

## **IRRITABLE BOWEL SYNDROME**

Irritable bowel syndrome is more common in the age of 20-45 years.

### **CAUSES**

- 1) Psychological factors - stress, anxiety.
- 2) Specific food intolerance - wheat (gluten), lactose etc.
- 3) Abuse of laxatives.
- 4) Post gastroenteritis.

### **SIGN AND SYMPTOMS**

- 1) Abdominal pain.
- 2) Spasmodic, explosive watery diarrhoea.
- 3) Frequent urge to defecate.
- 4) Worse in morning and after breakfast.
- 5) Incomplete defecation with mucus in stools.
- 6) Feeling of bloatedness.
- 7) Inability to finish meals.
- 8) Slight weight loss.
- 9) Occasionally backache, frequent urination and urgency in males.

### **DIETARY MANAGEMENT**

- 1) In acute phase of disease rest and take only liquids- water with salt and sugar, fruit juices- water melon, etc, start dioralyte in case of severe diarrhoea.
- 2) Later start with semi solid, light and bland diet - porridge, soups, fruit juices etc.
- 3) Add a pinch of turmeric to food, it has anti inflammatory properties and its action is seen more in the colon.
- 4) Try to consume more of antioxidants (vitamin A, E, C, Selenium etc.)- Most fruits and vegetables contain bioflavonoids, which is a good antioxidant.
- 5) Eating too much insoluble fibre in the form of grains can increase diarrhea.Focus on soluble fibre which is present in vegetables and fruit.
- 6) Avoid intake of milk and milk products.
- 7) Increase intake of iron - boiled eggs, jaggery, beet roots, green leafy vegetables, and nuts - Brazil nuts and almonds, dried fruits, dates etc.
- 8) Avoid eating beans.
- 9) Limit fried, fatty and non - vegetarian food.
- 10) Avoid refined sugars, tea, coffee and aerated drinks.
- 11) Avoid food that you are allergic to.

**NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .**