

Constipation

August 3, 2022

You have ongoing difficulty passing stool. Every three days, you must succeed on a DC 8 + (IE) Strength check during a rest to do so effectively or experience either IE 1 abdominal [Cramps](#) or [Nausea](#) until making a successful check, which can be attempted during every rest.

Real-world Examples

Hypothyroidism, Diabetes, Uremia, Hypercalcemia, Irritable Bowel Syndrome, Diverticular Disease, Spinal Cord Injury, Multiple Sclerosis, Parkinson's Disease, Lazy Bowel Syndrome, Amyloidosis, Lupus, Scleroderma

Assistive Options

A steady diet of high-fiber, low fat foods for the entire three-day duration beforehand gives a +1 bonus to the Strength saving throw.

Calcification

August 3, 2022

You have calcium deposits building up in your body. This results in (IE) × 10 percent of your body being covered in horn-like extrusions. You can use these deposits as an unarmed attack causing 2 (1d4) + Strength modifier piercing damage. You are unable to wear most armor without it being custom made, costing 200 percent + (IE) × 10 percent and taking 100 percent + (IE) × 10 percent time to smith. You have a -(IE) penalty on disguise

attempts and a -(IE) penalty on Charisma (Persuasion) checks. Calcification occurs internally, too, which is usually harmless but could lead to painful complications. Every 28 days, roll 1d20. On a 1, you must succeed on a DC 5 Constitution saving throw. Each time this happens (regardless of the result of the saving throw), the DC increases by 1, and each time you fail the saving throw, the original roll increases by 1, making it more likely to happen in the future. On a failed saving throw, you experience internal pain, 2 (1d4) psychic damage, until you succeed on a daily Constitution saving throw of the same value as the one you failed.

Real-world Examples

Kidney Stones, Hypercalcemia, Osteophytes (In real life, calcification is purely internal. Its expression here is a fantasy exaggeration, and those wishing for a more realistic representation can use just the internal mechanics.)

Assistive Options

Drinking twice the usual amount of water every day gives a +1 bonus to Constitution saving throws against internal calcification complications.

Magical Assistance

Magical healing applied directly to the source of internal pain will heal that occurrence but not heal other damage.