

Sanar | International
Hospitals

+91-124-3528444

Golf Course Road, DLF Phase-5
Sector - 53, Haryana - 122002

www.sanarhospitals.com
info@sanarhospitals.com

Follow us on: [!\[\]\(d66ff64371a51729ac8c1cdaa685ba6f_img.jpg\)](#) [!\[\]\(0f31ebba7abcd47777e178db26f29705_img.jpg\)](#) [!\[\]\(63ea948177b1bcc486b2b76d20d5fb69_img.jpg\)](#) [!\[\]\(886f7dced1265a6d438eca0881817b40_img.jpg\)](#) [!\[\]\(bb381b56be27580041e232a6cbb04464_img.jpg\)](#)



Understanding **Irritable Bowel Syndrome**



What is Irritable Bowel Syndrome?

Irritable Bowel Syndrome is a functional Gastro-intestinal disorder characterised by a group of symptoms that occur together. It affects the large intestine (colon) and often causes discomfort related to bowel habits. Irritable Bowel Syndrome is a chronic condition but it doesn't lead to serious diseases or damage to the digestive tract.

Symptoms

The symptoms of Irritable Bowel Syndrome can vary from person-to-person and may include:

- **Abdominal Pain or Discomfort:** Cramps, often relieved after a bowel movement
- **Changes in Bowel Habits:** Diarrhoea, Constipation or alternating between the two and changes in stool consistency
- **Bloating and Gas:** Feeling of fullness in the abdomen and increased flatulence
- **Mucus in Stool:** Presence of transparent or white mucus may be seen

Causes

The exact cause of Irritable Bowel Syndrome is not fully understood, but several factors may contribute to the condition:

- **Abnormal Muscle Contractions:** The muscles in the intestines may contract more forcefully or more slowly than normal
- **Nervous System Abnormalities:** Changes in the nerves of the digestive system may lead to heightened sensitivity to pain
- **Inflammation:** Some people with Irritable Bowel Syndrome have an increased number of immune system cells in their intestines, suggesting a low-grade inflammation
- **Bacterial Overgrowth:** An imbalance of bacteria in the intestines may contribute to aggravating the symptoms

Diagnosis

There is no specific test for Irritable Bowel Syndrome. Diagnosis is usually based on the presence of characteristic symptoms and the absence of other diseases. Healthcare provider may request for tests such as blood tests, stool tests and imaging studies to rule out other conditions.

Management and Treatment

While there is no cure for Irritable Bowel Syndrome, symptoms can often be managed through a combination of lifestyle changes, dietary modifications and medications. Some general recommendations to manage the condition may include:

- **Dietary Changes:** Identify and avoid trigger foods and consider a low-FODMAP diet under the guidance of a healthcare professional
- **Fibre Supplementation:** Gradually increase dietary fibre or consider fibre supplements
- **Probiotics:** In some cases, consumption of probiotics provide relief from symptoms
- **Medications:** Anti-spasmodic medications for abdominal pain and medications for Constipation or Diarrhoea
- **Stress Management:** Practice stress-reducing techniques such as meditation, yoga and deep breathing exercises

When to Seek Medical Attention

While Irritable Bowel Syndrome itself is not life-threatening, it is essential to consult a healthcare professional if one experiences:

- Unexplained weight loss
- Rectal bleeding
- Iron Deficiency Anaemia
- Persistent severe abdominal pain
- Symptoms starting later in life (over 50)

Irritable Bowel Syndrome is a common condition that affects the digestive system. Through a combination of lifestyle and dietary changes, one can manage the symptoms.