



## What is Constipation?

Constipation is an acute or chronic condition in which bowel movements occur less often than usual or consist of hard, dry stools that are painful or difficult to pass. Bowel habits vary, but an adult who has not had a bowel movement in three days or a child who has not had a bowel movement in four days is considered constipated.

Constipation is one of the most common medical complaints in the United States. Constipation can occur at any age, and is more common among individuals who resist the urge to move their bowels at their body's signal. This often happens when children start school or enter day-care and feel shy about asking permission to use the bathroom.

Constipation is more common in women than in men and is especially apt to occur during [pregnancy](#). Age alone does not increase the frequency of constipation, but elderly people (especially women) are more likely to suffer from constipation.

## Causes

Constipation usually results from not getting enough [exercise](#), not drinking enough water, or from a diet that does not include an adequate amount of fiber-rich foods like beans, bran cereals, fruits, raw vegetables, rice, and whole-grain breads.

Other causes of constipation include anal fissure (a tear or crack in the lining of the anus); [chronic kidney failure](#); colon or [rectal cancer](#); depression; [hypercalcemia](#) (abnormally high levels of calcium in the blood); [hypothyroidism](#) (underactive thyroid gland); illness requiring complete bed rest; irritable bowel syndrome; and [stress](#).

Constipation can also be a side effect of:

- aluminum salts in [antacids](#)
- antihistamines
- antipsychotic drugs
- aspirin
- belladonna (*Atropa belladonna*, source of atropine, a medication used to relieve spasms and dilate the pupils of the eye)
- beta blockers (medications used to stabilize irregular heartbeat, lower high blood pressure, reduce chest pain)
- blood pressure medications
- calcium channel blockers (medication prescribed to treat high blood pressure, chest pain, some types of irregular heartbeat and [stroke](#), and some non-cardiac diseases)
- diuretics (drugs that promote the formation and secretion of urine)
- iron or calcium supplements
- narcotics (potentially addictive drugs that relieve pain and cause mood changes)
- tricyclic antidepressants (medications prescribed to treat chronic pain, depression, headaches, and other illnesses)

