

### **Introduction:**

- Name: Patient 2
- Age: 45
- Gender: Female
- Educational Qualification: Post-graduation in Commerce
- Occupation: Housewife
- Family: Husband (working as a manager in a private company), son (recently completed 10th exam)
- Location: Chennai

### **Medical History:**

- Patient 2 contracted COVID-19 in October 2020.
- Following the COVID-19 infection, she developed gastrointestinal symptoms such as stomach ache and diarrhoea.
- The symptoms persisted for about a week, after which she started experiencing occasional gastrointestinal issues.

### **Symptoms of Irritable Bowel Syndrome (IBS):**

- Patient 2 experiences recurring gastrointestinal symptoms, which are consistent with the diagnosis of irritable bowel syndrome (IBS).
- Symptoms include stomach pain, upset stomach, occasional vomiting, and diarrhoea.
- The episodes occur once a month and typically last for 2-3 days.
- During these episodes, Patient 2 visits the washroom 4-7 times a day, passing only watery stools.

### **Dietary Recommendations:**

- Patient 2 has been advised to follow a diet that is rich in fibre and to avoid trigger foods.
- Non-vegetarian food, dairy products (such as milk, cheese, and curd), and spicy or fatty foods are known triggers for IBS symptoms and should be avoided.
- Patient 2 has been recommended to include fibre-rich foods in her diet, such as rice, carrots, leafy greens, and potatoes.

### **Medical Consultation and Tests:**

- Patient 2 has consulted with a neighbouring MBBS doctor and her sister-in-law's granddaughter (MBBS) for advice on her gastrointestinal issues.
- However, no specific tests or examinations have been conducted to confirm the diagnosis of IBS thus far.
- Patient 2 has been advised to observe the symptoms for another six months before considering any further medical intervention.

### **Effect on Daily Life and Social Activities:**

- Patient 2 has made significant changes to her lifestyle and eating habits to manage her IBS symptoms.
- She avoids outside food, especially non-vegetarian dishes and milkshakes, as they can trigger her symptoms.
- The frequency of outings with relatives and friends has reduced due to the fear of experiencing symptoms during these occasions.
- Patient 2 also limits long-distance travel due to concerns about restroom availability and prefers train travel over buses.
- During symptomatic episodes, Patient 2 opts for simple and quick meal options like sambhar to avoid triggering her symptoms.
- Patient 2 experiences fatigue and dehydration during these episodes and prefers to rest and limit physical activities.
- Household chores are managed with the help of a regular maid during symptomatic periods.

### **Management and Lifestyle Changes:**

- Patient 2 strictly adheres to the recommended diet plan to manage her IBS symptoms.
- She avoids trigger foods and focuses on consuming fibre-rich foods to promote regular bowel movements.
- In addition to dietary changes, Patient 2 incorporates stress management techniques such as Yoga and exercise into her daily routine.
- Patient 2 believes in the importance of self-care and maintains a disciplined lifestyle to manage her symptoms effectively.

### **Awareness of Alternative Therapies:**

- Patient 2 is aware of alternative therapies like homeopathy and Ayurveda for managing health conditions.
- However, she has not explored these options yet and currently relies primarily on dietary changes and lifestyle modifications for managing her IBS symptoms.

### **Future Plans:**

- Patient 2 plans to consult a gynaecologist if the symptoms persist or worsen over the next six months.
- She understands the importance of seeking a proper diagnosis and guidance from medical professionals for her condition.

## Introduction

- Name: Patient 1
- Age: 41
- Gender: Female
- Occupation: Homemaker
- Family: Nuclear family with two children
- Kalkaji, Delhi, India
- Spouse: involved in the furniture business Contact Information:

## Medical History:

- Gall bladder surgery: Patient 1 underwent a laparoscopic cholecystectomy on 2017 in Delhi. The surgery was performed by Surgeon.
- Post-surgery complications: Following the surgery, Patient 1 experienced persistent gas issues and intermittent right-sided abdominal pain.
- Development of symptoms: Over time, her symptoms progressed to frequent loose motions, increased bathroom visits, and occasional bloating.
- Diagnosis: After several consultations and tests, Patient 1 was diagnosed with irritable bowel syndrome (IBS) on May 2, 2019. The diagnosis was made by Gastroenterologist, a gastroenterologist in Delhi. IBS is a functional gastrointestinal disorder characterized by abdominal pain, altered bowel habits, and bloating.

## IBS Symptoms:

- Food triggers: Patient 1 has identified certain foods that exacerbate her symptoms, including boiled eggs, outside food, milk, and citrus fruits.
- Frequency of symptoms: Despite making dietary and lifestyle changes, she still experiences IBS symptoms once or twice a month, with varying severity.
- Discomfort and pain: During symptom flare-ups, Patient 1 experiences discomfort, cramping, and intermittent abdominal pain. These episodes often disrupt her daily routine and activities.

## Medical Treatment:

- Medications: Patient 1's treatment plan includes the following medications:
  - Gas-relieving medication: She takes Pantoprazole 40mg every morning on an empty stomach to alleviate bloating and gas-related symptoms.
  - Anti-diarrheal medication: She takes Loperamide 2mg (brand name Norfolk) twice a day when experiencing episodes of loose motions.
- Diagnostic tests: In addition to blood tests, she underwent an ultrasound examination on 2019, which revealed mild inflammation and swelling in the small intestine. However, no other significant abnormalities were detected.

