

Review Article

Homoeopathic Medicines in Management of Constipation in Geriatric Age Group

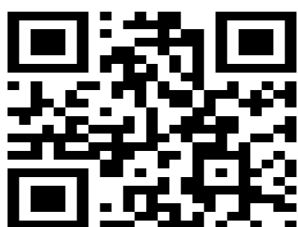
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ABSTRACT

Constipation may be a frequently stated bowel symptom within the geriatric age with significant influence on life value and fitness expenses. Ailment- related morbidity and mortality are stated within the weak old people influenced. Though constipation isn't a physiologic result of getting old, less mobility, medicines, ailments, and rectal sensory-motor dysfunction are causing to its more prevalence in geriatric age.

Keywords: Similimum, remedy, geriatric constipation and homoeopathy



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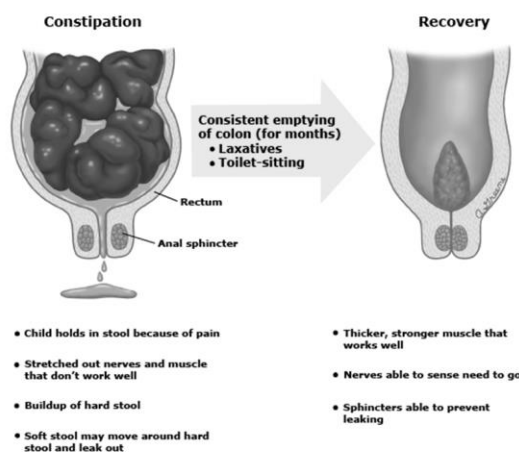
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INTRODUCTION

In Homoeopathy we do case taking, give appropriate similimum and counsel about diet and regimen thus we work three dimensionally and relieve the stress in geriatric age group and help them in preventing the complications due to constipation.

The complaint of constipation is increasing rapidly in developing countries. Unnatural food prepared without rinds and fibers, ignoring calls of nature, lack of rest necessary for body, and mental tension etc. are elements mainly responsible for occurrence of constipation with the growth of civilization all these elements continue to be inseparable part of modern society.

Homoeopathy has numerous medicines to treat constipation in elderly; numerous because Homoeopathy treats symptoms based on individuality of the patient, along with treating constipation it also aims on strengthening the constitution in order to prevent further recurrences and consequences when maintained with proper life style.



Symptoms may include

- Difficult and painful bowel movements
- Bowel movements less than three times a week
- Feeling sluggish
- Feeling bloated or uncomfortable
- Pain in abdomen
- Constipation symptoms may resemble other medical conditions or problems.
- Straining is the main symptom in the old age.
- It happens in up to 65% of community-based individuals older than 65 years of age,

and hard stools are described in about 40% of these individuals.

Stool occurrence and uniformity, along with symptoms (ie, straining), are used to check constipation.

Physical examination

A physical examination includes a digital rectal examination (DRE), in that the physician introduces a lubricated and gloved finger into the rectum to assess the tone of the muscle that closes off the anus.

This also helps examine tenderness, blood, obstruction, amount and caliber of stool, and if enlargement of the rectum is there.

General measures

Modifications in diet

20 to 35 grams of fiber daily in your diet causes the formation of soft, bulky stool. Foods such as beans, whole grains, bran cereals, fresh fruits and vegetables are helpful as they are high in fibre content. Taking foods such as ice cream, cheeses, meats, and processed foods, which contain little or no fiber should be limited.

Laxatives

Laxatives are prescribed when diet and lifestyle modifications are not effective. Excluding or altering medication

Biofeedback

Biofeedback is used for chronic constipation caused by anorectal dysfunction. It will retrain the muscles that control release of bowel movements.

Lifestyle changes, as increased intake of water and juice, exercise on daily basis, and attending a call for daily bowel movements can be helpful.

What are good fiber sources?

Homoeopathic management

Aloes Socotrina: Lymphatic & hypochondriac patient. Bleeding sore & hot, senses of insecurity in rectum while passing flatus whether gas or stool will come out. Stool passes without effort Jot of mucus with pain in rectum after stool. Piles like grapes, burning in anus & rectum.

Nitric acid: Junction between skin and mucus membrane, great straining for stool but little passes at a time. Rectum feels torn, bowels constipated. Piles bleed easily after

stools irritated & exhausted.

Muriatic acid: Haemorrhoids most sensitive to all touch anal itching while urinating. haemorrhoids during pregnancy, bluish hot with violent stitches.

Lycopodium: Lymphatic constitution. Patient craves everything warm, stool hard ineffectual urging, difficult, small incomplete haemorrhoids very painful to touch.

Nux vomica

No other remedy is prescribed often but Nux vomica for constipation. Nux vomica has prominent symptoms for constipation, and when recommended on these symptoms it will cure always. Nothing is surer than this.

But medicine is usually prescribed when these indications aren't present, and sometimes does much good; during this class of cases there'll almost invariably be present clinical indications of the drug, which is, its value in neutralizing effects of purgatives.

In many cases of chronic constipation calling for this remedy, it'll be noticed that expected results aren't obtained and cannot be obtained and will not be obtained until medicine has been given to antidote the consequences of drastic medicines.

Then the case is often prescribed for, the indications followed, and success result.

