

Constipation

A condition which is associated with difficulty in emptying the bowel usually associated with hardened feces.

Cause:

Congenital
Insufficient dietary fiber intake
Inadequate fluid intake
Decreased physical activity
Side effects of medications (opioids, diuretic, anti-convulsants, ant-acids)
Hypothyroidism
Colo-rectal cancer
Hypercalcemia
Diabetes mellitus
Cystic fibrosis
Anal fissures
Parkinson's disease
Anorexia nervosa

Symptoms:

Difficulty in passing stool
Hard stool
Obstipation (failure to pass stool or gas)

Diagnosis:

Rectal examination
Colonoscopy
x-ray

General treatment:

Intake of water and dietary fibers.

Homeopathic treatment:

Alumina: (chronic of bryonia)

Constipation due to dryness of intestinal tract and non-peristaltic action of intestine. Much straining for passing stool, even soft stool is expelled with great difficulty. There is no urging for stool. This remedy is very useful in constipation of small children. Rectum feels sore and painful after passing stool. Diarrhea while urination.

Opium:

Painlessness with almost all complaints.

Constipation caused by lead poisoning. Stool is hard, dry, black like balls. No desire to go to stool. Symptoms caused by fright, anger, fear, lead, alcohol and inhaling gases.

Plumbum: (head remedy for chronic constipation)

Violent colic with sensation as if abdominal wall is drawn by a string to the spine. Constipation; hard, lumpy, black stools, like sheep dung with urging and terrible pain from spasm of anus. No matter how much the patient strains, he cannot expel the stool. Excessive pain in abdomen radiating to all parts of body. Rumbling and flatulence in abdomen. Symptoms caused by sexual excess and lead poisoning. Aggravation from motion and amelioration by hard pressure.

Natrum-mur:

Great emaciation (proceed from upward to downward, not marked in neck), losing flesh while eating well. Throat and neck of children emaciates rapidly during summer complaints. Patient sweats while eating. Mapped tongue. Great desire to eat and salty things. Sensation as if stool would pass while passing flatus. Stool is hard to expel and cause bleeding and soreness in rectum.

Hydrastis:

Empty, faint feeling in stomach with loathing of food and obstinate constipation with no desire for stool. It is very useful remedy for a suspicious lump in the region of stomach. Weight in stomach after eating. Slow digestion. Constipation after abuse of purgatives.

Podophyllum:

Periodic diarrhea alternate with constipation, clay colored stool. All body discharges are offensive. Great desire for cold drinks but aversion to food and smell of food. Diarrhea of infant alternate with constipation. Difficult dentition with colicky pain.

Nux-vomica: (in constipation higher dilutions should be prescribed and should not be repeated too often)

People who are thin, nervous and extremely susceptible to external impressions. They are dark haired, debauched and lead a sedentary lifestyle.

Symptoms are caused by overeating, lack of physical activity, excessive use of stimulants (coffee, tea, and alcohol), sexual excess and stress and strain of modern life.

Patient has hunger with aversion to food due to indigestion.

Constipation with frequent, ineffectual urging, incomplete and unsatisfactory; feeling as if some stool remain unexpelled. Patient can only expel small quantity of stool every time. Alternate diarrhea and constipation after abuse of purgatives.

Lycopodium:

Aggravation from 4-8pm.

Patient looks older than he is. Children look older and prematurely old.

Canine hunger but only a few mouthfuls make a person feel full up to the throat. Eating increases the hunger. Aggravation after eating. Excessive accumulation of gases rumbling in the abdomen especially in lower abdomen (carbo veg: gas is accumulated in upper part of abdomen, china: gas accumulates in entire abdomen). Fullness not relieved by belching or flatus.

Constipation due to constriction of rectum. Stools are dry and hard or the first part hard and the last part is soft. Constipation when away from home with ineffectual urging. Constipation in infants.

Aloe:

Old sufferers who goes many days without passing the stool but feel every little while (or several times a day) that they must go to pass the stool and then only a little flatus is passed. Complete loss of sensation in anus; solid stool passes unconsciously.

Silica marina:

Constipation for patients of all ages. Constipation always before and during menses.

Sulphur:

Personality: adapted to lean thin patients, with stooped shoulders; they walk and sit stooped.

The persons who are dirty, filthy and prone to skin affections, aversion to being washed. Active and quick tempered.

Standing is the most uncomfortable position.

