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Spastic Colon Diet

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Spastic Colon Treatment

S **pastic colon** is the another name of irritable bowel syndrome, which is a gastrointestinal disorder. The term spastic colon means an increase in the spontaneous contractions of the muscles of the large intestine, or their spasms. However, **irritable bowel syndrome (IBS)** can also cause a reduction in the contractions of the large intestinal muscles. **IBS** is generally categorized as a functional gastrointestinal disorder, as it is connected with how the intestinal tract works, and not with any kind of damage to the intestinal tissues.



An upset stomach with **diarrhea** and vomiting are signs of food poisoning or viral infection. If diarrhea occurs on a regular basis, or persists for a long period of time, then it could be related to parasitic infection, irritable bowel syndrome, or spastic colon. When it gives a consistent heartburn, it is possibly caused by acid reflux disease.

Causes and Symptoms of IBS

Causes Despite all the research carried out, the causes of IBS or spastic colon are not well-understood. Researchers are of the opinion that a range of factors can trigger this condition. In IBS, the contractions of the intestinal muscles can be much stronger, and they can last longer than usual, which in turn can cause food to move through the intestinal tract much faster. This can cause gas, bloating, and diarrhea. The opposite can also occur, and food can remain in the intestinal tract for a long time. As a result, the stool can end up being difficult and difficult to pass.

“ *Dietary Modifications* People with spastic colon are often required to make some dietary changes to manage this condition. In general, it has been observed that the inclusion of more fiber-rich foods in the diet can help reduce the frequency of IBS attacks. Though the foods that set off IBS can be different for different individuals, patients of IBS are usually recommended to limit the consumption of those foods that can stimulate the intestine. Some such foods are:

Donnatal

Levsin.

Levbid

Pro-Banthine (propantheline)

Bentyl

Antidepressant medications can also be prescribed, if the patient experiences depression in addition to stomach pain. These drugs can increase pain tolerance, and treat depression and anxiety experienced by the clients of spastic colon. Two other medications that are specifically used for **IBS treatment** are, alosetron and lubiprostone. Alosetron is a nerve receptor antagonist that can relax the colon, and slow down the movement of waste through it.

Factors that are believed to play an important role in the development of this condition are, a problem in the brain-gut signal (which manages the performance of the intestinal tract), gastroenteritis, bacterial overgrowth in the small intestine, sensitivity of the colon to certain food, stress, psychological problems, and changes in the levels of neurotransmitters that transfer nerve signals between the brain and the gastrointestinal (GI) system. Even hormone imbalance has been suspected to be related to IBS, as this condition is more widespread in women, and its symptoms typically aggravate before or during menstruation.

Finally, you must bear in mind that the majority of the above mentioned causes can be effectively treated if prompt treatment is undertaken. Therefore, you should not ignore any kind of pain and symptoms. Take care!

Some Causes

Here is a short list of the probable causes of this condition:

Irritable Bowel Syndrome (IBS)

Irritable bowel syndrome is a typical gastrointestinal tract problem that is marked by abnormal gut contraction. The characteristic symptoms are discomfort in the abdomen, passage of mucus-coated stools, flatulence, abdominal cramping, and irregular bowel movements with alternating **constipation** and diarrhea.

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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 trigger rib discomfort. Lower left rib discomfort is often the result of sports...

Benefits.

Bentonite clay, when put in a liquid colloidal-gel state, works great for diarrhea, viral infections, food allergies, spastic colitis, food poisoning, abdominal cramps, depression, nausea, anorexia, etc. When taken internally, it promotes detoxification of the intestinal canal by eliminating all the toxins and waste from your body. It is used to treat constipation, bloating and gas. It also promotes beneficial bacterial balance in the digestive system, and helps improve immune system by way of liver detoxification and colon cleanse. Numerous other commercial advantages of the clay add to its value.

Sacramento mothers of Middle Eastern and similar Mediterranean location descent have for generations took care of colic by feeding their children a kind of probiotic called infantis (understood commercially in the U.S.A as bifantis). Now, investigates have shown how the probiotic works. It's familiar to a lot of Middle Eastern mummies to put a drop of Binfantis, which some mothers call 'infantis' on the guideline of their pinky and touched the idea of the infant's tongue with the probiotic if their child has colic. And it seems to work to calm the colic and quiet the infant. However what is in 'infantis' that actually silences colic in babies that would sob for hours with colic?

Milk of Magnesia.

Bisacodyl.

Senokot.

The long-term use of laxatives is nevertheless not recommended, as they can cause dependence, or loss of normal bowel function.

Loperamide.

Diphenoxylate.

Bile acid-binding representatives.

- Severe abdominal pain and cramps might require anticholinergic drugs and dicyclomine.
- Anticholinergics are antispasmodic medications, that help reduce the sensitivity of the colon to stress and certain specific foods.
- The common antispasmodic agents used for the treatment of IBS are:

Bentonite clay consists of only 17 minerals. This low number is responsible for a higher capacity to absorb other molecules. Therefore the absorptive abilities originate from the low number of minerals present in it. When the contaminant molecules get integrated in the clay molecules, your body can expel the toxin-filled clay in normal defecation. Bentonite clay mask help you get a clean and glowing skin as it helps in the purification of cells under skin. It is commonly used in homemade facials.

- But alosetron can cause some serious problems, for which it was removed from the market soon after its approval.
- Presently, the FDA has allowed the use of this drug with certain restrictions.
- It can be prescribed by doctors enrolled in a special program.
- They can recommend the drug for dealing with **severe IBS** in females.
- This drug is not approved for use by men.
- Lubiprostone on the other hand, is usually recommended for men and women having IBS with constipation.
- It is a chloride channel activator that can increase fluid secretion in the small intestine.

Recently, people have started using the green part of the leaves as well. The outer part of the aloe leaves are crushed, and made into aloe vera juice, or dried and used as a laxative. Aloe vera juice in itself has quite a number of health benefits, which includes relief from digestive problems, constipation, heartburn and irritable bowel syndrome. It is believed to be beneficial in regulating the high blood pressure and sugar levels. Aloe vera juice is said to be a potent beverage that is useful for strengthening the immune system. Regrettably, while raving about the advantages of this remarkable drink, the adverse effects of this drink have stayed unnoticed.

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