Review Article

Constipation and Homoeopathic Treatment
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ABSTRACT
Constipation is defined as infrequent passage of hard stools patient may complain of straining a sensation of incomplete evacuation and either perianal or abdominal discomfort constipation may occur in much gastrointestinal and other medical disorder. Condition of passage of very small and hard stool with pain and straining during defecation.

Keywords: Homoeopathy, constipation, treatment

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INTRODUCTION:
Constipation is defined as infrequent passage of hard stools patient may complain of straining a sensation of incomplete evacuation and either perianal or abdominal discomfort constipation may occur in many gastrointestinal and other medical disorder. Condition of passage of very small and hard stool with pain and straining during defecation.

Etiology:
Faulty diet
Faulty habit training
Inhibition to visiting
Lavatory conditioned by
Uncomfortable seat
Cold and dark
Insanitary arrangements
Unpleasant odour if water closet not available
Lac of privacy
Doors which do not shut
Lack of sufficient time-
Due to getting up late
with
Resultant hurry to school
Mental conditions-
Lack of appreciation of
loaded
Rectum cretinism
Psychogenic disturbances

Clinical Features
General
Organic symptoms negligible

Furred tongue
Foul breath
Irritability
Tiredness
Psychological symptoms
Bowel fixation complex may be foster by anxious parents
Local
Pain during defecation
Fissure in ano
Rectal bleeding

Complications
Hemorrhoids
Anal fissures
Rectal prolapsed
Diverticular disease
Chronic back pain
Hernia
Urinary tract infection

Investigation
Abdominal ultrasound
Plain abdominal radiography
Transit studies
Blood tests (thyroid function tests)
Gastrointestinal endoscopy
Anorectal manometry
Rectal biopsy

Homoeopathic treatment
Nuxvomica
Nuxvomica has peculiar and characterstic indication for constipation constipation with frequent ineffectual urging incomplete and
unsatisfactory feeling as if a part remained unexpelled. Constriction of the rectum irregular peristaltic action hence frequent ineffectual desire or passing but small quantities at each attempt absence of all desire for defecation is a contraindication, alternate constipation and diarrhea.

**Opium**
Obstinate constipation no desire to go to stool round, hard, black balls, feces protrude and recede, spasmodic retention of feces in small intestines.
Stool involuntary, black, offensive, frothy, violent pains in the rectum as if passed asunder.

**Plumbummetallicum**
Stubborn constipation or colic of infants. stools granular hard black balls like sheep dung, passed with urging cramps in anus anus feels drawn up or painfully contracted

**Brynia alba**
Stools hard, dry, as if burnt seem too large stools brown thick, bloody worse in the morning from moving in hot weather after being heated from cold drinks every spell of hot weather.

**Hydrastis Canadensis**
Prolapsed anus fissured constipation with a sinking feeling in the stomach During stool smarting pain in the rectum after stool long lasting pain.

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