

National Campaign  
on Homoeopathy  
for Mother and Child Care

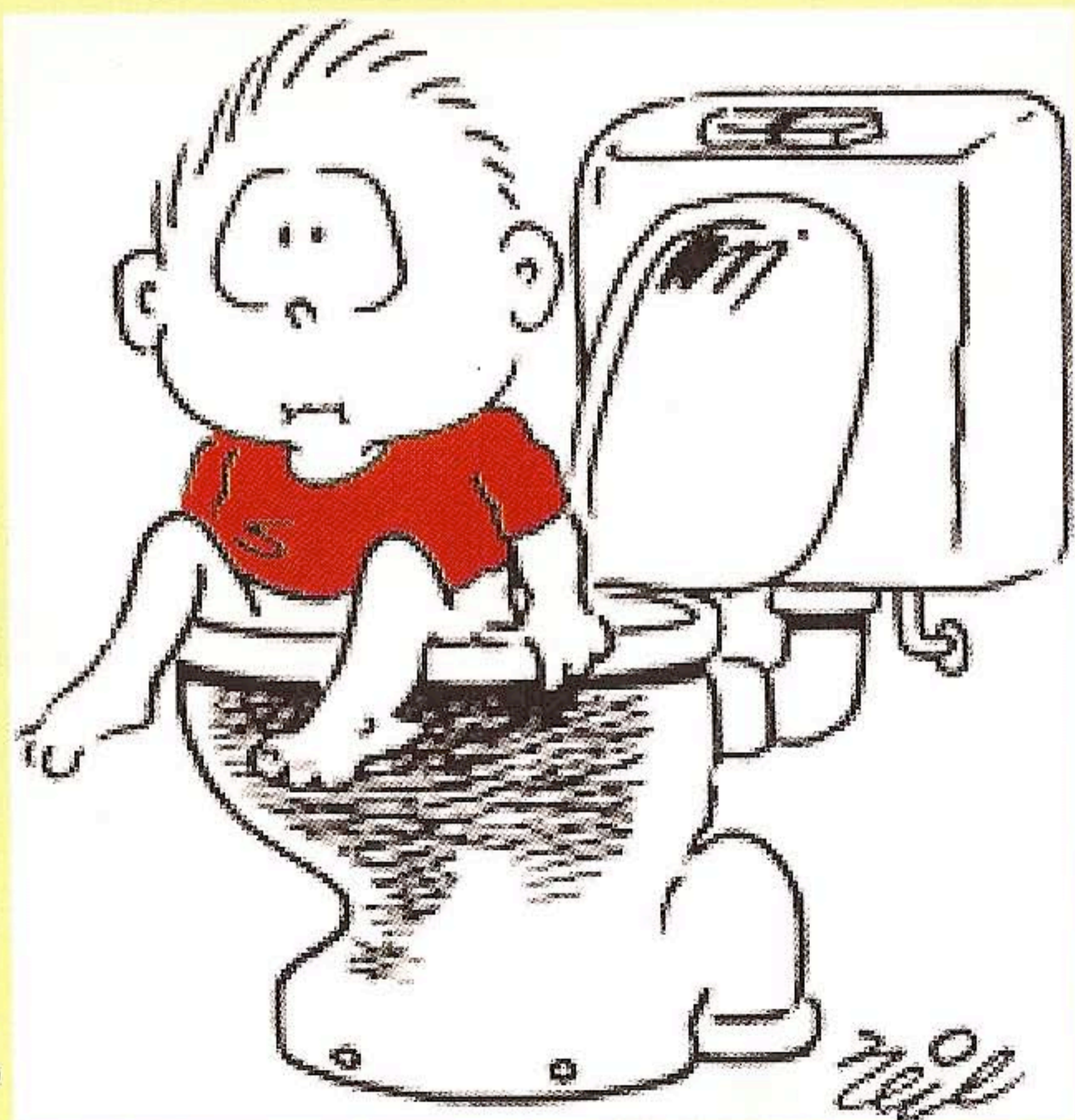
# Constipation in Children and **Homoeopathic Management**