Weak, empty gone feeling and pain in stomach at about 11 am. Symptoms are caused by suppression of skin eruptions. Severe burning especially in soles and palms at night, wants to cool them so put them out of bed.

Stool is large, painful. Patient is afraid to pass the stool on account of pain. Constipation alternate with diarrhea.

Sepia:

Constipation in women suffering from severe bearing down pelvic pain extending to the rectum with an ineffectual urge to pass the stool. Constipation during pregnancy. Sensation of weight and ball in the pelvic region pressing on the rectum, not relieved by passing off the stool.

It is adapted to tall, slim persons with lax fibres and muscles, having yellow cachectic face. Women puffy and flabby with dark hair; yellowness of skin and conjunctiva.

Causticum:

Children who are slow to learn and walk.

Patient is able to pass the stool only while standing. Involuntary urination while coughing, sneezing, laughing and blowing the nose. Aggravation in open air and fine weather and amelioration in damp weather. Rawness, soreness and burning are main features.

Platina:

Female of dark hair, dark complexion, having rigid muscular fibres, who suffer from too early and too profuse menses. Superiority complex. Hysterical patient; one moment excessively happy and other moment sad and gloomy.

Unnatural increase in sexual desire. Masturbation before puberty.

Constipation while travelling, frequent, unsuccessful urging; stool adhere to rectum anus like soft clay. Protrusion of hemorrhoids during stool, with burning pain in rectum during stool.

Crohn's disease

It is a type of IBD (inflammatory bowel disease).

It is a chronic inflammatory disease of the intestine especially colon and ileum associated with ulcers and fistula and characterized by severe diarrhea with blood and abdominal pain.

Cause:

Genetic	smoking
Contraceptives	stress
High intake of proteins	

s/s:

Abdominal pain (lower right region)
Diarrhea 20 times in a day (may awake in night to defecate).
Diarrhea; if ileitis (large volume of watery feces), if colitis (smaller volume of feces but high frequency).
Bright or dark red blood in feces
Flatulence
Fistula or abscess around anal region
Dysphagia
Loss of appetite
Poor growth in children.

Diagnosis:

Colonoscopy	Endoscopy
Gastroscopy	C.T scan
CBC (may reveal anemia)	

General treatment:

ORS
Nutritious diet
Low fibrous diet
Excessive intake of water
Cessation of smoking

Homeopathic treatment:

Medicines discussed in diarrhea and dysentery, can be used according to symptoms.

Diarrhea

A condition of having at least three loose or liquid bowel movements or watery stool each day. It often lasts for a few days and can lead to weakness and dehydration due imbalance of minerals and loss of water.

Cause:

Open defecation
Lack of clean water
Malnutrition (zinc and vit.A deficiency)
G.I.T disorders
Infection of intestine
IBS

Lactose intolerance

S/S:

Increase bowel movement

Dehydration

Rapid heartbeat and then slow pulse

Decreased urination

Loss of skin color

Weakness

Low blood pressure

Diagnosis:

Gastroscopy

Colonoscopy

General treatment:

ORS

Rehydration

Nutritious diet

Rest.

Homeopathic treatment:

Nux-vomica:

People who are thin, nervous and extremely susceptible to external impressions. They are dark haired, debauched and lead a sedentary lifestyle. Extremely chilly patient, sensitive to cold air.

Symptoms are caused by overeating, lack of physical activity, excessive use of stimulants (coffee, tea, and alcohol), sexual excess and stress and strain of modern life.

Patient has hunger with aversion to food due to indigestion. Alternate diarrhea and constipation after abuse of purgatives or laxatives throughout their lives. Watery and offensive stool, passes little quantity at a time with temporary satisfaction. Marked relief in pain and tenesmus for a short time after stool. The stool frequently consist of mucus and blood.

Aloe:

Complete loss of sensation in anus; solid stool passes unconsciously. Early morning diarrhea, patient has to run to toilet immediately after eating or drinking. Jelly like mucus in stool. Stool is of yellowish color, watery and painful. Abdomen is distended with gas. Flatus is very offensive, burning and copious. Diarrhea alternates with headache and accompanied with great weakness. In case of dysentery low potencies are more useful.

Sulphur:

Personality: adapted to lean thin patients, with stooped shoulders; they walk and sit stooped.

The persons who are dirty, filthy and prone to skin affections, aversion to being washed. Active and quick tempered.

