

Psyllium Husk Benefits

Psyllium husk, also known as 'isabgol' is native to India, and is derived from the seed of a plant known as plantago ovata. It is incredibly rich in fiber, supplying as much as 71g of fiber per third of a cup. It is a water soluble supplement, however indigestible, which makes it useful to promote healthy bowels and other gastrointestinal functions. It has also shown benefits to those who have high cholesterol and diabetes, and helps with controlling obesity and achieving weight loss. On the other hand, it has been found to have certain adverse effects.



Ulcerative Colitis: When ulcers or swelling and sores are formed in the lining of the colon and the rectum, it results in a disease called ulcerative colitis. This inflammatory bowel disease can cause severe lower stomach pain in males along with symptoms such as anemia, fatigue, weight loss, skin lesions, fever, queasiness, and bloody diarrhea. Corticosteroids, immunomodulators, and other such drugs are thought to be an effective way of alleviating the pain and infection. In case of severe diarrhea or bleeding, the person needs to be hospitalized.

Addition to increasing the amount of fiber consumed, a doctor may recommend fiber pills, or a high fiber powder that can be taken mixed with water.

As Well as the Types of Food Eaten, the Overall Amount of Food Should Also be Considered

Abdominal pain and cramping may be triggered by big meals. If this happens, patients must reduce their meal size and rather eat 4 or 5 smaller meals instead. Not everyone will be able to arrange 4 or more meals a day, and if sticking to 3 meals a day the general advice would be to eat less fatty food and more food high in fiber at each meal.

Causes

Green stool is caused due to a variety of factors. Medication can also be a significant factor that contributes to the excreta being green. Once the medication is terminated, the color gains back normalcy.

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Fast Facts About Irritable Bowel Syndrome Irritable bowel syndrome is something that you hear a lot about, but not enough is truly found out about irritable bowel syndrome to constantly offer a clear picture of this issue. If you're questioning precisely what are the symptoms of irritable...



Irritable Bowel Syndrome Constipation

Diseases of the Large Intestine

Crohn's Disease.

“ Crohn's disease is an inflammatory bowel disease that can occur anywhere along the gastrointestinal tract. The exact cause of Crohn's illness is still unknown, but it is believed that it may be associated with genetic factors, environmental factors, or an abnormal immune reaction. Signs of Crohn's disease include diarrhea, weight loss, stomach pain and cramping, ulcers on the surface of the intestine, anal fissures, etc.

Symptoms: Diarrhea, throwing up, pain in abdomen, cramping, low-grade fever, body pains, loss of appetite, muscle pain, chills, dehydration, etc

- Treatment: Medications are prescribed to deal with the symptoms.
- Having electrolytes and plain drinking water can deal with dehydration.
- At the same time, the doctor will also prescribe changes in diet and lifestyle.

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