## Ongoing Management:

- Regular check-ups: Patient 1 visits Gastroenterologist at every three months for follow-up appointments to monitor her condition and discuss any changes in symptoms.
- Dietary modifications: Surgeon has provided guidance on dietary changes, emphasizing the importance of a low-fat, high-fibre diet. Patient 1 has incorporated these changes into her routine and avoids trigger foods.
- Stress management: Recognizing the influence of stress on IBS symptoms, Surgeon has advised Patient 1 to practice stress reduction techniques such as meditation, deep breathing exercises, and regular physical activity.
- Lifestyle adjustments: Patient 1 has made exercise and maintaining a daily routine integral parts of her life, as they have shown some positive impact in managing her symptoms.

## Impact on Daily Life:

- Emotional impact: Patient 1 experiences feelings of frustration and sadness due to the chronic nature of her condition and the impact it has on her daily life.
- Supportive family: Her husband, are understanding and supportive. They show concern for her well-being and help her manage her condition.
- Dietary challenges: Patient 1 occasionally faces difficulties in preparing and enjoying meals due to her dietary restrictions and the need to avoid trigger foods.
- Work and social life: IBS symptoms occasionally limit her participation in social events and activities, and she has to plan her schedule accordingly to avoid discomfort or embarrassment.

## Patient's Perspective:

- Trust in Gastroenterologist: Patient 1 has developed a strong doctor-patient relationship with Surgeon, appreciating her thoroughness, expertise, and understanding of her concerns. She feels comfortable discussing her symptoms and seeks guidance whenever her symptoms persist or worsen.
- Fear of medication change: Patient 1 is hesitant to switch doctors or alter her prescribed medications due to her long-standing relationship with Surgeon and concerns about potential side effects or adverse reactions.
- Importance of routines: Surgeon has emphasized the significance of following a consistent routine, avoiding outside food, and reducing stress levels to manage IBS effectively.

## Introduction

- Name: Patient 3
- Gender: Female
- Age: 35
- Location: Mumbai, India

## Personal Information:

- Marital Status: Married
- Occupation: Homemaker
- Spouse: Mr. Sharma
- Children: Two children, ages 5 and 8

## Medical Information:

- Diagnosis: Irritable Bowel Syndrome (IBS)
- Duration of IBS: Approximately 2 years
- Initial Symptoms: Patient 3 experienced stomach swelling, discomfort, and occasional breathlessness.
- Medical History: Patient 3 sought medical advice from a general practitioner (GP) after experiencing recurring gastrointestinal issues.
- Previous treatments: Initially, Patient 3 tried home remedies such as consuming lemon water. She then consulted a GP who prescribed medication for gas-related issues.
- Current treatments: Patient 3 is currently under the care of a gastroenterologist who has prescribed specific medication and dietary modifications.
- Diet: Patient 3 follows a controlled diet to manage her IBS symptoms. She prefers a non-vegetarian diet but avoids chicken and mutton. Her diet primarily consists of easily digestible foods such as khichdi and mung dal.
- Triggers: Bakery products, foods with refined flour (Maida), and sugar tend to exacerbate Patient 3's symptoms.
- Symptoms: Patient 3 frequently experiences stomach cramps, bloating, irregular bowel movements, and occasionally has episodes that can last for 3-4 days.

## Diet and Lifestyle:

- Dietary modifications: Patient 3 has made significant dietary changes to manage her IBS. She avoids outside food, bakery products, refined flour, and sugar. She includes foods such as khichdi, mung dal, and coconut water in her diet.
- Cooking habits: Patient 3 prefers minimal spices and does not use excessive oil or tempering (tadka) in her dal.
- Fluid intake: Patient 3 ensures she stays hydrated by regularly consuming oral rehydration solutions (ORS), coconut water, apple juice, and fruit juices.
- Exercise routine: Patient 3 attends nearby yoga classes in the early mornings and follows a specific exercise regimen recommended by her yoga instructor. She focuses on stomach exercises and leg rotations to aid digestion.
- Support system: Patient 3 has a supportive family. Her husband helps procure necessary items for her dietary needs, and her son assists with cooking tasks when required.
- Sharing experiences: Patient 3 actively shares her condition and experiences with her sister and a friend who also have gastro problems. They exchange information, advice, and emotional support.

## Social Life and Planning:

- Event attendance: Due to her IBS symptoms, Patient 3 occasionally declines invitations to social functions or events that may disrupt her dietary routine or cause discomfort.
- Vacations: Patient 3 requires careful planning for vacations, ensuring access to customized food choices and opting for mild and non-spicy options to avoid triggering her IBS symptoms.
- Disclosure: Patient 3 prefers to keep her IBS condition private and often provides excuses to avoid revealing her IBS when necessary.

