

Natural Cure For Ibs: Liver Damage Symptoms

The liver plays various important roles in the body. It actively takes part in metabolizing vitamins, minerals, proteins, fats, and carbohydrates. It converts glucose to glycogen and helps in the storage of glycogen, minerals and vitamin. It also plays an important role in blood purification and cleansing. It also synthesizes plasma protein and blood clotting agents.



Herniated Disc

Herniated disc is triggered when the disc present in between two consecutive vertebrae get irritated or ruptured. This condition can be caused due to injury, aging or as an outcome of obesity. Neck and back pain on the left side, sciatica, etc., are the signs of this condition.

Causes When talking about underlying causes, it has been observed that constipation, indigestion and diarrhea are the three most typically skilled conditions that cause stomach pain. Apart from these, the following are the other significant and possible causes to look out for.

- There are a variety of conditions which can trigger cramping in a person.
- Here are the causes, followed by the treatment methods.

Causes Diarrhea: Generally, serious diarrhea is a common cause of this condition. Usually, diarrhea is a condition where there is excessive passage of extremely watery stools. Nevertheless, in serious cases, there can be passage of blood and mucous in stool too. This is particularly true in cases that are triggered due to parasitic infections of the intestinal tract or due to severe infections of other parts of the intestinal system. The majority of people also show other symptoms like dehydration, weakness, queasiness, and severe irritability.

- Treatment: Proper diet together with medication prescribed by a doctor will help in the condition.
- When the sacs in the intestines are formed, they will stay for a lifetime.
- Changes in way of life is important to get relief.
- An individual observes any of the above discussed symptoms, he/she must speak with the physician instantly.
- There are several treatment techniques like medications, physical treatment, surgeries, etc., that help in discomfort relief.
- It is encouraged to take complete rest to alleviate the discomfort.
- Second of all, the doctor may also recommend back works out to alleviate the pain as early as possible.

Sinus Problems

A pupating bacterial infection might also lead to sinus problems, which frequently is considered among the most irritating and discomfiting conditions to withstand. Sinus drain might be yellowish-green in color, and thick and greasy in consistency, triggering extreme headache, chest congestion, palpitations, fever, and body pains. In serious cases, the client may experience a pressure buildup in the eye resulting in short-term visual distortion.

- Treatment Consulting the doctor is the first thing to do if these symptoms are observed.
- The doctor will ask the patient to carry out blood and urine tests.
- Treating dehydration is the first step to be followed as diarrhea triggers dehydration.
- Therefore, the doctor will advise the person to have electrolytic fluids and water.
- In case of severe diarrhea and dehydration, hospitalization, and IV fluids may be needed.
- The additional treatment completely depends on the underlying cause.

There are a number of pharmaceutical companies that develop and sell stool softeners for treating constipation. Considering that the use of stool softeners could cause side effects like nausea, stomach cramps, diarrhea, throat inflammation (in case of oral liquid), etc., people choose to follow home remedies and self-care tips to tackle the issue of tough stools. Unlike a few of the chemically-formulated stool softeners, home remedies are relatively safe and don't pose long-term health risks. Here are a few of the effective home remedies for treating constipation.

Licorice plant (*Glycyrrhiza glabra*) is a vegetable, and its roots have a sweet flavor. The roots contain substances, like anethole and glycyrrhizic acid, that are responsible for the sweetness and other properties of this herb. Licorice was used by the ancient Greeks and Egyptians for therapeutic purposes. This herb was used for treating stomach conditions as well as respiratory problems. It was very widely used in Asia and Europe too. Today, licorice is used as flavoring agent and as a natural medicine. It is available as root extract, tablets, root tea, candies, etc. You may also come across tobacco products flavored with licorice. Nevertheless, usage of licorice in high doses, that too for a long term, may result in serious side effects.

Anal Fissures

Discomfort during and after defecation is one of the common symptoms of anal fissures. An anal fissure is a tear in anoderm, which is a specialized tissue that lines the anal canal. The tear runs from the rectum to the anal canal. It could happen in individuals impacted by chronic constipation. Since this area includes a large number of nerves, injury to this area can cause pain. Passing a large, difficult stool might be the reason behind the development of an anal fissure. Repeated episodes of diarrhea could also be a contributing factor. Sometimes, women could establish a fissure after giving birth.

