

ABDOMINAL BLOATING (METEORISM)

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Abstract:

Abdominal rest, flatulence (Greek: метеоризм - rise up, rest) is the relaxation of the stomach and the increase in the formation of gas in the intestine. In healthy people, the cause of such a disorder may be a specific diet or a tendency to constipation: the food that enters the body is retained in the intestines, leading to putrefactive processes, resulting in the formation of gas. The formation of a large amount of gas can indicate the development of the disease.

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The unpleasant state of flatulence is accompanied by abdominal pains, belching, hiccups, heaviness, and the feeling of internal expansion of the abdomen, which pass after the release of gas after the act of flatulence. Sometimes constipation alternates with diarrhea.

Voluntary or involuntary expulsion of gases from the intestine is called flatus. It is often accompanied by a characteristic sharp sound ("sphincteral resonance"). High flatulence indicates a dysfunction of the digestive system.

The volume of gases and the periodicity of their release are individual in healthy people. The natural and normal number of flatulence is 13 to 21 times a day. This is not flatulence, but a natural physiological process.

CAUSES OF STOMACH REST

The tendency to flatulence is explained by differences in the composition of the microflora. The causes of flatulence can be as follows:

Violation of eating rules;

Disorders of digestive processes, dysbacteriosis;

Predominance of gas-forming bacteria;

Disorders of motor activity of the gastrointestinal tract;

Mechanical disorders of bowel function;

Increased pressure in the intestine when rising to a height;

Disturbance of emotional state.

Food products with a high potential for gas formation contribute to the formation of gas in the intestine:

Dairy products soft cheeses, ice cream

Vegetables are onions, celery, cabbage, radishes, cucumbers, carrots, potatoes

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Fruits are apples, peaches, plums, grapes, pears, apricots

Bread products from yeast dough, bread and unrefined cereal products, buns, dumplings, pizza

Legumes are peas, beans

Cereals are refined wheat, oat and oat products, processed bran

Other products are raisins, beer, mushrooms

Eating fatty foods causes increased gas production. Eating large portions 1-2 times a day puts a big load on the stomach and rectum, and retention of food mass leads to the formation of gases in large quantities.

SYMPTOMS

Clinical signs of abdominal rest are clear enough:

- Increased gas output;
- Abdominal enlargement, swelling;
- Stuttering;
- Abdominal pain.

Abdominal rest gives the feeling that it expands from the inside, its size increases, clothes become tight, and sometimes the abdomen becomes tight. From time to time, the patient feels persistent or throbbing pain in different places of the abdominal cavity. In gas colic, pain attacks are full-like.

In addition, flatulence causes the following disorders:

- Nausea;
- Bad breath;
- Diarrhea or constipation;
- Decreased appetite.

TREATMENT OF ABDOMINAL RESTRAINT

The variety of factors that cause abdominal rest is the main problem in the treatment of this disorder. If the main cause of flatulence is food, the basis of treatment is diet. It is necessary to eat products with a low gas production potential, including white rice, citrus fruits, hard cheeses, white meat, eggs, non-carbonated drinks, and yogurt.

In order to determine the individual reaction of the body to certain food products, test elimination diets are conducted - "suspicious" products are gradually removed from the menu.

It is necessary to carefully monitor the body's reaction to different food combinations.

If you get rid of bad habits, the treatment of flatulence in aerophagia will be successful:

Not talking while eating, not eating quickly;

Avoid chewing gum, chewing gum, and do not drink through a straw. Exclusion of carbonated drinks and beer from the menu;

Smoking less;

Sugar-containing products, fruits and their juices should be consumed 2-3 hours after eating a protein meal, preferably 30 minutes before meals.

If the cause of flatulence is a disease, the therapy includes the treatment of the pathology or the use of complex measures that alleviate the disease and eliminate its symptoms.

Espumizan (simethicone) relieves flatulence. It prevents the formation of bubbles, destroys them, and also eliminates flatulence and belching. The drug can also be taken by patients with diabetes and gastrointestinal diseases. Espumisan has a local effect and is completely excreted with feces.

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