

1. CONSTIPATION

Dr. Rupesh B. Yadav

Asst. Prof.

TCSC, Mumbai.



1. CONSTIPATION

- One of the common definitions is “as difficulty in having bowel movements because of loss of muscle tone in the intestine, very hard stools.
- Another definition is “the difficult or infrequent excretion of faeces”.
- Constipation has also been described as “the changes in the frequency of bowel motions, which may be hard, small and difficult to pass”.



CONSTIPATION

Causes

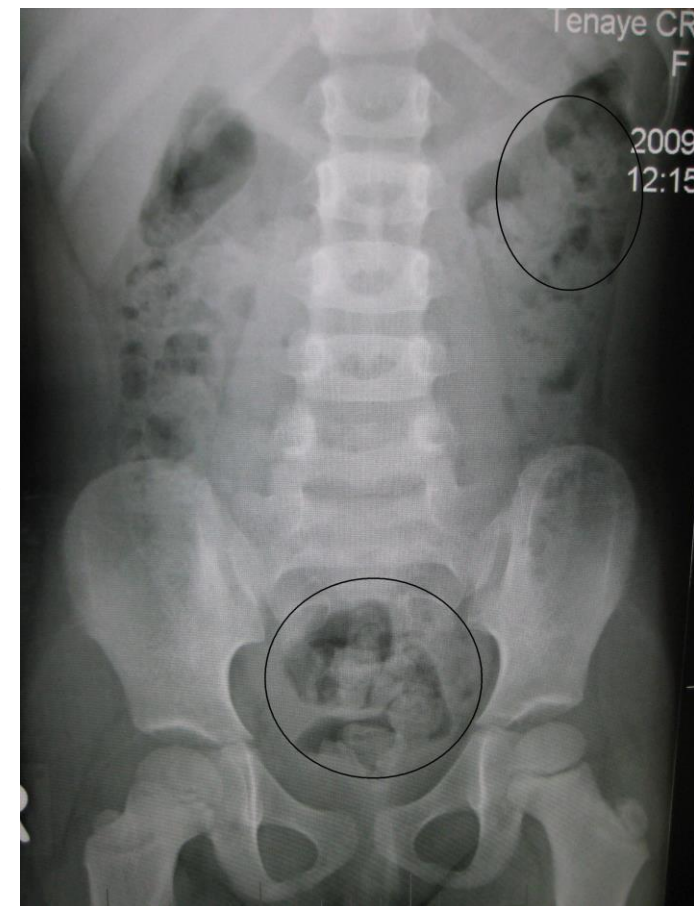
➤ 1. There are a number of causes for constipation and accordingly constipation is classified into :

- (1) Idiopathic constipation,
- (2) constipation of organic origin,
- (3) constipation of recent origin.

➤ 1. **Idiopathic constipation** is one that begins in **childhood or youth**. This condition is called idiopathic constipation because it arises spontaneously with no known cause.

➤ 2. **Constipation of organic origin** may be due to **decreased function of the thyroid gland**; very large colon (megacolon); some critical condition; and lesions (benign or malignant).

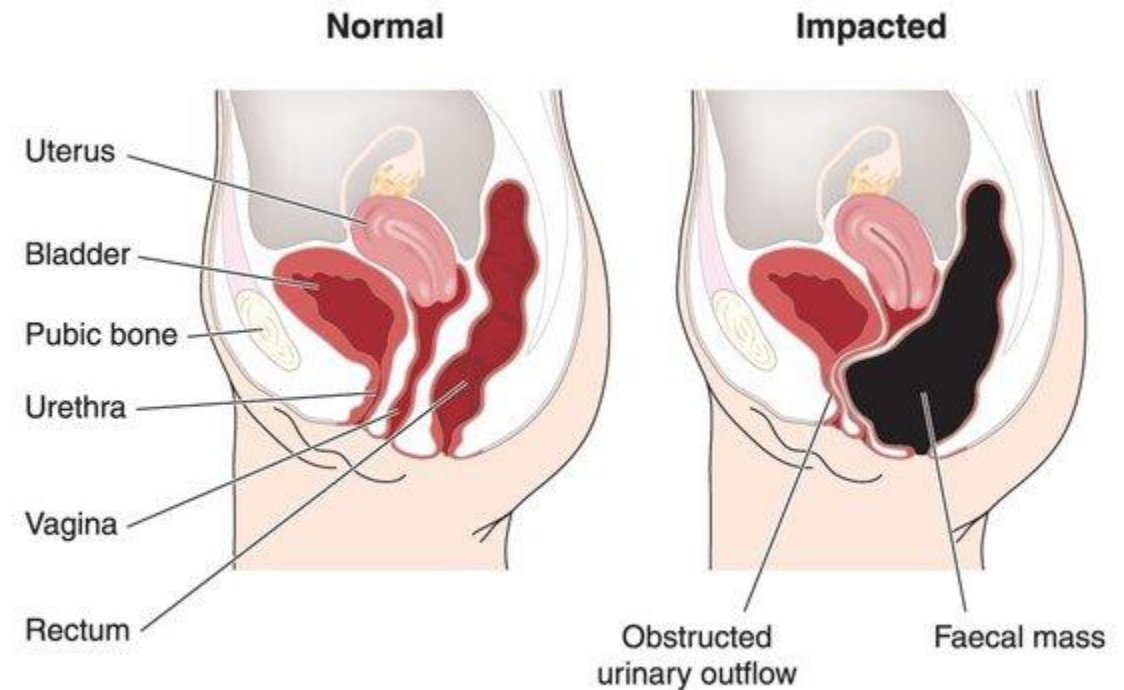
➤ 3. **Constipation of recent origin** is one that originates in the **adults** which may be an organic or medicine-induced cause.



CONSTIPATION

Causes

- 2. It is mostly believed that the common cause of constipation is **insufficient consumption of fiber and water**, as well as **lack of exercise**.
- 3. Another cause of constipation is believed to be **low intake of oil along with the food**.



