

**Awareness Booklet**  
for  
**IRRITABLE BOWEL  
SYNDROME**  
Patients



Irritable bowel syndrome is a disorder associated with the human digestive system. Every year 19<sup>th</sup> April is celebrated as World IBS day and the month of April is recognized as IBS awareness month. This mini-booklet is a reminder for all the IBS patients to consistently put efforts towards maintaining healthy gut.

## **Challenges related to IBS in India:**

- Social stigma associated with poor gut health prevent most of the patients from receiving help from a health care provider.
- In some cases lack of awareness about IBS among health care providers as well as general population leads to underreporting.
- Even after reaching the doctor, the patients fail to clearly inform/ discuss about the symptoms due to hesitation and lack of privacy in most government hospitals.
- Another major challenge with IBS is its ‘chronic’ nature which is not understood clearly by most IBS patients as they come with a hope of permanent cure within a few days of treatment.
- Financial burden on most of the patients belonging to lower and middle socioeconomic groups is another reason of discontinuing treatment.

## **Symptoms of IBS:**

- Bloating
- Belching
- Flatulence
- Abdominal Pain
- Incomplete evacuation
- Irregular bowel movements
- Sometimes excess mucus in stools

## **Treatment Options:**

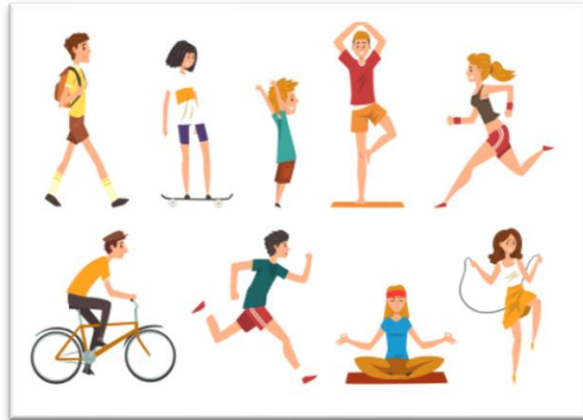
### **Lifestyle modification**

- Dietary Management
- Psychological Guidance
- Pharmacological Approach

## **Self-Care:**

- **Physical activity:** Low impact physical activities may be beneficial for IBS patients. Walking, yoga, breathing exercises, swimming, outdoor games etc. help in increasing the level of endorphins

(happy hormone) and decreasing the levels of cortisol (stress hormone) in human body.



- **Maintain circadian rhythm:** Maintaining a healthy sleep-wake cycle is essential which includes 7-8 hours of sleep at night and 16-17 active hours. For a good sleep avoid consumption of caffeinated beverages such as tea and coffee before going to bed.



- **Keep yourself hydrated:** More than 60% of human body is made of water so drinking at least 2.5-3 litres of water every day is very important for maintaining the osmotic balance. It helps to prevent constipation by keeping stools moist thereby facilitating evacuation. If IBS patients suffer from diarrhoea, it keeps them hydrated.



- **Take care of your mental health:** Psychological comorbidities such as stress, depression, anxiety, other related disorders should not be ignored. Avoid situations which degrade your mental health, practice meditation and visit psychiatrist when required.



- **Visit your nearest health care provider:** Don't hesitate to visit the doctor, clearly inform about all your current symptoms, history of any disease, surgery or trauma so that they can provide their professional advice to manage IBS.
- **Dietary modification:** Identify and avoid those food items that make your symptoms worse.
- ★ **General dietary recommendations that are beneficial for all the IBS patients**
  - Eat slowly and chew properly!

## **Consume**

- Consume seasonal, locally available fresh fruits and vegetables.



- Always take a healthy breakfast containing a complex carbohydrate, protein, fiber and fats in moderation.
- Add soluble fibers such as dalia, oats and psyllium husk in your diet.
- Eat only when you are hungry.



- Use multigrain flour: Mix 10 kg of wheat flour with 1kg of any ‘3’ of the following: Ragi, jowar, makki, bajra, chana/soyabean or any other millet.

## Reduce

- Reduce deep fried foods (such as puri, pakoda etc), spices, milk/milk products.
- Minimize caffeine intake in the form of tea, coffee or chocolate.





## Avoid

- Fast foods/ Street foods such as samosa, khasta, noodles, pani puri, jalebi, launglata etc.
- Alcoholic and carbonated beverages such as whisky, vodka, coke, pepsi, soda etc.
- Excess sugars and refined carbohydrates (maida) such as cakes, pastry etc.



- Avoid late night snacking.
- Avoid unsupervised dieting.



Note: Pictures are for illustration purpose only.

Hope these suggestions will guide you in taking the right step towards managing irritable bowel syndrome (IBS).

# THANKYOU



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