



**TITLE: HOLISTIC APPROACH TO RELIEF CONSTIPATION
THROUGH HOMOEOPATHY**

❖ **ABOUT AUTHOR:**

Dr. Mittal J. Patel (B.H.M.S)
Associate professor,
H.O.D. Department of Hom. Materia Medica,
Smt. A.J. Savla Homoeopathic Medical
College & R. I., Mehsana - 384001, Gujarat.
Email : mittal.patel428@gmail.com



❖ **ABSTRACT:** Constipation is the commonest symptom among many individuals nowadays. It caused by many factors and seen in many persons with different underlying disease conditions. Homoeopathy is a system which not only relieve sufferings but cure its underlying phenomenon and give sense of well being with improvement of quality of life of individual. Constipation due to different medical conditions can be relieved with successful Homoeopathic prescriptions.

❖ **KEY-WORDS:** Homoeopathy; Constipation Constipation is defined as infrequent passage of hard stools. Patients may also complain of straining, a sensation of incomplete evacuation and either perianal or abdominal discomfort. At any age, constipation is a typical symptom. 43(1%) out of 4500 adults from the Indian population who participated in the survey reported having less than three stools each week.

❖ **CAUSES:**

(1) Acute:

- Intestinal Obstruction: Volvulus, Hernia, Intussusception, etc.



- Acute Abdomen: Coli, Salpingitis, Appendicitis, Perforation, etc.
- General: Septicaemia.

(2) Chronic:

- Adynamic Bowel: Myopathies, Myotonia, Scleroderma
- Metabolic: Lead poisoning, Hypothyroidism, Hypercalcemia, Hypokalemia
- Painful Anal conditions: Fissures, Piles, etc.
- Faulty habits: Insufficient dietary habits, Prolonged travel, Laxative abuse, etc.
- Drugs: Opium group, Tricyclic antidepressants, Atropine group, etc.

❖ **CLINICAL FEATURES:**

A thorough medical history and physical examination typically provide sufficient hints about the nature and likely mechanism of constipation. Clinical features are present according to the underlying diseases if present any.

Common symptoms:

- Decreased frequency of stool
- Excessive straining to open bowels
- Hard stools
- Feeling of incomplete evacuation.

❖ **DIAGNOSIS:**

- In most patients with mild constipation, tests aren't usually necessary. However, in patients with severe or refractory constipation, more tests may be needed to figure out the cause.
- Basic blood tests to exclude hypothyroidism, diabetes mellitus and hypercalcemia.
- Plain abdomen X-ray is frequently helpful, especially if the patient is unable to provide a trustworthy history (dementia, psychiatric disorder, childbirth) because most cases are discovered by history and physical examination.

- To find out if someone is sick, you should look for signs of illness in general, as well as specific problems with their health, like neurological disorders.
- The perineal & rectal inspections are important because they can sometimes reveal abnormalities of the pelvic floor (abnormal descent, impaired sensation), anal canal or rectum (masses, faecal impaction, prolapse).

