

Disorders of Gut-Brain Interaction (DGBIs)

Disorders of Gut-Brain Interaction (DGBIs) are conditions characterized by a complex relationship between the gut and the brain. These disorders arise when the communication between the gut and brain becomes disrupted, leading to physical symptoms like pain, bloating, nausea, and discomfort to normal digestive processes. Factors such as stress and anxiety can contribute to these physical gut symptoms, and gut issues can similarly impact mental health. They include common conditions like Irritable Bowel Syndrome (IBS), Functional Dyspepsia, Functional Heartburn, and Functional Nausea.



Irritable Bowel Syndrome (IBS)

IBS is characterized by symptoms like abdominal pain, bloating, constipation, and diarrhea, often triggered by stress, diet, or hormonal changes.

Functional dyspepsia & heartburn

These conditions cause upper abdominal discomfort or pain, or a burning sensation in the chest, not linked to any detectable stomach issues, and can include bloating, nausea, and early satiety. These often don't respond to typical antacid treatments.

Functional Nausea

Functional nausea is persistent nausea and vomiting without visible inflammation in the stomach. It may occur daily, or in cycles. If you have chronic nausea, it's important to eliminate all marijuana products as these can worsen chronic nausea.

Approaches to Treatment

Many treatments aim to reduce the gut's oversensitivity through **medication or dietary changes**. Another important aspect of treatment involves harnessing the gut-brain connection. **Meditation, mindfulness, yoga, and cognitive behavioral therapy** are used to leverage the brain's influence over gut sensations. By calming the mind, these practices can often alleviate gastrointestinal symptoms, demonstrating the powerful interplay between mental states and physical health. You can learn more through the **Mahana App** on your phone.

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