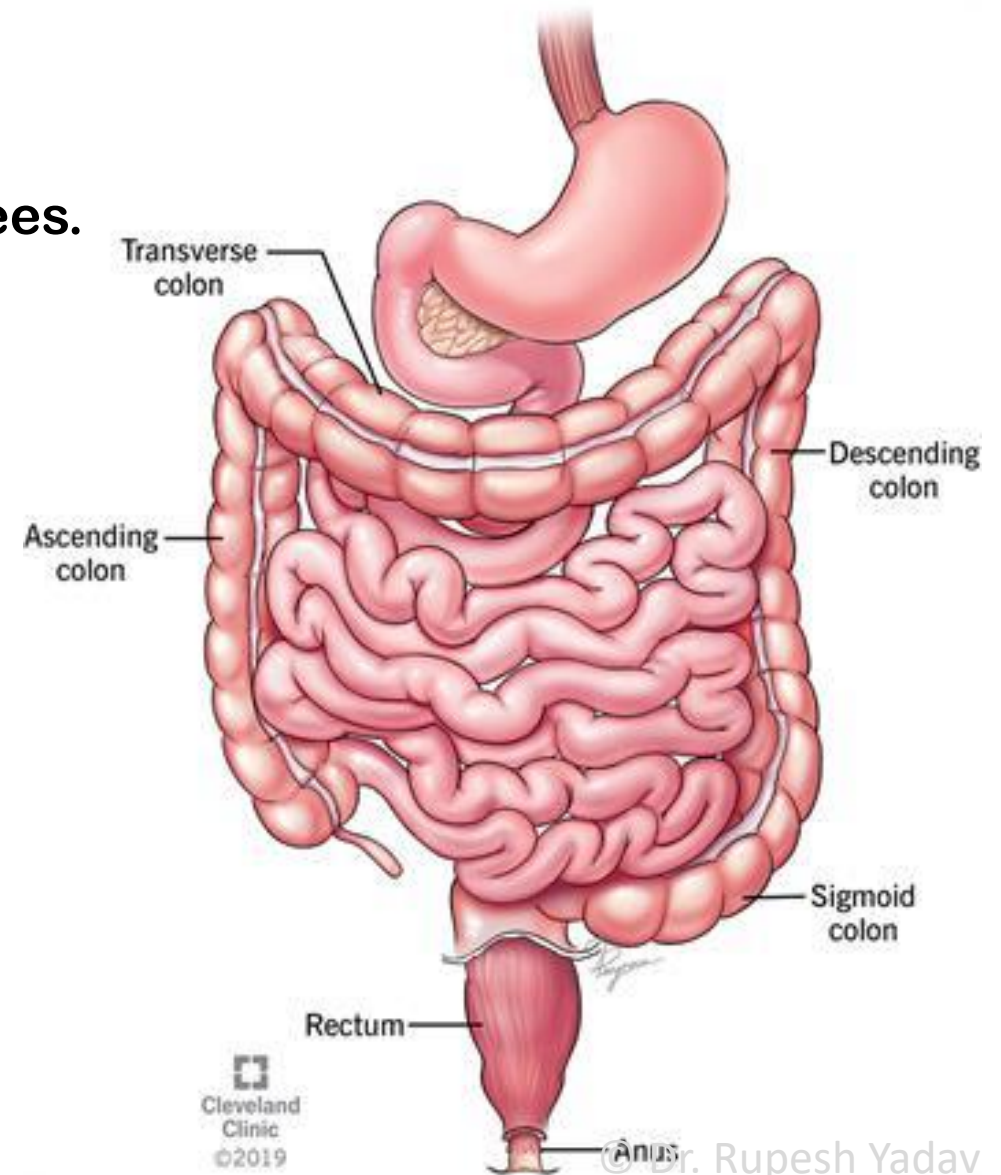
CONSTIPATION

Symptoms

➤ Symptoms may be complex with varying degrees.

Typical symptoms are :

- i) Lower abdominal distress
- ii) Abdominal distension
- iii) Anorexia, that is, lack of desire to eat.
- iv) Dull headache
- v) Low back pain



CONSTIPATION

Precaution

- 1. A **number of studies** have indicated that constipation cannot be defined only on the basis of the number of **bowel movements** in any given period.
- The range of bowel movement frequency in humans is from **3 times/day to 3 times/week**. Individuals with bowel movement only 3 times/week are usually symptom-free.
- 2. It must be seen that the **diet contains a lot of fibers and water** since the most common cause of constipation is insufficient intake of fibers and water. Therefore, a **lot of vegetables, fruits and whole grain** must be included daily in the diet.

CONSTIPATION

Remedy

- 1. In many cases, constipation can be lessened by following some simple procedures as regards diet and physical activities. These are :
 - i) presence of adequate fiber in the diet.
 - ii) adequate water intake.
 - iii) physical exercise. Walking is a good exercise for regulating bowel movements.
 - iv) responding to the need of excretion without delay.
 - Holding the urge for excretion makes the stools hard and it becomes difficult to pass later on.
 - v) training to go for excretion daily at the same time as far as possible.
 - vi) must be relaxed to reduce emotional stress because it has some effect on excretion.

CONSTIPATION

Remedy

- 2. The dietary fiber is composed of diverse groups of compounds such as cellulose, hemicellulose, polysaccharides, lignin's, gums and mucilage's.
- 3. In some cases, use of **laxatives becomes necessary for excretion**. For example, incase of acute perianal disease where removal of painful stools is absolutely necessary.
- There are **different kinds of laxatives**, but it is usually **advised by physicians** to use some emollient laxative which is a surfactant.
- It can be taken orally.
- This laxative increases the wetting efficiency of intestinal fluid and soften the faecal mass.

2. PILES

- The disease caused due to **dilated and enlarged veins in the distal rectum** or anus region is called piles.
- In medical terms, the disease is **called haemorrhoids**.
- It is derived from a Greek word which means "**veins likely to bleed**".
- Piles (Haemorrhoids) can also be described as abnormally large rounded mass of blood vessels, supporting tissues and overlying mucous membrane or skin of the anorectal area.



PILES

Causes of Piles

- 1. There are many factors responsible for the development of piles.
- Piles appear in individuals 20-50 years of age.
- The disease, therefore, is an "adult onset disorder".
- The main triggering factors are: a constipation; anal infection; diarrhea; tumors in the rectum or pelvis; heart failure, high blood pressure in the portal circulation of the liver; enlarged prostate glands in men; pregnancy; physical exertion; and diet.
- 2. Piles are the **most common conditions in the anal region of both men and women**, and affect **10-15 percent of the population at one time**.
- 3. Diet is also an important factor so far as piles are concerned. Lack of adequate quantity of vegetables, grains, cereals and fruits in the diet may cause piles because of lack of fibers.

