

Review Article

Constipation and Homoeopathic Treatment

Naheed Qureshi, Manoj Nandu Kambale*, Sonal Girhepunje

Shri Bhagwan Homoeopathic Medical College and P.G. Institute, Aurangabad, Maharashtra, India-431003

ABSTRACT

Constipation is defined as infrequent passage of hard stools patient may complain of straining a sensation of incomplete evacuation and either perianal or abdominal discomfort constipation may occur in much gastrointestinal and other medical disorder. Condition of passage of very small and hard stool with pain and straining during defecation.

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Address for Correspondence:

Dr. Manoj Nandu Kambale

Shri Bhagwan Homoeopathic Medical College and P.G. Institute,
N-6, CIDCO, Aurangabad, Maharashtra, India-431001

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INTRODUCTION:

Constipation is defined as infrequent passage of hard stools patient may complain of straining a sensation of incomplete evacuation and either perianal or abdominal discomfort constipation may occur in many gastrointestinal and other medical disorder.

Condition of passage of very small and hard stool with pain and straining during defecation.

Etiology:

Faulty diet
 Faulty habit training
 Inhibition to visiting
 Lavatory conditioned by
 Uncomfortable seat
 Cold and dark
 Insanitary arrangements
 Unpleasant odour if water closet not available
 Lack of privacy
 Doors which do not shut
 Lack of sufficient time-
 Due to getting up late
 with
 Resultant hurry to school
 Mental conditions-
 Lack of appreciation of
 loaded
 Rectum cretinism
 Psychogenic disturbances

Clinical Features

General
 Organic symptoms negligible

Furred tongue
 Foul breath
 Irritability
 Tiredness
 Psychological symptoms
 Bowel fixation complex may be foster by
 anxious parents
 Local

Pain during defecation
 Fissure in ano
 Rectal bleeding

Complications

Hemorrhoids
 Anal fissures
 Rectal prolapsed
 Diverticular disease
 Chronic back pain
 Hernia
 Urinary tract infection

Investigation

Abdominal ultrasound
 Plain abdominal radiography
 Transit studies
 Blood tests (thyroid function tests)
 Gastrointestinal endoscopy
 Anorectal manometry
 Rectal biopsy

Homoeopathic treatment

Nuxvomica

Nuxvomica has peculiar and characterstic indication for constipation constipation with frequent ineffectual urging incomplete and

unsatisfactory feeling as if a part remained unexpelled. Constriction of the rectum irregular peristaltic action hence frequent ineffectual desire or passing but small quantities at each attempt absence of all desire for defecation is a contraindication, alternate constipation and diarrhea.

Opium

Obstinate constipation no desire to go to stool round, hard, black balls, feces protrude and recede, spasmodic retention of feces in small intestines.

Stool involuntary, black, offensive, frothy, violent pains in the rectum as if passed asunder.

Plumbum metallicum

Stubborn constipation or colic of infants. stools granular hard black balls like sheep dung. passed with urging cramps in anus. anus feels drawn up or painfully contracted

Bryonia alba

Stools hard, dry, as if burnt seem too large stools brown thick, bloody worse in the morning from moving in hot weather after being heated from cold drinks every spell of hot weather.

Hydrastis Canadensis

Prolapsed anus fissured constipation with a sinking feeling in the stomach. During stool smarting pain in the rectum after stool long lasting pain.

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