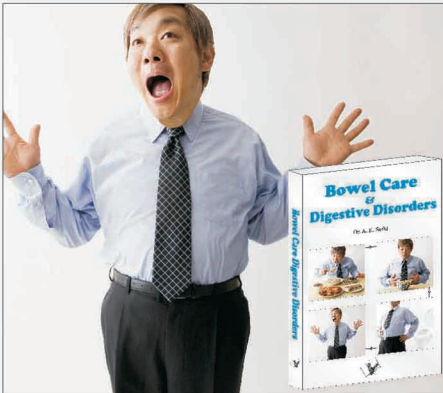


Bowel Care & Digestive Disorders

Dr. A. K. Sethi



Bowel Care & Digestive Disorders

Dr. A. K. Sethi



Published by:



V&S PUBLISHERS

F-2/16, Ansari road, Daryaganj, New Delhi-110002

☎ 23240026, 23240027 • Fax: 011-23240028

Email: info@vspublishers.com • *Website:* www.vspublishers.com

Branch : Hyderabad

5-1-707/1, Brij Bhawan (Beside Central Bank of India Lane)

Bank Street, Kori, Hyderabad - 500 095

☎ 040-24737290

E-mail: vspublishershyd@gmail.com

Branch Office : Mumbai

Jaywant Industrial Estate, 1st Floor-108, Tardeo Road

Opposite Sobo Central Mall, Mumbai – 400 034

☎ 022-23510736

E-mail: vspublishersmum@gmail.com

Follow us on:



© Copyright: V&S PUBLISHERS

ISBN 978-93-505722-3-8

DISCLAIMER

While every attempt has been made to provide accurate and timely information in this book, neither the author nor the publisher assumes any responsibility for errors, unintended omissions or commissions detected therein. The author and publisher make no representation or warranty with respect to the comprehensiveness or completeness of the contents provided.

All matters included have been simplified under professional guidance for general information only without any warranty for applicability on an individual. Any mention of an organization or a website in the book by way of citation or as a source of additional information doesn't imply the endorsement of the content either by the author or the publisher. It is possible that websites cited may have changed or removed between the time of editing and publishing the book.

Results from using the expert opinion in this book will be totally dependent on individual circumstances and factors beyond the control of the author and the publisher.

It makes sense to elicit advice from well informed sources before implementing the ideas given in the book. The reader assumes full responsibility for the consequences arising out from reading this book. For proper guidance, it is advisable to read the book under the watchful eyes of parents/guardian. The purchaser of this book assumes all responsibility for the use of given materials and information. The copyright of the entire content of this book rests with the author/publisher. Any infringement/transmission of the cover design, text or illustrations, in any form, by any means, by any entity will invite legal action and be responsible for consequences thereon.

Why to read this book

- ❑ This book emphasises the fact that if the bowel functions normally the whole body remains in perfect health.
- ❑ The different parts of the bowel and their functions are explained.
- ❑ The various factors which cause abnormal functioning of the bowel, and the consequences of the malfunctioning of the bowel and the common symptoms experienced by the affected individuals are analysed.
- ❑ The common disorders and diseases affecting the bowel are enumerated.
- ❑ The various method by which different bowel diseases can be diagnosed are discussed.
- ❑ Management of these disorders are highlighted with special reference to diet, yoga, meditation, pranayama, change in lifestyle, socio-economic and environmental factors.
- ❑ Time-tested home remedies of some common digestive system are discussed.
- ❑ Some nature.cure techniques are provided to help the reader protect digestive system the natural way.
- ❑ Alternative therapies like magneto therapy, acupressure, colour therapy, feng shui, vastu shastra, aroma therapy, and music therapy make the book more interesting and informative.

Preface

Rapid industrialisation and intensive urbanisation has brought about changes in the lifestyle of the people that make them prone to stress and strain, thereby resulting in damage to the physical health of individuals.

The prevention of every disease begins from the care of the bowel. The cleansing and proper evacuation of the bowel results in the reversal of the disease process. This helps in of maintenance of the health of an individual.

The book has two objectives. First, to acquaint the common reader about the various maladies involving the bowel, its causes and its consequences. Second, to acquaint the reader towards management of the disease through regulation of diet and lifestyle and also through yoga, meditation and pranayama.

Home remedies and alternative therapies are also discussed along with some nature cure techniques to help readers tackle their bowel disorders in a natural way.

—Dr. A. K. Sethi

Contents

Preface

1

Introduction

2

Structure and functions of the bowel

3

Causes of disorders in digestive system

4

Disorders & symptoms in gastrointestinal systems

5

Diagnosis of digestive system

6

Conventional treatment of digestive system

7

Home remedies for common perfect digestive system

8

Nature cure to normal digestive system

9

Role of alternative therapies in the treatment of digestive system disorders



Introduction

This book has been written with the aim of bringing awareness among the average reader about the relevance of normal bowel function, towards the prevention of disease, prolongation of life and promotion of health and efficiency.

To understand the significance of functioning of the bowel we must first understand the basic definition of health.

