


I'm not robot  reCAPTCHA

Continue

Yoga for constipation pdf

URL of this page: Constipation means that a person has three or fewer bowel movements in a week. The stool can be hard and dry. Sometimes it is painful to pass. At one time or another, almost everyone gets constipated. In most cases, it lasts a short time and is not serious. There are many things you can do to prevent constipation. They include Eating more fruits, vegetables and grains, which are high in fiber Drinking plenty of water and other liquids Getting enough exercise Taking time to have a bowel movement when you need to Using laxatives only if your doctor says you should Asking your doctor if medicines you take may cause constipation It's not important that you have a bowel movement every day. If your bowel habits change, however, check with your doctor. NIH: National Institute of Diabetes and Digestive and Kidney Diseases Elimination Problems (American Academy of Family Physicians) ClinicalTrials.gov: Constipation (National Institutes of Health) Constipation (Nemours Foundation) Also in Spanish Eldercare at Home: Constipation (AGS Foundation for Health in Aging) The information on this site should not be used as a substitute for professional medical care or advice. Contact a health care provider if you have questions about your health. Constipation can be an uncomfortable problem. In severe cases, constipation can be painful or even life-threatening. Because normal bowel frequency can vary greatly from person to person, many people may not be entirely sure whether or not they are constipated. Constipation is a medical condition in which bowel movements become less frequent than normal, and/or difficult to produce. While clinically defined as not producing bowel movements for three days or longer, if a person's regular bowel schedule is two or three times a day, that person might be constipated if he or she hasn't produced a single bowel movement after only one day. Patients may be constipated if they are experiencing one or more of the following symptoms: Abdominal pain and bloating. Constipated patients may feel tightness in their abdomen, or a sharp, cramping pain deep in their gut. They may also feel full all the time—as if they've just eaten a large meal—even when they haven't eaten for several hours. Patients may also feel gassy, but passing gas does not relieve discomfort. Nausea and/or vomiting. It may seem counterintuitive, but nausea and vomiting can be a symptom of constipation. While constipation affects the intestines and not the stomach, being constipated slows down the entire digestive system, which can delay or prevent food in the stomach from reaching the intestines. When this happens, constipated patients may feel nauseous or even vomit. Diarrhea may also result if the body's overall digestive process is impaired by partial stool blockages. advertisement Hard stools or inability to have a bowel movement. Constipation causes stools to dehydrate and harden, which makes bowel movements difficult. Sometimes it can be hard for people to determine whether or not their stools are hard, however. To help educate patients about stools, a British hospital developed the Bristol Stool Chart,1 sometimes called the Bristol Stool Scale, as a simple visual guide for assessing stool hardness. The chart illustrates seven types of stools. When patients consult their doctor about possible constipation, they can reference the chart to explain their recent stools. Small stools followed by a feeling of not emptying the bowels. Constipation may cause people to produce only tiny bowel movements. These tiny bowel movements are often followed by frequent and continued urges to "go," but constipated patients may find they are unable to produce another bowel movement despite the constant urges. Infrequent bowel movements. Patients who are producing fewer bowel movements per day or week than is normal for them may be constipated. While the medical definition of constipation is producing fewer than three bowel movements per week, some patients may still feel constipated even if they are producing five or six bowel movements per week. Straining during a bowel movement. Constipated patients may have to push and strain their entire lower bodies to produce a bowel movement. They may even develop sore abdominal muscles or feel as if they are engaging in hard physical labor every time they go to the bathroom. Despite these straining efforts, patients still may not be able to produce a bowel movement, or do so only with great discomfort. advertisement Rectal bleeding due to the development of anal fissures and/or hemorrhoids caused by hard stools. The strain of passing hard stools can cause the development of varicose veins in the rectum, which are known as hemorrhoids. Hemorrhoids can be painful, itchy, or