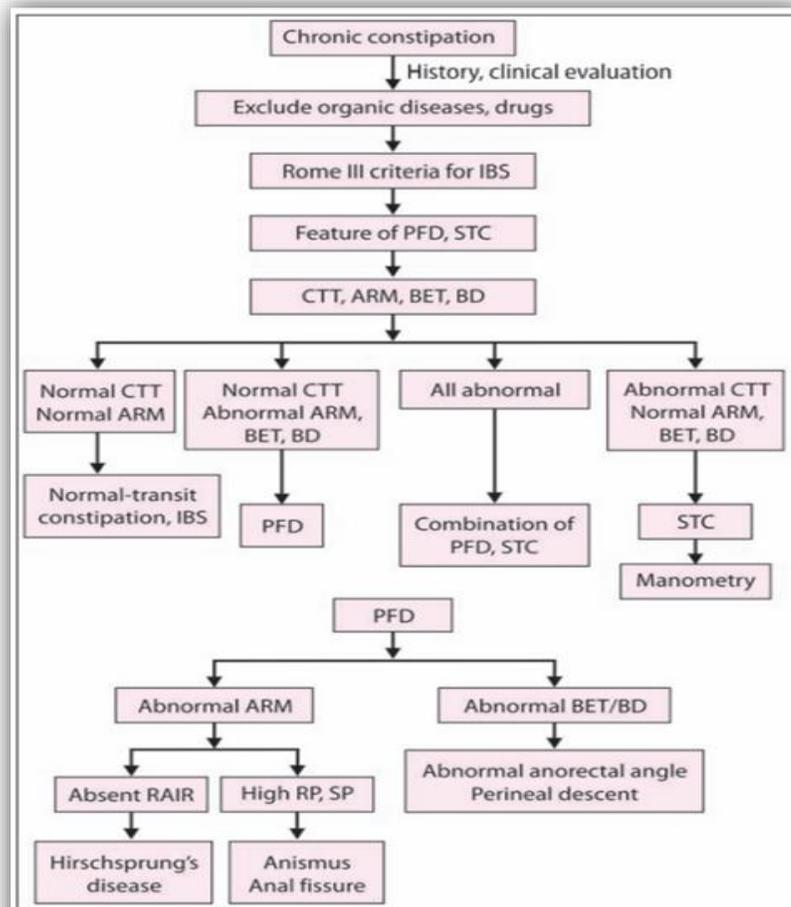


Figure 2: Flow chart showing a protocol for work-up for patients with refractory constipation.

IBS = Irritable bowel syndrome; PFD = Pelvic floor disorder; STC = Slow-transit constipation; CTT = Colonic transit time; ARM = Anorectal manometry; BET = Balloon expulsion test; BD = Barium defaecography; RAIR = Rectoanal inhibitory reflex; RP = Resting pressure of anal sphincter; SP = Squeeze pressure.



❖ **GENERAL MANAGEMENT:**

- Constipation is a common symptom and an underlying condition should be looked for.
- Most of patients are respond well to increased fluid intake, exercise, dietary fibre supplementation and judicious use of laxatives.
- Fiber intake should be at least 20 g/day. You may need to supplement with high-fiber foods or high-fiber medications. Helps to actively induce bowel movements. Existing treatments may need to be modified. For example, if a patient is taking an opioid for pain, the drug may need to be stopped.

❖ **HOMOEOPATHIC MANAGEMENT:**

- 1) ALUMINA: Torpor of rectum. Absence of desire and no inability to pass stool till large accumulation occurs. Inactivity of the rectum, even a soft stool requires great straining. Stools difficult and hard, like putty, sticking to the anus, with discharge of blood from rectum. Urine always voided while straining at stool. Long-lasting pains in rectum after each stool; dry mouth & irritated-looking tongue; want of peristaltic motion, occasioning great pressure to discharge the faeces in the nursing children & aged.
- 2) NUX VOMICA: Frequent ineffectual desire for stool, the action of the intestines being irregular and spasmodic, the constipation resulting from this irregularity of action and not from inaction ; stool black, hard, often streaked with blood ; obstructed portal circulation ; frequent ineffectual urging; haemorrhoids; alternate constipation and diarrhoea; relief after stool; frequent scanty urination.
- 3) OPIUM: Suspension of secretion from the mucous surface of the digestive canal, thus dry mouth and fauces; constipation from inactivity of the rectum, but there is a want of sensibility in the abdominal condition, and hardly any inconvenience is felt from the accumulation of faeces ; constipation of good-humored corpulent women and children; constipation from lead-poisoning; stool in hard, round, black balls, from spasmodic retention in small intestines ; beating and sensation of heaviness in abdomen ; rush of blood to the head ; headache ; sleepiness



