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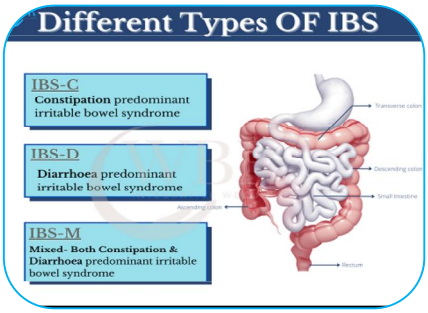
TYPES OF IRRITABLE BOWEL SYNDROME SUCH AS IBS WITH CONSTIPATION WITH CONSTIPATION (IBS - C), IBS WITH DIARRHEA (IBS - D) AND MIXED IBS (IBS-M), CAUSES AS WELL AS RISK FACTORS OF IBS, SYMPTOMS AS WELL AS DIAGNOSIS OF IBS, CLINICAL EVALUATION AS WELL AS TREATMENT OF IBS.

Mohan Naidu K.[1] , MuraliNath E.[1] Sundeep A.[2] Ramadevi K.[1] , VenkatNaveen A.[1] VamsiKrishna P.[1] and Mythri P.[3]
[1]College of veterinary science, Proddatur, Andhra Pradesh, India.
[2]Staff, IVRI, Uttar Pradesh, India.
[3]College of veterinary science, Tirupati, andhra Pradesh, India.

ABSTRACT



Irritable bowel syndrome (IBS) is a general gastro intestinal disorder that influence a significant portion of the population worldwide. It is manifested by many symptoms along with abdominal pain, bloating, altered bowel habits and modifications in stool consistency. Different types of IRRITABLE BOWEL SYNDROME are IBS with constipation (IBS-C), IBS with diarrhoea (IBS-D), mixed IBS (IBS-M). Low grade inflammation within the GIT has been shown in subset of IBS patients, indicating a possible role in symptoms manifestation. Imbalance I'm the gut microbiota are linked to IBS symptoms. Psychological factors also related to IBS. Woman are more likely to be exposed to IBS compare to men. A very few gastro intestinal disorders such as small intestinal bacterial overgrowth (SIBO), celiac disease and inflammatory bowel disease (IBD) may enhance IBS. Some individuals along with IBS may show food intolerances or sensitivity namely lactose intolerance or FOD MAPs (fermentable oligosaccharides, disaccharides, monosaccharides a d polyols) observed in certain foods. Symptoms of IBS are abdominal pain, bloating. Diagnosis of IBS is based on Rome criteria (Rome IV), along with recurrent abdominal pain or discomfort for minimum six months and extra symptoms are related to an enhancement with defecation as well as onset associated with a modifications in stool consistency. Additional tests are imaging studies or breath tests to count for bacterial overgrowth or mal absorption. Treatment is based on dietary changes and sometimes medications also. Probiotics lead to the restoration of the balance if gut bacteria and reduce IBS symptoms. Still more research has to be conducted regarding probiotics.

KEY WORDS: *Abdominal pain, bloating, altered bowel habits, modifications in stool consistency, IBS with constipation, IBS with diarrhoea, mixed IBS, cramping, more pain sensations, emotional stress, anxiety, depression, small intestinal bacterial over growth (SIBO), celiac disease, inflammatory bowel disease (IBD) and probiotics.*

INTRODUCTION:

Irritable Bowel Syndrome (IBS) is a common gastrointestinal disorder that affects a significant portion of the population worldwide. It is characterized by a cluster of symptoms, including abdominal

pain, bloating, altered bowel habits, and changes in stool consistency. Despite its prevalence, IBS remains a complex condition with no identifiable structural or biochemical abnormalities. In this article, we will delve into the medical understanding of IBS, exploring its types, causes, symptoms, diagnosis, and available treatment options.

Types of Irritable bowel syndrome:

The most commonly recognized types of IBS include
1.IBS with constipation (IBS-C)
2.IBS with diarrhea (IBS-D)
3.Mixed IBS (IBS-M).

1.IBS with constipation (IBS-C):

IBS-C is characterized by recurrent abdominal pain or discomfort associated with constipation. The primary symptoms include infrequent bowel movements and difficulty passing stools. Individuals with IBS-C may experience straining during bowel movements, lumpy or hard stools, and a feeling of incomplete evacuation. Bloating and abdominal discomfort are also common symptoms. Some people may alternate between constipation and diarrhea, which is referred to as mixed IBS-C.

