

Effect of orange on constipation patients

A. S. Pavithra, R. Gayatri Devi*, A. Jyothipriya

ABSTRACT

Introduction: Orange is a rich source of fiber. It helps in digestion. Constipation is a condition of digestive system where hard feces are difficult to eliminate. The main aim of the study is to find the effect of orange on constipation patients. **Materials and Methods:** Sample sizes of about 30 subjects suffering from constipation were included in this study. Oranges were asked to take regularly in the early morning for 30 days. 15 days interval, bowel movement was noted. **Results:** The symptoms which were before consuming orange such as hard stool and blood discharge have been reduced after consuming orange. This shows the effect of orange on constipation. **Discussion:** Orange helps in digestion and it is a good source for weight loss. Orange is low-fat nutrient-rich food. The main symptom of constipation was severe before consumption. After consumption, the symptoms were progressively reduced. **Conclusion:** Orange has a very good effect on constipation.

KEY WORDS: Constipation, Fiber, Hard feces, Orange

INTRODUCTION

Citrus natural products, particularly orange, are rich wellsprings of nutrient C; however, their medical advantages are not obviously understood. Different ponderers have demonstrated that nutrient C assumes a major job in human well-being, including consequences for the safe system. Oranges rank the rundown of nourishments ensuring against scurvy^[1] Orange has the most prominent vitamin C and anti oxidant activity. It can be used to elevate the immune system, reduce inflammation, weight and prostate cancer.” Investigations likewise demonstrate that the strength of oranges in the fat solvent nutrient orange squeeze – a rich wellspring of nutrient C, folate, and flavonoids, for example, hesperidin – actuates hypocholesterolemic reactions in animals.^[2] Constipation is a state of the stomach-related framework where an individual has hard dung that is hard to remove. As a rule, this happens in light of the fact that the colon has ingested excessively water from the nourishment that is in the colon. Chronic blockage is a typical condition that can be incapacitating and hard to treat. This survey clarifies the physiologic procedures associated with colonic travel and poo.

The assessment of patients is outlined alongside current methodologies for clinical management.^[3] Most patients characterize obstruction by one: Hard stools, missing of bowling cycle, blood release, a feeling of inadequate entrail departure, and extreme time spent on the can. An epidemiologic investigation of constipation in the United States distinguished it as a failure to clear stool totally and unexpectedly at least multiple times per week.^[2] Some occasions new squeezed orange might be ruined due to the development of microorganisms in them. Constipation is a typical issue in old subjects; probiotics have been recommended to improve intestinal motility and diminish fecal protein activity. Chronic clogging is a typical gastrointestinal confusion. The point of this examination was to assess the viability, well-being, and passableness of tegaserod, a serotonin subtype 4 receptor halfway agonist in patients with perpetual constipation.^[1] Gastrointestinal travel of a blended strong fluid dinner containing wheat bread, fried eggs, espresso marked with 99mTc, squeezed orange with lactulose, and indigo carmine was assessed in 21 youthful control (mean age 33.5 years) and 25 older subjects (mean age 81.7 years) without gastrointestinal protests or serious medicinal illness.^[4] Juices with probiotic culture, ascorbic corrosive and additionally oligofructose supplementation demonstrated physicochemical attributes, acknowledgment, and capacity steadiness like the unadulterated juices,

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Department of Physiology, Saveetha Dental College, Saveetha Institute of Medical and Technical Sciences, Saveetha University, Chennai, Tamil Nadu, India

*Corresponding author: R. Gayatri Devi, Department of Physiology, Saveetha Dental College, Saveetha Institute of Technical and Medical Sciences, Saveetha University, 162, Poonamallee High Road, Chennai - 600 077, Tamil Nadu, India. E-mail: gayatri.physio88@gmail.com