## Information-seeking and Proactiveness:

- Online research: Patient 3 actively seeks information about health, diet, the benefits of coconut water, hydration, and suitable dietary choices during loose motion. She utilizes online resources to stay informed and educated about her condition.
- Knowledge update: Patient 3 is aware of potential fermentation issues associated with coconut water consumption but continues to consume it regularly, balancing its benefits against potential drawbacks.

## Introduction

- Name: Patient 4
- Age: 43
- Gender: Female
- Occupation: Housewife
- Residence: Indore, India
- Marital Status: Married
- Number of Children: 2 sons
- Living Arrangements: Resides with her husband and in-laws

## Medical History:

- Piles (Haemorrhoids): The patient developed piles after her first delivery, and the condition has persisted since then.
- She experiences recurring episodes of piles, characterized by discomfort, itching, and occasional bleeding.
- The severity of symptoms varies over time, and the patient has sought treatment from various healthcare providers to manage the condition.

## Current Symptoms and Concerns:

- Piles: The patient frequently experiences itching, pain, and occasional bleeding during bowel movements.
- The symptoms tend to worsen during periods of stress or after consuming spicy or greasy foods.
- The patient also reports occasional difficulty in sitting for prolonged periods due to discomfort.

## Treatment History for Piles:

- Ayurvedic Treatment: The patient initially sought treatment from an Ayurvedic hospital, where she was prescribed churan (a herbal formulation) to alleviate the symptoms of piles. The churan, known as KAYAM churan, is taken regularly by the patient.
- Other Medications: The patient has tried different medications suggested by various doctors, including a tube for local application to relieve pain and inflammation associated with piles.
- Regular Check-ups: The patient visits the doctor every 2-3 months to monitor the progress of the condition and adjust the treatment plan if necessary.

## Co-existing Condition:

- Intestinal Issues/Irritable Bowel Syndrome (IBS): Approximately 3-4 years ago, the patient started experiencing symptoms related to intestinal issues. These include frequent loose motion (diarrhoea), weakness in limbs, abdominal pain, and occasional fever. The patient was diagnosed with irritable bowel syndrome (IBS) and received advice on managing the symptoms through lifestyle modifications.

## Management of IBS Symptoms:

- Dietary Modifications: The patient follows a controlled diet to manage her IBS symptoms. She avoids foods that can trigger symptoms, such as besan (gram flour), Maida (refined flour), fried foods, and dry vegetables. Instead, she focuses on consuming more liquids and incorporates easily digestible foods like curd, banana, curd rice, and sabudana kheer into her diet.
- Medications: The patient takes a small yellow medicine (specific name not provided) and another medicine purchased from a medical store to manage her IBS symptoms. The specific medications and their dosages are not mentioned.

## Impact on Daily Life and Challenges:

- The patient experiences occasional episodes of loose motion and constipation, which she manages with medication and dietary adjustments.
- During her menstrual periods, the patient's health is significantly impacted, experiencing severe stomach pain and loose motion during the first two days.
- Social Gatherings and Dietary Challenges: The patient finds it challenging to adhere to her controlled diet during social gatherings and weddings, where she often encounters spicy and heavy foods that can worsen her symptoms. This poses a dilemma as she tries to strike a balance between enjoying social events and managing her health.
- Support System: The patient finds support from her immediate family members, especially her husband, who plays a crucial role in understanding her health concerns and helping her maintain the necessary dietary modifications.
- Emotional Well-being: The patient engages in activities like listening to music and stitching to relax and destress, which helps alleviate the impact of her health issues on her daily life.

## Introduction

- Name: Patient 5
- Age: 42
- Gender: Female
- Occupation: Tupperware business owner
- Location: Chennai, India
- Family: Husband and two daughters (aged 20 and 13)

## Medical History:

- Diagnosed with Irritable Bowel Syndrome (IBS) at the age of 41 after experiencing persistent gastrointestinal symptoms
- Previously diagnosed with Polycystic Ovary Syndrome (PCOS) at the age of 30
- Developed diabetes mellitus type 2 at the age of 35, requiring oral hypoglycaemic medication
- No significant surgical history or hospitalizations apart from childbirth

## IBS Symptoms and Diagnosis:

- Presented with a wide range of symptoms, including abdominal pain, bloating, cramping, frequent loose stools, and occasional constipation
- Experienced irregular bowel habits, alternating between diarrhoea-predominant and constipation-predominant IBS
- Symptoms worsened during periods of stress, menstrual cycle, and after consuming certain trigger foods
- Underwent an extensive medical evaluation, including physical examination, detailed medical history, stool tests, blood tests (including CBC, inflammatory markers, and celiac serology), colonoscopy, and abdominal ultrasound
- Diagnosis of IBS made based on Rome IV criteria, ruling out other gastrointestinal disorders

## Overall Health and Lifestyle:

- Generally, health-conscious and proactive in managing her conditions
- Maintains a balanced diet and engages in regular exercise, focusing on yoga and meditation for stress management
- Non-smoker, occasional social drinker
- Complies with prescribed medications for IBS, diabetes, and PCOS

## Effects on Daily Life:

- Experienced a significant impact on daily activities and quality of life due to unpredictable nature of IBS symptoms
- Frequent episodes of abdominal pain and urgency for bowel movements disrupted work, social engagements, and family outings
- Experienced fatigue and reduced stamina due to disturbed sleep patterns and nutritional deficiencies
- Sought assistance with household chores during flare-ups and relied on support from family members