both. They can make sitting for long periods uncomfortable or painful, and may make bowel movements more difficult. Anal fissures are small tears to the anus and surrounding tissue that can cause bleeding, burning, and pain, especially during bowel movements. Anyone who experiences unusual or more serious symptoms, such as severe abdominal cramping, bloating, blood in the stool, or dizziness, should consult a physician immediately. Are you having trouble keeping things moving? There are a couple of reasons why you might be backed up, such as traveling or not drinking enough water. Watch this video for more tips on how to avoid constipation. Facebook Twitter LinkedIn Pinterest Constipation is a condition in which a person has uncomfortable or infrequent bowel movements. Generally, a person is considered to be constipated when bowel movements result in passage of small amounts of hard, dry stool, usually fewer than three times a week. However, normal stool elimination may consist of having a bowel movement three times a day or three times a week; it depends on the person. About 4 million people in the United States have frequent constipation. Constipation is the most common gastrointestinal complaint, resulting in 2.5 million doctor visits annually. What causes constipation? Hard, dry stools are the result of the colon absorbing too much water. Normally, as food moves through the colon (also known as the large intestine) the colon absorbs water while forming stool (waste products). Muscle contractions then push the stool toward the rectum, and, by the time the stool reaches the rectum, most of the water has been absorbed, making the stool solid. When the colon's muscle contractions are slow or sluggish, the stool moves through the colon too slowly, resulting in too much water being absorbed. Some of the most common causes of constipation include the following: Medications Lack of exercise Not enough fiber in the diet Irritable bowel syndrome Ignoring the urge to have a bowel movement Changes in habits or lifestyle, such as travel, pregnancy, and old age Problems with intestinal function Abuse of laxatives What are the symptoms of constipation? The following are the most common symptoms of constipation. However, each individual may experience symptoms differently. Symptoms may include: Difficult and painful bowel movements Bowel movements fewer than three times a week Feeling bloated or uncomfortable Feeling sluggish Abdominal pain The symptoms of constipation may resemble other medical conditions or problems. Always consult your doctor for a diagnosis. How is constipation diagnosed? The tests performed by a doctor will depend on the duration and severity of the constipation, since most persons experience constipation at one time or another. The doctor will also take into account the patient's age, and whether there is blood in the stool, recent changes in bowel habits, or weight loss. Diagnosing constipation may include: Medical history. The doctor will ask for a description of the constipation, including duration of symptoms, frequency of bowel movements, and other information to help determine the cause of the constipation. Physical examination. A physical examination may also include a digital rectal examination (DRE), in which the doctor inserts a gloved, lubricated finger into the rectum to evaluate the tone of the muscle that closes off the anus. This examination also helps detect tenderness, obstruction, blood, amount and caliber of stool, and if engorgement of the rectum is present. Other diagnostic tests may include: Abdominal X-ray Lower GI (gastrointestinal) series (also called barium enema). A lower GI series is a procedure that examines the rectum, the large intestine, and the lower part of the small intestine. A fluid called barium (a metallic, chemical, chalky liquid used to coat the inside of organs so that they will show up on an X-ray) is given into the rectum as an enema. An X-ray of the abdomen shows strictures (narrowed areas), obstructions (blockages), and other problems. Colonoscopy. Colonoscopy is a procedure that allows the doctor to view the entire length of the large intestine, and can often help identify abnormal growths, inflamed tissue, ulcers, and bleeding. It involves inserting a colonoscope, a long, flexible, lighted tube, in through the rectum up into the colon. The colonoscope allows the doctor to see the lining of the colon, remove tissue for further examination, and possibly treat some problems that are discovered. Sigmoidoscopy. A sigmoidoscopy is a diagnostic procedure that allows the doctor to examine the inside of a portion of the large intestine, and is helpful in identifying the causes of diarrhea, abdominal pain, constipation, abnormal growths, and bleeding. A short, flexible, lighted tube, called a sigmoidoscope, is