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NATURE'S GIFT FOR MANAGEMENT OF IRRITABLE BOWEL SYNDROME

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ABSTRACT

Irritable Bowel Syndrome is a chronic gastro-intestinal disorder characterized by abdominal pain and change of bowel habits without organic diseases. The most common drugs antibiotics, probiotics, antispasmodic and antidepressant. The two types of anti-depressant drugs are TCA and SSRIs, other than synthetic drug some herbal medicines are also used for IBS. Hence an attempt was taken to review the literature based on the treatment strategies of irritable bowel syndrome. Herbal drugs reviewed here include, Peppermint oil, Chamomile, Aloe vera, Slippery elm, Triphala, Curcumin.

Keywords: Irritable bowel syndrome, Herbal Drugs, Therapy.

INTRODUCTION

Irritable Bowel Syndrome is a functional disorder of the lower gastro-intestinal tract. [1] Irritable Bowel Syndrome is a multifunctional illness with various emerging pathophysiologies including disorder of motility, visceral hypersensitivity, central processing dysfunctions, and psychological factors.

Symptoms of IBS include Bloating, Indigestion, Lower back pain, Exhaustion and Consistent to extreme abdominal pain, Diarrhea.

Synthetic drugs used for Irritable Bowel Syndrome

Diarrhea – Loperamide

Anti spasmodics and Antidepressants.

Antidepressants are of two types, Tricyclic antidepressant & Selective serotonin reuptate inhibitors (SSRIs).

Types of Irritable Bowel Syndrome

➤ Irritable Bowel Syndrome with Constipation: Stomach pain and

discomfort, bloating, abnormally delayed or infrequent bowel movement.

- Irritable Bowel Syndrome with Diarrhea: Stomach pain with discomfort an urgent need to move your bowels, abnormally frequent bowel movement.
- Irritable Bowel Syndrome with alternating constipation diarrhea. [1]

Herbal medicine for IBS:

PEPPERMINT OIL

This essential oil has been used for natural treatment of Irritable Bowel Syndrome for several years. Peppermint oil is also indicated to treat abdominal pain and dyspepsia in subjects with flatulence. [2] Peppermint oil has few side effects [3] like Heartburn, Anal burning and Discomfort. Peppermint oil appears to relax the muscle of gut, thus reducing the muscle spasm that contributes to abdominal pain. [4]

Alexander C ford, did a systematic review and meta-analysis to determine the effect of fibre, antispasmodics, and peppermint oil in the treatment of irritable bowel syndrome.

12 studies compared fibre with placebo or no treatment in 591 patients (relative risk of persistent symptoms 0.87, 95% confidence interval 0.76 to 1.00). This effect was limited to ispaghula (0.78, 0.63 to 0.96).

Twenty two trials compared antispasmodics with placebo in 1778 patients (0.68, 0.57 to 0.81). Various antispasmodics were studied,

but otilonium (four trials, 435 patients, relative risk of persistent symptoms 0.55, 0.31 to 0.97) and hyoscine (three trials, 426 patients, 0.63, 0.51 to 0.78) showed consistent evidence of efficacy.

Four trials compared peppermint oil with placebo in 392 patients (0.43, 0.32 to 0.59), the result concluded that Fibre, antispasmodics, and peppermint oil were all more effective than placebo in the treatment of irritable bowel syndrome.

In a literature survey conducted by Grigoleit HG, Grigoleit P 16 clinical trials investigating 180-200 mg enteric-coated peppermint oil (PO) in irritable bowel syndrome (IBS) or recurrent abdominal pain in children (1 study) with 651 patients enrolled were identified. Peppermint oil (1-2 capsules t.i.d. over 24 weeks) may be the drug of first choice in IBS patients with non-serious constipation or diarrhea to alleviate general symptoms and to improve quality of life. [5]

ALOE VERA

Aloe vera is a gel extracted from inner pulp of the leaf of *Aloe vera* plant. For ulcerative colitis, Irritable Bowel Syndrome A dose of 25.50ml of 95% *Aloe vera* gel is recommended three times daily. *Aloe vera*'s anti-inflammatory effect could help to reduce the visceral hypersensitivity seen in Irritable Bowel Syndrome.

