



## Note on Gastrointestinal Disorders and its Classification

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### Description

The Gastrointestinal (GI) tissue plays an important role in the body's digestive system, as it digests food and absorbs nutrients. However, it is also sensitive to disorders that can cause pain, and severe health problems.

### Types of gastrointestinal disorders

Some of the most common gastrointestinal conditions are:

**Gastro-esophageal reflux disease:** It is a digestive disease that occurs when stomach acid returns to the esophagus. This can cause heartburn, regurgitation, and chest pain. It is usually caused by a Lower Esophageal Sphincter (LES) that fails to close properly. Obesity, pregnancy, smoking, and certain medications all are risk factors of gastro-esophageal reflux. Treatment options include lifestyle changes (such as losing weight and avoiding trigger foods), medication (such as proton pump inhibitors and antacids), and in severe cases, surgery.

**Inflammatory bowel disease:** It is a chronic condition that causes gastrointestinal system inflammation. It includes two main types: Crohn's disease and ulcerative colitis. Abdominal pain, diarrhoea, weight loss, and fatigue are all symptoms of inflammatory bowel disease. IBD has an autonomic dysfunction, but it is thought to be a combination of genetic and environmental factors. Treatment may include medication (such as anti-inflammatory drugs and immuno-

suppressants), surgery, and lifestyle changes (such as a healthy diet and stress management).

**Irritable bowel syndrome:** It is a common condition affecting the large intestine. It causes symptoms such as abdominal pain, bloating, constipation, and diarrhea. The cause of IBS is Irritable bowel syndrome. However, it is usually related to changes in the way the intestine's muscles contract. Treatment options include lifestyle changes (such as eating more fiber and preventing trigger foods), medication (such as antispasmodics and laxatives), and stress management.

**Celiac disease:** It is an autoimmune disorder in which the Gluten has an effect on the body. A protein found in wheat, barley, and rye by damaging the small intestine lining. This can cause symptoms such as abdominal pain, diarrhea, and weight loss. Celiac disease is usually treated with a gluten-free diet.

**Peptic ulcers:** It is an infection that develop in the lining of the stomach, esophagus, or small intestine. They can be caused by a bacterial infection, long-term development Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) or alcohol consumption. Symptoms may include abdominal pain, nausea, and vomiting. Treatment options include medication (such as proton pump inhibitors and antibiotics) and lifestyle changes (such as avoiding trigger foods and reducing stress).

**Hemorrhoids:** It's swollen veins in the rectum and anus that can be painful and cause bleeding. They can be caused by constipation, straining during bowel movements, and pregnancy. Treatment options include lifestyle changes (such as increasing fiber consumption and avoiding straining during bowel movements), medication (such as topical creams and suppositories), and in severe cases, surgery.

Additionally, gastrointestinal disorders can cause a variety of symptoms that can have a significant impact on a person's quality of life. Depending on the disorder and its severity, treatment options may include medication, lifestyle modification, and surgical intervention. If individual experience any clinical manifestations or are involved about the digestive health, individuals should contact a doctor. Understanding the causes and symptoms of these disorders enables individual to implement measures to control people and maintain the digestive system functioning properly.

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