



# Irritable Bowel Syndrome: Symptoms, Causes, Diagnosis, Triggers and Treatment

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## Introduction

### What is Irritable Bowel Syndrome?

Irritable bowel syndrome (IBS) is a common illness that affects the large intestine. Physical signs include muscle soreness, stomach discomfort, bloating, gas, and diarrhoea or constipation, or maybe both. You will have to cope with IBS for a long time. Only a small minority of IBS individuals experience serious symptoms and signs. Some people can manage their symptoms with diet, lifestyle, and stress management. More significant symptoms may benefit from pharmaceuticals and therapy. IBS does not cause changes in intestinal tissue or increase the risk of colorectal cancer. It's a common but inconvenient gastrointestinal condition [1].

### What is a Functional Gastrointestinal Disorder?

Irritable bowel syndrome (IBS) is a gastrointestinal (GI) condition. Issues with the way your stomach and brain connect create these ailments, which are also known as disorders of the gut-brain interface. As a result of these problems, your digestive system becomes highly vulnerable. They also change the way your gut muscles contract. The final effect is abdominal discomfort, diarrhoea, and constipation [2].

### What are the different Types of IBS?

Scientists categorise IBS based on the type of bowel movement problems you have. It's possible that the type of IBS you have has an impact on how you're treated. Certain drugs are only useful in specific types of IBS [3]. On some days, people with IBS have regular bowel movements, whereas on other days, they have abnormal bowel movements. Your IBS type is defined by the frequency of your bowel movements:

Consult your doctor if you have a chronic change in bowel motions or other IBS symptoms or difficulties. They could indicate a far more serious illness, such as colon cancer. The following are some of the more worrisome signs and symptoms: Weight reduction Diarrhea in the middle of the night is a common occurrence. Rectal bleeding is a very common occurrence. Iron deficiency causes anaemia [4,5]. Vomiting without obvious cause Problems with swallowing

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Consistent pain that isn't relieved by bowel movements or passing gas.

### What are the Causes and Reasons for IBS?

The muscles of the gut spasm. The walls of your intestines are lined with muscle layers that flex to transport food along your gastrointestinal tract. Contractions that are stronger and last longer than usual might cause gas, bloating, and diarrhoea. Weak intestinal contractions can cause food transit to be hindered, resulting in hard, dry stools.

The nervous system serves as the body's command centre. When a person's stomach swells due to gas or faeces, abnormalities in their digestive system's nerves can make them feel more uncomfortable than usual. Your body may react to changes in the digestive process due to a lack of coordination between the brain and the intestines, causing discomfort, diarrhoea, or constipation.

Inflammation is a serious condition. IBS can occur after a severe bout of diarrhoea (gastroenteritis) caused by bacteria or a virus. IBS could also be caused by an excess of germs in the intestines (bacterial overgrowth).

Stress is a regular occurrence in childhood. IBS symptoms are more likely to develop in people who have been exposed to stressful circumstances, especially as youngsters. The microbes in your stomach are evolving. Bacteria, fungi, and viruses that normally live in the intestines and play a vital role in human health are examples [6].

According to study, microbes in people with IBS differ from those in healthy people.

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