

# Treating Irritable Bowel Syndrome (IBS): A Holistic Approach

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**Abstract**—Irritable bowel syndrome (IBS) is an inflammatory disorder of gastrointestinal tract (GIT) characterized by sudden urge to have bowel movement, abdominal pain or discomfort, flatulence, nausea, unsatisfactory bowels. It is a highly prevalent gastrointestinal disorder that has an incontrovertible impact on health care and patient's quality of life.

Causative research studies are done on association among parenting style, psychological stress & somatisation in IBS patients. Increased risk of IBS after bacterial gastroenteritis. Comorbidity with other functional gastrointestinal disorder may be caused by shared pathophysiological mechanism such as visceral hypersensitivity.

Current drug therapies such as antidepressant like tricyclic and selective serotonin reuptake inhibitors & antispasmodics often give inadequate relief of symptoms, leading patients to consider alternate & complementary therapies such as AYUSH which help in holistic treatment of IBS symptomatically and individually. Homeopathic medicine like lycopodium, Argentum nitricum, pulsatilla, silica, Nuxvomica, sulphur, phosphorus were very effective in the treatment of IBS. Yogasanas like parighasana, Ardhamatsyendrasana, jathara parivritti, salamba setu bandhasana, ananda balasana were helpful. Pranayama and sudharshan kriya did give much relief in reducing symptoms of IBS by relieving stress through unique breathing techniques. Acupressure and Acupuncture, reflexology techniques, too did give relief in IBS. Supportive therapies such as fibre, peppermint oil, probiotics found to be relaxing effective.

Along with these, psychological therapies such as hypnotherapy, psychotherapy & cognitive behavior therapy found to be effective.

Herbal & traditional medicines such as Chinese & tibetan found to be supportive with a little evidence of quality & purity of medicines.

Inclusive and integrated approach in the treatment of IBS is thus possible in a holistic way.