

Vital Information:

Passing of hard stool.

Causes can not really be predicted. Can be due to diet, medication, lack of exercise, too much of stress can be a reason as well.

What you can do:

1. Drink a lot of water.
2. Increase fiber intake.
3. Try to relax from stress.

Take laxatives only if the condition is very serious. It has to be under medical supervision.

Prevention is better:

1. Increase fiber intake
2. Drinking plenty of liquid
3. Active life