## Dietary Restrictions and Management:

- Follows a structured diet plan recommended by a registered dietitian, including a low-FODMAP (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols) diet
- Avoids trigger foods such as high-lactose dairy products, wheat, onions, garlic, legumes, certain fruits, and artificial sweeteners
- Keeps a food diary to identify individual triggers and patterns of symptom exacerbation
- Takes probiotic supplements recommended by her healthcare provider to promote gut health and alleviate symptoms
- Adheres to small, frequent meals and adequate hydration

## Support from Family and Coping:

- Receives understanding and support from her spouse and children, who actively participate in meal planning and provide emotional support
- Engages in open communication with her family, educating them about IBS and its impact on her daily life
- Seeks solace in online support groups and forums, connecting with individuals facing similar challenges
- Practices stress-management techniques, including deep breathing exercises, mindfulness, and engaging in hobbies

## Beliefs and Misconceptions:

- Actively seeks information about IBS from credible sources and medical professionals
- Encourages dialogue about IBS to dispel misconceptions and reduce stigma associated with the condition
- Advocates for more awareness and research on IBS, particularly in her local community

## Alternative Therapies:

- Explored various complementary and alternative therapies such as acupuncture, herbal supplements, and Ayurvedic remedies
- Found limited relief from certain therapies but primarily relies on conventional medical treatments

## Introduction

- Name: patient 6
- Age: 39 years
- Gender: Female
- Occupation: Housewife
- Location: Indore, India
- Marital Status: Married
- Number of Children: 1

## Medical History:

Gut health issues: Patient 6 has been struggling with various gut health problems for the past six years. It all started when she experienced her first episode of diarrhea during a wedding in Maharashtra. She consulted a local doctor who prescribed medications and advised her to consume light food. Since then, she has been experiencing recurrent episodes of gastric issues, loose motion, stomach aches, and constipation.

Piles surgery: Patient 6 underwent piles surgery in 2013, indicating a pre-existing condition related to her digestive system.

## Current Symptoms and Management:

Loose motion: Patient 6 frequently experiences loose motion, particularly after consuming spicy and oily outside food. To manage this, she takes Lomotil tablets, which provide immediate relief. However, she has recently switched to Lemojet tablets as an alternative.

Constipation: After taking Lomotil, Patient 6 sometimes faces constipation issues. To alleviate this, she relies on Kayam Churn or drinks hot water. She consumes Kayam Churn once a week and Lemojet tablets once a month.

Home remedies: Patient 6 uses home remedies such as oral rehydration solution (ORS) and lemon water to relieve symptoms of loose motion and maintain hydration.

Avoidance of outside food: Patient 6 has been advised by multiple doctors to avoid consuming outside food due to its adverse effects on her gut health. However, she occasionally indulges in it, leading to health issues.

## Previous Medical Consultations:

Local doctors: Patient 6 initially consulted local doctors in Indore for her gut health problems. They prescribed medications and advised her to avoid outside food.

CHL Apollo Hospital: Patient 6 also consulted a specialized doctor at CHL Apollo Hospital in Indore. During her visit, she experienced symptoms of weakness, redness, and itchiness along with gut problems. It is unclear whether she received any specific diagnosis or treatment for these additional symptoms.

## Impact on Daily Life:

Cooking and meal preparation: Patient 6's gut health issues significantly impact her ability to cook and prepare meals for her family. When she is unwell, she often relies on her son or her husband to manage the household chores.

Social gatherings and parties: Patient 6's gut health problems prevent her from attending social gatherings and parties. She feels disappointed and left out on such occasions.

Dietary restrictions: Due to her health issues, Patient 6 has to be cautious about her diet. She avoids consuming certain foods, such as spicy and oily dishes, to prevent triggering her symptoms.

Emotional well-being: Patient 6 occasionally experiences frustration and feels bad about not being able to try new dishes or participate fully in family and social activities.

## Attitude and Coping:

Medication usage: Patient 6 takes medications like Lomotil tablets and Lemojet tablets as prescribed for immediate relief. However, she is conscious of not relying excessively on tablet consumption.

Home remedies and traditional advice: Patient 6 often seeks advice from her mother and mother-in-law regarding home remedies for gut health improvement. She values their suggestions and incorporates remedies like increased consumption of curd and lemon water into her routine.

Reluctance to share health problems: Patient 6 feels uncomfortable discussing her health issues with others, possibly due to personal reasons or cultural norms.

Dietary adjustments: Patient 6 tries to maintain a balanced diet by including green vegetables and reducing the consumption of foods like potatoes and besan (gram flour), which might exacerbate her symptoms.

Positive mindset: Despite the challenges she faces, Patient 6 tries to stay positive and manages her gut health issues to the best of her ability.