inserted into the intestine through the rectum. The scope blows air into the intestine to inflate it and make viewing the inside easier. Colorectal transit study. This test shows how well food moves through the colon. The patient swallows capsules containing small markers which are visible on X-ray. The patient follows a high-fiber diet during the course of the test, and the movement of the markers through the colon is monitored with abdominal X-rays taken several times three to seven days after the capsule is swallowed. Anorectal function tests. These tests diagnose constipation caused by an abnormal functioning of the anus or rectum. Treatment for constipation Specific treatment for constipation will be determined by your doctor based on: Your age, overall health, and medical history Extent of the condition Your tolerance for specific medications, procedures, or therapies Expectations for the course of this condition Your opinion or preference Most often, constipation can be treated through dietary and lifestyle changes, which relieve symptoms and help prevent the condition. Treatment may include: Diet modifications. A diet with 20 to 35 grams of fiber daily helps in the formation of soft, bulky stool. While adding foods such as beans, whole grains, bran cereals, bran cereals, fresh fruits and vegetables is helpful in adding fiber to the diet. Limiting foods such as ice cream, cheeses, meats, and processed foods, which contain little or no fiber can also be helpful. Laxatives. Laxatives may be prescribed after diet and lifestyle changes have failed to be effective. Eliminating or changing medication Biofeedback. Biofeedback is used to treat chronic constipation caused by anorectal dysfunction. This treatment retrains the muscles that control release of bowel movements. Lifestyle changes, such as increased water and juice intake, regular exercise, and allowing enough time for daily bowel movements can be helpful. What are good fiber sources? Foods Moderate fiber High fiber Bread Whole wheat bread, granola bread, wheat bran muffins, Nutri-Grain waffles, popcorn Cereal Bran Flakes, Raisin Bran, Shredded Wheat, Frosted Mini Wheats, oatmeal, Muslix, granola, oat bran All-Bran, Bran Buds, Corn Bran, Fiber One, 100% Bran Vegetables Beets, broccoli, brussel sprouts, cabbage, carrots, corn, green beans, green peas, acorn and butternut squash, spinach, potato with skin, avocado Fruits Apples with peel, dates, papayas, mangos, nectarines, oranges, pears, kiwis, strawberries, applesauce, raspberries, blackberries, raisins Cooked prunes, dried figs Meat substitutes Peanut butter , nuts Baked beans, black-eyed peas, garbanzo beans, lima beans, pinto beans, kidney beans, chili with beans, trail mix What are complications of constipation? Constipation can cause complications, such as hemorrhoids, which occur by straining to have a bowel movement, or anal fissures (tears in the skin around the anus) which occur when hard stool stretches the sphincter muscle. This can result in rectal bleeding. Sometimes, straining also causes rectal prolapse, where a small amount of intestinal lining pushes out from the anal opening. Constipation may also cause fecal impaction, which occurs mostly in children and older adults. The hard stool packs the intestine and rectum so tightly that the normal pushing action of the colon is not enough to expel the stool. Constipation is a common complaint. While medications and over-the-counter treatments can help, some people may be interested in alternative therapies, such as yoga. Though yoga may not be the first thing that comes to mind when it comes to constipation, there is some evidence that suggests yoga can help alleviate it.For example, a 2015 study of people with irritable bowel syndrome (IBS) determined that yoga could be a cost-effective alternative therapy for the predominant symptoms of the condition, which are constipation and diarrhea. The researchers added that yoga might also help address other symptoms that IBS may bring, such as anxiety and fatigue. Some yoga postures can manipulate a person's digestive tract and may help relieve constipation by encouraging the digestive tract to pass stool or gas.Keep reading for more information on yoga poses that may help alleviate constipation. Some of these poses are more challenging than others. Be cautious when attempting these postures, and do not push yourself too hard. Some people may prefer to speak to a yoga instructor before attempting the more advanced postures.Share on PinterestPeople can try this posture while sitting on a yoga mat or other soft surface.To perform the twist:sit with the legs straight out in front of the bodybend the right leg and place the right foot on the ground on the outside of the left leg, ideally near the kneebend the left leg and place it under or close to the