



Homeopathic medicines for

Constipation

Your Guide to constipation

1. Nux Vomica

Common Name: Poison Nut

“Constipation with constant but unsuccessful urging”

Frequent desire to pass stool, yet little comes out; often associated with sedentary habits, stress or dietary excess.

2. Alumina

Common Name: Aluminium Oxide

“Constipation with little or no urge”

Stool may be very dry and difficult to pass, with marked sluggishness of the bowel.

3. Bryonia Alba

Common Name: Wild Hops

“Constipation with dry, hard stools”

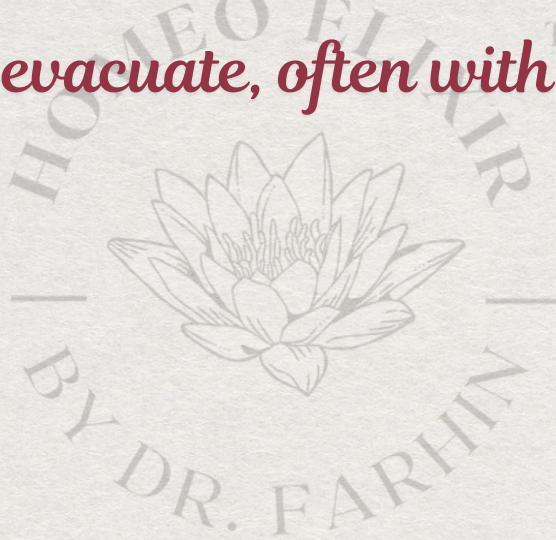
Typically considered when stools are large, dry and difficult to evacuate, often with general dryness.

4. Opium

Common Name: Poppy

“Constipation with an inactive bowel”

Classically associated with hard, dry stools and greatly reduced desire or ability to evacuate.



5. Lycopodium Clavatum

Common Name: Club Moss

“Constipation with gas & bloating”

Considered when constipation occurs with abdominal distension, flatulence and digestive discomfort.

6. Silicea

Common Name: Pure Flint / Silica

“Constipation when stool slips back”

A characteristic picture where stool is difficult to expel and may recede after being partly passed.





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