## Introduction

- Name: Patient 7
- Age: 42
- Occupation: Manager in AR System
- Family:
- Wife, 2 Kids (13-year-old daughter and 11-year-old son) and Parents

## Medical History:

- Diagnosed with Irritable Bowel Syndrome (IBS) at the age of 36
- Experienced symptoms such as stomach upset, loose motions, abdominal cramps, and occasional constipation
- Underwent medical tests, including MRI and ultrasound scans, to rule out other possible conditions
- Consulted a gastroenterologist specialized in IBS treatment
- Prescribed medication (Losetrol) to be taken once daily to manage symptoms
- Currently on a stable treatment plan

## Dietary Preferences and Restrictions:

- Previously consumed non-vegetarian food but stopped due to diagnosed IBS
- Currently following a vegetarian diet
- Avoids trigger foods such as oily, spicy, and fried items, as well as junk food
- Prefers home-cooked meals to ensure better control over ingredients and cooking methods

## Meal Plan:

- Breakfast: Alternates between options like brown bread with milk, Dalia, and Muesli
- Lunch: Usually includes a combination of mung dal (preferred), black dal, and occasional rajma with dal, along with sabzi (vegetable dish) and raita
- Dinner: Typically consists of rice with dal or paneer-based dishes, depending on preference
- Patient 7 collaborates with a registered dietitian to create a personalized meal plan
- Occasionally incorporates small treats within the dietary restrictions to maintain motivation and satisfaction

## Weight and Lifestyle Changes:

- Patient 7 has lost approximately 7-8 kg since adopting the strict diet and lifestyle changes
- Follows a regular routine that includes daily yoga sessions and morning walks to promote physical and mental well-being
- Restricted physical activities and outdoor games due to the unpredictability of symptoms, but seeks alternative ways to stay active

## Symptom Management:

- Patient 7 avoids known trigger foods that worsen IBS symptoms, including spicy and greasy foods, caffeine, alcohol, and carbonated drinks
- Incorporates home remedies to alleviate symptoms:
  - Consumes hot water, coconut water, Ajwain (carom seeds), and lime water to soothe the digestive system
- Takes additional medications as needed for specific symptoms, such as Pudina Hara for acidity and Eno for relieving cramps

## Challenges and Coping Strategies:

- Patient 7 faces challenges during social events, weddings, and festivals, where dietary restrictions may be difficult to maintain
- Coping strategies include:
  - Communicating dietary needs to hosts in advance to accommodate suitable food options
  - Carrying snacks or a small meal to ensure there is something safe to eat
  - Seeking healthier alternatives when dining out with family
  - Finding support and understanding from family members, especially spouse Sarah, who has made changes to her own diet to accommodate Patient 7's needs

## Doctor Visits and Follow-up:

- Patient 7 visits the gastroenterologist once a month for check-ups and consultations
- The doctor has gradually reduced the dosage of the prescribed medication as symptoms have improved but advises continued precautions and follow-up visits
- Patient 7 actively discusses any new or persistent symptoms with the doctor to ensure proper management

## Bathroom Frequency:

- Patient 7 visits the restroom approximately 3-4 times a day, depending on symptoms
- Takes anti-diarrheal medication (Loperyl) as prescribed to regulate bowel movements





## Introduction

- Name: Patient 8
- Occupation: Supervisor at Oshwal Computers
- Education: M.Com (Master of Commerce)

## Family:

- Father
- Wife and Kids

## Medical Condition:

Irritable Bowel Syndrome (IBS)

## Symptoms:

- Initially experienced constipation and loose motions for a period of 3-4 months
- Symptoms persisted even after the passing of their mother
- Visited a doctor and took medications like Lomo flame and O2
- Underwent colonography, lung function tests, and other medical examinations
- Diagnosed with IBS, characterized by cramps, constipation, and loose motions
- Experiences severe pain and discomfort during flare-ups
- Symptoms occur approximately once every 2-3 months

## Doctor:

- Consults with Dr. Ravi Mishra, a gastrologist
- Specializes in stomach and lung-related conditions
- Monthly visits for check-ups and medication adjustments

## Treatment:

- Takes medication including Intra Oz, Lepine, and other prescribed medicines
- Follows a restricted diet with limited spicy food and avoids certain foods like brinjals
- Advised to drink boiled or RO water
- Receives regular follow-up calls from the doctor
- Occasionally admitted to the hospital for dehydration and receives protein and glucose through IV

## Impact on Daily Life:

- Limited ability to perform field work due to the unpredictable nature of symptoms
- Increased medical expenses
- Difficulty in career growth due to reduced performance
- Social life affected by avoiding events and parties
- Some stress-related flare-ups due to work pressure

## Support System:

- Receives support from family, especially the spouse, who helps manage medication schedules and food preparation
- Family adjusts their meals to accommodate the patient's dietary restrictions

## Cravings and Food Management:

- Experiences cravings for certain foods but tries to resist them
- Relies on family members to remind them of medication and meal times
- Sometimes indulges in outside food, but it can trigger symptoms

## Travel and Lifestyle Adjustments:

- Travels less frequently, only for essential purposes
- Takes precautions when traveling, such as avoiding local water sources

## Body Changes:

- Experiences weight loss during severe episodes and occasional fainting spells
- Requires electrolytes and glucose infusions during critical situations

## Awareness and Discussion:

- Occasionally discusses their IBS condition with friends
- Some friends are aware of the loose motion issues but may not have a full understanding of IBS

