

A Herbal Cure to Constipation

Constipation is usually associated with three things, the pain in bowel movement and the inability to have bowel movement after a long period of straining in the stool and the absence of bowel movement after several days, which is generally three days or more. However, there is really no clear definition on what would constitute a person suffering from constipation because bathroom patterns vary from one person to the next. For example, one person may have to go to the bathroom every single day, but similarly, another person's routine may involve going to the bathroom only after two days. Generally though, the person himself will know if he is suffering from constipation if he experiences its symptoms such as irregular and infrequent bowel movement, a sudden decrease in the frequency of the need to go to the bathroom, his bowel still feels quite full even after the passage of stools and the abnormal difficulty in having bowel movements. You should also note that there are various causes of constipation. But in most cases, people suffering from constipation have some similarities with regards to their lifestyle like eating unhealthy food, lack of regular exercise, insufficient amount of fluid in the body because they do not drink enough water and the stress they have to deal with. But other factors can also contribute to constipation. For example, pregnancy can alter your bathroom habits and you may have some difficulty in the passage of stools. Some medical conditions can also prove to have some adverse effects like having difficulties in passing stools. On the other hand, some people suffer from chronic constipation. This condition is actually very hard to live with because you experience difficulty in your bowel movements every time you go to the bathroom. However, chronic constipation is quite easy to cure if a person is committed to a lifestyle change because more often than not, chronic constipation is a result of an unhealthy lifestyle. Also, you can use some medications such as laxatives that can let you have some relief from this condition. Meanwhile, you can also try some alternative cures such as herbal medicines because it is proven to help in constipation in some ways. But you should also be careful when choosing herb supplement because like chemical laxative, herb laxatives is also not good for you in the long term if you constantly use it to cure your condition. Also remember that laxatives are generally reserved for people with severe cases of constipation or those looking for an instant relief because of an emergency. For people experiencing mild constipation, it is better for them to try mineral oils or even the milk of magnesia for them to cure this condition. They can also try the bitter liquid derived from aloe vera, this can be a very powerful laxative if ingested, but this is also not good for long-term use because it can cause a person to have severe and painful cramping. In addition, you should first consult with a healthcare professional before you take any form of medication whether it is herbal or not.

About the Author

Herbal remedies are a safe and effective alternative for treatments from conditions ranging from indigestion to diabetes. Learn about herbal.

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