

It's all about download

One can control his emotions, but not motion. What has to come out must come out. But sometimes it doesn't. Let's understand the probable reasons and the remedies.



As you all know human body produces solid waste. This has many names, most of which are too impolite for some of my sophisticated readers. However, these disgusting details are important for you and for a healthy society. Interchangeably it's called poo, motion, stool, number two and scientifically this waste food is called 'faeces'. Just read, do not visualise. I know it sounds gross, but hold your nose and read on... The smelly waste is squeezed out of the rear end gas vent pipe at least once a day. Roughage helps the guts to grip the waste and move it out faster. Bodies fuelled on foods full of roughage can produce waste up to seven times a day. Actually, come to think of it, that's nothing!! Cute cuddly Pandas eat bamboo shoots full of roughage and dump it out forty-eight times a day - yes, they really do - dude.

However busy you could be, you can't get away from the toilet. Ultimately, it will command your presence with all the power of a giant magnet. Once your breakfast has worked its way through, your system will insist on it. We need to appreciate the self-motivated effort of our organs, it doesn't matter how busy you are - even if it's in the middle of an important meeting, your body will force you to do what it wants to do. An average human body spends six months of its lifetime in the toilet. Fortunately this does not mean six months non-stop in the toilet. Do you know most people are disgusted by the smell of poo - a lesson they learn and the faces they make when they

are barely two. So, do not try to picture this out and please don't read when you have posh relatives eating their dinner.

All the waste food that's piling up - well, it has to go sometime. So, every day some of it is shoved out of the anus (the opening through which poo is passed - I know you have another familiar name for it - A** H***). Scientists have discovered that poo is 75% water and of the solid material that's left, two thirds are food that your body can't digest - such as fibre, big unchewed food, seeds, etc. And the other third is made up of germs that the body is getting rid of.

When you are very worried, you would think your body would help you feel better. But it doesn't. Instead the vagus nerve, for some reason, doesn't send the signals from the brain that makes you go to your reading room - I mean the toilet. As a result, the poo piles up in the colon where its moisture is sucked back into the blood. The poo becomes dry and crammed together and when the person passes poo less than usual - that's constipation. I am sure all of us

have been through this some time or the other. Constipated poo is painful to get rid off and that's really a cause for worry. Constipation is not a topic that we regularly talk about amongst our friends, in the schoolyard, at work, in the middle of a deep and meaningful conversation and certainly not over dinner! But, if you have it, you might need to take some action.

So what causes constipation?

Primary cause is lack of fibre. You cannot say you don't like the taste. What your tongue doesn't enjoy, your body seems to be processing well. Investigations show that they are all loaded with fibre - brown bread, wholegrains, wheat bran chewy and fruits and vegetables. In fact, your body can't digest fibre, but it keeps the rest of your food moving down the stomach. The gut walls can grip the fibre, more easily than ordinary food. In the end this gets you moving to the toilet, resulting in softer and bulkier poo.

If you need reminding for remembering, here it is. You need to be hydrated. You have to top up your water supply because your

body is two-thirds water and your brain is 80% water. Either you drink enough water or you will go dry at both ends - a dry head and a constipated poo.

Some people ignore the body's call to go to the toilet - may be they don't want to use the toilet in that particular environment. What they need to know is the poo in their rectum gets drier and harder and is not as easy to push out later. It is not good for your health.

For a number of people, constipation is part and parcel of a business trip or a holiday as there is a change in routine. It could be attributed to change in food, water, weather or a change in the time of passing poo. You can easily overcome such a problem by giving your system some time to settle down and adjust in order to function normally.

A word of caution for the dieters - low intake or no intake of fat could lead to constipation. People who switch to boiled foods and vegetables to shed those extra pounds will experience constipation to begin with.



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A few Do(s)

- ✓ Have more of wholegrain cereals in the form of wholewheat flour and its products like wheat bran. Consume more of oats, brown rice, whole pulses and legumes like kidney beans, channa and other pulses.
- ✓ Bananas soften stools and prevent constipation. Bananas hold water and provide in bulk to the poo. Besides, it also helps improve intestinal flora.
- ✓ Apricots and figs are effective in the treatment of constipation.
- ✓ Dates are potent in treating constipation. Soak 4-5 dates overnight and mash it in the morning into fine syrup. It stimulates peristalsis and it is very energising too.
- ✓ Papaya - here is a fruit that improves digestion and corrects constipation.
- ✓ Exercise is a must. It is a habit that will fight constipation. Brisk walking, aerobics or yoga for thirty minutes a day, for six days a week will go a long way in regularising your bowel movements.

A few Don't(s)

- × Avoid excess intake of coffee.
- × Avoid more intake of refined foods such as white rice, roomali roti, pasta, all of which are low in fibre.
- × Abstain from maida and its products.
- × Avoid consuming alcohol in large amounts.
- × Avoid consuming too much of laxatives.
- × Avoid smoking.
- × Of all, avoid sedentary lifestyle.
- × Holding on to your stools makes them harder to pass later on. The urge to have a bowel movement should not be ignored.



What Ayurveda has to say on constipation?

- Dr. Monica Chitnavis,
Prakriti Ayurvedic Natural Rejuvenation Centre

Constipation is described as a digestive disorder caused due to imbalance of the *doshas* (i.e., *Vata*, *Pitta* and *Kapha*).

According to Ayurveda, these are the three principal *malas*: urine, stool and sweat, also called *kitta* which literally means that which must go away. Stool is not only the waste of the food taken, but it also contains substances eliminated from tissue cells. Proper digestion and evacuation of stool are of great importance for the state of good health. Improper evacuation leads to diseases not only in gastrointestinal tract, but also in other parts of the body. Cure for rheumatism, sciatica, bronchitis and asthma begin by regular evacuation of the stools.

Ayurveda recommends:

- Have food which is warm, fresh and moist. We need to include regular intake of fruits and vegetables. We need to have food on time, and most importantly eat only after the earlier meal is digested.
- Eat slowly and not in haste. We need to avoid excessive spicy and synthetic food and most importantly avoid eating when we are under anxiety, anger and are emotionally down.
- To sleep and wake up at regular timings.
- Consumption of ghee and milk plays a major role in treating constipation.