

## Constipation:

- 1.0 Drink atleast 1.5 to 2 Liters of water every day. Every hour drink  $\frac{1}{2}$  glass of water. Do not drink water while taking meals. Drink water 20 minutes before meals and one hour after meals.
- 2.0 First activity after getting up in the morning: Drink at least one glass of water which has been kept overnight in a copper vessel.
- 3.0 Food should be properly chewed. Hurried meals and meals at odd times should be avoided.
- 4.0 Eat raw salad before meals such as tomato, cucumber, onion, beet (boiled) potato (boiled), cabbage, carrot etc.
- 5.0 5 Raisins (Black dried grapes -Manuka) should be soaked for at least 6 hours and eaten at bed time every day.
- 6.0  $\frac{1}{2}$  boiled beet cut in to slices should be eaten everyday at dinner. Also include green vegetables in the diet.
- 7.0 Vegetable of Ladies fingers (Bhendi) and Suran should be taken atleast 3 times a week.
- 8.0 Dinner should be taken 2 hours before bed time.
- 9.0 4 dry figs should be washed / cleaned thoroughly in hot water and soaked overnight in water. Figs should be taken first thing in the morning along with the water in which they are soaked. (at least twice a week)
- 10.0 2 tablets of Triphala churna should be taken at night. (Every alternate days)
- 11.0 4 Fiber biscuits of reputed company should be taken with tea.
- 12.0 1 spoon honey with  $\frac{1}{2}$  cup water to be taken at bed time. (Twice a week)
- 13.0 1 spoon of home made ghee (Tup) with  $\frac{1}{4}$  cup milk to be taken at bed time. (Once a week)
- 14.0 Following fruits to be taken. Atleast one fruit daily in the evening.  
Grapes, Guava, orange, papaya, figs, dates (1 seed), banana, apricot (zardalu) apple. Generally all fruits except jack fruit (Fanas) are beneficial in the treatment of constipation.
- 15.0 Foods to be avoided: Sugar & sugary foods, all products made of white flour, rice, bread, pulses, cakes, pastries, biscuits, cheese, hard boiled eggs, strong tea and coffee.
- 16.0 Food items which can be consumed: Curd, Pop corn, Spinach, Lettuce, Salad, buttermilk.
- 17.0 Walking exercise daily 25-30 minutes.
- 18.0 To apply Kailash Jeevan ointment to anus. (daily at night)
- 19.0 Bio compound No.4 Constipation: 4 tablets 3 times daily.
- 20.0 Emotional stress and strain should be avoided.
- 21.0 One tablet of Biplex Forte daily after Lunch.