

Lower Left Rib Pain

The spleen, stomach, lungs, pancreas and the liver are some of the important organs safeguarded by the ribs. Any medical problem that harms any of these organs can set off rib discomfort.



Lower left rib discomfort is often the result of sports injury, but can also occur due to an underlying medical problem. Lifting a little bucket of water, a brief morning walk as well as deep breathing might trigger lower rib discomfort, depending upon how severe the underlying cause is.

People with IBS often experience both [constipation](#) and diarrhoea, and for the majority of people, symptoms will go away after a bowel movement. Patients with diarrhoea will have loose, watery stools, often feel an urgent need to go to the toilet, or find it difficult to control their bowel movements. Others with IBS have fewer bowel movements and will have a hard time to release even a small amount of stool.

In the Long Run.

Although practically 60% people don't deal with any serious signs post surgical treatment, some are not so lucky. They deal with various side effects after gallbladder removal, which are as follows.

Diarrhea

Most cases, diarrhea eliminates within a few weeks time. However, some people seem to deal with diarrhea even in the long run. Having to run to the bathroom right after meals, specifically high-fat meals is the common grievance. Because the liver has no place to store the bile, it keeps releasing bile into the small intestine. Sometimes the small intestine gets overwhelmed by the amount of bile produced, and fails to reabsorb it. These bile salts then go into the large intestine and act as laxatives, consequently resulting in diarrhea.

Increased Bacterial Population

Generally, the friendly bacteria that produce gas and help in digestion reside in the large intestine. However, when their population increases substantially, they may take a trip up to the little intestine and interact with food that is yet to be digested. As bacteria gets exposed to undigested food often in the small intestine, it can cause excessive belching anytime after having heavy meals.

- As the doctors are yet to know the exact reasons for IBS, treating them with medications is also a difficult thing to do.
- So besides offering the victim from probiotics, the only other thing possible is to offer pain killers to fight the unbearable pain.
- Short, you should consult your doctor if intermittent/ frequent stomach or gastrointestinal upsets are seen.
- Progressive anxiety or lethargy and fatigue should always be discussed with your doctor.
- Continuous headache, neck and back pain, skin problems, allergies, irritability, poor appetite should never be neglected.
- Relative can observe the changes in the behavior of a person immediately.
- These changes, in some cases, indicate liver dysfunction.
- Liver illness and disorders are often diagnosed when they reach the final or advanced stage.
- It is possible that the signs of liver conditions are misinterpreted or misdiagnosed.
- You ought to talk about all your problems with your doctor throughout routine medical checkup.
- Do not hesitate to consult your doctor if you see any of the above signs.

Digestive Conditions

Intestinal problems like [irritable bowel syndrome](#) (IBS) and diverticulitis can also hinder digestion, leading to extreme gas after eating. Clients affected with diverticulitis show presence of irritated diverticula. Diverticula are nothing but small unusual tissue development that are seen extending from the digestive wall. When these bulging pouches become inflamed, the condition is referred to as diverticulitis that is generally marked by abdominal pain, undesirable changes in bowel pattern (constipation and diarrhea) and decreased appetite due to nausea and vomiting.

- Treatment: People with broken ribs may recover within 5-6 weeks without any medical intervention.
- Although development of cracks in the ribs may not be a serious issue, it is painful.
- In such a scenario, one can take control of the counter painkillers such as acetaminophen to eliminate discomfort.
- Also, take adequate rest and prevent any activity that puts strain on the damaged muscles.
- Application of ice bag can also help to reduce the pain and swelling associated with broken ribs.

Preventive Measures

Your body is intolerant to even a very small quantity of aluminum, you should take oxy-powder rather of bentonite clay and psyllium husk. It is good to take bentonite clay with psyllium husk if you want to enjoy maximum benefits of the clay. As mentioned above, psyllium helps prevent the clay from getting stuck in your intestines and it promotes cleaning and cleansing. The clay should not be taken within two hours after taking medicines or supplements. There need to be at least one hour gap between bentonite shake and anything dietary due to the fact that bentonite (especially when taken with psyllium husk), will absorb the nutrients also (like friendly bacteria, vitamins) along with contaminants and bad germs.

General, the clay absorbs some nutrients so it is recommended to take some dietary supplements regularly, when taking bentonite. It is suggested that aged people and pregnant women should not take this clay or products consisting of the clay. Bentonite clay in itself does not cause constipation. However, it might stick to the digestive tract and lead to a constipation-like feeling in case one's diet plan does not have fiber or if one's daily water intake is insufficient. In this case, it is suggested to integrate psyllium husks with the clay and increase one's intake of water.

Factors for Excessive Flatulence

Gassy Foods.

Individuals who have dinner that is high on gassy foods are predisposed to stomach discomfort due to excessive gas information. As the name suggests, gassy foods are foodstuffs that promote production of gas in the intestinal tract. So, eating too much of gassy foods during nighttime can cause excessive belching. Soluble fiber foods as well as those high in fructose (a type of sugar) and complex carbohydrates are all considered as gassy foods that are responsible for excessive release of gas during digestion. Some of the common foods infamous for producing unwanted gas are given below: Indigestion.