What is Health

The World Health Organisation (WHO) has defined health as a state of complete **physical, mental** and **social** well being and not merely an absence of disease or infirmity. In good physical health the individual has a clean and clear complexion, bright eyes, lustrous hair, good appetite, sound sleep, regular activity in the bowel and bladder and co-ordinated movements of the body. The concept of social health connotes abilities such as making satisfying and lasting friendship, assuming responsibilities in accordance with one's capacities, showing socially considerate behaviour and living comfortably with others.

Factors affecting the health of an individual

The factors which influence the health of an individual lie within the individual as well as within the society and the environment in which he lives. These factors interact with each other and the interaction may either promote his health or have an adverse effect on him. The factors are as follows:

1. Hereditary or genetic factors

Certain characteristic features have been passed on to us from our parents and grandparents before birth. The state of health, therefore, partly depends upon our genetic constitution.

2. Environmental factors

external factors. The internal environment refers to each and every tissue, organ and organ system and their harmonious functioning within the body. The external environment refers to the housing water supply, psycho social stress and family structure.

3. Lifestyle

Lifestyle is said to be the socio-cultural behavioural of socialisation with other members of society. Because regular lifestyle.

4. Socio-economic factors

income, standard of living, quality of life, family size, illiteracy unemployment, lack of sanitation and healthcare and malnutrition.

Functions of the body and health

The basic unit of our body is cell. A large number of cells form a tissue and a group of tissue constitute an organ

to form a particular system, e.g. the circulatory system, digestive system, reproductive system, etc. These system, work together to maintain an equilibrium in the body function to keep us healthy and prevent us from disease. The digestive system helps in the digestion and absorption of food; the respiratory system is concerned with the intake of oxygen and elimination of carbon dioxide. The urinary system is associated with the removal of toxic substances;

the circulatory system distributes oxygen and products of system is concerned with the perpetuation of the species and the nervous system with the co-ordination and integration of the functions of other systems.

Role of bowel in the body

The toxic product of our body are excreted through the following organs—the bowel, kidneys, skin, lungs, liver and the lymphatic system. The bowel is the most important of all the excretory organs of our body. The word bowel or gut or intestine refers to that part of the alimentary canal (digestive system) which extends from the lower part of the stomach (duodenum) to the anus. It is divided into two main parts, i.e. the small intestine and the large intestine. Most of the process of digestion and absorption of food takes place in the small intestine. The large intestine is mainly concerned with the absorption of water and minerals from the digested material passed down from the small intestine. The contents of the intestine are propelled forward by means of rhythmic muscular contractions called peristalsis. The resultant product is the feces or stool which is passed out into the exterior through the anus.

Ayurvedic concepts of bowel care

According to ayurveda, stool, urine and sweat are the three major waste products of our body. The proper elimination of these products is essential for maintenance of the health of an individual. Stool is not only the waste product of the food taken by the individual but it also contains toxic substances (metabolic waste product from the blood)

proper evacuation of the stool helps to maintain the normal body. In certain diseases like arthritis, sciatica, paralysis, migraine, asthma and bronchitis, improper evacuation of the bowel may aggravate the problem. Improper or incomplete

kinds of harmful (disease-causing) bacteria in the intestines.

Bowel habits of indians

Bowel habits depend on the nature of the diet being taken. In India many people are in the habit of passing stools early in the morning. Many city dwellers are in the habit of having bed tea before feeling the urge (pressure) to go to toilet.

bedi before the pressure is built up. Some may go for a glass of plain water or nimbu pani while others may prefer a short stroll before evacuating their bowels. These habits are known as conditioning of the bowel.

to pass stool. People who are short tempered, depressed,

the formation of gas in the stomach. It creates obstruction in the bowel movement and causes a lot of inconvenience and evacuation remains incomplete due to which headache, poor appetite, heaviness in the abdomen, uneasiness, eructation, tiredness and sleeplessness may occur. In extreme cases it puts pressure on the heart and may produce palpitations, increased blood pressure, sweating and uneasiness. It is therefore necessary for every individual to take necessary precautions in his food, drinks and sleep, so that he gets a clear motion in the morning. If he has an urge for the second time, it should not be stopped forcibly or it may adversely

structure in the bowel and accumulation of toxic substances.

Role of antibiotics in bowel derangement

Antibiotics are the mainstays of the modern system of medicine. For any disease, be it a simple cough, a benign injury, a viral fever or diarrhea doctors invariably prescribe antibiotics. These antibiotics act like double edged swords. They not only destroy the pathogenic or harmful bacteria in the bowel and elsewhere but also destroy the friendly

bacteria. Due to this the normal functioning of the bowel is deranged. Beside antibiotics painkiller, hormones, anti-ancer drugs and medications for heart disease also produce bowel disturbances.

Breast feeding vs formula feeding

Nature itself prescribes that a newborn baby should be fed

seen not only in human beings but also in other mammalian

milk boosts up the immune system of the newborn baby. The breast milk along with colostrum protects the bowel of the child from all types of disease forming bacteria and viruses.

Homeopathic concept of bowel care

Constantine hering had proposed a theory which is known as Hering's Law of Cure. According to this low, the prevention of every disease begins from the care of the bowel. In case of

the reversal of the disease process. Even in India homeopaths