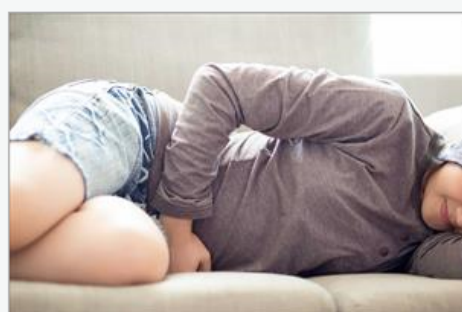


Stool Softener Home Remedies

Constipation is a condition that is characterized by difficult evacuation of the bowel due to hardening of stool. It is a common health issue that causes a host of traumatic symptoms such as irregular defecation, bloating, abdominal pain, feeling of incomplete evacuation of the bowel, etc. Since the fecal matter ends up being very hard and dry, the lining of the rectum and anus might get damaged during bowel movement, therefore resulting in discomfort, bleeding, or hemorrhoids.



- As you can see, intestinal cramps might signal some serious underlying health issues that need to be resolved.
- So look for medical help for a proper diagnosis and treatment, to prevent further complications.
- During the first few days after the surgery, patients will face significant amounts of pain and abdominal pain.
- This is because the organs have been shifted internally throughout the surgery to get rid of the gallbladder.
- The CO2 gas is also responsible for the pain felt in the right shoulder and right side of the abdomen.
- However, this pain subsides within a week or so.
- If an open surgery was carried out, the wound will take few weeks to heal.
- Laughing, coughing, sneezing, etc. put pressure on the stitches and end up being uncomfortable.
- For laparoscopy, discomfort will be felt around the entry points, which need to minimize in a couple of days.
- Pain relievers are prescribed to lower the pain, however, some pain relievers again have associated negative effects.

Useful Remedies

Nervous stomach pains can be managed with medication and particular way of life changes. Managing a Worried Stomach.

“ Nervous stomach can be really stressful when a person has an important event coming up like an interview, a discussion, or a business meeting. To control nervousness and associated stomach pains in such instances, one can use the tips mentioned below so that the problem can be dealt with in a better way. Stress, stress and anxiety and depression definitely contribute to a nervous stomach ache. In most cases, the stomach pains is temporary, however, when it takes up a persistent form, it is time to go to a doctor.

- Swallow 1 tbsp. whole seeds, followed by 2 cups of water.
- Or, mix 1 tablespoon. ground flaxseeds with 2 cups of water and drink.
- Drink lots of water at regular intervals for better results.
- If you want to use flaxseed oil for easing constipation, mix 1 tbsp. flaxseed oil with low-fat yogurt.
- You can include tsp. honey for a much better taste.
- Take this mixture 1 hour before bedtime for better outcomes.

Excessive Iron

Too much iron in the diet can also lead to green defecation. This side effect related to the color of the stool is often observed in clients put on iron supplements.

This condition, the intestine is not in a position to work efficiently and the factors are plenty, varying from presence of ulcers to the swelling of the lining of the intestine. Although there are different types of intestinal disorders, the common symptoms associated with poor intestinal function are abdominal pain, frequent or irregular bowel movement, and poor appetite. Some of the common food poisonings that can trigger green defecation are given below: Food Poisoning.

Prebiotics on the other hand are carbs of the type 'fructo-oligosaccharides'. These are basically short chained sugar molecules, which include fructose. Prebiotics are indigestible fibers which supply nourishment to probiotics. As these sugar molecules can not be broken down, they are directly carried to the bowels, where probiotics can feed on them. Asparagus, garlic, onions, berries, bananas, tomatoes, spinach, kale, chard, mustard greens, lentils, whole grains, oats, barley and wheat are some prebiotic sources.

Rhubarb Root

Is a type of purgative herb that can provide relief from irregularity. It is considered as the safest amongst all purgative herbs, due to the fact that other herbs of this category cause forceful elimination of the wastes from the body, irritating the lining of intestines. These herbs should not be used on a daily basis.

- Take tsp. rhubarb root tincture 3 times a day.
- You can also add 1 tablespoon. of the herb to 2 cups of water and drink the extract followed by another glass of water.

Aloe Vera Juice

An effective home remedy for softening stool is consuming aloe vera juice. As per medical research, aloe vera juice includes anthraquinone glycosides, which are active components of the majority of laxatives.

How to Consume.

Mix the seeds in 8 ounces of water. Have a glass of water after drinking the mixture.

Flaxseed

Flaxseeds include omega-3 fatty acids. It draws in water in the bowel and breaks down the difficult stools, making it simpler to excrete them. It is extremely important to drink a sufficient amount of water for this solution to work. It is always better to use seeds rather of flaxseed oil since the seeds add necessary bulk to the stools, thereby facilitating passage of stools. Grinding the seeds before consumption will be more effective as powdered form consists of more fiber than the seeds.

Barley

Barley is also touted as a good laxative. It contains 6 grams of fiber, out of which 1.5 grams are soluble fibers and the remaining 4.5 grams are insoluble. The insoluble fiber soften the stool, making it more bulky, thereby helping it move quickly through the digestive tract.



Constipation Diarrhea Irritable Bowel Syndrome Nausea

Treatment

As mentioned above, there can be several major causes of pelvic pain on right side. But, one must remember that all these causes can be efficiently treated. Treatment of ectopic pregnancy depends on the location of the egg and also the condition of the female. Laparoscopy and surgery are two major treatment methods used to treat ectopic pregnancy. Treatment of chronic bacterial prostatitis depends on its severity. However, antibiotics are the only effective means of treating it.

Mineral Oil

Mineral oil is often considered as one of the most effective solutions for temporary treatment of irregularity. After mineral oil gets in the body, it lubricates the stool and helps in smooth waste excretion without inflaming the anus and anus.

For dealing with pain in stomach caused due to diarrhea, following the BRAT diet plan for **diarrhea** is very essential. An individual suffering from diarrhea ought to eat BRAT foods, i.e. bananas, rice, applesauce and toast. Besides that, for diarrhea and indigestion, appropriately cooked vegetables having high fluid content must be carried out.

- People affected by this condition may experience best abdominal pain, nausea, vomiting, indigestion, flatulence, etc.
- These symptoms could be triggered by consumption of a fatty meal.

Cholelithiasis

The presence of one or more gallstones in the common bile duct (the duct into which the cystic duct releases bile) is referred to as cholelithiasis. Such a condition may block bile and the stagnant bile may cause cholangitis (swelling of the bile duct).

Using senna is not recommended for children below 12 years of age. People with chronic gastrointestinal problems like Crohn's illness, ulcerative colitis, hemorrhoids, or appendicitis should not use it. If you have a medical history of allergies, consult your doctor before taking it. Also, this herb could connect with drugs such as birth control pills, digoxin, estrogens, warfarin, water tablets, etc., or herbs such as horsetail, licorice, and other stimulant laxative herbs. So, do inform your healthcare provider or organic practitioner about preexisting medical conditions or other drugs that you are taking presently.

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