2.IBS with diarrhea (IBS-D):

IBS-D is characterized by recurrent abdominal pain or discomfort associated with diarrhea. The primary symptoms include frequent and loose bowel movements, often accompanied by an urgent need to have a bowel movement. Individuals with IBS-D may also experience abdominal pain, cramping, bloating, and gas. In some cases, diarrhea may alternate with periods of constipation, leading to mixed IBS-D.

3.Mixed IBS (IBS-M):

Mixed IBS, also known as IBS-M, is characterized by a combination of symptoms from both IBS-C and IBS-D. Individuals with IBS-M may experience alternating periods of constipation and diarrhea. They may also have other symptoms such as abdominal pain, bloating, and discomfort.

It's Important to note that these classifications are not mutually exclusive, and symptoms may vary over time. Some individuals may not fit into any specific subtype and are classified as having unsubtyped IBS (IBS-U). Additionally, it's possible for individuals to transition between different subtypes of IBS or experience symptoms that do not fit neatly into one category.

It's worth mentioning that in recent years, there has been a shift towards a more personalized approach to categorizing and managing IBS. Some researchers and clinicians now focus on identifying specific symptoms and patterns in individual patients rather than relying solely on subtyping. This approach recognizes the heterogeneity of IBS and acknowledges that different individuals may experience varying combinations of symptoms.

Causes and Risk Factors:

The exact causes of IBS are not yet fully understood. However, several factors are believed to contribute to the development and exacerbation of the condition. These factors include:

Abnormal Gastrointestinal Motility: Individuals with IBS often experience disturbances in the normal contractions of the intestinal muscles, resulting in erratic bowel movements and abdominal discomfort.
Enhanced Sensitivity of the Gut: Some people with IBS may have an oversensitive gut, leading to exaggerated pain sensations in response to normal bowel activities or mild stimuli.
Intestinal Inflammation: Low-grade inflammation within the gastrointestinal tract has been observed in a subset of IBS patients, suggesting a possible role in symptom manifestation.

Altered Gut Microbiota: The microbial composition in the gut, known as the gut microbiota, plays a crucial role in digestion and overall gut health. Imbalances in the gut microbiota have been associated with IBS symptoms.
Psychological Factors: Emotional stress, anxiety, and depression have been linked to IBS. While they do not cause the condition, they can exacerbate symptoms in susceptible individuals.

Who are at risk of IBS:

Irritable bowel syndrome (IBS) is a chronic gastrointestinal disorder that can affect people of all ages, but it typically begins in adolescence or early adulthood. Here are some risk factors that can increase the likelihood of developing IBS:
Gender: Women are more likely to develop IBS than men. Hormonal fluctuations, particularly during menstruation, may play a role in this disparity.
Age: IBS commonly affects individuals under the age of 50, with symptoms often starting in early adulthood. However, it can occur at any age.
Family history: If you have a close family member (parent or sibling) with IBS, you may be at a higher risk of developing the condition. Genetic factors could contribute to this association.
Psychological factors: Emotional stress, anxiety, depression, or a history of traumatic events can influence the onset or worsening of IBS symptoms. The brain-gut connection suggests that stress and emotions can impact the functioning of the digestive system.
Digestive disorders: Certain gastrointestinal conditions, such as small intestinal bacterial overgrowth (SIBO), celiac disease, and inflammatory bowel disease (IBD), may increase the risk of developing IBS or lead to similar symptoms.
Food sensitivities: Some individuals with IBS may have specific food intolerances or sensitivities, such as lactose intolerance or sensitivity to certain FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) found in certain foods.

Symptoms:

The symptoms of IBS can vary widely between individuals. The most common signs and symptoms include:
Abdominal pain or cramping: This discomfort is typically relieved by bowel movements and is often accompanied by changes in stool consistency.
Altered bowel habits: IBS can cause diarrhea, constipation, or a combination of both. Some individuals may experience frequent urgency to have a bowel movement.
Bloating and abdominal distension: Many IBS patients complain of increased gas production and a feeling of abdominal fullness.
Changes in stool appearance: Stools may appear loose, watery, lumpy, or have mucus.

Diagnosis:

Diagnosing irritable bowel syndrome (IBS) can be challenging because there is no specific test or definitive diagnostic marker for the condition. Instead, the diagnosis is made based on the presence of characteristic symptoms and the exclusion of other potential causes. Here are some key points regarding the diagnosis of IBS:

Diagnostic Criteria: The Rome criteria are commonly used to diagnose IBS. The current criteria, known as Rome IV, include recurrent abdominal pain or discomfort for at least six months, along with two or more of the following symptoms: improvement with defecation, onset associated with a change in frequency of bowel movements, and onset associated with a change in stool consistency.
Clinical Evaluation: A thorough medical history and physical examination are important in the diagnostic process. The healthcare provider will inquire about the nature, frequency, and duration of symptoms, as well as any associated factors or triggers.