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however, lower turbidity (aside from oligofructose included squeeze), and yellow color.^[5] Psyllium is generally utilized in the symptomatic treatment of clogging. Its impacts on colonic capacity and their connection with symptomatic reaction have not been defined.^[6] Many patients with serious idiopathic clogging grumble of upper gastrointestinal side effects, and these regularly persevere after subtotal colectomy.^[7] Constipation that is seen by patients is extremely extensive. It incorporates different highlights, for example, propulsive power amid poo, feeling of inadequate poo, hard stools, a feeling of hindrances to crap, longer remain in the restroom, and diminished recurrence of defecation.^[8] Functional unending blockage comprises three covering subtypes: Moderate travel stoppage, dyssynergic poop, and crabby inside disorder with constipation.^[9] Constipation is a typical gastrointestinal side effect and influences about 20% of the overall public. This manifestation can mirror an immense range of issues, from deficient fiber admission to colonic dysmotility work. Recognizing ceaseless stoppage subtypes on fundamental physiology control the remedial decisions. Interminable blockage subtypes incorporate moderate travel clogging, practical stoppage, fractious entrail disorder with obstruction prevalence, and pelvic floor dysfunction.^[10] Constipation is a typical issue and numerous patients neglect to react to the straightforward obstruction cures of expanded fiber and liquid admission. At the point when auxiliary to different conditions, drugs, or sickness forms, the focal point of clogging administration is rectification of causative components. Nonetheless, essential stoppage – i.e., obstruction with no recognizable causative factor – is normal. Patients by and large present with one of three examples: Blockage dominating fractious entrail disorder, moderate travel obstruction, or pelvic floor brokenness bringing about dyssynergic poop. Continual blockage, physical examination, and restricted in bowl movements were regularly monitored for the patients.^[11] The etiologies of stoppage can be named (1) dietary, (2) sedate instigated, (3) metabolic, (4) neurologic, or (5) anatomic. Assuming hard or little stools are a piece of the underlying assessment, at that point, a dietary methodology of expanded dietary fiber admission can be utilized as a restorative preliminary. On the off chance that it does not succeed or the history and physical assessment demonstrate an etiology other than dietary, at that point, barium differentiate bowel purge, adaptable sigmoidoscopy, colonoscopy, travel time, or anorectal manometry can be utilized specifically in further evaluation.^[12] In general Japanese population had a greater risk of cardiovascular death for the low frequency of defecation.^[13] Constipation is a typical condition among more established individuals, especially among individuals living in nursing homes, and the utilization of medications, for example,

narcotics is one of numerous variables that add to its high prevalence.^[14] Constipation is related with cardiovascular occasions. Changes to the intestinal microbiota by stoppage can actuate atherosclerosis, circulatory strain rise, and cardiovascular occasions. Clogging increments with age and frequently exists together with cardiovascular hazard factors.^[15] Stoppage assumes a job as a related manifestation, for example, narcotic incited blockage, obstruction transcendent fractious inside syndrome.^[16] The main aim of the study is to find the effect of orange on constipation patients.

MATERIALS AND METHODS

A sample size of about 30 subjects suffering from constipation was included in this study. Their symptoms before consumption of orange were noted. The symptoms include were hard stool, mood swings, eliminating time, discharge of blood and stomach ache. Then, an orange mainly seasonal orange day was asked to take regularly in the early morning for 31 days. In every 15 days interval, their bowl movement was noted and checked their symptoms before and after consuming orange.

RESULTS

The symptoms which were before consuming orange such as hard stool and blood discharge have been reduced after consuming orange. This shows the effect of orange on constipation.

Before consuming oranges by the subjects, nearly 27 subjects had a problem of hard stool [Figure 1], 26 subjects had a problem of blood discharge [Figure 2], 30 subjects had a problem of more elimination time [Figure 3], and 22 subjects had a problem of mood swings [Figure 4] [Table 1]. After consumption of orange in 15 the days, it showed reduced in hard stool and blood discharge among 18 subjects, there was reduced in elimination time for 16 subjects, mood swings were less in 17 subjects. There was no effect of orange after 15 days in 12 subjects for hard stool and blood discharge, 14 subjects for elimination time, and 13 subjects for mood swings [Table 2]. After