PILES

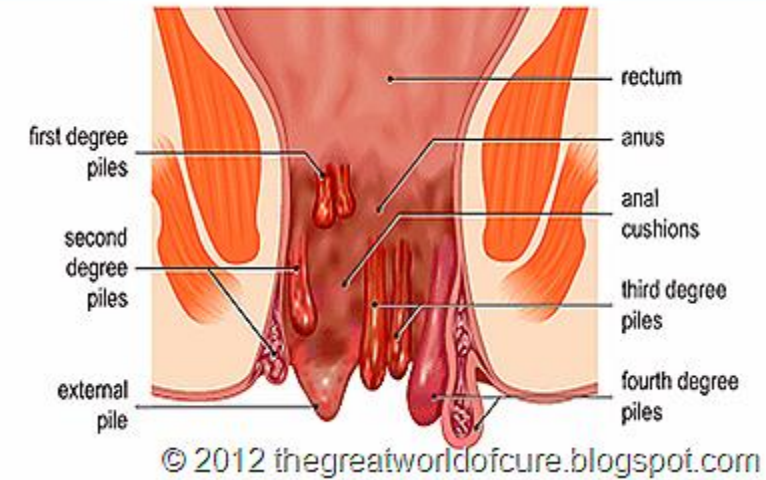
Symptoms

- 1. There are two types of piles,
 - internal piles (internal hemorrhoids) and
 - external piles(external hemorrhoids).
- Internal piles arise above internal sphincter of the rectum and external piles emerge outside the sphincter.
- The internal piles may cause severe pain due to constriction and may start bleeding.
- The external piles do not cause much pain and usually do not bleed.
- 2. Protrusion is an early symptom of uncomplicated internal and external piles. Protrusion is the projection of haemorrhoidal tissue outside the anal canal.
- The size of the protrusion varies and usually appears after defecation.



PILES

Symptoms



- 3. Bleeding is mostly associated with internal haemorrhoids.
- It may occur before, during or after excretion.
- Bleeding may occur due to external haemorrhoids also because of an acute thrombosis and rupture.
- This kind of bleeding may cause some pain.
- 4. Itching is one of the symptoms of piles but it cannot be the reason only for piles.
- Itching may occur due to many other reasons.
- It is a common symptom of anorectal disease.
- 6. Irritation and swelling of the anal region may occur as a response to stimulation of the nerve endings and the swelling of the area may be noticed due to accumulation of fluid as a result of enlarged haemorrhoids.

PILES

Precaution

- 1. If piles are not treated, they may cause severe problems such as:
- i) severe bleeding may take place and may cause marked anaemia with all the serious consequences.
- ii) if piles become clotted (thrombosed), they may produce severe pain.
- iii) in extreme cases, they may become choked and infected.

PILES

Precaution

- 2. Rectal bleeding may occur not only due to piles but many other anorectal diseases. Therefore, any rectal bleeding should not be considered as piles. Rectal bleeding should be considered as due to piles only after all other causes are examined and excluded.
- 3. The regular diet should always include a lot of dietary fibers. Therefore, the diet should include a lot of vegetables and fruits. Dietary fibers may help in preventing piles.
- 4. A lot of fluids must be taken daily.
- 5. Body weight should be kept within normal limits because obesity is responsible for any nutritional disorders.

PILES

Remedy

- 1. Piles can be treated by non-surgical treatments. But in serious cases the disease should be treated by surgical methods or surgical treatments.
- Non-surgical treatments include measures to reduce swellings, congestion and irritation, to reduce bleeding, to control pain, discomfort, and burning sensation.
- The non-surgical treatment includes the following:
 - 1. **Regulation of bowel movement is an important** aspect of non-surgical treatment.
 - **Intake of lot of dietary fibers** in the diet increases the bulk of faeces and help in excretion.
 - **Dietary fibers act as bulk laxatives.**
 - They help in maintaining peristalsis (rhythmic movement) of the colon by distending the colon.

PILES

Remedy

- 2. **Intake of seeds of *Plantago ovata*** (isabgol) regularly has been found to be very effective in avoiding formation of piles. These seeds are rich in hemicelluloses. Which act like a sponge and absorb lot of water making the faecal matter easy through the smooth colon.
- 3. Swelling and itching can be reduced by using water and “warm sitz bath” (hipbath, derived from the German word Sitzbad).
- 4. In case of acute pain of piles, usually local anesthetics are used.
- 5. There are a few herbal remedies which also can be tried.

PILES

Remedy

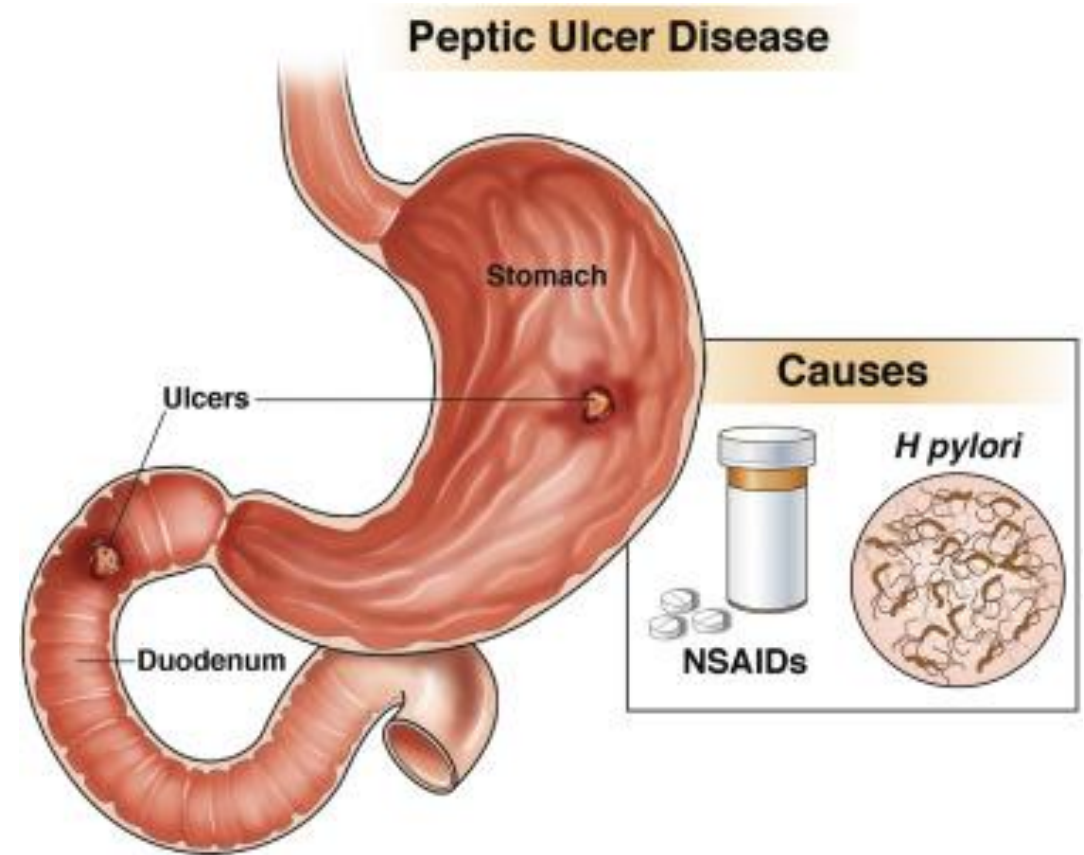
- Surgical treatment becomes necessary if piles persist for a long time and the bleeding is not stopped. Some of the surgical methods which are usually used are :
 - **1. Sclerotherapy (Injection sclerotherapy)** : In this method, the patient is injected with some substances causing sclerosis, that is, hardening of tissue.
 - **2. Rubber-band ligation** : In this method, internal piles are removed by tying them with rubber-bands. The piles blood supply is cut off by the rubber bands. Within a few day, the piles weaken and drop off without causing any pain. Usually, one pile is removed at a time at intervals of two weeks or more.
 - **3. Cryosurgery (Freezing)** : This surgical method is used when there is no significant internal component of the piles.

