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**News:** Inflammatory Bowel Disease (IBD)

- Recently, Inflammatory Bowel Disease (IBD) comprising primarily Ulcerative Colitis and Crohn's Disease has been on the rise globally.

## **Inflammatory Bowel Disease (IBD)**

- Inflammatory Bowel Disease (IBD) is an **umbrella term for chronic inflammatory conditions affecting the gastrointestinal (GI) tract.**

### **Two main forms of IBD**

- **Crohn's disease:** It can **affect any part of the digestive tract, from mouth to anus.** Inflammation can be **patchy; meaning areas of healthy tissue can be interspersed with inflamed areas.** It often affects the deeper layers of the bowel wall.

**Ulcerative colitis:** **Limited to the inner lining (mucosa) of the large intestine (colon) and rectum.** The inflammation is continuous, affecting the entire colon in severe cases.

- **Causes:** The exact cause of IBD remains unknown, but research suggests a complex interplay of factors like genetics, immune system and environmental factors.
- **Symptoms:** Abdominal pain and cramping, diarrhea, often bloody, urgent need to have a bowel movement, weight loss and fatigue.
- **Treatment:** There is no cure for IBD, but treatments aim to manage symptoms and induce remission. These include medications, dietary modifications and surgeries.

### **Challenges in India**

- The incidence of IBD has almost doubled in India from 1990 to 2019, underscoring an urgent need for early detection to facilitate better treatment outcomes.
- Diagnosing IBD in India presents unique challenges, especially in distinguishing between Crohn's Disease and intestinal tuberculosis due to similar clinical symptoms.
- Lifestyle changes, including a shift towards a Westernized diet, are cited as contributing factors to the rising incidence of IBD in India.