

Q. What is Constipation?

09 Constipation is the evacuation of hard stool for chronic period with great effort
10 for such evacuation & it is associated
11 with rectal pain & some times it is
12 associated with rectal bleeding then such pathological changes are known as Constipation.

Q. Causes of Constipation?



02 The following causes of Constipation are —

04 i) Blockages in the Colon or Rectum:

05 Blockages in the Colon or Rectum may slow or stop stool movement.

06 a) Tiny tears in the skin around the anus.

08 b) A blockage in the intestine.

09 c) Colon Cancer.

d) Narrowing of the Colon.

Mankind must put an end to war before war puts an end to mankind. - John F. Kennedy

ii) Problems with the nerves around the colon and rectum:

Neurological problems can affect the nerves that cause muscles in the colon and rectum to contract and move stool through the intestine

a) Damage to the nerves that control function of body.

b) Multiple Sclerosis.

c) Parkinson's disease.

d) Spinal cord injury

e) Stroke.

iii) Difficulty with the muscles involved in elimination

Problems with the pelvic muscles involved in having a bowel movement may cause chronic constipation.

a) The inability to relax the pelvic muscles to allow for a bowel movement.

The weak can never forgive. Forgiveness is the attribute of the strong. - Mahatma Gandhi,

b) Pelvic muscles that do not co-ordinate relaxation and contraction correctly

c) Weakened of pelvic muscle.

iv) Condition that affect hormones in the body's

Hormones help maintain of fluid balance in the body. Disease condition that hamper the hormone balance may lead to constipation.

a) Diabetes.

b) Hyperparathyroidism.

c) Hypothyroidism.

Q. Risk Factors of Constipation?

⇒

Factors that may increase the risk of chronic constipation -

i) Being an older adult.

ii) Being a women.

But better to get hurt by the truth than comforted with a lie. - Khaled Hosseini

ii) Being dehydrated.

iv) Eating a diet that's low in fiber.

v) No physical activity.

vi) Having a mental health condition such as depression or an eating disorder.

vii) Being a person suffering from chronic disease.

Q. Write the symptoms of Constipation.



26 Sunday

The following signs & symptoms are—

i) Passing fewer than three stools a week.

ii) Having lumpy or hard stools.

iii) Headache.

iv) Lack of appetite.

Everything you can imagine is real. - Pablo Picasso

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Monday
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Q. Write the types of constipation.

⇒ There are two types of Constipation -

i) Atonic Constipation:

It is the most common type of constipation. The intestinal walls lack muscular tone so that peristaltic action is impaired.

The principle causes of atonic constipation are selection of foods low in bulk, insufficient fluids, poor personal hygiene, lack of exercise, chronic illness, pregnancy or excessive use of laxatives.

ii) Spastic Constipation:

This is characterized by increased tonicity of the musculature. The contraction throughout the tract act in a spasmodic manner, causing the movement of food mass to be very irregular. Spasmodic movements cause acute pain.

Causes of Spastic Constipation are -

You only live once, but if you do it right, once is enough. - Mae West

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a) Excessive use of alcohol.

b) Excessive use of spices.

c) Excessive use of tea, coffee.

8. Write the factors that causes chronic constipation.



i) Inadequate diet.

ii) Failure to establish regular times for eating, adequate rest and elimination.

iii) Faulty dietary habits, such as inadequate fluid and fiber intake or use of highly refined and concentrated foods that leave little residue in the colon.

iv) Chronic use of laxatives.

v) Ingestion of drugs, large amounts of sedatives,

vi) Poor muscle tone of the intestine.

vii) Stasis due to lack of exercise.

Anyone who lives within their means suffers from a lack of imagination. - Oscar Wilde

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8. Write the dietary management of Constipation.

⇒
 Style means attitude, practices, and behaviour to follow the rules in connection with work performances, food consumption for the prevention of different diseases. There are two types of food style, life style & work style known as healthy type of style which prevent different diseases. and other one is bad style & unhealthy style that result different diseases.

A. Food Style for Constipation Management:

i) Meal Frequency:

If three primary meals i.e. breakfast, lunch, dinner are not associated with some secondary meals at the interval period, it helps in prevention of Constipation. Long fasting of the gastrointestinal tract result flatulence that favour Constipation.

But consumption of secondary meal also favour the intake of sufficient water & prevent flatulence that also interfere Constipation.

May you live every day of your life. - Jonathan Swift

ii) Dietary Fiber in Meal:

In major meals are deprived from dietary fiber then there is high chance of constipation. Dietary fiber prevents constipation by the following way —

a) It increases the gastrointestinal motility & thereby helps the digestive juice secretion by increasing the blood flow.

b) It also helps the mixing of the food stuffs with gastric juice & thereby helps proper digestion & absorption.

c) It also favours water holding in the gastrointestinal tract & thus favours the liquid stool formation.

iii) Regular intake of meal on proper schedule:

Digestive juice secretion is mainly initiated by condition reflex which enhance by uncondition reflex. If food intake time schedule is not followed in regular way from day to day, there is also an interruption of condition reflex & as a result the digestion is effected that may lead to constipation.