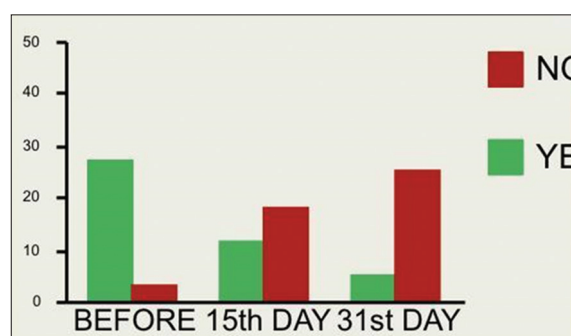


Figure 1: Hard stool

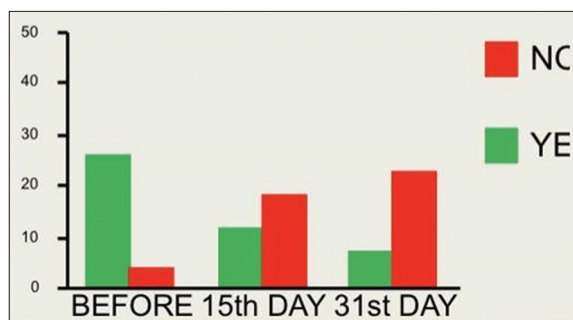


Figure 2: Blood discharge

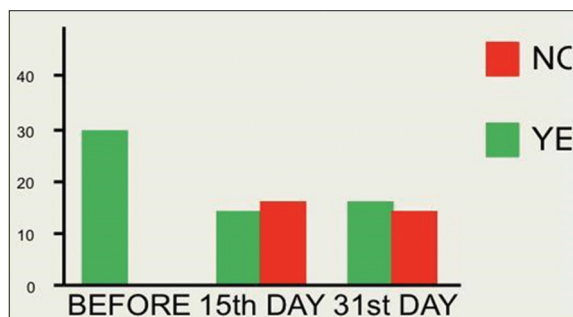


Figure 3: Elimination time

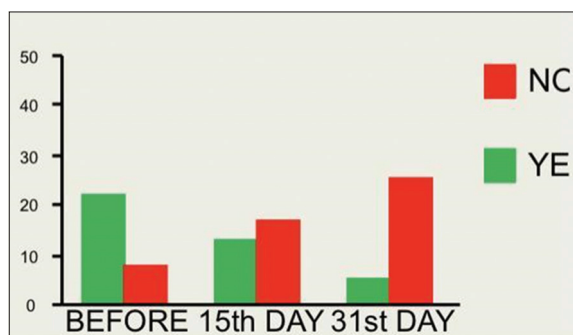


Figure 4: Mood swings

consuming orange for 1 month, there were reduced symptoms of hard stools for about 25 subjects, blood discharge for about 23 subjects, less elimination time for about 14 subjects, and less mood swings for about 25 subjects. There was no effect of orange after 1 month for 5 subjects in hard stool, 7 subjects in blood discharge, 16 subjects for more elimination time, and 5 subjects for mood swings.

DISCUSSION

After consuming orange, the hard stool has been reduced as orange has water and fiber content more so it reduces the hardening of stool. Blood discharge has been reduced as hard stool has been reduced. Elimination time was reduced to certain limit as the stool was little smooth to eliminate. When all these symptoms have been reduced, it is obvious that mood swings and stomach pain must be reduced. These symptoms are all interconnected to each other.

Table 1: Subjects saying there is effect of orange

Symptoms	Before	15 th day	31 st day
Hard stool	3	18	25
Blood discharge	4	18	23
Elimination time	0	16	14
Mood swings	8	17	25

Table 2: Subjects saying there is no effect of orange

Symptoms	Before	15 th day	31 st day
Hard stool	27	12	5
Blood discharge	26	12	7
Elimination time	30	14	16
Mood swings	22	13	5

Constipation is a digestive symptom that is frequently seen in clinical practice. Its prevalence has been reported to be 2–20%, depending on geographical region.^[17] Nationally representative cohort of 3,359,653 US veterans with an estimated glomerular filtration rate ≥ 60 mL/min/1.73 m² between October 1, 2004 and September 30, 2006 (baseline period), with follow-up.^[18] <10% of most Western populations consume adequate levels of whole fruits and dietary fiber with typical intake being about half of the recommended levels. Evidence of the beneficial health effects of consuming adequate levels of whole fruits has been steadily growing, especially regarding their bioactive fiber prebiotic effects and role in improved weight control, wellness, and healthy aging. The primary aim of this narrative review article is to examine the increasing number of health benefits which are associated with the adequate intake of whole fruits, especially fruit fiber, throughout the human lifecycle.^[19]

CONCLUSION

From this study, it shows that orange has an effect of orange as orange is a rich source of fiber when taken it softens the stool and helps in reduction of constipation as orange plays an important role in constipation.

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