

Constipation

Causes and Solution

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What is Constipation?

Constipation is a problem with passing stool. Constipation generally means passing fewer than three stools a week or having a difficult time passing stool.

Causes:

- Lack of fiber and fluid in the diet
- Holding urge to pass stool
- Lack of laxative in large intestine
- Junk, Processed, and Fast food
- Stress
- Lack of exercise
- Certain medication

Symptoms:

- Fewer than three stools a week.
- Hard, dry or lumpy stools.
- Straining or pain when passing stools.
- A feeling that not all stool has passed.
- A feeling that the rectum is blocked.
- The need to use a finger to pass stool

Yogasanas:

- Vajrasana
- Malasana
- Pawanamuktasana
- Ardhamatsyendriyasana
- Yoga Salutation

Pranayama:

- Practices for Apna Vayu balance

Meditation:

- To calm the mind consequently stress hormones

Mudras:

- Vayu Mudra
- Apana Mudra
- Pushan Mudra

Diet:

- High fiber diet
- Drink sufficient amount of water
- Vegetables and Fruits

Life style modifications:

- Use Indian Toilet
- Keep the proper Back shape
- Use Hot water
- Stress free life
- Active life

Thank You