Aloe vera has side effects like Stomach upset, Diarrhea and Cramps. [6] *Aloe vera* juice helps

to clean the intestinal tract and soothes inflammation, offering relief in cases of inflamed bowel such as those seen in Irritable Bowel Syndrome. These medicines help to remove the toxins that build up around inner wall of colons and cleansing them and prevent the digestive problems. So, colon cleansing leads to regular bowel movement. [7]

Two studies evaluated beneficial effects of Aloe vera gel on irritable bowel syndrome and ulcerative colitis, which resulted in no significant effect for either indication, although a patient-evaluated improvement was seen for the treatment of ulcerative colitis after one month. [8]

CHAMOMILE

Chamomile is a perennial herb used for medical purpose. It may help to soothe the muscles in digestive tract. It can be administered as a tea, capsule or tincture. It is safe during pregnancy.

Chamomile can relieve and help all of Irritable Bowel Syndrome symptoms because it contains an active chemical in it is called bisabolo. [9] It is mild sedative, relieves inflammation in digestive tract and body relieves anxiety and stress.

Study was conducted to evaluate the beneficial effects of a mixture of *Aloe vera* (AV) and *Matricariarecutita* (German chamomile, GC) in an experimental model of irritable bowel syndrome (IBS).severity of stress-induced IBS was diminished by the

AV/GC mixture at all doses used but not dose-dependently, via inhibiting colonic MPO activity and improving oxidative stress status. The effect of the mixture was more effective than GC alone. The results support effectiveness of the AV and GC combination. [10]

SLIPPERY ELM

Slippery Elm is an herbal preparation made from slippery inner bark of a type of elm tree. It also calms irritation as it gently coats the lining of intestinal system. It can be taken in capsule or powder.

Powder – Mix two cups of boiling water to one table spoon of powder three times a day.

Capsule – 250 to 500mg (3 times).

It acts as soothing supplement for those suffering from digestive disorder. The herbs *Coleus forskohlii* and slippery elm as well as the supplement glutamine are also sometimes recommended for IBS, but literature says that there is no meaningful evidence as yet that are helpful. [11]

Hawrelak JA, Myers SP did a study to assess the effects and tolerability of two novel natural medicine formulations in improving bowel habit and abdominal symptoms in patients with irritable bowel syndrome (IBS). The DA-IBS formula was designed to treat diarrhea-predominant and alternating bowel habit IBS, and the C-IBS formula was designed to treat constipation-predominant IBS results indicates that the DA-IBS formula was not

effective in improving bowel habit in individuals with diarrhea-predominant or alternating bowel habit IBS, although it did significantly improve a number of IBS symptoms. The C-IBS formula significantly improved both bowel habit and IBS symptoms in patients with constipation-predominant IBS. [12]

TRIPHALA

Triphala is the best natural remedy for Irritable Bowel Syndrome. Triphala is a combination of *Embllica officinalis*, *Terminalia bellirica* and *Terminalia chebola*. It controls gas formation in the digestive system and solves the problem of flatulence associated with Irritable Bowel Syndrome. It acts as a digestive acid make it particularly useful in Irritable Bowel Syndrome and ulcerative colitis. [13] It helps to tone the digestive tract.

CURCUMIN

Curcumin, a natural compound in Turmeric is used as a food additive, has been shown to have anti-inflammatory and antioxidant properties in cell culture and animal studies. A pure curcumin preparation was administered in an open label study to five patients with ulcerative proctitis and five with Crohn's disease. Many patients improved, with reductions in concomitant medications in four, and four of five Crohn's disease patients had lowered CDAI scores and sedimentation rates. This encouraging pilot study conducted by Holt PR suggests the need for double-blind placebo-controlled follow-up studies. [14]

CONCLUSION

Herbs are one of the popular remedy for people suffering with IBS. Peppermint oil is used to calm muscles in the colon, and shows relief with IBS. Consumption of good sources of soluble fiber include oat bran, barley, the flesh of fruit (as opposed to the skin), and navy, pinto, lima beans and drinking six to eight glasses of plain water a day helps in preventing IBS .Hence, This review article explains the use of herbal medicines and essential oil role in treatment of IBS.

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