

# Home Remedies for Constipation

**A**bout two per cent of the population complains about frequent episodes of constipation. It is claimed to be more common in women than men. Some excellent home remedies are available for this vexatious problem

## Lemon with Honey

Lemon juice in honey and warm water, taken early in the morning, helps to get rid of constipation. It is believed that the digestive properties of lemon

help clear unwanted blockages and control indigestion symptoms and even diarrhoea because of increased efficiency in the gastro-intestinal tract.

## Molasses with Honey

Molasses and honey are both excellent overnight relievers of mild constipation. Two teaspoons before bed will ease constipation.

## High Fibre Diet

High fibre meals are also



helpful. It is a good idea to take adequate quantities of salads and fruits at night.

### Milk

A concoction of hot milk, sugar and ginger is excellent for combating constipation.

### Peppermint

Peppermint in any form is an enjoyable option to combat constipation.

### Triphala Churna

**Triphala** is an *Ayurvedic* medicine which, when taken with a glass of water in the morning, becomes an excellent remedy.

### Ripe Bael Fruit

This is considered to be the best laxative. This fruit is known to cleanse and also strengthen the intestines. This can be eaten directly or made into a juice and consumed.

### Flaxseed

Flaxseed is a commonly used laxative. It not only assists bowel movements, but also gives nourishment to the body in the form of Omega 6 fatty acids. It also provides the body with fiber, which helps to ease constipation.

### Aloe Vera

An all-natural healthy laxative, it clears blocked bowel movements efficiently. Aloe Vera does not have any unwanted side effects.

### Prunes

They are available all over the world and help in relieving constipation.

**A note of caution:** All cases of obstinate constipation must be investigated by a gastroenterologist 🍷

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