3. PEPTIC ULCERS

Dr. Rupesh B. Yadav

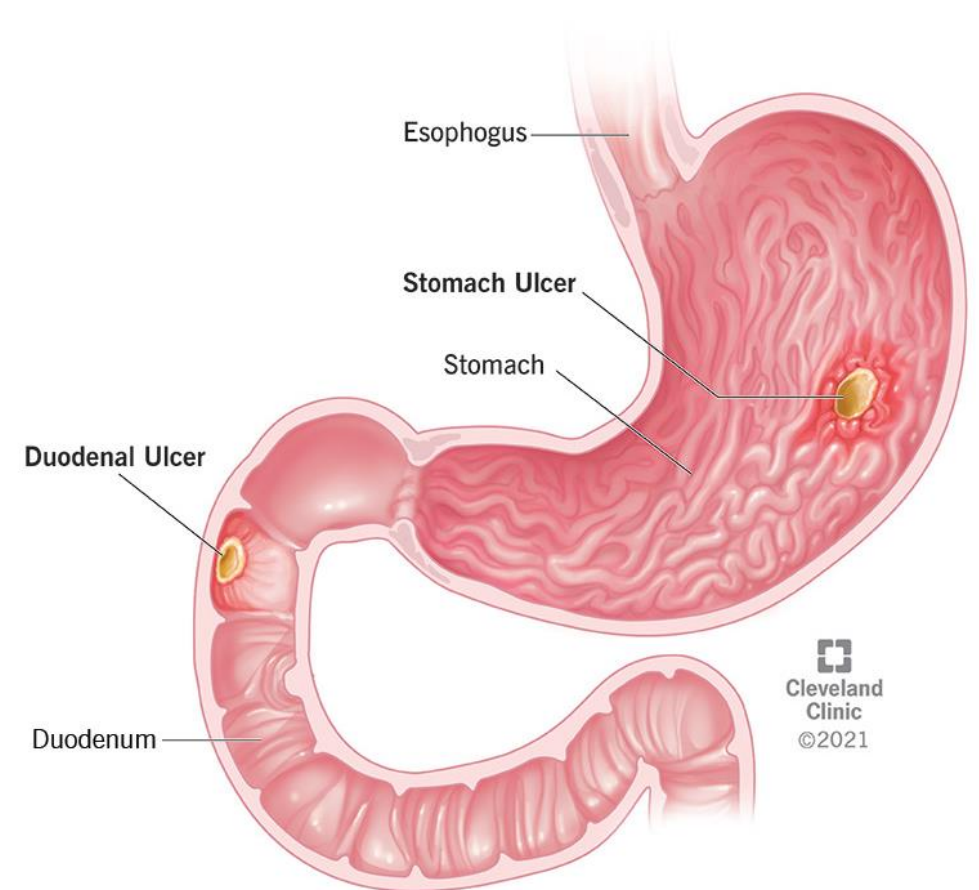
Asst. Prof.

TCSC, Mumbai.



Peptic ulcers

- **Ulcer means** any persistent breach or **breaking in a body surface** which may **mucous membrane** or skin.
- It may be **caused by irritation, inflation**, or tumor.
- The ulcer is called **peptic ulcer** when it **occurs** in the **gastro-intestinal tract** (alimentary canal).
- This kind of ulcer is called peptic ulcer because it occurs at any part the **gastrointestinal tract exposed to the action of acid and pepsin** (an enzyme that break down proteins during digestion requiring a strongly acidic environment).

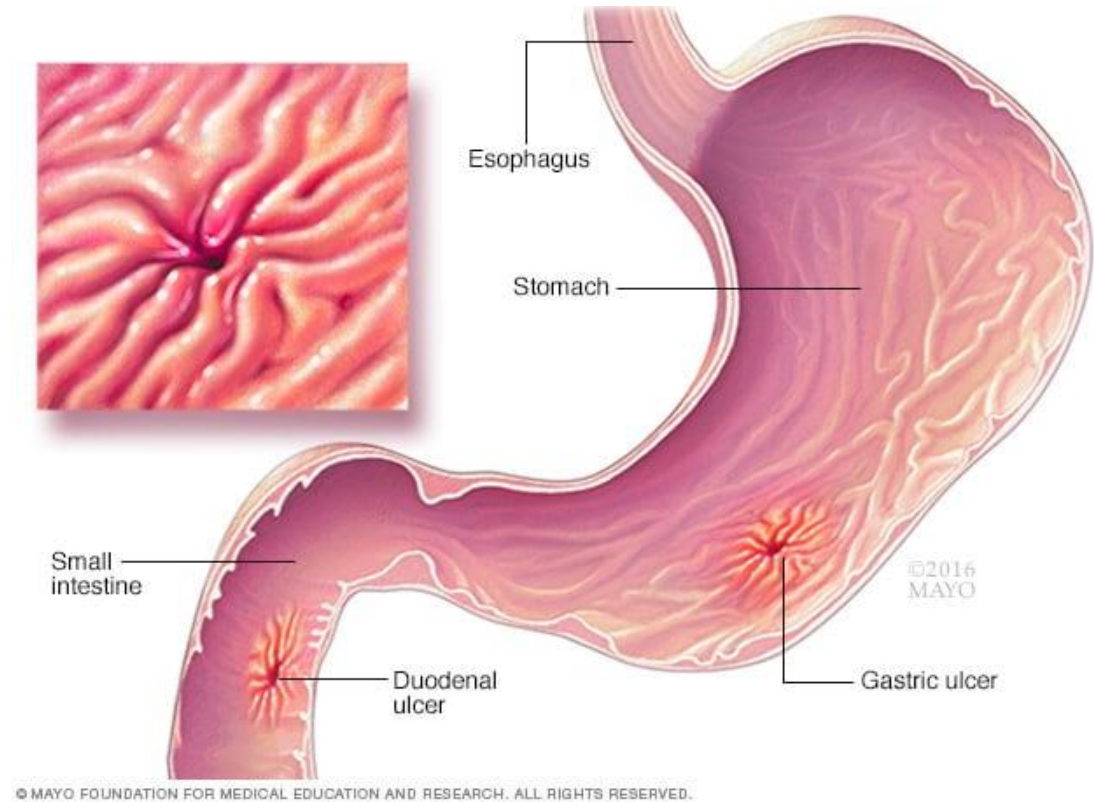


Causes of Peptic Ulcers

- 1. Peptic ulcer may occur in duodenum, stomach, Oesophagus, and Jejunum. However, it occurs mostly in duodenum (duodenal ulcer) and stomach (stomach ulcers or gastric ulcer).

