

Review Article

Constipation and Homoeopathic Cure

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ABSTRACT

Chronic constipation is a common problem in childhood with an estimated prevalence of 3% in the Western world. It is a debilitating condition characterized by infrequent painful defecation, faecal incontinence, and abdominal pain. It causes distress to the child and family and can result in severe emotional disturbances, and family discord. The aetiology of constipation is multi-factorial, and not well understood. Criteria for a definition of functional constipation vary widely and are mostly based on a variety of symptoms, including decreased frequency of bowel movements (BM), faecal incontinence and a change in consistency of stools.

Keywords: Constipation, homoeopathy, treatment



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INTRODUCTION

To understand constipation, it is needed to know how the colon or large intestine works. The colon of the digestive system measures approximately 1.5 meters in length. As food moves through the colon ; the colon absorbs water from the food while it forms waste products or stool. Muscles contracts in the colon, then push the stool towards the rectum. By the time stool reaches the rectum, it is solidified because most of the water has been absorbed.

- Constipation can be caused by the slow passage of digested food through any part of the intestine, mainly in colon.
- Constipation occurs when the colon absorbs too much water or if the colon's muscles contraction is slow or sluggish causing the stool to move through the colon too slowly. As a result, stools can become hard and dry.
- Bowel movements are under voluntary control. Sometimes, people ignore the urge to have a bowel movement and feel that it can be suppressed. If this happens

repeatedly, it leads to constipation.

- Fibre is important in maintaining soft, bulky stool. Food that is low in fiber can therefore cause constipation. Fibre is the part of fruits, vegetables, grains that the body cannot digest.
- Lack of physical activity is thought to be one of the reasons. That's why constipation is more common in older people. Moreover, increased physical activity is more likely to stimulate bowel motility and improve the symptoms of constipation.
- Neurological disorders like multiple sclerosis, Parkinson's disease, intestinal pseudo obstruction, stroke and spinal cord injuries.
- Some drugs or medications cause constipation as a side effect.

Diagnosis

Diagnosis of constipation generally does not require expensive tests. The patient's observation and the medical history help a primary care physician to diagnose

constipation.

Medical History :

- If defecation is painful, there may be anal problems such as a narrowed anal sphincter or an anal fissure.
- If the patient is suffering from small stools, below movements that are difficult to pass, very firm, it may be a lack of food in the diet.
- If patient is suffering from straining, It may be pelvic floor dysfunction.

Physical Examination

The doctor uses his fingers to see if there is a hardened mass in the abdomen and may perform a rectal examination. A physical examination may include rectal exam with a gloved, lubricated finger to evaluate the tone of the muscle more than closes off the anal sphincter and to evaluate tenderness, obstruction or blood.

Other diagnostic procedure include a barium enema, which reveals blockage inside the intestine; laboratory analysis of blood and stool sample for internal bleeding or other symptoms of systematic disease. Investigation a sigmoidoscopy (An examination of the rectum or sigmoid colon) and colonoscopy (An examination of the rectum and entire colon) is performed in complicated cases.

Complication

An unclear, weak and poorly functioning colon is a breeding ground for disease and sickness some of them are listed below—

1 Backaches 1 Skin problem 1 Irritability 1 Weight loss 1 Hyper tension 1 Headache 1 Chronic fatigue 1 Depression 1 Foul body odour 1 Haemorrhoids 1 Allergies 1 Halitosis.

Homoeopathic Treatment and Therapeutics of Constipation

1. Nux Vomica

Constant in-effectual urging to stool and when the stool does occur. It is incomplete and unsatisfactory, as if a part remained behind. Obstructed evacuation from in-activity of the bowels, Tenesmus without stool.

2. Opium

Obstructed evacuation, stools resemble hard, round black ball and are voided in succession.

3. Anacardium

Fruitless efforts to stool, the rectum seems to be plugged up, both blind and bleeding haemorrhoids, fissure.

4. Natrum Mur

Obstruction of inactivity of the bowels, affections of the pit of the stomach, rectum, external belly, stool hard, large, bleed easily, tearing pain, desire for salt, Melancholy.

5. Silica

Constipation where the stool comes down with great difficulty, comes a little way through the anus and then slips back before it can be voided, flatus fetid.

6. Plumbum

The stool passed with a great difficulty and consist of while round of balls, which are black, dry, hard and this is accompanying a marked spasm of the sphincter ani.

7. Alumina

Chief among remedies for constipation due to dryness of the inestinal tract stands alumina, even soft stool expelled with difficulty, no urging to stool. The stool may be hard and knotty like sheep dung or may be soft.

8. Bryonia

The large, hard, dry stool, absolutely thirstlessness of the patients. Constipation of young and old. Irritability is very important for BRYONIA patients. Inactivity of rectum.

9. Lycopodium

Like nux vomica, lycopodium has a sensation after stool as if some things remained behind. The stool are dry, hard, or the first part hard then soft. Desire for sweets.

10. Graphites

No urging for stool, the patient sometimes goes days without a stool and when it does come it is composed of little round ball, knotted together with shreds of mucus and accompanied with great pain when passing.

11. Causticum

Has constipation due to powerlessness of the rectum. So, the patients almost stand in order to enable him, to get sufficient power to pass the stool but the spasmodic condition of silica is absent. Too sympathetic patients.

12. Sulphur

Ineffectual urging for stool, with a sensation of heat and dis-comfort in rectum and there is a great uneasy feeling all through the

intestinal tract due to the abdominal congestion. The stool are hard, dark, dry, expelled with a straining. The first effort to stool is extremely painful alternate with diarrhoea, great desire for sweet.

13. **Podophyllum**

Prolaps of anus due to continued constipation. Haemorrhoids worse during stool, Constipation alternate with diarrhoea. Pain in lumber and sacral region.

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