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

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

Treatment of Irritable Bowel Syndrome

| Table: Treatment of Irritable Bowel Syndrome D¹ 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-HT3 receptor antagonists | 0.5 mg | Constipation, risk of severe ischemic colitis |
| Amitriptyline | TCA | 50-150 mg oral per day | Dizziness, orthostasis |
| Rifaximin | Antibiotic | 550 mg oral | Nausea, dizziness, fatigue |
| Eluxadoline | Mu-opioid receptor agonists | 100 mg | Constipation, nausea |

Conclusions

- Irritable bowel syndrome affects 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.

References