Peptic ulcers are caused by

- (i) increase in acid and pepsin,
- (ii) a decrease in the resistance of the mucosal lining,
- (iii) both by increase in acid and pepsin, as well as decrease in resistance of mucosal lining, and
- (iv) bacterial infection caused by *Helicobacter pylori*.



Causes of Peptic Ulcers

- 2. It is believed that **reflux** of the contents of the duodenum especially **bile acids may also be responsible** for peptic ulcers in the stomach.
- 3. **Stress** may precipitate peptic ulcers.
- 4. **Smoking** may also be connected with the formation of peptic ulcers.
- 5. It is also believed that **delayed emptying at the stomach** and distension accompanied by increased gastric secretion may also cause peptic ulcer of the stomach.
- 6. Any **abnormality in the mucosa of the stomach** may result in gastric ulcers. For example, **impairment in the stomach mucosa barrier** may allow back diffusion of hydrogen ions which may cause bleeding and ulceration.

Causes of Peptic Ulcers

- 7. **Some genetic factors** or genetic influence may also be associated with peptic ulcers of both the stomach and the duodenum.
- 8. **Excessive acid and pepsin are also responsible for duodenal ulcers.** Many abnormalities increase acid and pepsin delivery from the stomach to the duodenum.
- 9. **A number of diseases such as cirrhosis of the liver, chronic lung disease,** and increased secretion of thyroid hormones, and arthritis may also be responsible for duodenal ulcers.

Symptoms of Peptic Ulcers

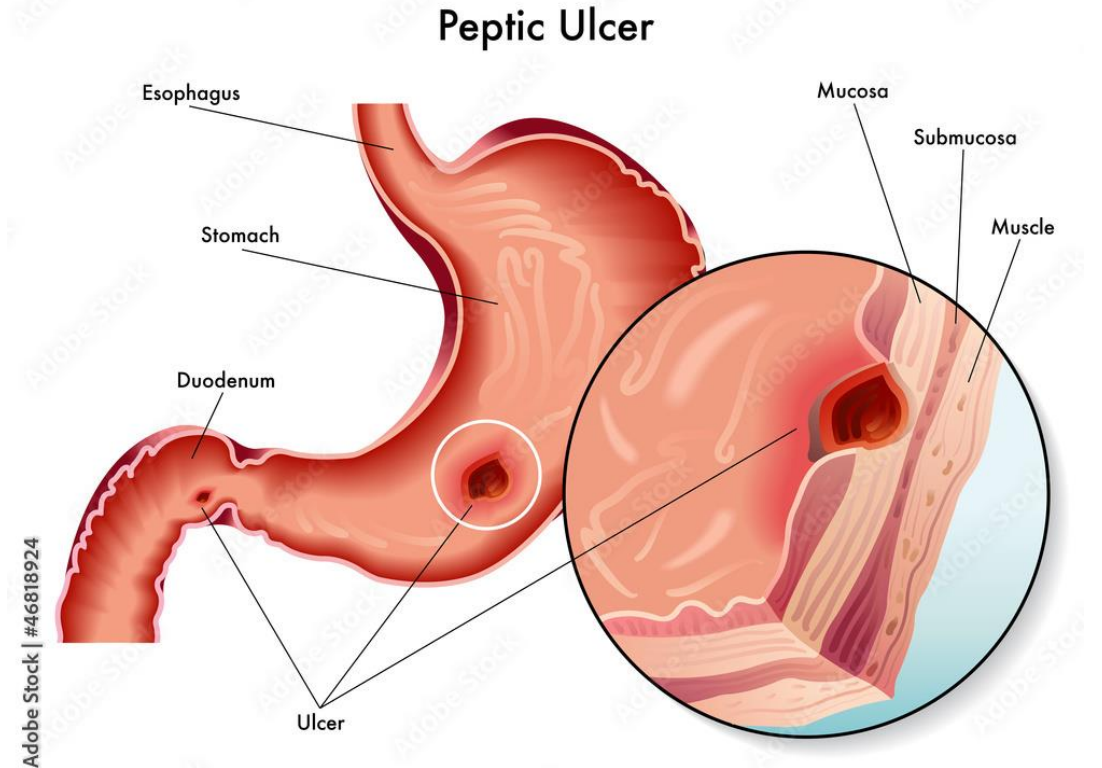
- 1. The most common **symptoms are pain and bleeding.**
- Pain due to gastric ulcer covers a wide area in the **upper middle part** of the **abdomen.**
- **The pain usually starts 30-60 minutes after eating, and continuous for about 60-90 minutes.** The pain may be persistent pain, cramp-like pain or a dull pain (not very severe pain).
- The pain starts after eating due to distension of inflamed areas and release of acid.
- 2. In **severe cases** of stomach ulcer, the **pain may radiate into the back and the patient may feel severe back pain.** The back pain indicates severity.

Symptoms of Peptic Ulcers

- 3. A few **other symptoms** are **nausea, vomiting**, bloating, and **anorexia** (lack of desire to eat) leading to weight loss.
- 4. The **main symptoms of duodenal** ulcer are also **pain and bleeding**. But **pain** in this case is **periodic, rhythmical and chronic**.
- The pain is connected with the release of gastric acid and therefore, it is rhythmic.
- The **pain usually starts 2-3 hours after eating** and may continue till the time of next meal.
- The pain in the case of duodenal ulcer occurs when the stomach is empty and is relieved after intake of food.
- 5. In case of duodenal ulcer, the bleeding may change the Colour and consistency of the stool. The Colour of the stool may become somewhat blackish due to partly digested blood.

Symptoms of Peptic Ulcers

- 7. The bleeding, hole and obstruction are the major complications in duodenal ulcer.
- The bleeding may cause anemia, due to iron deficiency.
- The symptoms of anemia are weakness and fatigue, inflammation of the tongue, deformity of the nails and some other symptoms.



