

HOME REMEDIES FOR CURING CONSTIPATION IN PRESCHOOL CHILDREN'S - AN OVERVIEW

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ABSTRACT :

Constipation is a very common problem in preschool children. A child is considered constipated when he or she has fewer than three bowel movements in a week; has trouble having a bowel movement; or when the stool (poop) is hard, dry, and unusually large. Preschool children are most affected group with the problems of Constipation. There are variety of causes & treatment for Constipation. There are many medicines available in markets which have their own side effects. There are some home Remedies which cure the Constipation without any side effect. This review article describes all angles related to Constipation-preschool child and its solution via home Remedies.

Keywords : Constipation, *malabdhata*, preschool child, home Remedies.

INTRODUCTION: Constipation is a common pediatric problem. It is responsible for physical and physiological morbidity and poor quality of life. As normal physiological phenomena, most children after infancy slowly settle to frequency of single motion/day by 4 years. Some normal children may pass a normal motion not daily but every 3-4 days. Constipation in children occurs at three distinct points in time; after starting formula or processed foods (while an infant), during toilet training in toddler hood, and soon after starting school (as in at kindergarten.) After birth, most infants pass 4-5 soft liquid bowel movements a day. By the age of two years, a child will usually have 1-2 bowel movements per day and by four years of age, a child have only one bowel movement per day.

Definition of Constipation¹: It is defined as passage with difficulty of hard, dry, stool accompanied by considerable discomfort and /or distress to the child. More than duration, it is the trouble evacuation that is important. As long as the child passes motion at least twice a

week, the motion is not dry and hard and no difficulty, distress is involved in passing it, it is need not to be label as constipation.

Normal bowel habit in children:

Parents often become very worried about their child's health. Bowel habit is one of the important issue. The parents get worried when the child is a baby, with concern over the number of dirty nappies. In the bowel movements stools are soft and easily passed is important than frequency of stool.

Normal defecation²:

Stool depends upon types of food that we eat. Food which we consume enter in stomach, where acidic layer breakdown it in absorbable contents. From stomach food passes into intestine. As food enter into the intestines, enzymes digest (break it down into its basic units) it and these nutrients contents are absorbed. This activity occurs in small intestine. After that digested food then enters into the large intestine. By this time, the contents are roughage (fiber) and water. This water is gradually absorbed as food is transported down in large intestine.

The fecal matter is last part of the large intestine, which is removed from body as stool. In this entire process nervous system also plays a major role. Opening of the anus and the sphincters is controlled by nervous system.

Causes³: Constipation may be functional or organic. Functional constipation is due to faulty toilet training and habits. It is the leading cause of constipation in the childhood. Causes of constipation as follows:

Non organic:

- Habitual(functional): faulty toilet training
- Low fecal load: under-feeding, low fiber diet
- Dehydration: top feeding, poor water intake

Organic:

- Dehydration: fever, polyuria(diabetes mellitus/ insipidus)
- Mechanical: Anorectal anomalies
- Poor evacuation reflex: Hirsch sprung disease
- Painful defecation: anal fissure, hemorrhoids, Hypotonic
- general- hypothyroidism, floppy child, cerebral palsy
- local- spinal lesions, paralytic ileus, hypokalemia
- drugs- iron, laxative abuse, antihistaminic

Psychological: Voluntary withholding of the stool is a common cause of constipation. The choice to withhold can be due to factors such as fear of pain, fear of public restrooms, or laziness. When a child holds in the stool a combination of encouragement, fluids, fiber, and laxatives may be useful to overcome the problem.

Symptoms of constipation⁴: Constipation is common problem in preschool age

groups. This is the most critical time, as the stool gets firmer because of the changing diet. It is important that the child passes stool regularly. Failure to do this will make the stool harder (as the rectum and large intestine will progressively absorb more and more water).eventually when the child passes this hard stool, it causes pain and spasm of the sphincters. This dissuades the child from stooling and the child then tries to postpone the act. This results in the stool getting harder and the vicious cycle is initiated and perpetuated. This is called as habitual constipation and is far the commonest. The need for attention during this period cannot be over emphasized. At this stage the problem is easily treated, with the least interruption to the child's development. Delay can result in a very protracted, unpleasant and difficult course for this child.

- going less than usual
- having trouble or pain when going to the bathroom
- feeling full or bloated
- straining to poop
- seeing a little blood on the toilet paper
- It's also common for kids with constipation to sometimes stain their underwear with bits of stool.

Dealing With Constipation

Diagnosis⁵:

1. Take complete medical history.
2. Ask child's past illnesses.
3. Child's diet and physical activity patterns.
4. Conduct a physical exam. (This includes placing a gloved finger into your child's anus to check for abnormalities or the presence of impacted stool. Stool found in the rectum may be tested for blood.)

5. More-extensive testing is usually reserved for only the most severe cases of constipation. If necessary, these tests may include:

- Abdominal X-ray.
- Anorectal manometry or motility test.
- Barium enema X-ray.
- Rectal biopsy.
- Transit study or marker study.
- Blood tests.

Complications: If constipation is not treated in time and it's become chronic then complications may occur. Following are complication of constipation:

- Painful breaks in the skin around the anus (anal fissures)
- Rectal prolapse.
- Stool withholding
- Avoiding bowel movements because of pain, which causes impacted stool to collect in the colon and rectum and leak out (encopresis)

To prevent and treat constipation⁶:

Maintains therapy includes -

- fluid
- toileting programs
- Dietary intervention.
- Behavioral modification
- Laxatives (if needed)

Ayurvedic managements of constipation includes-

- *Nidanparivarjan*
- Increased *sneha* in body via diet.
- *Ghrut+lawanpaan* before and after food.
- *Eranda tail*⁷
- *Peyam*⁸:
- *Astapan basti* – its oiling GI tract. for astapana basti we use *sahachara tail,kshirbala tail*.
- Do not give prolong pungent to children.

Home remedies which is useful in constipation as –

*Aahar*⁹:

Vegetables: all green vegetables, *padwala, gajar, kakadi,khira,muli,tomato*.

Sweets: honey,gudh

Grains: *mung,chanamethi, gahu,rajmash*¹⁰

Fruits:

khajur,anjir,kishmish,apple,chikku,papaya

Soup: soup of all vegetables

*Yusha: udid yush*¹¹

Liquid: water,lime juice,curd,coconut water.

*Vihara*¹²:

Eat on time

Fresh cooked food should be eaten

Avoid overlapping of meals

Chew every morsel until semi liquid before swallowing.

Discussion Constipation is a very common problem in the preschool child. Nervous control is not fully developed in this age so they don't get anything. Proper teaching about this topic is need in this age. Faulty toilet training, dehydration, voluntary withholding of the stool is a common cause of constipation. There are many medicines available in markets which have their own side effects. There are some home Remedies which cure the Constipation without any side effect.

Conclusion: Constipation usually isn't a cause for concern, and easy to avoid by adopting healthy eating and exercise habits and some simple home remedies.

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