



Best Ayurvedic Way to Cure Constipation | Vitro Naturals Constipation Relief Powder



Consider yourself to be constipated. A bowel movement every other day is entirely typical for some people though Ayurveda would still recommend some strategies to increase regularity. Others can tell they are constipated after just one day without having a bowel movement. The context of each individual and his or her experience of the circumstance is considerably more significant than any one-size-fits-all definition of what is healthy or normal, as is the case with most things in Ayurveda.

The most typical gastrointestinal ailment, which accounts for 2.5 million annual doctor visits, is constipation. Constipation is typically defined as having less than three bowel motions per week or having trouble passing their faeces. According to the National Institute of Diabetes and Digestive and Kidney Diseases, constipation symptoms are experienced by roughly 16 percent of the population overall.

Read more: https://vitronaturals.com/blogs/ayurvedic_herbs/best-ayurvedic-way-to-cure-constipation-vitro-naturals-constipation-relief-powder