Precaution of Peptic Ulcers

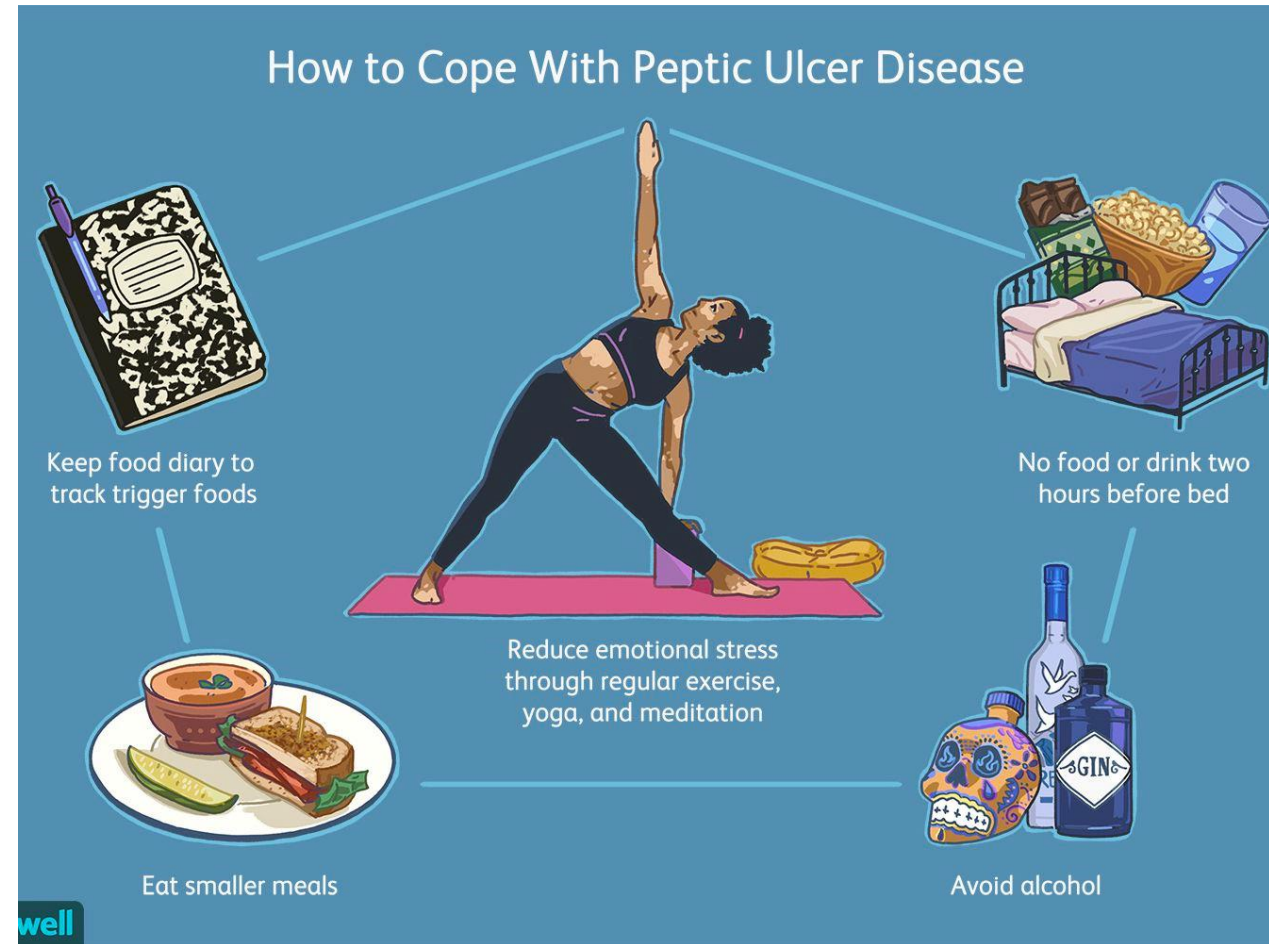
- 1. Peptic ulcers are a common cause of abdominal pain and discomfort. It is believed that peptic ulcers occur at least one in ten people. Peptic ulcers occur in both men and women. Therefore, any pain in the abdomen should not be neglected. A complete examination by a physician should be done to find out the cause of the pain.
- 2. Peptic ulcers may not occur or may not become complicated if care is taken about the diet and the modern lifestyle factors. Certain foods are known to aggravate and alleviate the symptoms of peptic ulcers. **Processed foods, coffee, alcohol and aerated soft drinks such as colas aggravates peptic ulcers.** These foods and drinks must be avoided since they increase the production of acids in the stomach.

Precaution of Peptic Ulcers

- 3. **Smoking and alcohol consumption delay healing of the ulcer** and are likely to cause ulcers to recur. An individual who is having a peptic ulcer should **avoid smoking and consuming alcohol**.
- 4. **Certain fruits and vegetables have anti-ulcer properties**. These should be **included** in the diet regularly. For example, **bananas help in the growth of mucus that forms the inner lining of stomach and forms a stomach mucosal barrier** which does not allow back diffusion of hydrogen ions and prevent bleeding and ulceration.
- Similarly, the vegetable **cabbage is rich in fibers** and **makes the inner lining of the stomach strong** against acid attack.

Precaution of Peptic Ulcers

- 5. Must **try to lead** as much as possible a **stress-free life**, because stress may precipitate peptic ulcers.
- 6. Death from peptic ulcers is not so common but the individual having peptic ulcer will have to bear all the expenditures for hospitalization, physician care and medication.

