



Regularising Bowel Movement

Part 3

Constipation

Acute constipation is experienced due to a change in the normal routine, diet and lack of exercise. Constipation is faced by kids who go to school early as they control the urge to defecate. The continuous practice will trigger constipation. Chronic constipation becomes a big concern in older people due to the delayed colonic motility, collagen deposits in the intestines, reduced inhibitory nerve inputs, loss of elasticity in the rectal wall and degeneration of the internal sphincter. Constipation becomes a temporary problem during pregnancy due to the hormonal changes. Constipation is seen in convalescence period due to the reduced intake and lack of movements. Implementing lifestyle changes in diet along with exercise will improve the bowel habits.

Impact of Constipation

- Headache
- Nausea
- Loss of appetite
- Bloating
- Abdominal cramps
- Bad breath
- Stress
- Excessive sleep
- Lethargy
- Fatigue
- Poor work performance

Chronic Constipation Causes Disorders like

- Faecal impaction
- Haemorrhoids
- Fissure
- Rectal prolapse
- Bowel obstruction
- Damage to the intestine

Managing Constipation

Including more fibre and drinking enough water is the first line to relieve constipation. Drinking warm water helps to reduce bloating and stimulates better bowel movement. If the results are not satisfactory, mild laxative can be tried for a better effect. Stimulant laxative can be the next choice to clear the bowels. Castor oil is a common lubricant laxative used from olden days. Enemas or suppositories are used in faecal impaction to clear the faecal lumps that block the bowel movement. It is not advisable to continue with the medicines or enemas for a long period as it will create dependency, affect the colon tone and may also impair nutrition. Surgery becomes necessary in case of structural defects that block the bowel movement. If the constipation persists more than a month even after taking laxatives, please consult your physician to identify the exact cause and treat it.



Behavioural Modifications in the Kids

Behavioural modification helps kids who avoid the urge to defecate and lose the sensitivity from the rectum to defecate. Chronic constipation leads to faecal impaction causing bowel incontinence with leakage of watery stools causing soiling. Hence in that case, toilet training by making them to sit in the toilet for 5-10 minutes twice a day will benefit.

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