

# The Irritable Bowel Syndrome

The irritable bowel syndrome is disturbance in the digestive system functions results abdominal pain, without organic defect. Diagnosis of this case is completely clinical after denial of the organic reasons.

The irritable bowel syndrome forms one most the illness is spread and decreases its clarity in the ratio for the doctors. a lot of the doctors considers the illness from the mental tension.

Clinical features:

the illness occurs in the youths more than elderly, and although the illness starts before age 45 year, but does not prevent that their big numbers of older. Just as the women more than the males.

Two Groups of irritable bowel

identically of the constipation or the diarrhea or together (80 % from the cases) chronic diarrhea complains without pain (20 % from the cases).

Abdominal pain with:

Diffuse distension with abdominal pain mostly upper abdominal or right upper quadrant

Disturbances of the colon function:

more existed in the clinical features. Most the cases circle of alternated constipation and diarrhea

The flatus and belching:

Upper GIT features:

To 50% from the irritable bowel syndrome complains from indigestion, nausea and vomiting.

Mechanism and reasons of reasons of the illness:

Causing mechanism does not clear yet but may be related to psychopathy

Treatment

The diet: high fiber diet

The laxatives: The foods rich in fibers and the drugs softening of stool in case of constipation

Anticonvulsants: before meal

Antidiarrheal: Uses these in severe cases (simethicone )

Tricyclic antidepressants