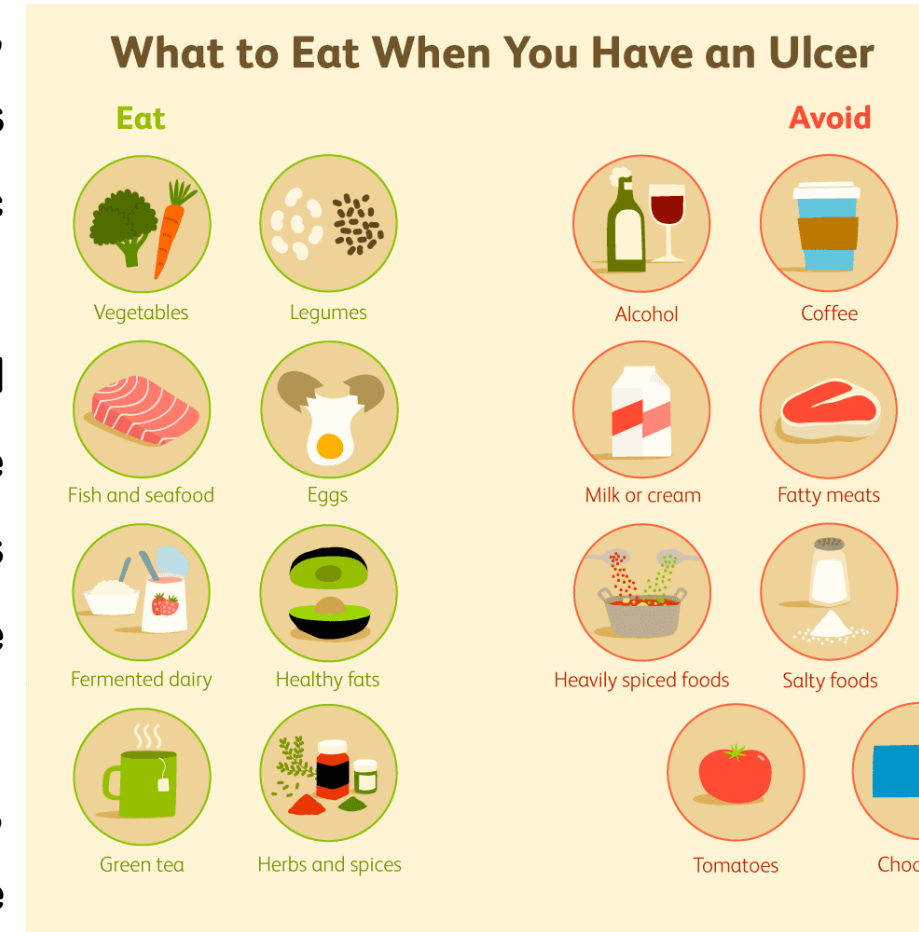


Remedy of Peptic Ulcers

- 1. There are a number of therapies to cure peptic ulcers.
- The **main purpose of the therapies is to neutralize or decrease acidity**. Some of these therapies are :
 - i) **Antacids such as aluminum hydroxide, magnesium hydroxide etc.** are often used for **symptomatic relief**, to promote healing and reduce recurrence of peptic ulcers.
 - ii) **A number of drugs (such as cimetidine and ranitidine) that selectively reduce the secretion of gastric acid and pepsin have been introduced recently**. These are a special group of medicines which are histamine H receptor blocking agents. They work by blocking histamine receptors on the cells lining the stomach and intestine.
 - iii) **Healing by therapies** usually requires about 4-8 weeks but for large and somewhat chronic ulcers it may take longer time for healing. Treatment should be continued until healing takes place. Healing can be confirmed either by endoscopic examination or by regular X-ray.

Remedy of Peptic Ulcers

- iv) If complete healing does not take place by treatment, **biopsy of the ulcer must be done to rule out cancer** (biopsy is **removal of a living tissue sample** from the body for diagnostic examination).
- v) In serious cases, when bleeding and vomiting of blood (hematemesis) take place, stools become dark due to the presence of blood, and anemia occurs, surgery becomes essential. A surgical operation is performed to drain and close the tear.
- vi) Another surgical process can be performed as a last resort, to decrease the nerve supply of Vagus nerve by cutting the small branches of the nerve connected to the stomach.



4. ACIDITY

Dr. Rupesh B. Yadav

Asst. Prof.

TCSC, Mumbai.



ACIDITY CAUSES,
SYMPTOMS AND PREVENTION

Acidity

- Describes the **amount of acid in a substance**. Acidity is measured by **hydrogen ion concentration**, that is, **pH value**.
- A pH value of **7.0 is considered neutral**. Distilled water with a pH value 7.0 is, therefore, neutral.
- Any **pH value above 7.0** is considered **alkaline** and **below 7.0** is **acidic**.
- So far as **human beings** are concerned, a **pH value of 6.9 to 7.4** has been found to be ideal for normal functioning of the body.
- **Any value above it**, that is, alkaline condition, and below it, that is, acidic condition **impairs normal functioning of the body**.



Causes of Acidity in Human Body

- 1. **According to some physicians** and nutritionists acidosis or **acidity is caused** when the **pH of the body fluids such as blood, saliva and urine goes down**.
- An acidic pH, according to them, promotes disease states in the body.
- 2. **Acidity occurs when the diet does not contain proper nutrient**.
- It is usually suggested that there should be about **80% alkaline forming foods and 20% acid forming foods** to maintain pH balance.



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Causes of Acidity in Human Body

- 3. Besides foods, physical and **mental stress** are believed to **precipitate acidosis or acidity**. It is also believed that the effect of stress is much more serious than improper diet. It has been observed that if the **stress level is very high**, it is very **difficult to restore the alkalinity** in the body and **maintain acid - alkali balance**.
- 4. Another possible cause of acidity in the gastro intestinal tract is the **gastroesophageal reflux**. It is the **flow of gastric or duodenal contents** across the gastroesophageal junction back into the Oesophagus. The gastric or duodenal contents are a mixture of stomach acid, pepsin, bile salts and pancreatic enzymes.



Symptoms of Acidity

- 1. **Indigestion and heartburn** are always experienced by individuals suffering from acidity.
- 2. **Diarrhea alternating with hard stools** is also common.
- 3. **Water retention** is another symptom of acidity.
- 4. **Nervous disorders**, headache and body ache may also be present.
- 5. In severe cases, drowsiness is also experienced by the affected person.
- 6. **The individuals may also feel pain in the pharynx** in severe cases.
- 7. **If acidity becomes severe**, the affected person may **develop high blood pressure**, low immunity, lot of cough due to irritation, rheumatism and skin diseases..



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Precaution of Acidity

- 1. It must be seen that the **diet contains** different kinds of **fruits and vegetables** which are alkaline in nature. The fruits and vegetables which are **acidic in nature should be consumed less**, so that the balance of about **80 % alkaline food and about 20 % acidic** food is maintained.
- 2. **Acid-forming foods such** as lentils, legumes, white flour, fried foods, dairy products such as cheese, chocolates, pastries, cakes, pickles etc. **must be avoided**.
- 3. **Coffee, aerated soft drinks** and alcohol also should be **avoided**.