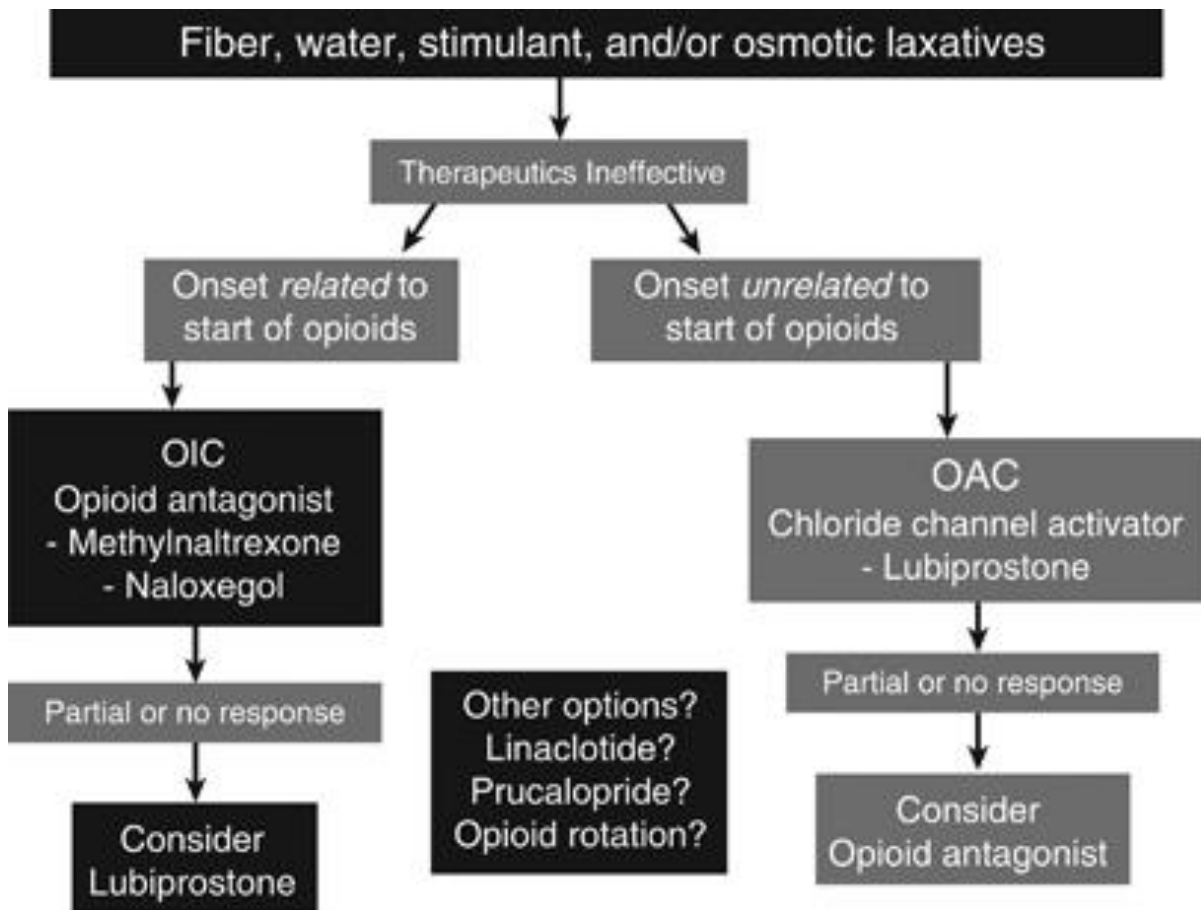


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### **Symptoms**

An adult who is constipated may feel bloated, have a [headache](#), swollen abdomen, or pass rock-like feces; or strain, bleed, or feel pain during bowel movements. A constipated baby may strain, cry, draw the legs toward the abdomen, or arch the back when having a bowel movement.

## THERAPEUTIC APPROACHES TO TREAT OIC



## WHY ANULOMA-DS?

that contains Senna(Cassia Lanceolata) in combination along with other herbs.

Senna contains glycosides, which are a group of organic compounds that are commonly found in plants. These compounds work as a laxative by smoothing the muscles as digested food moves through the intestines. This helps to enhance the stool volume and move it out of the colon. The process is caused by the chain of fatty acids that promote digestion, fermentation, and successfully converting the glycosides into a purgative agent

Senna is an FDA-approved nonprescription [laxative](#). It is used to treat [constipation](#) and also to clear the bowel before diagnostic tests such as [colonoscopy](#)

Senna contains many chemicals called sennosides. Sennosides irritate the lining of the bowel, which causes a laxative effect

Anuloma DS is a natural, dependable & safe laxative

### Action of Senna:

Senna acts as **stimulant laxative** & the breakdown products of senna act directly as irritants on the colonic wall to induce fluid secretion and colonic motility



**BANGALORE PHARMACEUTICAL & RESEARCH  
LABORATORY PVT LTD**  
***HERBAL HEALTHCARE DIVISION***





## COMPARITIVE BROAD ADVANTAGES OF SENNA

<b>1)Senna VsLubripostone</b> <b>Study Report:-</b> Senna vs Lubripostone in postoperative orthopedic surgery patients with opioid-induced constipation: a double-blind, active-comparator trial	<b>Conclusion:-</b> Senna improved constipation-related symptoms and QOL in opioid-induced constipation, with no significant between-group differences <sup>26</sup>	<b>Advantage :-</b> Senna effectively improved the Constipation related symptoms & showed the same effectiveness as Lubripostone
<b>2) Senna Vs Lactulose</b> <b>Study Report:-Efficacy of Senna versus Lactulose in terminal cancer patients treated with opioids</b>	<b>Conclusion:-</b> The final scores for general health status were similar in both groups. Given that the two treatments have similar efficacy and adverse effects, a recommendation is made for the use of senna because its cost is lower than lactulose.	<b>Advantage :-</b> Senna is Cost-Effective

### **Cassia lanceolata:**

Senna contains hydroxyanthracene glycosides known as sennosides. These glycosides stimulate colon activity and thus have a laxative effect. Also, these glycosides increase fluid secretion by the colon, with the effect of softening the stool and increasing its bulk.

**Leng-Peschlow E. Dual effect of orally administered sennosides on large intestinal transit and fluid absorption in the rat. J Pharm Pharmacol 1986;38:606–10.**

A mild and safe remedy for the regulation of the bowels. The leaves, however, should not be cooked but only steeped, otherwise they may cause griping. By combining them with other mild cathartics and carminatives, the griping effect can, however, be modified or entirely eliminated.



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*Herbs for Health* by Otto Mausert, N.D. (1932) *Materia Medica*

**Glycyrriza glabra:**

Relieves pain; discomfort and other symptoms caused by acrid matter in the stomach and remove the irritating effect of acid & also act as a mild laxative.

**-Ref: I.M.M. page no. 582**

**Indication:**

- ✓ Drug induced constipation
- ✓ Constipation associated with piles, old age and pregnancy
- ✓ As a mild laxative in pre & post-operative cases

**Dosage:**

Anuloma DS Tablets: 1 to 2 tablets at bed time

Anuloma Churna: ½ to 1 teaspoonful at bed time

Post marketing Clinical evaluation of “The Dependable & Safe Laxative” – “ANULOMA - Churna” in pre & post operative cases.