Department of Ayurveda, Yoga &  
Naturopathy, Unani, Siddha  
and Homoeopathy (AYUSH)  
Ministry of Health and Family Welfare  
Government of India



Central Council for  
Research in Homoeopathy  
(An Autonomous Organization of the  
Department of AYUSH,  
Ministry of Health and Family Welfare)



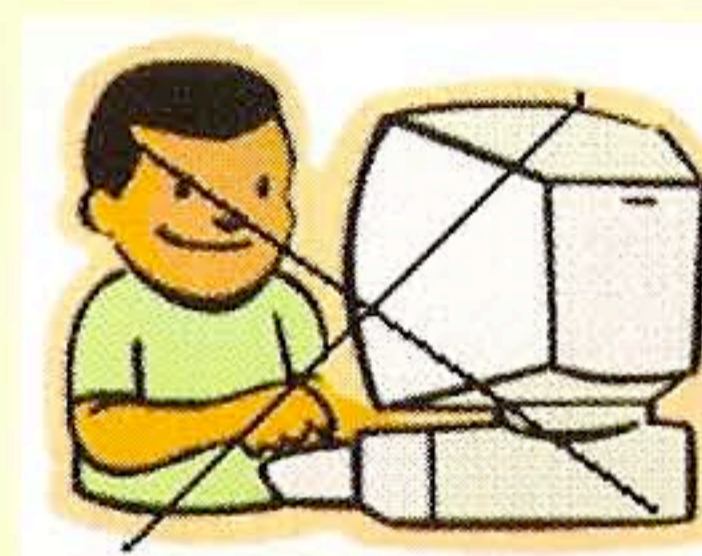
# Constipation in Children



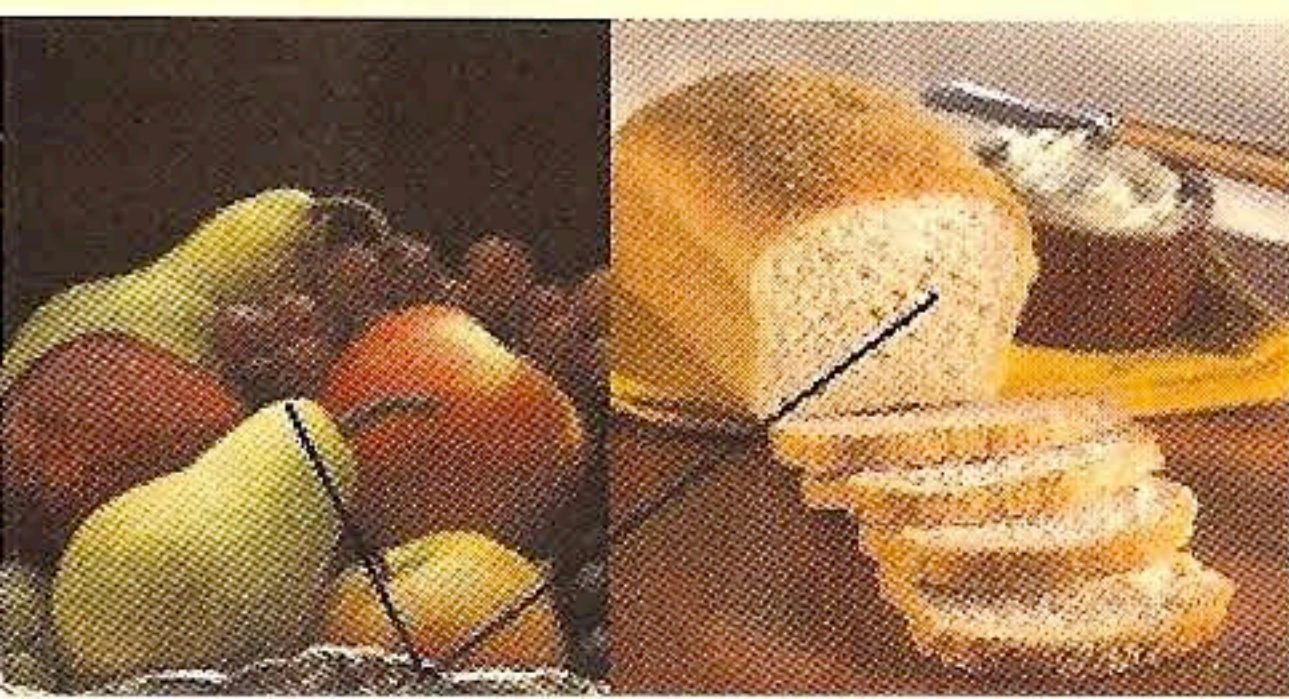
Constipation occurs when passing stools become difficult or less frequent.