Sulphur [Sulph]

Nux and sulphur follow and complement each other, but we get the best results if one drug given when indicated. There is a weak urging to stool, with burning and rectal discomfort, and there is abdominal superfluity or passive portal congestion causing uncomfortable sensation. There is recurrent bad condition, in association with hemorrhoids. Hard, dark, dry, painful stools requiring much force to expel. Twitching and anal burning, with unsatisfactory evacuation, like Nux. Constipation alternates with diarrhoea. The general venous system is faulty in true Sulphur cases, and exercise and cold, always aids the Sulphur patient. Sulphur needs to be given high and continued for any length of time.

Opium [Op]

In opium complete intestinal inaction

present, peristaltic movements are paralysed. No desire, completely no desire to stool, and so the stool gets stuck in the bowels; and if comes out will be in form of little, hard, dry, black balls. Bryonia has no desire to defecate at all, but here the lack of desire is relatively due to dryness of the mucous membrane than to intestinal inactivity; with Opium there is a insensitivity throughout the intestinal tract, and subsequently the constipation is not apt to inconvenience the patient, hence it is prone to go on worsening till we get aware about to it. The flatus is accumulating in the upper part of the intestines. This medicine come in action when stool is to be removed mechanically. In Opium secretions are decreased, so that dryness, intestinal inactivity are the causations of constipation of aged people; the patient is tired and giddy.

Plumbum [Plumb]

Plumbum has extensive intestinal action. Lead colic is significance of the drug. Prominent retraction of abdominal walls with colic while having urge for stool. Black, dry and hard round ball like stools, and there is associated with, a obvious spasm of the sphincter ani causing pain. The anus feels as if drawn upward. Loss of muscular activity and decreased intestinal secretion.

Alumina [Alum]

Alumina is given for dryness of GI tract resulting in constipation. Decreased peristalsis along with complete rectal inertia causing difficult defecation even for soft stool. No desire for stool at all. Hard knotty stool like sheep dung. Rectal inactivity differentiates Alumina from Bryonia. Irritated tongue with dry mouth. Great efforts to be applied and expulsion of small stool. If the characteristics of Alumina are prominent in a given case, they may be due to the use of aluminum utensils in kitchen.

Bryonia [Bry]

Bryonia is indicated for large-hard-dry-stool-as-if-burnt off. There is dryness and no desire. Like alumina, there is complete rectal inactivity causing a soft stool is to pass with difficulty. In Bryonia there is an atony of the intestines. Bryonia cures constipation where muscular action and secretions of intestine

are decreased. It works well in persons with rheumatism and in summer along with irritability. Useful in cases of obstinate constipation.

Natrum muriaticum [Nat-m]

Muriates have crumbly stools, Natrum muriaticum -There is a hard and crumbly stool with the rectal dryness, hard stool along with bleeding, burning and soreness. There is weak yearning for defecation, with rectal stitches. Obstinate constipation. Indicated in patients having pimples.

Magnesia muriatica has typical a constipation. The stools are in form of hard lumps come out with much difficulty, and it crumble as it come out.

Ammonium muriaticum also has hard and crumbly stools, covered with mucus.

Lycopodium [Lyc]

Lycopodium has a feeling post defecation as if not finished yet. Constipation, due to rectal constriction, indicated in this drug. The stools are like prior part hard, the later soft. A great deal of rumbling in the abdomen following the stool is an additional indication. Having weak desire to stool. The mental symptoms here, too, are of the extreme significance; the depression, the gloomy and the anxiety are typical.

Graphites [Graph]

Graphites is indicated when no desire at all for stool. There will be no stool for a period, and if it comes it is in form of round balls, tangled with mucus and painful to expel, Excessive anal soreness. Anal pain post defecation is in Graphites, the mucus-coated stool, the extreme anal soreness, will call for the remedy. Graphites is for obese females who avoid nature's call.

Platina [Plat]

There is inactivity of the entire intestinal tract, ineffective desire to defecate and increased rectal dryness. The stools stick to the rectum. Rectum is loaded with stool with weakness of abdomen. Constipation of emigrants and travelers, needs platina. It is a drug for the constipation due to alteration in fashion of living and lead poisoning. There is regular desire, less, stool and piercing

stitches in the rectum.

Silicea [Sil]

Inefficient force of expulsion from rectum and a contracted anal sphincter produces constipation, Silicea is indicated.

Causticum has constipation due to rectal inability, causes patient to stand to get enough power to expel the stool. There is desire to stool and a sensation as if not finished yet.

Veratrum album [Verat]

This remedy is indicated in the treatment of constipation. There is complete atony of the intestines. The stool collect in large masses causes patient to sweat; but finally, the stool has to be removed by artificial means. Large, hard and black stools causing faintness after the stool. There is disposition to stool in the upper part of the intestinal canal and an indisposition to stool in the lower part in Veratrum. Phosphorus indicated for constipation of long slender stools voided with much straining.

Constipation in Old Age Rubrics from Synthesis Repertory

RECTUM - CONSTIPATION - old people

aloe alum. alumn. ambr. *Ant-c.* arn. *Bar-c.* Bry. *Calc-p.* Con. hydr. hyos. *Lach.* lyc. Nux-

v. *Op.* Phos. *Phyt.* rhus-t. ruta *Sel.* Sulph.

RECTUM - DIARRHEA - alternating with - constipation - old people; in

alum. **ANT-C.** bry. cycl. nux-v. op. *Phos.*

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