

Correlation of Spinal Disorders with Stomach Difficulties

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INTRODUCTION

The brain and spinal cord parts of the central nervous system, which governs the majority of bodily and mental activities. The CNS is in control of both voluntary and involuntary movements, including those related to digestion. As a result, disorders affecting the spinal cord may also have an impact on the Gastrointestinal tract (GI). Digestive problems can be caused by spinal disorders. Nerve impulses are sent throughout the body, including to the digestive system, by the spinal cord. As a result, any disorders with the spinal cord's function or nerve communication have the potential to induce digestive problems. Digestive problems can be caused by spinal cord injuries, compressed or herniated discs (depending on the location and severity of the herniation), and strained ligaments. Spinal cord injuries can result in a variety of gastrointestinal issues, including the following:

- having difficulty moving waste through the colon or large intestine, as well as
- having difficulty controlling bowel motions
- stomach pain
- stiff stools that are difficult to pass
- a rapid sense of fullness following a meal, which might lead to less eating

Herniated discs can protrude and cause gastrointestinal problems, such as:

- stomach ache
- Excessive peristalsis, or the transit of food through the digestive system, diarrhoea constipation
- Tenesmus or the sensation of needing a bowel movement despite the fact that there are no more faeces to release.

Moreover, ankylosing spondylosis, another spine disorder, is linked to Inflammatory Bowel Disease (IBD), according to doctors. Ankylosing spondylosis is a kind of arthritis that causes the vertebrae to fuse together. As a result, the spine of a person curves forward. Chronic digestive tract inflammation, similar to IBD, is common in people with this disease. Tumors of the spinal cord can produce abdominal pain in rare cases. Doctors

may misdiagnose the disease and confuse it with other gastrointestinal issues.

Causes

Since the spine serves as the body's information superhighway, spinal disorders can obstruct crucial connection with the gastrointestinal tract. Extrinsic and intrinsic nerves are the two types of nerves that control. The digestive organs are linked to the brain and spinal cord by extrinsic nerves. They secrete substances that stimulate the muscles of the digestive system to contract or relax. Intrinsic nerves are the digestive tract's local neural system. When food stretches the intestines' walls, these nerves are stimulated. These nerves subsequently release chemicals that speed up or slow down the passage of food through the gut. They also regulate the flow of digestive fluids. The intrinsic nervous system is capable of functioning on its own. The small and large intestines, for example, have significant independent neural regulation and may function without extrinsic nerve connection.

The stomach and oesophagus, or food pipe, on the other hand, relies on information from the brain stem's extrinsic nerves. As a result, if something damages or interferes with the stomach's extrinsic nerve supply, symptoms such as:

- abdominal discomfort
- nausea
- vomiting
- diarrhoea

Spinal issues can obstruct the body's ability to communicate between the CNS and the intrinsic nerve system, which is necessary for proper digestion.

CONCLUSION

Individuals who have spinal difficulties may often have digestive problems. The spine is responsible to maintain nervous system regulation throughout the body. Damage to or compression of the spinal cord can disrupt communication between the brain and the digestive system. Spinal cord injuries, herniated discs, tumours, and ankylosing spondylosis are all conditions that

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might induce digestive problems. The treatment and management of digestive problems caused by the spine are determined by the underlying cause. There is presently no treatment available for spinal cord injury. As a result, doctors may try to treat digestive problems using a customized bowel programme.

Doctors may recommend surgery to remove bulging parts of the disc in those who have herniated discs. Anyone who is having back or stomach problems should consult a doctor to rule out any major underlying causes. If a person has numbness or tingling in their legs, severe back pain, or loss of bowel or bladder function, they should seek emergency medical help.