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# HEALTHLINE

Paramount's Monthly Magazine



*“Your body  
hears  
everything  
your mind  
says.”*

- Naomi Judd

Constipation  
Awareness Month

• Home remedies  
to try

• Give Your Mind  
a Workout!

# CONSTIPATION AWARENESS MONTH **DECEMBER**



## Importance for Constipation Awareness

Constipation is a frequent gastrointestinal condition, that affects people of all ages, with a prevalence of around 20% in the general population and 29.6% in children. Constipation is more common in the elderly than in the younger population. Elderly women suffer from severe constipation more frequently (two to three times) than male counterparts. In India, 22% of adults suffer from constipation, where 59% of them complain of severe constipation and 27% complain of constipation associated with certain comorbidities, according to the 2018 Gut Health Survey.

**The most common type of constipation is normal-transit**, where the traverse of the stool through the colon and its frequency may be normal, but patients nevertheless feel constipated. Women mostly face slow-transit constipation, where a reduction in colonic motor activity combined with a significantly diminished colonic responses are observed following a meal and on awakening in the morning. Pelvic floor dysfunction is another type of constipation where the person is unable to correctly relax and coordinate the muscles in the pelvic floor in order to have a bowel movement.

## Constipation Causes

There are many factors that contribute to constipation, which might include:



Low fiber diet



Caffeine abuse



Overuse of alcohol



Medications



Endocrine disorders  
(hypothyroid)



Neurologic disease  
(neuropathy)



Psychological  
issues

Most paediatric patients benefit from medical treatment, but in adults' constipation has a poor prognosis; it seriously affects the quality of life.

**Factors that are associated with a worse prognosis are as follows:**

- Female gender
- Occurrence in geriatric patients (old age)
- Longer time between onset of symptoms and initiation of treatment
- Longer colonic transit time.

## Tips to prevent constipation

The following preventive suggestions are to be followed on a regular basis, to reduce the chance of developing constipation as well as relieving it. These precautionary measures include:



Increase daily water intake



Eating a diet rich in fiber



Not ignoring the urge to defecate



Increase physical exercise



Reducing the intake of excessive meats and dairy products



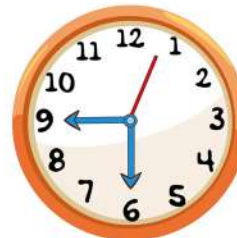
Staying active throughout the day to improve peristaltic movement



Trying medication or other techniques to manage stress



Avoid consuming alcohol and caffeine



Maintenance of regular schedule for bowel evacuation



Habit of taking last meal at least 2 hours before bed

# Indian home remedies



These remedies can help relieve constipation quickly and effectively.



**Triphala** is one of the most effective ayurvedic remedies to relieve constipation. Triphala has glycoside that has laxative properties. You can prepare a tea from triphala by mixing it in hot water. You can also combine one-fourth teaspoon of triphala with half teaspoon of coriander seeds and one fourth teaspoon of cardamom seeds. Grind them together and mix it in a glass of water. The trio can be super effective to induce bowel movement.



If you have constipation, mix a teaspoon of roasted and powdered **fennel seeds** with a glass of warm water. Consuming fennel seeds can help produce certain gastric enzymes that can boost the digestive process and promote healthy bowel movement.



**Bael fruit** has laxative properties. If you have constipation, eat half a cup of bael fruit pulp with a teaspoon of jaggery in the evening before dinner. You can also have bael sharbat by mixing bael juice with some tamarind water and jaggery. It is recommended to consult your doctor before consuming bael if you are diabetic. Also avoid consuming too much quantity as it can upset your stomach further.



**Liquorice or mulethi** has an anti-inflammatory effect and it may aid digestion. Add a teaspoon of powdered liquorice root and a teaspoon of jaggery in a cup of warm water. It is advised to consult an ayurvedic expert before consuming it regularly.



**Lemon (and other citrus fruits)** contain high doses of vitamin C, as well as water-soluble fiber. Citrus can also sometimes stimulate your colon. That's probably why some people use warm lemon water as a way to get things moving when constipation becomes a problem. The good news is that this remedy is safe for pretty much any child who is old enough to drink diluted lemon juice, as well as for people who are pregnant or breastfeeding.

# GIVE YOUR MIND A WORKOUT!

## 101 Brain Teasers That'll Improve Your Memory.



*Did you know that doing brain teasers and logic problems can improve short-term memory loss?*

Challenging your mind with math brain teasers and other types of puzzles keeps the connections between your brain cells sharp. Plus, learning how to solve brain teasers improves your ability to concentrate and focus, too.



### Riddle:

You're escaping a labyrinth and there are three exits. Exit A leads to an inferno. Exit B leads to an assassin. Exit C leads to a lion that hasn't eaten in 3 years. Which exit do you pick?

### Answer:

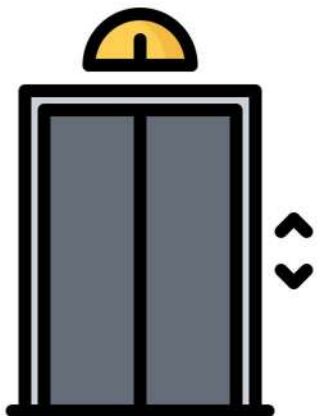
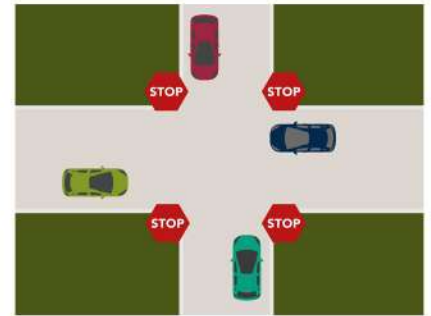
*Exit C. If a lion hasn't eaten in 3 years, it has definitely starved to death.*

### Riddle:

Four cars come to a four-way stop, all coming from a different direction. They can't decide who got there first, so they all go forward at the same time. They do not crash into each other, but all four cars go. How is this possible?

### Answer:

*They all made right-hand turns*



### Riddle:

An elevator is on the ground floor. There are four people in the elevator including me. When the lift reaches the first floor, one person gets out and three people get in. The lift goes up to the second floor, 2 people get out, 6 people get in. It then goes up to the next floor up, no one gets out but 12 people get in. Halfway up to the next floor up the elevator cable snaps, it crashes to the floor. Everyone else dies in the elevator except me. How did I survive?

### Answer:

*I got off on the first floor*

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