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PHYTOPRODUCTS AND FUNCTIONAL DIGESTIVE DISORDERS IN FEMALE PATIENTS

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Abstract

Functional digestive disorders frequently seen in female gender are characterized by dyspeptic complaints with impact over the life quality. Aim Assessment of the efficacy of natural extracts on dyspeptic complaints in female patients with irritable bowel syndrome (IBS). Patients and methods 35 female outpatients, age between 21-72 years, with confirmed predominant constipation form of IBS joined this prospective study. A lot of organic diseases and conditions were ruled out. Patients undertook a thoroughly clinical examination. Symptoms characterizing IBS such as: abdominal pain, bloating and transit disturbances were scored using a scale ranging from 0=absent to 3= severe. Laboratory work- ups from blood, urine and stool, as well as transabdominal ultrasonography, upper and lower digestive endoscopy were performed. Symptoms were assessed before and after administration of over the counter supplements containing a mixture of phytoextracts from Aconitum palmatum, Cowrie Shell Calx, Piper nigrum, Embelia ribes, Triphala (Emblica officinalis, Terminalia chebula, Terminalia bellerica), and Zingiber officinale 3 times/day, at table, for 3 months long., together with the usual medication for IBS. Results Vast majority of patients had an urban location (71.4%) The age distribution revealed that 82.85% were under 50 years and only 17.15% were over 51 years old. Abdominal pain score before treatment was 2.44 0.33±vs 2.21±0.42, after the treatment, p=0.0131. The score for bloating complaints before treatment was 2.31±0.71 vs. 1.33±0.34, after the treatment, p<0.0001. The score of transit disturbances before treatment was 1.88 ±0.51 vs1.42± 0.47 after treatment, p=0.0002. Conclusions: Female patients with constipation predominant IBS displayed significant alleviation of complaints for bloating and transit disturbances, after using phytoextracts from supplements. However, abdominal pain was only mitigated.

• Introduction

Functional digestive disorders frequently seen in female gender are characterized by dyspeptic complaints with impact over the life quality.

- Material and method
- ✤ 35 female outpatients, age between 21-72 years, with confirmed predominant constipation form of IBS joined this prospective study.
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- **Results and discussions**
- The score for bloating complaints before treatment was 2.31±0.71 vs. 1.33±0.34, after the treatment, p<0.0001.



Results and discussions

- Vast majority of patients had an urban location (71.4%)
- The age distribution revealed that 82.85% were under 50 years and only 17.15% were over 51 years old.



The score of transit disturbances before treatment was 1.88 ±0.51 vs1.42± 0.47 after treatment, p=0.0002.



Fig 4 Intestinal transit outcome

- Conclusions
- ✓ Female patients with constipation predominant IBS displayed significant alleviation of complaints for bloating and transit



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