- 4) BRYONIA ALBA: Especially during hot weather; no desire for stool; little appetite ; distress in stomach after eating ; flatulence ; more or less pains in bowels ; weakness and pain in back, worse from exercise ; stool infrequent, large in size, solid, passed with difficulty and attended prolapsus of rectum and burning sensation ; with disposition to headache and to become irritable and angry ; rheumatic diathesis ; it diminishes the intestinal peristaltic action and all excretion is slow
- 5) CALCAREA CARB: Stools looking like lumps of chalk in children, during dentition ; stools at first hard, then mushy, and finally fluid ; stools smelling like rotten eggs ; involuntary, fermented, sour-smelling diarrhoea, alternating with constipation ; hard, large, partially undigested stools ; after stool, feeling of faintness ; oozing of fluid from rectum smelling like herring-brine; feeling of heaviness in lower portion of rectum ; restless sleep toward morning.
- 6) CAUSTICUM HAHNEMANNII: Constipation of children, with nocturnal enuresis ; dryness of the rectum, with great contraction of the sphincter ani and pains in the rectum during stool, so that the children try to keep back the evacuation ; tough stool, shining as if greased, with greasy taste in mouth ; the stool passes better standing ; frequent ineffectual efforts to stool, with much pain ; anxiety and redness of face.
- 7) COLLINSONIA CANADENSIS: Constipation, with a good deal of flatulence ; sluggish stool, with distension of abdomen ; heat and itching of anus ; rectal costiveness with portal congestion ; habitual constipation.
- 8) GRAPHITES: Constipation, with dryness of the mucous membrane of the rectum and fissureani ; hard knotty stool, expelled after great straining, the lumps being of too large a size, and united with mucous threads; a quantity of white mucus is discharged with each stool ; prolapsus recti with the varices, as if the rectum were paralyzed ; stitching, tearing, and soreness in rectum. Herpetic diathesis.
- 9) LACHESIS MUTUS: Constipation, with ineffectual effort to evacuate; diarrhoea and constipation in alternation; stools excessively offensive ; constriction in the rectum, or



- 10) sensation of a plug in the anus; tormenting urging, but not to stool ; beating in the anus ; as from hammers ; rectum prolapsed and tumefied ; ineffectual attempts at eructations.
- 11) LYCOPODIUM CLAVATUM: Large accumulation of gas in the bowels ; desire, but inability to go to stool, with painful constriction of the rectum and anus ; small stool, with sensation as if much remained behind, followed by excessive and painful accumulation of flatus; contractive pain in the perineum after a scanty hard stool ; itching and tension at the anus, in the evening in lied ; itching eruptions at the anus, painful to the touch. Abdominal plethora, with constipation in elderly people of the higher classes, with no desire for stool. Torpor of bowels.
- 12) NATRUM MURIATICUM:. Obstinate constipation, with troublesome perspiration at the slightest movement ; difficult expulsion of faeces, Assuring the anus, with Flow of blood, leaving a sensation of much soreness at the anus ; a ripping-up sensation in the anus after stool ; heaviness through the pelvis and across the bladder, worse when walking about ; constipation from inactivity of the rectum ; irritable skin ; mind depressed ; stools hard, difficult, crumbling; spasms of sphincter; tendency to catarrhal affections, to eczema and other eruptions after cold ; irritability and dryness of the mucous membranes ; emaciation. It rouses up the tonicity of the intestinal mucous membrane.
- 13) PLATINUM METALLICUM: Constipation after lead-poisoning or while travelling; frequent urging, with expulsion of only small portions of faeces, with great straining; after the stool, sensation of great weakness in abdomen and chilliness; the stool seems to stick to the anus, like putty.
- 14) PLUMBUM METALLICUM: Constipation from atony of the muscularis and diminished secretion of the intestinal glands; evacuation obstructed by the dryness of the faeces; stools consisting of small hard balls; painful contraction and constriction of the anus; frequent violent colic.
- 15) SILICEA TERRA: Stool consists of hard lumps, which remain long in the rectum, as if it had lost the power of expulsion, with sensation of soreness ; stitches and shooting pain in anus ; constipation before and during menses ; when, after most violent efforts of the abdominal



16) muscles faeces have been nearly expelled, they as suddenly recede into the rectum; even a soft stool is expelled with much difficulty; much rumbling of flatulence in the abdomen.

17) SEPIA OFFICINALIS: Ineffectual urging to stool, with discharge of mucus or flatus only ; stool retarded, insufficient, like sheep's dung, with straining and tenesmus; constipation during pregnancy; difficult discharge even of a soft stool; prolapsus ani during stool.

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