## Overall Consciousness:

- Conscious about IBS during meal times and experiences increased awareness during episodes of acidity or discomfort
- Balances work and health considerations, but primarily focuses on work during the day

## Misconceptions:

- No specific misconceptions mentioned regarding IBS, but the patient believes that people generally have less awareness or understanding of the condition compared to other health issues like diabetes or heart disease

## Introduction

- Name: Patient 9
- Marital Status: Married
- Occupation: Manager in a company
- Family: Wife, 4-year-old son, parents

## Health Information:

- Health Condition: Patient 9 has been diagnosed with Irritable Bowel Syndrome (IBS).
- Duration of IBS: Patient 9 was diagnosed with IBS two years ago.
- Symptoms: Patient 9 experiences frequent loose motions, constipation, stomach pain, cramps, low energy, and occasional headaches.
- Medications: Patient 9 takes Emodium to manage loose motion and Rego Vek syrup for constipation.
- Doctor: Patient 9 consults Dr. Prashant Patil for medical guidance.
- Home Remedies: Patient 9 follows certain home remedies like consuming oats, corn, pathri khichdi, increasing liquid intake, and having probiotic foods like curd or yogurt.
- Dietary Changes: Patient 9 has made several dietary changes, including avoiding spicy and processed foods, reducing spice intake, incorporating brown rice, daliya, moong dal, and increasing the consumption of fruits, berries, and dates.
- Food Management: Patient 9's family helps in managing his diet, preparing bland and less spicy meals, and ensuring he avoids trigger foods.

## Impact on Daily Life:

- Work: IBS affects Patient 9's work productivity due to frequent restroom breaks and discomfort.
- Social Life: Patient 9's social life is occasionally affected, particularly when attending parties or participating in sports activities.
- Emotional Health: Patient 9 faces mood swings, especially when spending time with his son while experiencing IBS symptoms.
- Family Support: Patient 9's family provides love, affection, and assistance in managing his IBS condition.

## Management and Coping Strategies:

- Stress Management: Patient 9 practices yoga and meditation to cope with stress and maintain emotional well-being.
- Lifestyle Changes: Patient 9 follows a sedentary lifestyle due to work, but attempts to incorporate exercises like yoga and surya namaskar.
- Medication Adherence: Patient 9 takes prescribed medicines as per the doctor's instructions.
- Dietary Discipline: Patient 9 maintains dietary discipline by avoiding trigger foods, managing portion sizes, and ensuring timely meals.
- Regular Doctor Visits: Patient 9 visits the doctor monthly for check-ups and progress reports.
- Information Sources: Patient 9 gains information about IBS management from their doctor, YouTube channels like Jeeva, and by consulting a yoga teacher.

## Challenges and Frustrations:

- Medication Reluctance: Patient 9 dislikes relying on medication due to potential side effects and wishes to lead a normal, healthy life without medication.
- Discipline: Patient 9 finds it challenging to maintain strict discipline in terms of food habits, as occasional indulgences can lead to adverse effects.
- Unpredictability: The unpredictable nature of IBS affects Patient 9's ability to plan activities or anticipate good or bad days.

## Future Considerations:

- Homeopathy: Patient 9 is open to exploring alternative therapies like homeopathy but prefers fast results due to work commitments.
- Increased Discipline: Patient 9 acknowledges the need for further improvement in maintaining dietary discipline.
- Mindfulness: Patient 9 recognizes the benefits of mindful therapy, including meditation and mindful eating, and continues to practice it for mental and physical well-being.

The journey of IBS for Patient 10 began with constipation issues, experiencing difficulty in emptying the bowels completely even after spending time in the restroom. This was followed by abdominal pain and bloating. The constipation problem started about three months before being diagnosed with IBS. Initially, the patient tried home remedies such as hot water, garlic-based remedies, jeera water, and eating bananas. However, these remedies provided only temporary relief.

The patient did not have any history of stomach issues prior to experiencing constipation. After constipation, the patient started facing severe abdominal pain, weight loss, loose motions, and digestive issues. The pain and discomfort made it difficult for the patient to sit for long periods or attend meetings, affecting their daily life.

No surgeries were performed for this condition. The patient did have bleeding and sensations in the intestine area, and the doctor diagnosed an infection in the intestine as one of the causes of the symptoms.

Before visiting the gastrologist, the patient tried various home remedies and temporary solutions like laxatives to relieve constipation. However, these were only temporary measures and did not provide a permanent solution.

The patient went to a general doctor who recommended visiting a gastrologist for a detailed examination. The gastrologist, an experienced and older doctor, diagnosed an infection in the intestine based on physical examination and pressing the abdomen area. The doctor prescribed medications to relieve diarrhea, control abdominal pain, and treat the infection.

The patient visited the gastrologist regularly, usually once a month or once in two months, to monitor their condition and discuss any changes or symptoms. The doctor prescribed various medications, including anti-diarrhea medication, abdominal pain relief medication, and vitamins to improve weight loss and overall health.

The patient's family, especially their wife, has been supportive throughout the journey. They have helped with home remedies, accompanying the patient to the hospital, and making dietary modifications to avoid spicy and oily foods, as suggested by the doctor.

