

DIET IN CONSTIPATION

DR NEELAM KUMARI
I T COLLEGE LKO



CONSTIPATION

- infrequent or irregular defecation (less than three times/week)
- hardened stool that's difficult to pass
- decreased stool volume or stool retention
- feeling of incomplete bowel evacuation



TYPE--PRIMARY

Caused by problems that affect the bowels

- immobility
- low-fiber diet
- inadequate fluid intake
- lack of regular exercise
- pregnancy
- overuse of laxatives
- ignoring urge to defecate
- changes in routine
- stress

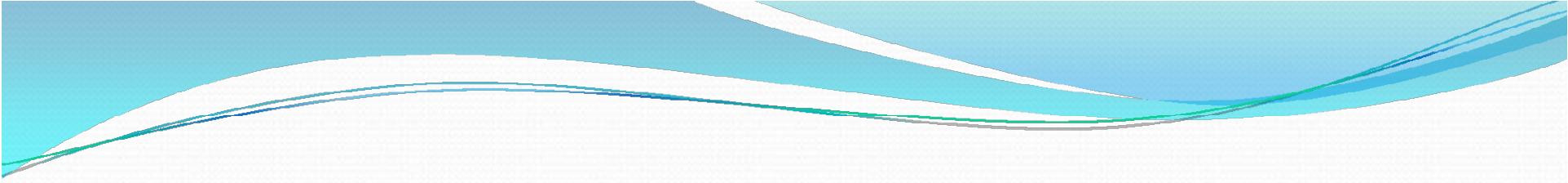


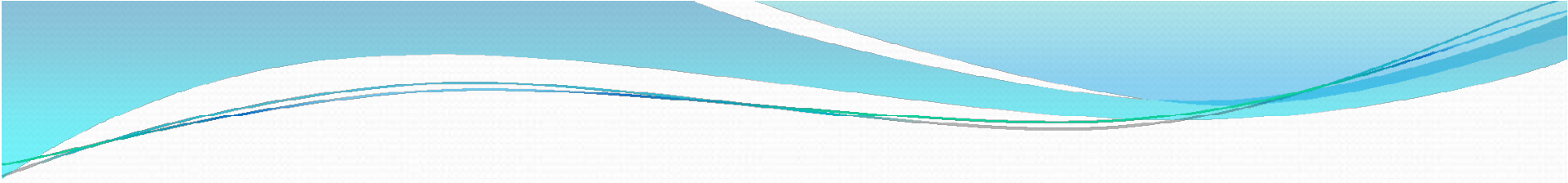
TYPE--SECONDARY

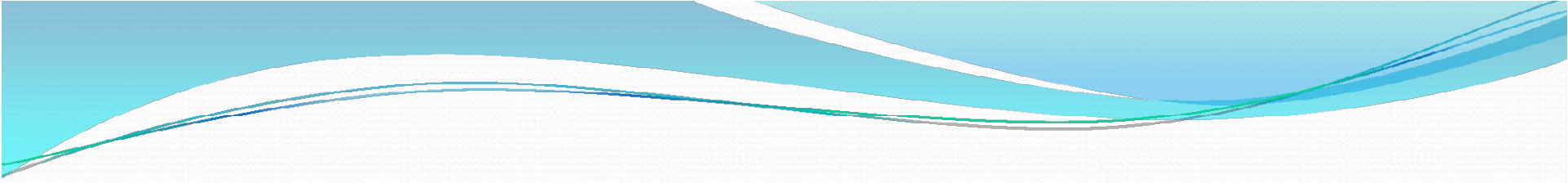
- endocrine disorders (hypothyroidism)
- disease (irritable bowel syndrome, diverticulitis)

