



HOME REMIDIES

SANTHOSH HERBAL HEALTH CENTRE

**168, SANTHOSH COMPLEX, KENNEDY SQUARE, MEDICAL COLLEGE,
ROAD, THANJAVUR - 613 004. TAMILNADU - INDIA.**

PHONE : + 91 4362 240096

contact@santhoshherbals.com | www.santhoshherbals.com

Home Remedy for Constipation

A drink of a lemon juice or lime, or salted tomato may do the trick. Most patients recommend that this must be taken in the morning or prior to any meal. Also, to achieve a better bowel movement, the simplest home remedy for constipation is a regular intake of considerable amount of fibrous foods, to cleanse the stomach of unnecessary digestive tract materials. In the absence of fiber, herbal tea may also do the job. It works in the same process as with fiber.

Normal Bowel Movements or Not, You May Still Be Needing A Home Remedy for Constipation

Constipation is generally characterized by difficulty in bowel movement following the symptoms of becoming sluggish, bloated and uncomfortable. This is the condition for which dry and small bowel movements are released for less than thrice a week. However, there are no specific times of bowel movements to determine if a person is constipated or having regular bowel movements.

Depending on the person, normal bowel movements may be thrice a day or a week. Additionally, there are individuals who have naturally firmer stool.

Constipation is a common gastrointestinal condition felt by 2 million Americans (this figure is according to the number of patients visiting doctors for medication). Yet a larger number of sufferers no longer seek medical health and resolve in treating themselves by means of a home remedy for constipation.

To further understand how constipation occurs, it is best to know how does the larger intestine (colon) works. Water is absorbed when the food passes through the colon. This then forms the stool. Contraction on the colon muscles will move the stool, towards the rectum. Once the stool reaches the rectum, water has already been absorbed, thus drier and semi-liquid stool is produced. Firmer waste products may result for some; this is due to too much absorption of water or sluggish muscle contractions in the colon. Ultimately resulting to constipation.

Moreover, constipation is a resultant of the following factors:

- Not having enough fiber in the diet
- Lack of essential liquids
- Absence or lack of exercise
- Medications
- Laxatives
- Delaying bowel movements
- Colon, rectum and intestinal problems
- Result of specific disease

Having said that, home remedies for constipation can be better determined through resolving these symptoms.

A simple home remedy for constipation is to eat fiber-rich foods such as fruits and vegetables (i.e. kiwi, orange, papaya, cabbage, beans, asparagus) and whole grains and wheat. Primarily, fiber aids in preventing the formation of dry and hard stools.

Another home remedy for constipation is the regular drinking of eight to ten glasses of water, as most medical books suggest. This will help in adding liquids in the colon, thus bulk in stool, producing softer bowel movements. Constipation patients may add lemon juice to their drinks, or soluble fiber, this practice is generally adopted as a home remedy for constipation. Liquids that contain high content of caffeine have dehydrating effects. Constipated people must avoid consumption of drinks like coffee, alcohol and soft drinks.

In addition to these, constipation may be a result of lack in exercise. A person who has experienced accident or illness recently and cannot move from their bed normally gets constipated. This may not sound like a home remedy for constipation but exercising may act like one.

People with spastic colon or Irritable Bowel Syndrome can greatly affect the bowel movements as this condition may bring along diarrhea, gassiness, abdominal cramping, and irregular bowel movements. In this, a home remedy for constipation may employ the use of laxatives or enemas, but only for a limited duration of time. These are available in tablet, gel, liquid, gum and granule forms.

People experiencing mild cases need not use laxatives as a home remedy for constipation. This are usually unnecessary and may lead to abuse of the product. Also, this can be habit forming as the body may rely on the effects of the laxatives before bringing about regular bowel movement. Moreover, over use of this item may cause the nerve cells to damage and may obstruct the capacity to normally contract.