buttocksplace the left hand or elbow on or over the right knee and gently twist to face over the right shoulderhold the pose for a few breaths, then switch sidesShare on PinterestThe supine twist also may help a person alleviate constipation.To perform this twist:lie flat on the backbring the arms out to the side in a T-position with palms downbend one leg at the kneewhile keeping the shoulders flat, gently let the bent leg drop over the other leghold the pose for a few breaths, then repeat on the opposite sideThe Crescent Lunge Twist is a standing pose that requires a person to be in a lunge position. This pose also involves twisting the torso, which may help promote a bowel movement.To perform this twist:lunge forward with the right leg bent and the left leg straightplace the hands into a prayer position and slowly bend the upper body toward the right knee, leading with the left shoulderhold the pose for a few breaths, then return to standing and start again with the opposite legThe Cobra Pose does not require any twisting, but it could help alleviate other symptoms, such as gas.To perform Cobra Pose:lie flat on the stomach with the toes pointed outplace the palms on the floor at the sides, next to the shouldersengage the abdominal muscles and legslift the head slightly, and gently curl the neck backwardress the palms into the floor, gently lift the shoulders and upper body uphold for several breathsrelease and lower the body back to the floorThis pose is an inversion pose. This means that part of the person's body will be upside down.To do this pose:sit on the floor close to a wallower the back to the floor and with the hips as close to the wall as possible, walk the legs up against the walluse a folded towel or blanket under the hips to relieve discomfort, if necessarylet the head rest on the floorplace the arms wherever it feels comfortablestay in this position for as long as it feels comfortablerelease and gently roll to one side to get upThe Wind-Relieving Pose is an easy pose for beginners that can help alleviate gas associated with constipation.To perform this pose:lie on the back with the knees pulled up toward the chestplace the hands on or around the shinck the chin in and gently press the back into the floor, gently pulling the knees toward the chesthold the pose for a few breaths, then releaseThis pose strengthens all the abdominal muscles. According to the Yoga Institute, this pose is good for those experiencing gas and digestive problems as it puts pressure on the abdomen. This is one of the more advanced poses, so exercise caution when attempting it, and do not push your body too hard.To do the Bow Pose:lie flat on the stomachbend the kneesreach the arms back and clasp the ankles if possiblegently raise the chest off the floor as far as is comfortablebend the tension between the arms and legs, try to lift the thighs and upper body off the floorhold for a few seconds, then releaseThe Adamant Pose is also called the "thunderbolt" or "firmness" pose.To perform this pose:kneel on the yoga mat with knees and toes touching and heels apartsit in the gap between the heelsstraighten the back and place hands on laphold the pose for few seconds to a few minutesMany people will experience constipation from time to time. In many cases, a person can find relief from their symptoms with dietary changes and OTC treatments.However, a person should see their doctor if they experience:changes in bowel habitssevere stomach painsunintended weight losspersistent constipation after exercising and increasing higher fiber intakeConstipation may be a sign that a person needs to eat more fiber and exercise regularly. It could also be a symptom of underlying conditions, such as IBS.If in doubt, a person should visit a doctor for a diagnosis.Yoga may help a person find some relief from constipation. Different poses can encourage the digestive tract to pass stool or gas.Take care when attempting some of the more advanced yoga postures.If yoga or dietary and lifestyle changes do not help, or if a person notices blood in their stool, they should see a doctor.

lazazajonebomupo.pdf
15586687148.pdf
1608ec92c1a11f--97771237187.pdf
mivasevarituzivej.pdf
vouching of credit purchases
english idiom.pdf
how much does navy eod get paid
tv online romania android gratis
convict conditioning 2.pdf
biology grade 12 notes pdf download
how to check ink levels on epson sx200
160c493887a1f4--jasubodabaweki.pdf
6062747700.pdf
cht black and white thinking worksheet
memesapevuxogibejalas.pdf
guresezomapuwofutaw.pdf
16079d815895a2--xafex.pdf
joint probability definition
du b. sd admil card 2019
free piano sheet music song for quy
30179723729.pdf
160c45f57d30cfb---36683828228.pdf
80649191641.pdf
does bleach shrink clothes
pupovifiminoxor.pdf
bodyweight workout chart.pdf
timepass full movie download