

# **Constipation**

## **Contents**

<b>What is Acupressure ?</b>	1
Treatment by Palm & Soles	8
<b>Constipation - Introduction</b>	15

### **Part One : The Disease**

What is constipation ?	21
What is the Role of the constipation ?	21
How does Defecation Take Place ?	24
Result of constipation	24
Feces	25
Bacteria in the Feces	26
Flatus	26
Piles	27
What causes constipation ?	28
What causes piles ?	29
Constipation and piles	30
What are the signs of constipation ?	31
What are the Effects of Piles ?	32
Piles in Ayurveda	33
Type of constipation	34
Essential of Good Health	37

### **Part Two : Treatment**

<b>Diseases &amp; Treatment of Infection</b>	47
Infection of specific organ	51
a) Liver	51
b) Gall Bladder	51
c) Lungs	52
d) Heart	52
e) Kidney	53
f) Urinary Bladder	53
g) Spleen	54
Abdominal pain due to microbial infection (worms)	54
<b>Treatment Protocols on Ayurvedic</b>	

## **Tulyarthta of Chinese Meridians**

1)	Intestinal worms with pain in navel region	56
2)	Intestinal inflammation	56
3)	Bloody dysentery	57
4)	Chronic constipation / diarrhoea	57
5)	Appendicitis	58
6)	Appendicitis with abcess	58
7)	Peritonitis	59
8)	Small intestine ulcer	59
9)	Large intestine ulcer	60
10)	Peptic ulcer	60
11)	Hepatitis	61
12)	Liver inflammation with abcess	61
13)	Enlarged & Tender Liver	62
14)	Jaundice	62
15)	High fever	63
16)	Fever with cold (Malaria)	63
17)	Abcess of lungs	64
18)	Acute Bronchitis	64
19)	Pericarditis	65
20)	Cystitis	65
21)	Inflammation of Testes	66
22)	Weight Loss	66
23)	Food Allergy	67
24)	Skin Diseases	67
25)	Urticaria	68
26)	Eczema	68
27)	Gastritic with Rt Side Rib Pain	69
28)	Acute Gastritis with Lt side Rib Pain	69
29)	Diabetes	70

## **Ayurvedic Treatment Protocols**

1)	Constipation	72
2)	Chronic Constipation by Birth	72
3)	Constipation - Even not Feeling the Pressure	73
4)	Chronic Constipation	73

5)	Constipation - Mucous in Stool	74
6)	Chronic Constipation with Hard Stool	74
7)	Chronic Constipation with Gastritis	75
8)	Constipation with Tonsilitis	75
9)	Constipation and Nasal blocked & excess sneezing	76
10)	Constipation and Rt side backache	76
11)	Constipation Lt side backache	77
12)	Constipation - Excess urine	77
13)	Nasal Bleeding with Constipation & Infection GIT	78
14)	Blood disorder, Gastritis with Chronic Constipation	78
15)	Bleeding Piles	79
16)	Piles	81
17)	Piles - Hemorrhoids	82
18)	Piles with Itching & pain in the Anus	82
19)	Appendicitis	
a)	Appendicitis with inflammation	83
b)	Appendicitis with fever & pus formation	83
20)	Acute Appendicitis	84
21)	Chronic Appendicitis	84
22)	Gastritis	85
23)	Hyper Acidity	86
24)	Gastritis with Heart Burning	87
25)	Gastritis	
a)	Due to heavy food	87
b)	With Nausea feeling	88
c)	Belching	88
26)	Acute Gastritis	89
27)	Rt Side Abdominal pain	89
28)	Lt Side Abdominal pain	90
29)	Below the diaphragm pain around naval	90
30)	Pain near and around whole abdomen	91
31)	Heaviness in abdomen and flatulence with smell	91
32)	Intestinal T.B.	92

33) Loss of Appetite	92
34) Obesity	93