

Comparative study of irritable bowel syndrome in Persian Medicine and Current Medicine: A narrative review

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Abstract:

Background and Purpose: Irritable bowel syndrome (IBS) is the most common functional bowel disorder associated with recurrent abdominal pain and changes in the stool appearance or frequency of bowel movements. There are reports of alleviation of IBS symptoms using traditional medicine. In order to use the recommendations related to lifestyle modification and traditional treatments, it is necessary to find the relative terms of IBS in Persian Medicine. The purpose of this study is to find keywords similar to IBS in Persian Medicine.

Materials and Methods: The main symptoms of IBS were searched in Persian medicine and conventional medicine. Disorders with similarity to IBS were extracted and the items with maximum overlap were selected and compared with ROME IV criteria. Furthermore, IBS along with keywords relating to Persian medicine were searched in electronic databases. All stages were performed under supervision of five experts in Persian medicine, and three gastroenterologist specialists.

Results: "*Qulanj*" and "*Maghs*" are the most similar disorders to IBS in Persian medicine with main symptoms of abdominal pain and altered bowel habits. Based on the present investigation, "*Qulanj*" is associated with constipation, while "*Maghs*" can occur with or without diarrhea. Some types of "*Qulanj*" and "*Maghs*" were excluded because of their similarity to non-functional bowel disorders.

Conclusion: According to definition of IBS subtypes based on ROME IV criteria, it seems that "*Qulanj*" and "*Maghs*" are similar to IBS-C and IBS-D, respectively. Cross-sectional studies are recommended to investigate the relationship between IBS subgroups and the corresponding diseases proposed by this study.

Keywords: Irritable bowel syndrome, Persian Medicine, Diarrhea, Constipation

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