

# Lower Left Abdominal Pain

**P**ain in the lower quadrant of the abdomen can be caused due to numerous reasons. In the majority of the cases, it is caused due to an injury or a disorder in any of the vital organs situated in the abdomen. Nevertheless, there can also be other underlying causes.



## Irregularity

**Constipation** is a health condition where a person has a trouble in having regular bowel movement. It can be persistent or acute, and can occur due to various factors. Abdominal pain and bloating are the common symptoms of constipation.

## Bowel Blockage

An obstruction in the intestinal tracts due to factors like volvulus, hernia, Crohn's disease or also due to any adhesion or injury can lead to bowel obstruction. Apart from pain in the abdominal area, muscle cramping and throwing up are the other symptoms.

## Digestive Tract Parasitic Infections: Another Quite Common Cause is Amoebiasis

This is an infectious disease that affects the large intestine, and is mostly contracted when someone consumes or drinks contaminated food or water, containing *Entamoeba histolytica*, an intestinal parasite. In this disease, the amoeba attach themselves to the large intestine, and cause serious symptoms like bloody diarrhea, abdominal cramps, stomach pain, loss of appetite, nausea, and fever. In the initial stages there are mostly no symptoms, but if the person's immunity is low, or if the number of amoeba all of a sudden increase, then the signs become visible. This condition is contagious, as the stool that is passed consists of the parasites, for this reason, it can contaminate the water that it comes in contact with, and spread. Another example of an intestinal parasite is giardiasis, where the causative agent for the condition is a parasite called *Giardia lamblia*.

## Gas-Producing Food

There are certain foods, which are known for causing gas problem, which in turn lead to a bloated stomach. Foods, such as vegetables, beans, cabbage, etc. feature in this category.

## Eating Too Fast and/or Overeating

Due to a busy lifestyle, many a time, people do not have the time to eat in leisure. Eating too fast ought to be avoided as it can cause a bloated stomach. Sometimes, we skip our meals, and when we do eat, we tend to overeat. This burdens the digestive system triggering a bloated feeling in the stomach.

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- Eating foodstuffs that are not cooked effectively or prepared in unsanitary conditions can cause food poisoning.
- Having contaminated food makes a person fall sick and the illness may give rise to green bowel movement.

## Medications

Case the person is having green vegetables in moderate amounts and also is not suffering from intestinal problems then green poop may be because of intake of medicines like antibiotics.

## Green Bile

As we all know, the liver produces a green colored digestive juice called the bile. The production of bile is necessary to make sure proper digestion of food. It is a known fact that stool formation takes place in the large intestine. When the bile gets in the large intestine, it eventually turns yellowish brown then mixes with the stool. This is the reason why stool appears brown in color. However, if the bile and the stool formed move quickly out of the large intestinal tract, it is not likely that the bile will become yellow. So, with the bile color remaining the same (green), the waste matter also appears greenish-yellow during bowel movement.

- Fecal Occult Blood Test: This is one test that is used when blood in feces is not visible to the naked eye.
- In such a case, unusual color may not be seen, due to existence of small amount of blood in stool.
- This test is the most reliable way to confirm blood in feces.
- In order to identify the underlying cause, numerous blood tests are carried out.
- This is a low-cost, non invasive treatment that provides details about the specific quantity of blood in stool sample.
- An easy manner in which to carry out fecal occult blood test is offered below:
- Stomach pain is caused due to small conditions, it can be treated with pain killers or by taking rest.
- However, it is recommended not to take any medication without prescription.

Symptoms of constipation can be relieved with laxatives, having a high-fiber diet plan, hydration, etc. Medication and making changes in way of life and diet can help in treating diverticulitis and **irritable bowel syndrome**.

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