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## Original Article

## Treatment Modalities in Irritable Bowel Syndrome in a Tertiary Hospital in North India

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## ARTICLE INFO

## ABSTRACT

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**Background:** Irritable bowel syndrome (IBS) is a common functional gastrointestinal disorder, affecting 4 to 26% population worldwide. Multiple risk factors are associated in pathophysiology of IBS; accordingly its therapy employs different categories of drugs. **Aim:** The study aimed to monitor the therapy in different types of IBS patients and to identify the most effective mono or combination drugs used. **Patients and Methods:** This prospective, observational study was carried out from January to September 2012 in New Delhi, India. Based on Rome III inclusion/exclusion criteria, 169 patients of IBS were recruited for the study and data on the pertinent parameters was obtained using: patient profile and follow-up proforma, structured questionnaire, ADR form and pathology laboratory test reports. **Results:** The results from a total of 169 IBS patients depict; higher percentage of males (57.39%), non-vegetarian (79.88%), sedentary (68.63%), non-smokers (72.78%), in age group 21-40 years (72.78%). The treatment modalities in IBS depend upon symptoms, severity and types of IBS. In current study the combinations drugs were commonly prescribed and found to be more effective in controlling IBS symptoms. **Conclusion:** It can be concluded that combination therapy is common and superior to monotherapy. Conventional medicines, like; antispasmodics, bulking agents, and antidepressants etc., were not as much effective to control the symptoms and severity of IBS. A number of emerging therapies with novel mechanisms of action are currently being investigated in IBS; the practitioners may explore their efficacy and safety. **Keywords:** Irritable bowel syndrome, constipation, diarrhea, epidemiology

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## 1. INTRODUCTION

Irritable bowel syndrome (IBS) is a common, relapsing, functional gastrointestinal disorder (FGID) encountered in clinical medicine.<sup>1</sup> It affects 4% to over

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