A constipated child may also have:

- Pain or cramps in abdomen
- Blood on the surface of hard stool



Causes of constipation	What to do
Bottle-fed infants get constipated more frequently	Give extra fluid to bottle fed and frequent feeds to breastfed infants in warm weather.
Weaning (from breast milk to formula milk or solid food)	Prepare formula in correct proportion.
Lack of dietary fiber	Give diet rich in fiber/ roughage such as whole grain (brown) breads and cereals, fruits and vegetables.
Inadequate fluid intake	Increase fluid / water intake (at least 1-2 liters of liquids per day).
Diet rich in refined sugars such as refined flour, maida, white bread, candies and sweets.	Give whole grain foods and cereals like daliya made of wheat or oatmeal.
Children ignore the call for stools (while playing or due to hesitation)	Make sure child does not ignore the call for stool and sits on toilet seat regularly.
Lack of physical activity	Encourage physical activity like running, cycling, etc.



## Don'ts

- Don't let the child eat junk food.
- Don't give child foods rich in refined flour (maida), sugars and candies.
- Don't let the child sit for long hours in front of television or computer as it reduces child's physical exercise.

## Consult a physician if there is:

- Sudden change in the pattern of the stool of the child.
- Blood in the stool or nappy of the child.
- Pain in rectum while passing stool or in abdomen.

## How can Homoeopathy help?

Following are some of the commonly used homoeopathic medicines for 'Constipation of infants and children'. It is advised that a qualified homoeopathic doctor should be consulted.

Symptoms	Medicine
<ul style="list-style-type: none"> <li>• Constipation of infants and children                             <ul style="list-style-type: none"> <li>- from taking artificial baby foods</li> <li>- after changing to formula milk</li> </ul> </li> <li>• Child strains a lot, even to pass soft stool</li> </ul>	<b>Alumina 30</b>
<ul style="list-style-type: none"> <li>• Dry, hard stool, no urge for many days</li> <li>• Irritable child</li> <li>• Drinks a lot of water</li> </ul>	<b>Bryonia alba 30</b>
<ul style="list-style-type: none"> <li>• Obstinate constipation in children</li> <li>• Frequent desire for stool without result</li> </ul>	<b>Paraffinum 30</b>

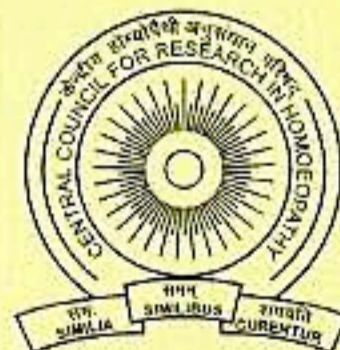
Follow the instructions overleaf.





### **General Instructions while taking Homoeopathic Treatment:**

- Medicines as indicated in this handout should be taken if the symptoms mentioned against each medicine match those of the patient.
- Medicine to be taken - 3 globules of size 40 every 3 hours dry on the tongue or in plain drinking water.
- Medicine should be taken after cleaning the mouth and preferably on an empty stomach.
- If improvement occurs within 24 hours, then medicine should be stopped.
- While taking the medicine, if the patient does not get any relief within 24 hours or becomes worse at any time, then consult the nearest homoeopathic doctor.
- Medicines must be kept away from strong smelling substances like camphor, menthol etc.
- Medicines should be kept in a cool, dry place away from direct exposure to sunlight.
- Medicines should be kept away from the reach of children.



#### **Central Council for Research in Homoeopathy**

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