

The Main Causes of Functional and Structural Gastrointestinal Diseases

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Description

Gastrointestinal diseases affect the gastrointestinal tract from mouth to the anus. There are two types, functional and structural. A few examples of gastrointestinal problems are nausea/vomiting, food poisoning, lactose intolerance, and diarrhea. Functional gastrointestinal diseases are those in which the GI tract looks normal when observed but does not transport correctly. A few common problems that affect the GI tract are constipation, irritable bowel disorder, nausea, food poisoning, and gas, bloating, (GERD)Gastro- Esophageal Relux Disease, and diarrhea. Many factors may affect your GI tract and its motility, including eating a diet low in fiber, not having enough exercise, traveling or other changes in daily life, eating large amounts of junk products, stress, and resisting the urge to have a bowel movement because of hemorrhoids. Overusing anti-diarrheal medications weaken bowel muscle actions called motility. Taking antacid medicines containing calcium or aluminum and taking certain prescriptions can help to treat gastrointestinal diseases. Common examples of structural GI diseases include strictures, stenosis, hemorrhoids, diverticular disease, colon polyps, colon cancer, and inflammatory bowel disease. The main reasons for structural gastrointestinal diseases are constipation, irritable bowel syndrome, hemorrhoids, internal hemorrhoids, external hemorrhoids.

Constipation, a functional issue, makes it tough for you to have a bowel movement when stools are infrequent (not more than two times a week) or incomplete. Constipation is usually affected by inadequate "roughage" or fiber in your diet or a disruption of your routine or diet. Constipation leads you to pressure during a bowel movement. It may cause small, hard stools and, occasionally, anal problems such as fissures and hemorrhoids. You can treat constipation by increasing the amount of fiber and water in your diet, exercising regularly, and increasing the intensity of your workouts as tolerated. Laxatives are taken in the case of severe conditions. Always follow precautions while taking laxative medicine and consult the doctor before using the medicine. Irritable bowel syndrome is a functional condition where your colon muscle contracts extra or less frequently than usual. Certain foods, medicines, and emotional stress are some aspects that can cause IBS. Symptoms of IBS include abdominal pain and cramps, additional gas, bloating, and changes in bowel habits such as harder, looser, or more urgent stools than normal. Treatment includes avoiding excessive caffeine, increasing fiber in your diet, reducing stress or learning different ways to manage stress, taking medicines as recommended by your healthcare provider, avoiding dehydration, and hydrating well throughout the day, getting high-quality rest/sleep. Hemorrhoids are dilated veins in the anal canal, a structural disease. They're swollen blood vessels that line your anal opening. They are affected by chronic excess pressure from straining during a bowel movement, persistent diarrhea, or pregnancy. There are two kinds of hemorrhoids: internal and external. Internal hemorrhoids are blood vessels inside of your anal opening. Eventually, internal haemorrhoids are responsible for prolapsing out of the anus. Treatment includes improving bowel habits, your healthcare provider using ligating bands to eliminate vessels, or your healthcare provider removing them surgically. Surgery is needed only for a small number of people with very large, painful, and persistent hemorrhoids. External hemorrhoids are veins that lie just under the skin on the outside of the anus. Sometimes, after straining, external hemorrhoid veins burst and blood clots form under the skin. This severe condition is called a pile. Treatment includes removing a clot and vein below local anesthesia and/or removing hemorrhoid itself.