

FLATULENCE (S.N.)

Def :- Intestinal wind that's passed from the anus.

Etiology :- It is a cause, that may not be due to any underlying diseases.

- Food Intolerance.
- Exogenous sources, are those that come from outside. We swallow air when we eat, drink / swallow saliva, especially when excess saliva is produced due to nausea / acid reflux.
- Endogenous sources are inside the gut. Gas may arise as a byproduct of digestion of certain foods, or when they are not completely digested.

Symptoms :-

- Vomiting & nausea.
- Heartburn & acid reflux.
- Farting.
- Change in bowel ~~movement~~ habits.

Dietary Management :-

- Eat slowly.
- Avoid Gas producing foods **
- Check once food intolerance.
- Avoid soda, beer & carbonated beverages.
- Try probiotics (they are dietary supplements containing good bacteria)
- Avoid smoking
- Avoid chewing gums.
- Try to treat constipation.
- Increase physical activities.

** Beans, Fruits, Dairy products, whole grain foods, soft drinks, fruit drinks, vegetables (broccoli, cabbage, onion, garlic etc.)

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