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Precaution of Acidity

- 4. **Vegetables like potatoes and ash gourd; fresh fruits like apples, pears, guavas, watermelon, mangoes; raisins, mushrooms, dates, honey etc. should be taken as those are alkaline in nature.**
- 5. As far as possible, **physical and mental stress should be avoided** at home and workplace, because it affects acidity to a large extent.
- 6. It is **advisable to check pH at home by dipping pH paper or strip in saliva or urine.**



Remedy of Acidity

- 1. A proper diet with right combination of alkaline and acidic foods is very useful to get relief from acidity.
- 2. The diet of 50 % or more of raw food can reduce acidity to a large extent because raw foods contain large amount of alkaline-forming nutrients such as sodium, potassium, and calcium.
- 3. Intake of lot of water helps in removing the water from the body. It is generally recommend to take 6 to 7 glass of water everyday.
- 4. Since, both physical and mental stress precipitate acidity, as far as possible one must try to reduce the stress level.

5. STARVATION

Dr. Rupesh B. Yadav

Asst. Prof.

TCSC, Mumbai.



Causes of Starvation

- Starvation is **acute suffering due to lack or shortage of food.**
- Starvation may occur due to a number of reasons, such as:
 - **1. Inability to secure food.**
 - **2. Due to clinical conditions such as surgery, burns etc.**
 - **3. As a result of excitement to lose weight quickly.**
- There may be many more reasons for starvation.



Symptoms of Starvation

- 1. In the absence of food during starvation, levels of plasma glucose, amino acids and triglycerol fall resulting in less insulin secretion and more release of glucagon (a hormone secreted by the pancreas that causes liver to release sugar into blood).
- This decrease of insulin to glucagon ratio leads to degradation of triglycerol, glycogen and protein.
- Due to this, in the later stage of starvation, exchange of substrates among liver, adipose tissue, muscle and brain begins in order to maintain proper plasma levels of glucose so that the brain and other tissues which require glucose for their metabolism can function properly, and secondly for mobilization of fatty acids from adipose tissue and Ketone bodies from liver to supply energy to all other tissues

Symptoms of Starvation

- 2. In the beginning, after some period of starvation, the first reaction of the body is to preserve glucose so that the brain and other tissues that depend largely on glucose for their energy needs can get glucose.
- In order to achieve this, the body utilizes the vast lipid source of adipose tissue and liver.
- Therefore, increased degradation of triglycerides begins in adipose tissue and liver. The oxidation of fatty acids derived from adipose tissue is the major source of energy in hepatic tissues.
- Similarly, increased degradation of triglycerides takes place in the adipose tissue, and fatty acids obtained from hydrolysis of stored triglycerides are released into the blood.
- They are then transported to various tissues for use as fuel.

Symptoms of Starvation

- 3. After a prolonged starvation, the body increases the rate of protein breakdown. This protein breakdown takes place first in skeletal muscles (striated muscles).
- The intracellular proteins are degraded by lysosomes and proteasomes and amino acids are liberated.
- These amino acids are then oxidized for fuel or converted to other molecules such as ketone bodies, fatty acids or carbohydrates.
- This process can take place either in muscles or in other tissues such as liver after the amino acids are transported there.
- Fatty acids are also converted to ketone bodies which are utilized by tissues that are not able to oxidize fatty acids such as nervous tissue (brain and other structures), ketone bodies are substances such as acetone derived from acetyl CoA produced by fatty acid oxidation during starvation.

Symptoms of Starvation

- 4. All these metabolic changes in the body are manifested by a number of symptoms, such as nausea, vomiting, weakness, muscle cramps, low blood pressure etc.
- These symptoms become more pronounced as the starvation continues.
- Gradually, the weakness increases and more serious symptoms appear, such as inability to speak, decrease in heart beat, very low blood pressure and even inability to move.
- If the starvation still continues, it becomes fatal and the person may die, which is known as starvation death.



Precaution and Remedy

- 1. One must not decide to starve just to lose weight rapidly. There are many other methods to lose weight and for that physicians, nutritionists or dieticians should be consulted.
- 2. Long starvation may severely damage many organs, and it may take long time to recover from these damages.
- 3. After long starvation, the rehabilitation of the starved person should be done properly by consulting physicians.

HOW TO AVOID STARVATION MODE & SUPPORT A HEALTHY METABOLISM

01

Don't Cut Calories Too Low

- Eat enough to fuel your metabolism and break out of starvation mode
- Focus on nutrient density rather than count calories

02

Avoid Bingeing or Overeating by Eating Regularly

Having enough energy to support basic bodily functions — like heart beat and brain function — are so essential to our survival that if we don't consume enough calories, we can trigger overeating and bingeing

03

Rest Enough and Avoid Overtraining

Don't be fooled into thinking that you can keep increasing your energy output by exercising more and more, while also taking in less fuel

04

Aim for Progress, Not Perfection

- Aiming to follow the "perfect diet" can cause stress and feelings of guilt that only makes healthy eating harder
- Practice mindful eating and approach weight loss from a place of better body acceptance and a goal of becoming healthier rather than just thinner

6. FLATULENCE

Dr. Rupesh B. Yadav

Asst. Prof.

TCSC, Mumbai.



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Causes of Flatulence

- Flatulence is the process of expelling the gas.
- Flatus produced in the intestine due to bacterial activities.
- Flatulence has several causes. Some of these are :
- **1. Type of food in the diet-** In the large intestine of humans, there are more than 500 species of bacteria.
- The most common is the bacterium, **Escherichia coli**.
- **Sugars and nutrients that remain in the digestive residue** are metabolized by intestinal bacteria and produces fatty acids and vitamins such as B vitamins, K vitamins, folic acid (a member of B-complex) and biotin(also a member of B-complex).
- Some of these vitamins are absorbed in the large intestine.

Causes of Flatulence

- The **activities of bacteria** also produce large quantities of gas, flatus which is primarily composed of carbon dioxide, methane, and hydrogen sulfide.
- Most of the gas is absorbed through the **intestinal mucosa** and the remaining is expelled through the **anus** in the process of flatulence.
- The **quantity and composition of gas** depends on the **type of ingested food** and particular type of **bacteria present in the large intestine**. For example, **beans, peas and other leguminous vegetables** contain an unusual carbohydrate which human cannot digest but **can be metabolized by the gas producing bacteria** of the large intestine.

Symptoms of Flatulence

- **1. Production of large amount of gas (more than usual) in the large intestine and expelling them outside through anus.**
- **2. Individuals suffering from peptic ulcer or diseases of gall bladder swallow air in order to belch (emit wind noisily from stomach through mouth) to relieve discomfort. Since 80% of air is nitrogen which cannot be absorbed, is expelled as flatus.**

Precaution and Remedy

- Care must be taken to see to it that individuals who are likely to produce more gas, flatus in the large intestine should avoid eating beans and other leguminous vegetables as much as possible.
- It is likely that eating less amount of beans or completely avoiding it will reduce or stop flatulence.
- 2. Chewing gum or sucking of sweets must be stopped so that swallowing air is stopped.



***Thank
You***