Laxatives. There are 2 kinds of laxatives, namely: osmotic and stimulant laxatives. Osmotic laxatives should be taken in only if prescribed by the doctor. Whereas, stimulant ones can be consumed even without a prescription. Nevertheless, consume it just if you have comprehensive knowledge about the laxative. These assistance in softening the stools and eliminating other problems. Please keep in mind that it is recommended to take in either of the laxatives only after consulting with the doctor in order to stay away from possible negative effects.

Treatment Will Start Just After the Underlying Cause Has Been Found Out

The doctor will ask the patient for symptoms, which may help to diagnose the cause. In case, it is not a serious problem, home remedies like avoiding gas-causing foods and following good eating habits can assist to prevent and cure stomach belching.

Diverticulitis: Diverticulitis is Infection or Swelling of the Diverticulum


It is absolutely nothing but an abnormal pouch formed in the digestive region. These diverticula can form anywhere in the gastrointestinal tract, that include the esophagus, little intestinal tract, large intestinal tract, and stomach. However they are most commonly formed in the big intestinal tract, and are formed due to the irregular pressure in the digestive tract regions. Sharp intestinal pain, modification in bowel habits, abdominal tenderness, diarrhea, and constipation prevail indications of diverticulitis.

Contributing Elements

Hemorrhoids Hemorrhoids, also called piles, is a condition that is characterized by the presence of swollen and inflamed veins in the rectum and lower rectum. It could occur due to severe or chronic constipation where the affected individual has to frequently strain during bowel movements. It might also affect pregnant women due to the increased pressure on these veins. It might be internal, which means the inflamed veins could be located inside the rectum. It could be external, which indicates that swollen veins might establish under the skin around the anus.

- The intestinal tract is an essential organ of the body located between the rectum and the stomach.
- An intestine has two areas - the large intestinal tract and the little intestinal tract.
- Pain in left side of the rib cage may also be a sign of the presence of stomach ulcer.
- Depending on the severity of the condition, the discomfort may last longer or numerous decrease in a few minutes.

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Gallbladder Problems - Symptoms of Gallbladder Diseases Gallbladder is a pear-shaped sac that is located beneath the liver in the best upper quadrant of the abdominal area. The main function of the gallbladder is to keep and launch bile, which is the digestive enzyme that is produced by the liver. The...

- Treatment: Proper high-fiber diet plan together with use of laxatives is recommended for treating this syndrome.
- Stomach Ulcers

Constipation is One of the Common Conditions that is a Sign of Poor Digestion

It is characterized by irregular bowel movements, incomplete evacuation of bowel, and straining during defecation due to hardening of the stools. Anus is the opening at the end of the digestive tract through which the stool passes, whereas rectum is the terminal end of the digestive tract, and is linked to the anus. Pain after bowel movements could be attributed to medical conditions affecting these structures.

- Trigger - Tapeworm Infection Tapeworm infection is normally caused by the intake of food or water that is polluted by tapeworm eggs or larvae.
- The larvae are in some cases ingested by consuming raw or uncooked food also.
- Due to this an individual experiences digestive cramps after eating.
- It is frequently accompanied by other signs such as nausea, diarrhea, fever and weak point.

Natural Remedies

Psyllium Husk Psyllium husk is derived from the gel-coated seeds of a herb called *Plantago ovata*. It has a high fiber content, as well as absorbs water, consequently ensuring the passage of stools. It is also effective when it comes to reducing the symptoms of irritable bowel syndrome, diarrhea, piles, etc. While taking fresh psyllium husk or the powdered version, drink sufficient amounts of water. You can also take psyllium seeds to clean your colon.

Therapy is likewise offered to such patients, as mental elements can set off the signs. There are some medicines, which are particularly produced individuals affected with this condition, however their effectiveness is still not proven. Apart from medications, way of life and dietary aspects are also important, as far as the treatment is concerned. The affected individuals must drink lots of water and avoid foods that can activate the signs. They need to exercise frequently, and eat at routine periods. Prevent stress, as it is one of the typical trigger aspects for the signs.

Irritable Bowel Syndrome (IBS)

People impacted by IBS have a sensitive intestine. The muscles of the intestinal tract contract in an unusual way, thereby leading to cramping of the big intestinal tract. Due to the abnormal contractions, food does stagnate along the system easily. Food, tension, hormone imbalance, usage of certain drugs, and other conditions of the tract can also cause this issue. The symptoms of irritable bowel syndrome include bloating, mucus in stool, change in bowel routines, discomfort in the lower stomach, excess gas, etc.