In three words I can sum up everything I've learned about life: it goes on. - Robert Frost

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iv) Nature of Food Intake:

If the attitude is developed to take solid food only then there is a chance of constipation. On the otherhand if we do not take semisolid food in sufficient amount daily or fluid diet in requisite amount daily chance of constipation is also increased.

v) Regular Intake of Beverages:

High intake of tea, coffee along with smoking all are associated with constipation.

B. Work style for Constipation Management:

i) Random Rhythm of work Pattern:

Individuals engaged in shift work are mainly suffering from constipation because due to change in the work pattern from day to day the circadian rhythm of body is effected drastically & as a result constipation is also developed.

To live is the rarest thing in the world. Most people exist, that is all. - Oscar Wilde

ii) Chronic Stationary Postural work:

If the individual is engaged in work for static posture for long period, there is a chance of constipation because static posture decrease the gastrointestinal motility that may lead to constipation.

iii) Hot Environmental Work station:

If the worker is engaged in schedule work at hot climate, evaporation of water from the body surface is increased. As a result there is a chance of low amount of water in our body that may lead to constipation.

02 Sunday

C. Life style for management of Constipation:

i) Stressful life style →

Chronic stressful life style may lead to constipation because nor-epinephrine secretion is increased in such condition that decrease the gastrointestinal motility & side by side maldigestion & flatulence is also

Where there is love there is life. - Mahatma Gandhi

noted that favour the constipation.

09 ii) Travelling mode of life style:

10 If the individual engaged
11 in travelling mode for chronic period
12 the intake of food is not noted
in proper rhythm that may lead
to constipation.

01

02 Irritable Bowel Syndrome (IBS)

03 Q. What is IBS?

04 Irritable bowel syndrome (IBS)
05 is a functional bowel disorder in which
06 abdominal pain or discomfort is asso-
ciated with defecation or a change
in bowel habit.

07 IBS is not a disease,
08 it is a functional disorder, which means
that the bowel does not work.

09 IBS is a common disorder
that affects the large intestine (Colon).

God has no religion. - Mahatma Gandhi

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Q. Write the causes of IBS.



The following causes of IBS are —

i) Abnormal Gastrointestinal tract movements.

ii) A change in the nervous system communication between GI tract & brain.

iii) Sensory & motor disorders of the colon.

iv) Dietary allergies or food sensitivities.

v) Stress.

Q. Write the symptoms of IBS.



The following symptoms are —

i) Abdominal bloating & excessive quantities of gas.

ii) Abdominal pain,

iii) Diarrhoea

A man may die, nations may rise and fall, but an idea lives on. - John F. Kennedy

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iv) Nausea & vomiting.

v) Constipation.

vi) Mucus in stool.

Q. Write the dietary management of IBS.

⇒ i) Avoid food that trigger symptoms (such as gases forming foods and lentils, legumes, & beans).

ii) Diet in low Fermentable oligo Di-Mono-saccharides & polyols that are short chain carbohydrates that are properly absorbed in small intestine & fermented by bacteria in colon to produce gas.

iii) Fiber supplementation - Maximize symptoms of Constipation and diarrhoea.

The ignorance of one voter in a democracy impairs the security of all. - John F. Kennedy

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Q. What is Flatulence?

Flatulence is the production of a mixture of intestinal gases. The mixture of gases is known as Flatus.

Q. Sources of Gases in Intestine.

⇒

Flatulence by swallowed air is rare —

i) Bacterial action on undigested sugars & polysaccharides.

ii) Digestion of some flatulence producing food stuffs such as cheese yeast in bread, oats, onion, beans, cabbage, milk, etc.

Q. Write the causes of Flatulence.

⇒

i) Increased air intake

ii) Gas production

iii) Inflated intestine.

iv) Fermentation

v) Intestinal spasm.

Hate the sin, love the sinner. - Mahatma Gandhi

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vi) Alteration in the bowel habit

09 a) Poor dietary habit

10 b) IBS

11 c) Drugs

12

Q. Write the symptoms of Flatulence.

01 =>

02 i) Belching release of swallowed air from the stomach

03 ii) Abdominal distention

04 iii) Bloating

05 iv) Abdominal Pain

06 v) Diarrhoea

07 vi) Constipation

08 vii) Bloody stools.

09 viii) Nausea & vomiting

ix) Fever.

Forgive your enemies, but never forget their names. - John F. Kennedy

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Q. What are Hemorrhoids?

⇒

Hemorrhoids, also called piles, are vascular structures in the canal.

Hemorrhoids are swollen veins in the anus & lower rectum, similar to varicose veins.

Hemorrhoids can develop inside the rectum (internal hemorrhoids) or under the skin around the anus (external hemorrhoids).

Q. Write the symptoms of hemorrhoids.

⇒

Signs and symptoms of hemorrhoids usually depend on the type of hemorrhoid —

External hemorrhoids:

These are under the skin around the anus. The following symptoms are —

i) Itching or irritation in the anal region.

ii) Pain or discomfort.

Books are as useful to a stupid person as a mirror is useful to a blind person. — Chanakya

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iii) Swelling around the anus.

iv) Bleeding.

Internal Hemorrhoids:

Internal hemorrhoids lie inside the rectum. The following symptoms are —

i) Painless bleeding during bowel movements.

ii) Irritation.

Other symptoms are —

i) Severe pain.

ii) Swelling

iii) Inflammation.

iv)

You have to have an idea of what you are going to do, but it should be a vague idea. - Pablo Picasso

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