Symptom Evaluation: Key symptoms of IBS include abdominal pain or discomfort, bloating, and altered bowel habits such as diarrhea, constipation, or both (alternating diarrhea and constipation). The symptoms should be chronic or recurrent, with a duration of at least six months.

Exclusion of Other Conditions: The diagnosis of IBS is made after ruling out other potential causes of the symptoms. Various tests and investigations may be conducted to exclude conditions such as inflammatory bowel disease (IBD), celiac disease, lactose intolerance, and other gastrointestinal disorders.

Additional Testing: In some cases, additional tests may be performed to further evaluate symptoms or to rule out other conditions. These can include blood tests, stool tests, endoscopic procedures (such as colonoscopy), imaging studies, or breath tests to assess for bacterial overgrowth or malabsorption.

Clinical Judgment: The diagnosis of IBS often relies on the healthcare provider's clinical judgment and expertise. They consider the characteristic symptoms, the absence of alarm signs (such as unexplained weight loss, rectal bleeding, or family history of certain conditions), and the results of the investigations to arrive at a diagnosis.

It's important to consult with a healthcare professional for a proper evaluation and diagnosis if you suspect you may have IBS or are experiencing gastrointestinal symptoms. They will consider your specific symptoms, medical history, and perform appropriate evaluations to arrive at a diagnosis and develop a suitable treatment plan.

Treatment:

The treatment of IBS aims to alleviate symptoms and improve the patient's quality of life. It generally involves a combination of lifestyle modifications, dietary changes, and, in some cases, medication. The following approaches are commonly employed:

Dietary modifications: Identifying and avoiding trigger foods, such as spicy foods, caffeine, alcohol, and high-fat foods, can help manage symptoms. Some individuals find relief by following a low FODMAP (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) diet.

Stress management: Techniques like relaxation exercises, counseling, and cognitive-behavioral therapy can assist in managing stress and reducing the impact of psychological factors on IBS symptoms.

Medications: Depending on the predominant symptoms, medications such as antispasmodics, laxatives, anti-diarrheals, or antidepressants may be prescribed to provide symptom relief.

Probiotics: Some studies suggest that certain strains of probiotics can help restore the balance of gut bacteria and alleviate IBS symptoms. However, more research is needed to determine optimal strains and dosages.

CONCLUSION:

Irritable Bowel Syndrome is a complex gastrointestinal disorder that affects millions of people worldwide. While the exact cause remains elusive, advances in medical research have shed light on various contributing factors. A multimodal treatment approach involving lifestyle modifications, dietary changes, stress management, and medications can significantly improve the quality of life for individuals living with IBS.

Diagnosis: IBS is primarily diagnosed based on the presence of specific symptoms, the absence of alarm signs (such as weight loss or rectal bleeding), and the fulfillment of diagnostic criteria, such as the Rome IV criteria. It is a diagnosis of exclusion, meaning other gastrointestinal conditions should be ruled out before confirming IBS.

Impact on quality of life: IBS can significantly affect a person's quality of life. The symptoms, which may include pain, bloating, and unpredictable bowel movements, can lead to physical discomfort and emotional distress. This can result in limitations in daily activities, work productivity, and social interactions.

Treatment approaches: The management of IBS typically involves a multidimensional approach tailored to each individual. It may include dietary modifications (such as low FODMAP diet), lifestyle

changes, stress management techniques, and medications to alleviate specific symptoms (e.g., antispasmodics, laxatives, or anti-diarrheal drugs). Psychological therapies, such as cognitive-behavioral therapy (CBT), may also be beneficial, especially in cases where stress or anxiety plays a significant role.

Importance of patient education: Educating patients about IBS is crucial. Providing information about the condition, its chronic nature, and the absence of structural damage in the intestines can help alleviate anxiety and promote self-management. Patients should be encouraged to keep a symptom diary, identify triggers, and make appropriate lifestyle modifications.

CONCLUSION: -

Despite significant advancements, there is still much to learn about IBS. Researchers are studying the gut-brain axis, the role of gut microbiota, and other factors that contribute to the development and exacerbation of IBS. Ongoing research aims to identify novel treatment strategies and improve our understanding of this complex condition.

In conclusion, IBS is a chronic gastrointestinal disorder characterized by abdominal pain and changes in bowel habits. It significantly impacts a person's quality of life, requiring a multidimensional approach for management. Patient education, tailored treatments, and ongoing research efforts are essential in improving outcomes for individuals with IBS.

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