

# Constipation (बद्धकोष्ठता)

GUIDELINE BY SANJAY G.M.

## Follow below Points: -

- As you wake up in morning first drink 2 Glass water (keep water copper pot at night beside bed).
- While taking meal chew slowly & properly. Don't talk or watch TV.
- After each meal walk slowly 100 steps (शतपावली), Don't start immediate phone call or work.
- Keep heavy Breakfast, Moderate Lunch & Light Dinner.
- Papaya help form Digestion, eat at 5 pm.
- Dinner should be light food & 2 hour before sleep.
- With Dinner eat कच्ची मेथी पाने
- Morning wakeup to go to toilet "In between period don't make phone call or involve in any kind of work & avoid talking." Till go to toilet
- After Lunch & Dinner can eat (prefer eating) बडीशेप
- Don't eat any kind of food after dinner.
- If necessary then drink water 30 minutes before meal. But don't drink water immediately after meal. Drink water after 30 minutes only.
- Take deep sleep at least 8 hours (To control stress). Stress & sleep is normally vice versa.
- Don't go for Toilet till feel to go. After some period it will come on similar time.
- During Toilet –pass 1 thing at 1 time, either pass stool or urine. May repeat 2-3 times 1<sup>st</sup> thing then 2<sup>nd</sup> likes this.
- For lubrication can use water spray before stool pass and in-between while not passing stool (clean wlc later).
- After you eat, it takes about six to eight hours for food to pass through your stomach and small intestine, so to avoid bloating do not take more water for next 3 hours after meal. ( can take only half glass of water in this 3 hours period)

NOTE :-All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation.