

Review Article

Homoeopathic Management of Constipation

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ABSTRACT

Constipation is a topic on which people have always been hesitant to talk about. It is considered a taboo to talk about the bowel problem in public. It's frequent health problem leading to great discomfort to the person and affects his or her quality of life. Constipation becomes a regular problem in every household especially in paediatric age group. Most of the people consider constipation is decrease in frequency of bowel movement. In children mostly the constipation is functional or habitual because bowel movements are varying along with age. This contribution aims to provide a simple and pragmatic approach based on general introduction, causes, classification. Homoeopathy has an answer for constipation many constitutional remedies indicated. Every patient is unique and deserves a treatment plan tailored to suit their individual needs. this article describes the effectiveness and regulation of homoeopathic medicines.

Keywords: Constipation, Homoeopathy, Alumina, Nux vomica, Silicea, Bryonia alba



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Conflict of Interest: None Declared!

(Received 10 December 2021; Accepted 25 December 2021; Published 1 January 2022) ISSN: 2347-8136 ©2022 JMPI

INTRODUCTION

In children and infants about 95% of constipation due to non-organic or functional reasons and most of the children suffers for constipation without any identifiable underlying medicinal cause so this type of constipation generally resolves with change in diet, behavior, sometimes with medicines. Constipation is a topic on which people have always been hesitant to talk about. It is considered a taboo to talk about the bowel problem in public. It's frequent health problem leading to great discomfort to the children and affects his or her quality of life.

Definition:

Constipation is infrequent irregular bowel movements with hard, large, lumpy, difficult painful bowel movement with feeling of incomplete evacuation. Because of wide range of normal bowel habits constipation difficult to define precisely. The normal bowel movements in infants and children

depend on their age and what they eat.

Causes:

Non organic causes:

- Improper diet
- Voluntary with holding
- May be similar family history
- Fear due to painful defecation
- Lack of exercise
- Undiluted cow's milk
- Result of vomiting
- Dentition
- Insufficient liquid intake etc.

Organic causes:

- Metabolic causes
- Intestinal causes
- Neuromuscular causes
- Congenital causes
- Endocrine causes
- Medicinal causes

Classification:

Constipation may be of 2 types-

1. Acute constipation
2. Chronic constipation

1. Acute constipation:

This term refers to temporary or short termed constipation it is usually a reaction to particular cause or isolated incident. There is no underlying medicinal cause.

2. Chronic constipation:

This term refers to a long term effective in activity of colon which has some underlying pathological causes.

Pathophysiology:

Constipation generally results from inadequate fiber or fluid intake or from disordered colonic transit or anorectal function. These results from neurogastroenterologic disturbances certain drugs, advancing age or in association with a large number of systemic diseases that affect the gastrointestinal tract. Constipation of recent onset may be a symptom of significant organic disease such as tumor or stricture. In idiopathic constipation a subset of patients exhibits delayed emptying of the ascending and transverse colon with prolongation of transit (often in the proximal colon) and a reduced frequency of propulsive colonic contractions (HAPC'S) outlet obstruction to defecation (also called as evacuation disorder) may cause delayed colonic transit which is usually corrected by biofeedback retraining of the disordered defecation.

Constipation of any cause may be exacerbated by chronic illnesses that lead to physical or mental impairment and result in inactivity or physical immobility.

Symptoms:

The symptoms of nocturnal enuresis depend upon the case, patient & the underlying cause, the common symptoms are:

1. Bloating of abdomen.
2. Feeling uncomfortable and sluggish.
3. Loss of appetite.
4. Crossing legs.
5. Stomach pain.
6. Difficult to defecate.
7. Not eating much despite being hungry.
8. Clenching buttocks.
9. Soiling under clothes.
10. Rocking.
11. Red face.
12. Fecal incontinence.

Differential diagnosis:

Constipation

Fecal impaction

Investigations:

1. Physical examination.
2. Digital rectal examination.
3. Barium enema X-ray if needed.

Homoeopathic management of constipation:

Alumina:

It produces irritation of mucus membrane with dryness with extreme secretion and paralysis of involuntary muscles as those of rectum and of the nerves muscular system generally. Soft stool passes with great difficulty, children's liable to this kind of constipation, rectum feels sore and painful after passing stool. No desire for and no ability to pass stool, until there is no large accumulation.

Nux vomica:

It has peculiar characteristic indication for constipation and when prescribed on these indications, it will cure every time. Constipation with frequent ineffectual, urging, incomplete and unsatisfactory, feeling as if part is remained unexpelled. Absence of all desire for defecation is a contraindication. Stool small, slimy, bloody with urging, ceases after stool; mucous or watery, from indigestion or cold; like pitch with blood, tearing in anus.

Silicea:

Stool scanty or composed of hard lumps, light colored; expulsion difficult, as from inactivity of rectum, shy stool; when partly expelled it slips back again. Consequently, the stool has to be removed mechanically. Constipation always occurs before, during and after menses.

Bryonia Alba:

It causes dryness of mucus membranes of colon; it produces a very bad type of constipation. No inclination or desire for stool. Stool is dry hard knotty, as if burnt. Headache due to constipation with dry tongue and thirst for large quantity of cold-water at large intervals.

Ratanhia:

Hard stool with much straining; there is a pain after stools if splinters of glass were sticking in anus and rectum. Burning for hours after each stool is characteristic symptom and is only relieved by the

application of hot water. bowels are inactive.

Ambra Grisea:

There is a frequent ineffectual desire for stool which makes the patient anxious. The presence of others even the nurse is unbearable during stool. Constipation and tardy stool. Irregular intermittent stool often only every 2 days. Flowing of blood with the stool. Itching and tingling in the anus and in the rectum. Itching, smarting and stinging at the anus.

Sanicula:

Stool large heavy and painful pain in whole perineum. No desire until large accumulation. After great strain only partial expelled; recedes, crumbles at verge of anus. Very offensive odor excoriation of skin about anus, perineum and genitals. Stool hard, impossible to evacuate of grayish-white balls, burnt lime.

Natrum Muraticum:

Sensation of contraction of anus; torn bleeding, smarting afterword; stool dry, hard, difficult, crumbling; stitches in rectum; involuntary, knows not whether flatus or faeces escape.

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