The patient's lifestyle has undergone changes due to IBS. They have learned to manage stress, avoid rushing, and engage in activities that make them happy. Outside food, especially non-vegetarian dishes and junk food, has been restricted, and the patient now brings home-cooked food to the office.

The emotional impact of IBS has been significant, causing worry, frustration, and irritability. However, with the support of the family and the treatment provided by the doctor, the patient has been able to manage these emotions.

In terms of work life, the patient initially faced difficulties attending meetings and traveling due to the symptoms of IBS. However, with the help of medications and lifestyle modifications, the patient's work life has improved.

The patient's relationship with food has changed significantly. They used to enjoy a variety of foods, including spicy and oily dishes, but now they have to avoid such foods and focus on a fiber-rich and healthy diet.

## Introduction

- Name: Patient 11
- Age: 35
- Occupation: Wholesale clothing business
- Family: Wife, 2 kids, parents

## Medical Information:

- Diagnosed with IBS (Irritable Bowel Syndrome) 1.5 years ago.
- Has consulted 2-3 doctors and undergone scans and endoscopy.
- Symptoms include constipation, gas, vomiting, and discomfort in the morning.
- Visits a gastrologist once a month.
- Has been experiencing IBS symptoms for the past 1.5 years.
- No previous history of similar problems.
- Has consulted a GP initially, then MD medicine specialist, and finally a gastrologist.

## Lifestyle and Habits:

- Works half-day on Sundays and travels once every 15 days to nearby cities to give samples.
- Pure vegetarian since the beginning.
- No alcohol or cigarette consumption.
- Regularly engages in physical activity, walks for an hour at night.
- Has reduced tea consumption from 10-12 cups to 4-5 cups.
- Follows a light diet, avoiding fried and heavy foods.
- Eats meals in smaller portions throughout the day.
- Family members support in managing medications and following the diet.
- Not consulted a dietician but follows a diet chart given by the doctor.
- Drinks hot water in winters and practices intermittent fasting before breakfast.
- Takes prescribed medications after breakfast, afternoon, and evening, if necessary.

## Impact of IBS:

- Social life is affected during functions and parties due to dietary restrictions.
- Sometimes not included in family outings due to the need to come back early.
- Constantly conscious of IBS while eating or planning meals.
- Fear of experiencing vomiting or loose motion in public places.
- Prioritizes health and avoids foods that trigger symptoms.

## Thoughts and Feelings:

- Good days are characterized by feeling fit, active, and free from IBS symptoms.
- Bad days include irritability, fear, and frustration related to IBS symptoms.
- Concerns about bargaining with customers when feeling unwell.

## Myths and Misconceptions:

- Some believe IBS is not a real condition, just a matter of diet and exercise.
- Others attribute it to excessive alcohol consumption.

## Goals and Needs:

- Reduce vomiting, loose motion, and stabilize heartbeat.
- Improve quality of sleep without constant worry about symptoms.
- Manage IBS symptoms to lead a normal, healthy life.

## Introduction

Patient 12 comes from a family of six, including himself, his wife, his parents, brother, and sister. They are involved in the transportation industry, while his father is retired from working in the railways. Patient 12's brother is currently studying, and his sister is employed.

## Health History:

Patient 12 was diagnosed with irritable bowel syndrome (IBS) five years ago. Prior to the diagnosis, he led an active lifestyle, engaging in activities such as jogging and cycling. However, as life became busier, he found himself consuming more outside food and relying on home remedies like churan to manage occasional constipation and gas issues. It was only after consulting a doctor that he learned about his condition.

The initial symptoms that Patient 12 experienced were constipation and excessive gas, which led him to seek medical advice. Initially, the doctor suspected fatty liver and prescribed medication for swelling. While this provided temporary relief, the symptoms recurred after a few days. Subsequent consultations led to the realization that the problem was not related to fatty liver. Patient 12 tried different medications for constipation and sought advice from a gastroenterologist.

## Management and Lifestyle Changes:

Patient 12's approach to managing IBS revolves around making significant lifestyle changes. He now follows a strict routine, starting his day with morning exercises, walking, and yoga. He consumes chana (chickpeas) before leaving for work and carries a homemade lunch consisting of lighter, salad-based meals. Patient 12 avoids oily and junk food and limits the consumption of spicy dishes. He has also significantly reduced his intake of certain foods, such as shahi paneer and brinjal. Patient 12 credits his family, especially his wife, for their support in cooking meals that suit his dietary requirements.

## Impact on Daily Life:

Living with IBS has affected Patient 12's daily life to some extent. On bad days, when he consumes something that triggers symptoms, he experiences a heavy stomach, lack of motivation to work, and disrupted sleep. He becomes cautious about his food and water intake when going out with others, which can sometimes lead to social discomfort. However, on normal days, when his symptoms are under control, he feels refreshed and energized.

## Challenges and Beliefs:

Patient 12 believes that people often misunderstand IBS, associating it with liver problems or general digestion issues. While he has received advice from others, he acknowledges that lifestyle changes and medication are crucial for managing the condition effectively. Patient 12 does not have a permanent solution for loose motion episodes and relies on medication for relief. He has some doubts about Ayurvedic treatments, as he has not found a long-lasting, satisfying result with them.

