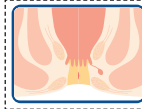
Complications of constipation



Hemorrhoids⁴



Rectal bleeding⁴



Anal fissures⁴



Lack of sleep⁵



Tiredness/Low energy⁵

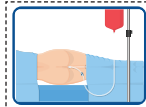


Psychological distress⁵

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/>
- <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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