Kidney Stone/ Infection

Kidney stones are stones of calcium or uric acid, formed due to their excess deposition in the body. Sharp pain in the lower abdomen that travels to the groin and to the back is the characteristic symptom of kidney stones.

Treatment: Antibiotics is the first line of treatment for stomach problems caused by H. pylori infection. Amoxicillin, metronidazole, clarithromycin are some of the antibiotics that might be prescribed to destroy the H. pylori bacteria. Hydrochloric acid released by the cells lining the stomach wall during digestion can irritate the ulcers formed. So, in order to reduce secretion of stomach acid, short term usage of proton pump inhibitors such as omeprazole (Prilosec) and esomeprazole (Nexium) may be recommended.

Although auscultating for sounds coming from the bowel can be an important indicator of an underlying digestive system disease, one needs to also do other tests to reach a final diagnosis. Various conditions like gastrointestinal bleeding, radiation to the abdominal area, paralytic ileus (nerve problem), blocked blood vessels, hernia, tumor, adhesions, indigestion, etc. can change the nature of bowel sounds. Once the underlying condition has been zeroed in, ought to a treatment plan be meted out.

Indigestion

Sudden onset of pain in lower left rib area can also be a sign of indigestion. A heavy lunch followed by excessive burping is a sign of indigestion, which can cause rib pain. Overeating can also lead to belching gas buildup in the stomach and trigger left rib discomfort.

Is frequently seen, that diagnosing the precise condition is often a problem. The condition may often be classified either as irritable bowel syndrome or some other stomach condition. In case you have an allergic reaction to gluten, the protein will damage the walls of your intestines, which will result in limiting the absorption of foods, and lead to numerous signs, such as: Cramps.Headaches.Anxiety.Fatigue.Aching joints.Ulcers in the mouth.Feeling numb and tingling.Dental health problems.Weight loss or weight gain.Skin problems like eczema and dermatitis.Behavioral changes which includes irritability.Being susceptible to disease due to the immune system being affected.However, the most well-known and common symptoms of gluten intolerance are gastro-intestinal, such as: A few of the other symptoms are: anemia, due to bad absorption of iron as well as reduced absorption of Vitamin B12, fatigue and shortness of breath. Some of the other conditions associated with gluten allergic reaction are irregular menstruation, infertility and miscarriage, as well as slow growth in infants and children.

Abdominal pain after consuming can be mild as well as extreme. Nevertheless, seriousness is not necessarily proportional to the gravity of the underlying condition. On the contrary, an extreme cramp-like pain is often due to harmless condition like gases or bloating, while a lethal condition like cancer might induce moderate or no stomach pain. Severe discomfort that starts and stops all of a sudden is mainly due to kidney stones or gallstones. Also, the pain may be localized or generalized, meaning, it restricts itself to a single organ or spreads throughout the stomach. Gases, bloating etc., lead to generalized pain, while stomach pain after drinking alcohol is mainly due to liver dysfunction. In women, lower left abdominal pain and nausea are the major premenstrual symptoms.

- Treatment: Drinking plenty of water and following a high fiber diet plan is a time-honored way to guarantee smooth bowel movement.
- So, eating raw vegetables (salads) and fruits everyday complemented with adequate fluid intake can work wonders to keep constipation at bay.



ConstipationIbsDiarrheaIrritable Bowel SyndromeIbs Symptoms

Treatment: As the cause is not identified, treatment is aimed at eliminating the symptoms. So, the medications will be prescribed relying on the signs that may occur. For instance, anti-diarrheal medicines such as loperamide might be given to stop diarrhea. Dietary changes such as preventing gas producing foods are also essential to control IBS signs.

B Ways to Fix IBS:

Consumption of probiotics is a much recommended treatment for IBS. Probiotics are the good bacteria that live in the intestinal tract linings and help in the improvement of the gastrointestinal functions.

- When there is accumulation of fluid in the stomach, it is called ascites.
- Due to the presence of this fluid, the abdominal noises get muffled, therefore, seem to be hypoactive.

When there is any kind of obstruction to flow of food, in the form of intestinal clog or gastroparesis (damaged vagus nerve, stomach can not empty itself of food in a normal way), then it leads to hypoactive sounds of bowel.

UTI: If you are suffering from a urinary tract infection (UTI), then you may experience signs like pain in the lower abdomen and burning feeling during urination. Women also experience pain during intercourse. Other symptoms experienced by adults throughout UTI are chills, nausea, pain during urination, blood in urine, foul-smelling urine, and low-grade fever.

Irritable Bowel Syndrome (IBS).

Left abdominal pain under ribs can also be the consequence of diseases like IBS. IBS is a condition that affects the normal functioning of the intestine and causes diarrhea, constipation, gas and lower abdominal pain under chest.

Ectopic Pregnancy: An ectopic pregnancy is diagnosed in the first 5 - 10 weeks of pregnancy. Sudden burning sensation in the stomach during pregnancy and lower abdominal pain are early ectopic pregnancy symptoms. The other symptoms experienced are abnormal vaginal bleeding, nausea, vomiting, and low blood pressure.

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