

# Meal plan for Constipation, Hemorrhoids & Fissures

If you're dealing with constipation, or hemorrhoids or fissures, it's important to focus on a diet that is gentle on your digestive system and can help prevent straining during bowel movements. Here's a meal plan that includes foods that may be helpful for managing constipation, hemorrhoids and fissures:

	DAY 1	DAY 2	DAY 3
<b>Breakfast</b>	Plain yogurt with sliced bananas and a drizzle of honey, with muesli. A glass of water or herbal tea	Rava upma with vegetables A glass of fresh orange juice	Soft ragi dosa with drumstick leaves with mint chutney A cup of herbal tea
<b>Mid-Morning</b>	A small serving of bell pepper, tomato, onion, chickpea salad	A small serving of pomegranate A glass of tender coconut water	A small serving of rajma salad with raw grated carrots
<b>Lunch</b>	Steamed white rice with a serving of rasam a cup of carrot and cucumber salad	Brown rice with a serving of keerai kuzhambu a cup of cucumber raita	Quinoa upma with mixed vegetable sambar a cup of beetroot poriyal
<b>Mid-Evening</b>	A handful of soaked almonds with 2 dates	Sliced papaya/pineapple with a pinch of black salt	Sliced watermelon and 2 figs
<b>Dinner</b>	Soft idlis with capsicum chutney A glass of buttermilk	Vegetable khichdi made with rice and lentils A small serving of plain yogurt	Plain curd rice with a touch of grated ginger

When dealing with hemorrhoids or fissures, it's important to drink plenty of liquids throughout the day to stay well-hydrated. Additionally, try to avoid spicy foods, refined flour, processed foods, excessive caffeine, meats and alcohol, as these can exacerbate hemorrhoid symptoms. High-fiber foods, as found in many South Indian dishes, can help soften stools and reduce the risk of straining during bowel movements. Always listen to your body and adjust the plan to suit your individual needs and preferences. If hemorrhoid symptoms persist or worsen, consult your doctor for further evaluation and guidance.