



Viewpoints of Traditional Iranian Medicine (TIM) about Etiology of Pediatric Constipation

*Noras MR¹, Kiani MA²

¹PhD student, Students Research Committee, Faculty of Traditional Medicine, Mashhad University of Medical Sciences, Mashhad, Iran.

²Department of Pediatrics, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran.

Abstract:

Constipation in children is a common health problem affecting 0.7% to 29.6% children across the world. Exact etiology for developing symptoms is not clear in children and the majority is considered to have functional constipation. Alteration of rectal and pelvic floor function through the brain-gut axis seems to play a crucial role in the etiology. The diagnosis is often a symptom-based clinical process. Recently developed Rome III diagnostic criteria looks promising, both in clinical and research fields. Laboratory investigations such as barium enema, colonoscopy, anorectal manometry and colonic transit studies are rarely indicated except in those who do not respond to standard management. Treatment of childhood constipation involves several facets including education and demystification, toilet training, rational use of laxatives for disimpaction and maintenance and regular follow-up. Surgical options should be considered only when medical therapy fails in long standing constipation. . Complementary and alternative medical therapies and practices are widely employed in the treatment of the children Constipation. This article aims to be a practical guide for paediatricians and primary care physicians, to outline the current etiology an TIM for the medical management of constipation in children.

Keywords: Children Constipation, Etiology, Iranian Traditional Medicine.

Poster Presentation, N 37

* Corresponding Author:

Noras MR, PhD Student, Students Research Committee, Faculty of Traditional Medicine, Mashhad University of Medical Sciences, Mashhad, Iran. Email: Norasmr901@mums.ac.ir