

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 pain, bleeding, or hemorrhoids.



- As you can see, intestinal cramps could signal some serious underlying health issues that need to be addressed.
- So seek 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 discomfort.
- This is because the organs have been moved internally during the surgery to remove 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 surgical treatment was carried out, the wound will take few weeks to heal.
- Laughing, coughing, sneezing, etc. put pressure on the stitches and become unpleasant.
- For laparoscopy, pain will be felt around the entry points, which must reduce in a couple of days.
- Painkillers are prescribed to lower the pain, however, some pain relievers once again have associated adverse effects.
- Worried stomach ache can be managed with medication and specific way of life changes.
- Managing an Anxious Stomach

Nervous stomach can be really stressful when a person has an essential event coming up like an interview, a discussion, or a company meeting. To control nervousness and associated stomach ache in such instances, one can use the tips discussed below so that the problem can be handled in a much better way. Tension, 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.

Ways to Consume.

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 plenty of water at regular intervals for better results. If you want to use flaxseed oil for relieving constipation, mix 1 tbsp. flaxseed oil with low-fat yogurt. You can include tsp. honey for a better taste. Take this mixture 1 hour before bedtime for better results.

Excessive Iron

Excessive iron in the diet can also lead to green bowel movement. This negative effects related to the color of the stool is often observed in patients put on iron supplements.

This condition, the intestine is not in a position to work effectively and the reasons are plenty, varying from existence of ulcers to the swelling of the lining of the intestinal tract. Although there are different types of intestinal conditions, the common symptoms associated with poor intestinal function are abdominal pain, frequent or irregular bowel movement, and poor appetite. Some of the common gastrointestinal disorders that can cause 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 consist of fructose. Prebiotics are indigestible fibers which provide 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 constipation. 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.

Ways to Consume.

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.

“ *Irritable Bowel Syndrome Understanding this Issue and Finding Relief *. Irritable bowel syndrome, also known as IBS, is a common concern among older grownups. If you have actually noticed that your bowels have actually become unforeseeable and bothersome, you may be suffering from this condition. When the body is out of...*



Aloe Vera Juice

An effective natural home remedy for softening stool is consuming aloe vera juice. According to medical research study, aloe vera juice consists of anthraquinone glycosides, which are active components of the majority of laxatives.

Ways to Take in.

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

Flaxseed

Flaxseeds contain omega-3 fatty acids. It attracts 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 instead of flaxseed oil because 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 includes more fiber than the seeds.



ConstipationDiarrheaIrritable Bowel SyndromeNausea

Barley

Barley is also promoted 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 large, thereby helping it move quickly through the digestive tract.

Treatment

As pointed out above, there can be numerous severe causes of pelvic pain on right side. But, one should keep in mind that all these causes can be successfully treated. Treatment of ectopic pregnancy depends on the location of the egg as well as the condition of the woman. 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 ways of treating it.

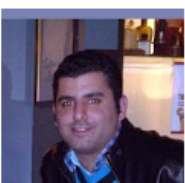
Mineral Oil

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

- For treating discomfort in stomach caused due to diarrhea, following the BRAT diet plan for **diarrhea** is very important.
- An individual suffering from diarrhea needs to eat BRAT foods, i.e. bananas, rice, applesauce and toast.
- Besides that, for diarrhea and upset stomach, properly cooked vegetables having high fluid content need to be undertaken.
- People affected by this condition may experience ideal abdominal pain, nausea, vomiting, indigestion, flatulence, etc.
- These symptoms could be triggered by consumption of a fatty meal.

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).

The use of senna is not recommended for children below 12 years of age. People with chronic gastrointestinal problems like Crohn's disease, 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 interact 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 notify your healthcare provider or natural practitioner about preexisting medical conditions or other drugs that you are taking currently.



“ **Damion Mcdaniel**

Damion is a lead writer at zoejo.com, a site about health, lifestyle and fitness. Previously, Damion worked as a advertising guru at a well-known tech software web site. When he's not scouting for new content, Damion enjoys skydiving and rock climbing.

Disclaimer: Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.