



Treatment of Irritable Bowel Syndrome

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Introduction

- Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine.
- **Four subtypes of IBS :**

 1. IBS-D (IBS with diarrhea): where $\geq 25\%$ of bowel movements include diarrhea.
 2. IBS-C (IBS with constipation): presence of hard or lumpy stools with $\geq 25\%$ of bowel movements.
 3. IBS-M (mixed IBS): patients with alternating diarrhea ($\geq 25\%$ of bowel movements) and constipation ($\geq 25\%$ of bowel movements)
 4. Unsub typed IBS: insufficient abnormality of stool consistency to meet the definitions for IBS-C, -D or -M.¹

Treatment of Irritable Bowel Syndrome D

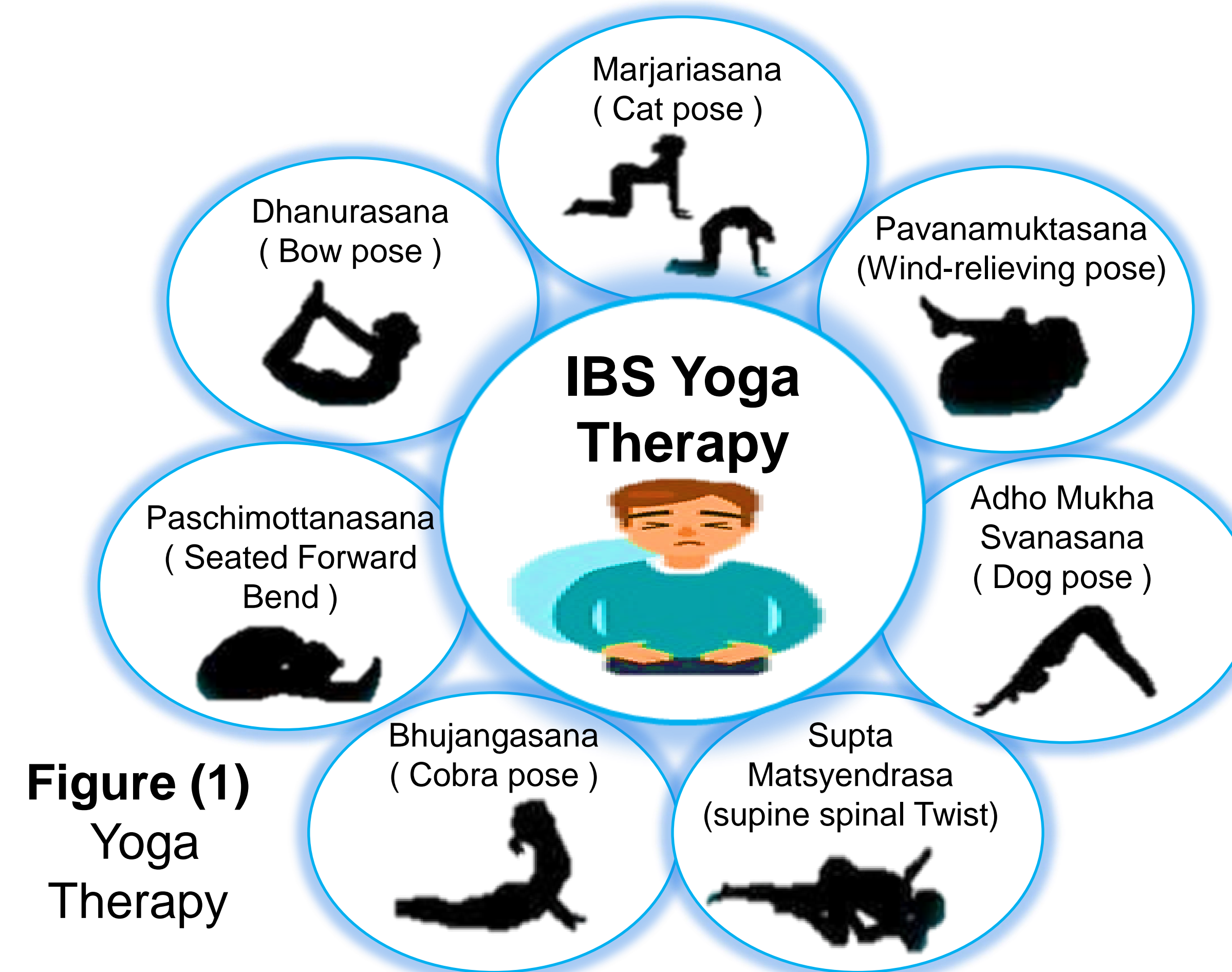


Figure (1)
Yoga Therapy

Table : Treatment of Irritable Bowel Syndrome D^{1 2 3}

Name	Class	Dose	Side effect
Loperamide	Antidiarrheal	Doses 2 mg	Dizziness, abdominal pain\bloat, constipation,dry mouth
Diphenoxylate Atropine	Antidiarrheal	In adult: 2.5 mg	Headache, nausea,vomiting, dry mouth
Alosetron	5-HT ₃ receptor antagonists	0.5 mg	Constipation,risk of severe ischemic colitis
Amitriptyline	TCA	50-150 mg oral per day	Dizziness , orthostasis
Rifaximin	Antibiotic	550mg oral	Nausea ,dizziness, fatigue
Eluxadoline	Mu-opioid receptor agonists	100 mg	Constipation ,nausea

Conclusions

- Irritable bowel syndrome effects large intestine and it has four subtypes: IBS-D,IBS-C,IBS-M and Unsub typed IBS.
- The most treatment of IBS-D:
 - Antidiarrhea (Loperamide, Diphenoxylate Atropine)
 - Rifaximin , Eluxadoline , Antidepressive (TCA)
 - And Alosetron.
- Diet changes : foods and beverages don't causes IBS-D, but some may increase in symptoms for example alcohol, drinks with caffeine ,carbonated drinks, fried food ,and milk product may make IBS-related diarrhea worse
 - And eat more fiber.
- IBS yoga therapy.

Pathophysiology

- Despite extensive investigation, the pathophysiology of IBS is not clearly understood, but factors that contribute to IBS in different subsets of patients include.
- History of psychosocial factors (anxiety, depression, phobias and daily stressful events).
- Altered GIT motility.
- Increased visceral hypersensitivity to distention.
- Altered gut microflora (infection may affect gut permeability & the enteric nervous system).
- Increased gut permeability.
- Increased levels of pro-inflammatory cytokines.
- Dysregulation of the interaction between the gut and central nervous system.²

References

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3. Camilleri, Michael. "Current And Future Pharmacological Treatments For Diarrhea-Predominant Irritable Bowel Syndrome". Expert Opinion On Pharmacotherapy, vol 14, no. 9, 2013, pp. 1151-1160. Informa Healthcare, doi:10.1517/14656566.2013.794223.