Anal Fistula

An anal fistula results from anal abscess, which might form when the glands located in the rectum become blocked and infected. An anal fistula is a little channel that joins the infected gland within the anus to an opening on the skin near the anus. People affected by Crohn's illness, sexually transmitted diseases, trauma, diverticulitis, etc., are more likely to develop an anal fistula. It can give rise to signs such as pain with defecation, discomfort around the anus, irritation of the skin around the anus, bleeding, fever, tiredness, etc.

Ways to Take in

Take 1 tbsp. fenugreek seeds and soak them in water for at least an hour. Make a paste of soaked seeds and consume it with a glass of warm water. Boil the seeds several times to get rid of the bitter taste. Take 1 tsp. of seeds followed by a glass of water, before bedtime.

Stomach Ulcers.

Together with irritable bowel syndrome and anxious stomach, there may also be a variety of other stomach-related diseases that are caused due to stress and anxiety. One of the most typical conditions triggered due to tension include stomach ulcers. Stomach ulcers are swellings of the stomach due to extreme release of hydrochloric acid in the body. While hydrochloric acid is otherwise used in the body in very percentages, even the smallest boost can cause trouble. It is said that although inflammatory bowel disease (IBD) is not straight caused by stress, a preexisting case of IBD may be worsened due to tension.

Trigger - Green Stool. Digestive cramps could be due to a condition known as green stool. In this condition, the food goes through the intestines extremely rapidly and hence does not get time to alter from green color to the regular brown color. The primary reason behind this reduced bowel transit time is diarrhea. Other causes consist of increased laxative usage, negative effects of specific medications, bacterial overgrowth, ulcerative colitis, food poisoning, consumption of iron supplements and celiac disease.

Cause - Irregularity Another factor behind this problem is constipation. In this condition, the frequency of getting rid of stools is significantly decreased, even lower than thrice a week. Under normal conditions, the waste items are moved by the contraction from the little intestine to the big intestinal tract. The large intestinal tract carries out the function of absorption of water and salt. However sometimes, there may be excessive absorption of water, which can make the stools extremely dry and tough. If the muscle contractions are slow, it can cause the stool to move very gradually through the colon, causing irregularity and digestive tract cramps.

- On a concluding note, pain during and after defecation might be caused by several medical conditions.
- Thus, it is essential to look for medical assistance for the proper diagnosis and treatment of the underlying cause.

Proctitis Swelling of the lining of the rectum is medically described as proctitis. It could be caused due to sexually transmitted infections, inflammatory bowel diseases (ulcerative colitis or Crohn's disease), trauma to the anorectal region, etc. The symptoms of this condition include discomfort in the rectal and anal area, intermittent rectal bleeding, pain throughout and (IBD) bowel movement, diarrhea, discharge from the anal area, etc.

- Inflammatory Bowel Disease Crohn's disease and ulcerative colitis are placed in the category of inflammatory bowel illness.
- Ulcerative colitis is defined by the development of ulcers and inflammation of the lining of the colon and the rectum.
- It gives rise to abdominal pain, urgency to have a bowel movement, cramping, rectal bleeding, loss of appetite, weight loss, tiredness, etc.
- Crohn's disease is also characterized by inflammation in the lining of the gastrointestinal tract.
- It triggers symptoms such as stomach pain, cramping, diarrhea, blood in stool, weight loss, anorexia nervosa, anal fissures, etc

Pregnancy Lower neck and back pain in early pregnancy can be triggered due to the pressure on the back put by the increasing size of the uterus and increasing weight or due to hormonal changes.

Has been observed that the majority of the side effects are caused by high dosages. Licorice roots should not be taken by people with high blood pressure, diabetes, cirrhosis, kidney problems, heart diseases, low blood potassium levels, estrogen-sensitive disorders, etc. Pregnant and nursing women and small kids should also avoid use of this herb. It is much better to avoid licorice, if you are taking diuretics or heart medication. In case, you wish to use this herb for medical purposes, consult a qualified herbal practitioner and follow his instructions.

The food digestion and absorption of food occurs in the small intestine, while the big intestine performs the function of absorption of wetness from food residues and elimination of wastes.

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