Standing is the most uncomfortable position.

Weak, empty gone feeling and pain in stomach at about 11 am. Symptoms are caused by suppression of skin eruptions. Severe burning especially in soles and palms at night, wants to cool them so put them out of bed.

Diarrhea caused by suppression of skin diseases and alcoholism. Involuntary and painless diarrhea, stool contains undigested particles of food; is whitish, greenish, very offensive and acrid.

Diarrhea in morning at about 5-6 am when it awakens the patient, driving him out of bed in great haste. Children may contain undigested food in stool.

Diarrhea alternate with constipation.

Hyoscyamus:

Involuntary stool while urination. Painless evacuation.

Veratrum album:

Suited to children and old people who are habitually cold and deficient in vital reactions. Young people and women who are nervous, anguine temperament and are anemic.

Thirst for large quantities of cold water. Cold perspiration on forehead with all complaints.

Profuse watery, greenish diarrhea like chopped spinach. Sometimes bloody diarrhea and often associated with sharp, cutting pains in abdomen and cramps in limbs. Great weakness with every effort to pass the stool with copious frothy vomiting. Diarrhea after fright and with coldness.

Blueness of the body generally.

Phytolacca:

Diarrhea during dentition with irresistible desire to bite gums and teeth.

Arg-nit:

Great apprehension before any exciting work or any engagement, breaks into profuse sweat and diarrhea sets in.

Complaints appear gradually and cease gradually.

Fear of tall buildings, cannot look up, feel as if they would fall on him, cannot look down from heights. Craving for sweets which aggravates the symptoms and may cause diarrhea.

Nervous diarrhea: diarrhea by mental emotions, nervousness, apprehension when getting ready to go to any work, before appearing in an examination or before facing public and the stool is watery, offensive with great urge. After diarrhea the patient is perfectly well and accomplish the assignment quite satisfactorily.

Diarrhea due to G.I.T disorder: caused due to sugar, candy, sweets, milk, salt, mental exertion.

Stool is watery, may be bloody, slimy, green or turn to green when left on a diaper, like chopped spinach, with much noisy flatus.

Nux-moschata:

Diarrhea during pregnancy.

Thuja: (should be given at bed time like nux-vomica)

Sensation as if something above in abdomen, as if limbs were made of glass and would break.

Bad effects of vaccination, after taking tea, coffee and fatty foods. Chronic diarrhea worse after

breakfast, forcefully expelled with a gurgling sound as if pouring of water from an air-tight vessel. Anal fissures, painful to touch with warts. Aggravation from 3 am to 3pm.

Syphilinum:

Diarrhea always relieved by going to mountains.

Psorinum:

Chronic diarrhea early in the morning; urgent desire

Diarrhea smelling like rotten egg, horribly offensive. Eructation also tasting like rotten egg.

Patient is sensitive to cold air, wears a fur cap even in hot weather. Profuse perspiration with relief of sufferings. Persons who are nervous, restless and sleepless from intolerable itching or frightful dreams of robbers and danger.

Podophyllum:

Diarrhea is characterized by profuse, putrid, painless, polychromatic, prostration and prolapse of rectum. Periodic diarrhea alternating with constipation. All body discharges are offensive.

It is adapted to persons who suffer from GIT derangement or to children who suffer from diarrhea during dentition in hot weather. Headache alternates with diarrhea. Stools are always offensive.

Phosphorus:

Tall, slender persons with narrow chest, who are good and beautiful to look at, having a fair, thin and transparent skin, delicate eye lashes, brownish red hair. Indicated in young people who grow too rapidly and are inclined to stoop.

Old people suffering from morning diarrhea. Sensation as if anus remained wide opened and the stool is profuse. Involuntary stool, stool contains white particles like rice. Derangements of liver, fatty degeneration of liver; with malignant jaundice accompanied by nausea and vomiting.

Patient has desire for cold water, but it is thrown up as soon as it gets warm in stomach. Intense burning is the indicating of thi medicine.

Nat-sulph:

Chronic diarrhea with tuberculosis of intestine in a sycotic constitution. Diarrhea due to working in damp basement and due to wet weather. Morning diarrhea. Patient feels happy and cheerful after passing stool. Much flatus, involuntary stool after passing flatus. Patient cannot bear tight clothing around waist. Soreness of liver to touch, with sharp, stitching pains, patient cannot digest starchy food.