

The Effectiveness of probiotic Yogurt to Control Symptoms Related to Irritable Bowel Syndrome

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ABSTRACT

Background & Objective: Irritable bowel syndrome (IBS) is a functional gastrointestinal disorder. It is a common disease worldwide including Iran that deserves more attention. Patients are always anxious and stressful as there is not an effective treatment method. Physicians are also exhausted of untreated patients. Since, no cure has been found for IBS because it is not clear what causes irritable bowel syndrome. Therefore, there is a need to find and introduce a proper method of treatment to control symptoms including abdominal pain and defecation changes. This study aimed to determine the effectiveness of probiotics in the general relief of symptoms associated with IBS.

Methods: Subjects were recruited from patients of gastroenterology clinic in Imam Khomeini Hospital. A total of sixty patients fulfilling the Rome II criteria took part in this study. Subjects were randomized in two groups of trial and control. Pre- and post-treatment symptoms were investigated using a questionnaire. 31 patients received probiotic and 29 patients normal yogurt for 4 weeks. Bottles of yoghurt were manufactured, and coded by a company. Both participants and researcher were blind of the bottles' code. Participants were followed after two and four weeks of being treated and two weeks after discontinuing of trial. Data were entered in SPSS and two groups of trial and control were compared using statistical tests of chi-square and t-test.

Results;

A total number of 60 patients were recruited in this study of whom 36(60%) was female and 24(40%) male. The average age of participants was 34.1±9 years which does not differ between two groups. There was no difference between two groups in the onset of symptoms. Trial group had a history of 5.7 years while this was 6.5 for controls. In overall, patients who were given probiotic yogurt had shown a better response in the control of

abdominal pain and flatulence than those who were treated with normal yogurt. There was not a significant difference between two groups in the response to treat for other symptoms including epigastric pain, vomiting and frequency of defecation.

Conclusion: According to our research, adding probiotic yogurt to your diet may help ease symptoms of irritable bowel syndrome (IBS) especially abdominal pain and flatulence. Considering the high prevalence of irritable bowel syndrome and the lack of effective therapies, even a slight reduction in symptoms could have positive public health consequences.

Key Words: Flatulence, irritable bowel syndrome, Rome II criteria, Probiotic yogurt