

Hemp seed pill may improve chronic constipation of the elderly and reduce the burden of helpers

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ABSTRACT

Traditional Chinese medicine Hemp seed pill (麻子仁丸) could improve chronic constipation of elderly in the difficult case.

Keywords: Chronic constipation, enema stool extraction, hemp seed pill, Traditional Chinese medicine

An 88-year-old male with Alzheimer disease and disuse atrophy stayed at a nursing home in a bedridden state. He had chronic constipation. Any purgatives containing magnesium oxide and senna (*Cassia glauca*) extract could not improve his constipation. Total colonoscopic examination showed that his sigmoid colon was much prolonged. Every evening stools and gases halted in his sigmoid, and he complained of abdominal pain. Nurses administered enema and stool extraction every day. Then, we tried a kampo medicine hemp seed pills that reported to improved functional constipation in adults.^[1] Hence, he could naturally evacuate every day and no stool extraction needed. Chronic constipation is common but serious problem of the elderly. Hemp seed pills had been used over 1000 years as a purgative in the traditional Chinese medicine, and moreover, had the data of double-blinded randomized control trial. Japan Geriatric Society introduced hemp seed pill as one of choice for chronic constipation of elderly in their guideline.^[2] Hemp seed pills might improve chronic constipation of elderly and reduce the burden of nursing stuffs.

Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent forms. In the form the patient(s) has/have

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given his/her/their consent for his/her/their images and other clinical information to be reported in the journal. The patients understand that their names and initials will not be published and due efforts will be made to conceal their identity, but anonymity cannot be guaranteed.

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Conflicts of interest

There are no conflicts of interest.

Reference

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