

Brief Note on Functional and Structural Gastrointestinal Disorder

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DESCRIPTION

Any ailment or disease of the gastrointestinal tract is referred to as a "gastrointestinal disorder". Gastronomic disorders affect the Gastrointestinal (GI) tract, which runs from the mouth to the anus. A multitude of problems or diseases can impact the GI system, affecting digestion and/or our overall health. Because some diseases have identical symptoms, additional medical testing may be necessary. Functional and structural gastrointestinal disorders are the two types of gastrointestinal disorders.

Functional gastrointestinal disorder

Functional gastrointestinal disorders (FGIDs) are conditions in which the gastrointestinal tract seems normal but does not function properly. They are the most frequent gastrointestinal issues (including the colon and rectum). Adults, adolescents, and children are all susceptible to functional disorders. FGIDs produce sensitivity and a variety of GI symptoms; however they are the result of faulty functionality rather than a disease or infection. FGIDs have three main characteristics: motility, sensation, and brain-gut dysfunction. The muscular activity of the GI tract, which is essentially a hollow, muscular tube, is known as motility. The nerves of the GI tract respond to stimuli with sensation (e.g., digesting a meal). The nerves in functional GI diseases might be so sensitive that even regular contractions can cause pain or discomfort. Brain-gut dysfunction is a communication breakdown between the brain and the gastrointestinal tract. The regulatory channel between brain and gut function may be harmed by FGIDs.

Causes: Some FGIDs are caused by environmental factors such as stress and smoking, and lifestyle changes can have a significant impact. Family history, gut sensitivity, GI movements that are excessively fast or slow, immune system functioning, central nervous system processing, anxiety, and depression are all factors that a person has no control over.

Symptoms: Depending on the specific disease, physical symptoms can vary. Abdominal pain, bloating, burping, constipation, diarrhea, flatulence, indigestion, nausea, swallowing difficulty, and vomiting are some of the symptoms.

Treatment: Treatments fluctuate depending on the individual. FGIDs are available in a variety of sizes and shapes. The way one person responds to treatment may be different from how another person with the same disease responds. Treatment options include lifestyle changes, mental health management, and medication.

Structural gastrointestinal disorder

"Structural gastrointestinal diseases" are situations in which colon seems abnormal and does not function properly. In some cases, surgical excision of the structural anomaly is required. Strictures, stenosis, hemorrhoids, diverticular disease, colon polyps, colon cancer, and inflammatory bowel disease are all instances of structural GI diseases. Untreated structural GI issues frequently result in worsening symptoms as well as severe complications. A physical examination, blood and urine tests, and a colonoscopy are among tests that a surgeon can use to identify a problem. If a structural gastrointestinal issue is detected, it can be addressed with robotic-assisted surgery that is less invasive. If a person is suffering from stomach pain and discomfort, a doctor can identify and treat the problem. It could be an acute problem or require adequate disease care, depending on the diagnostic results.

Other types of functional and structural diseases

Gallstones, faecal incontinence, lactose intolerance, hirschi sprung disease, abdominal adhesions, barrett's oesophagus, appendicitis, indigestion (dyspepsia), intestinal pseudo-obstruction, pancreatitis, short bowel syndrome, whipple's disease, zollinger-ellison syndrome, malabsorption syndromes, and hepatitis are some of the other.

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Received: 16-Feb-2022, Manuscript No. JHGD-22-16687; **Editor assigned:** 19-Feb-2022, PreQC No. JHGD-22-16687 (PQ); **Reviewed:** 07-Mar-2022, QC No. JHGD-22-16687; **Revised:** 10-Mar-2022, Manuscript No. JHGD-22-16687 (R); **Published:** 17-Mar-2022, DOI: 10.35248/2475-3181.8.22.203

Citation: Samuel J (2022) Brief Note on Functional and Structural Gastrointestinal Disorder. J Hepatol Gastroint Dis. 8:203.

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