## Current Status:

Patient 12's IBS condition has improved by approximately 80-85% due to the lifestyle changes and medications he has adopted. While he still experiences occasional symptoms, he has found relief by adhering to his routine, avoiding trigger foods, and using medications when necessary. Patient 12 has not sought further consultation with a gastroenterologist since his condition has been manageable with his current approach.

## Introduction

- Name: Patient 13
- Location: Lucknow
- Occupation: Accountant in a Real Estate company
- Age: 32
- Education: BA

## Medical Condition:

Patient 13 has been diagnosed with Irritable Bowel Syndrome (IBS). The symptoms include stomach pain, heavy stomach, constipation, loose motion, gas, and acidity. The condition has been persisting for the past three years, although the symptoms were present for about 4-5 years before the diagnosis.

## Diet:

Due to the IBS diagnosis, Patient 13 has made significant dietary changes. They have transitioned from being a non-vegetarian to a complete vegetarian under the doctor's advice. Patient 13's meals are prepared separately from the rest of the family, as they require less masala (spices) and oil. Heavy meals are also avoided, and the focus is on consuming liquid-based foods and vegetables like ladies finger and brinjal.

## Family:

Patient 13 lives with their parents and a younger sister. The responsibility of cooking falls on Patient 13's mother, who prepares separate meals for Patient 13 to accommodate their dietary restrictions.

## Work:

Patient 13 works as an accountant in a Real Estate company, but due to their IBS condition, they are unable to work for the full 9-hour shift. Instead, they can only manage 4-5 hours of work per day. Patient 13 also takes up part-time jobs to manage their time and accommodate their health needs.

## Treatment:

Patient 13 sought medical help for their symptoms and consulted a gastroenterologist in Lucknow, Dr. Deepa Agarwal. The doctor diagnosed IBS and prescribed medication to manage the condition. Patient 13 has been following the doctor's instructions, including taking the prescribed medication, maintaining a controlled diet, and practicing specific stomach-related yoga exercises.

## Symptoms and Triggers:

The most common symptoms experienced by Patient 13 are acidity, heavy stomach, clotting, and a burning sensation. The symptoms occur approximately 3-4 times a month. Patient 13 has identified certain triggers for their symptoms, such as sitting for long periods, consuming foods high in masala or oil, and irregular eating habits.

## Lifestyle and Activities:

Patient 13 has adjusted their lifestyle to manage their condition effectively. They start their day with hot water and follow a specific routine of consuming oats, Dalia, or muesli for breakfast. Lunch consists of roti, less oily sabzi (vegetables), and curd, while dinner includes sabzi with gravy or dal, boiled or roasted fish (limited quantity), and eggs (1-2 times per month). Patient 13 practices yoga three times a week as per the doctor's recommendations.

## Medical Consultations:

Patient 13 visited their family doctor before the IBS diagnosis, who initially prescribed over-the-counter medicines like Digene and churan.



## Introduction

- Name: Patient 14
- Age: 43
- Occupation: Interior Designer
- Location: Malad West, Mumbai
- Family: Wife and children

## Medical Information:

- Diagnosis: Irritable Bowel Syndrome (IBS)
- Duration of IBS: Diagnosed approximately 9-10 months ago, but had symptoms for a longer period of time
- Initial Symptoms: Sensation of needing to use the restroom frequently, incomplete bowel movements, bloating, nausea, leg pain, decreased energy levels, difficulty concentrating
- Diagnosis Process: Visited a GP doctor initially, who prescribed various medications and made dietary recommendations. Referred to a gastrologist for further evaluation and diagnosis.
- Tests: Blood test to confirm IBS diagnosis
- Family History: Mother had similar digestive issues, suggesting a potential genetic predisposition to IBS.

## Treatment and Management:

- Medications: Initially prescribed a combination of six different medications, which provided temporary relief. Currently taking 2mg tablets once a day and a syrup at night.
- Diet Plan: Advised to avoid spicy and dairy foods, excessive fiber, and to consume fruits with the peel removed. Recommended to have a balanced diet with limited protein and junk food. Daliya (porridge) suggested as a beneficial food for IBS.
- Lifestyle Changes: Recommended to practice yoga and maintain a proper diet plan.
- Progress: Reports a 60-70% improvement in symptoms since the initial diagnosis.
- Follow-up Visits: Regularly visits the gastrologist every 2-3 weeks to monitor progress and make any necessary adjustments to the treatment plan.

## Doctor Information:

- Name: Dr. Samir
- Experience: Well-experienced gastrologist providing comprehensive guidance and diet plans.
- Frequency of Visits: Initially visited every 3-4 weeks, now potentially transitioning to less frequent visits based on progress.

## Impact on Daily Life:

Work: Seasonal interior designing work requires frequent client meetings and presentations, causing stress and concern about managing IBS symptoms during important work-related activities.

Social Events: Challenges in managing dietary restrictions and avoiding trigger foods at parties and weddings. Stressful situations can sometimes lead to forgetting medications and experiencing IBS flare-ups.