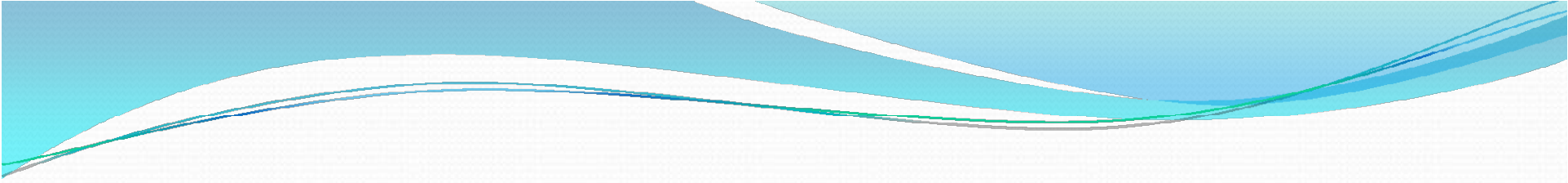
DIETARY AND LIFE STYLE MANAGEMENT

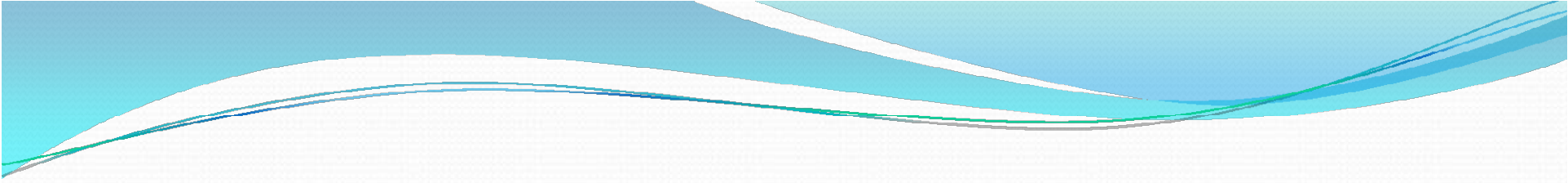
- Lifestyle changes
 - Exercise
 - Establishing regular bowel pattern
 - Early rising from bed
- Diet
 - High fibre (20-35 g/day including both soluble and insoluble components)
 - ↑ Fluid intake

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- CONSUMPTION OF PAPAYA
 - LUKEWARM WATER IN THE MORNING
 - DATES AND RAISINS IN THE NIGHT
 - JAGGERY

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- whole grains, such as whole wheat bread and pasta, oatmeal, and bran flake cereals
 - legumes, such as lentils, black beans, kidney beans, soybeans, and chickpeas

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- fruits, such as berries, apples with the skin on, oranges, and pears
 - vegetables, such as carrots, broccoli, green peas, and collard greens
 - nuts, such as almonds, peanuts, and pecans

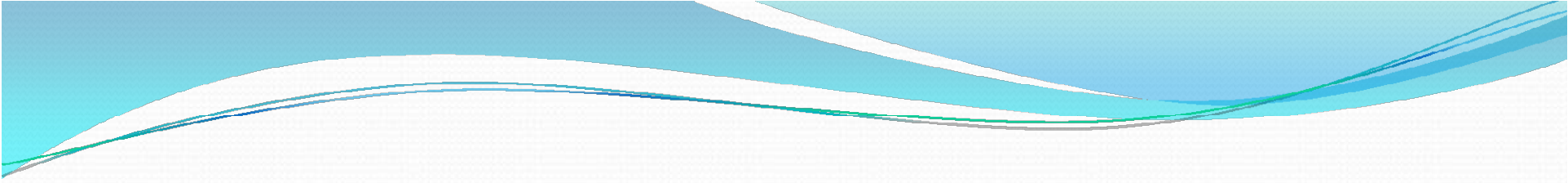
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- **Plenty of water**
 - drink water and other liquids,
 - such as naturally sweetened fruit and vegetable juices and clear soups,
 - to help the fiber work better.

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- Drinking enough water and other liquids is also a good way to avoid dehydration
 - Staying hydrated is good .
 - Overall a regular habit of daily morning routine is a must
 - And finally avoiding **HURRY, WORRY**
AND CURRY **may** be a great help to
relieve from constipation



references

- Antia F P ,Clinical dietetics and nutrition
- Srilakshmi,dietetics
- Robinson,clinical and therapeutic nutrition.



Thank you