

Brief Note on Bloating

Ava Charlotte*

Department of Gastroenterology, University of Cambridge, England, United Kingdom

DESCRIPTION

Bloating occurs in abdomen (stomach). It occurs when the gastrointestinal (GI) tract is partially or completely filled with air or gas. People who are bloated feel as if they have eaten a large dinner and that there is no place in their stomach. Stomach is bloated and constricted. It can be inconvenient or even unpleasant. The stomach may appear to be larger. Bloating is most commonly caused by digestive problems, but hormones and stress can also play a role. There may be a medical condition at the root of the problem. Bloating is sometimes confused with other causes of a larger belly, such as abdominal wall laxity or looseness. This is particularly common among older women and those who have had children. Bloating is usually accompanied with cramps, belching, pain, and diarrhea, as well as shortness of breath and, in severe cases, lower pain.

Causes and symptoms

Bloating is followed by symptoms such as

- Blood in stool
- Noticeable weight loss
- Vaginal bleeding (between periods, or if postmenopausal)
- Nausea
- Vomiting
- Diarrhea
- Heartburn that is getting worse
- Fever (due to an infection)

Common causes that gives rise to bloating

One major cause of bloating is constipation. People may be constipated without realizing it because they have fewer bowel motions than usual. Even though people have regular bowel motions, they may still be constipated. Other constipation symptoms include:

- Peptic ulcers
- Anorexia
- Anxiety
- Smoking
- Water retention

- Trapped air
- Overheating
- Indigestion
- Premenstrual Syndrome (PMS)
- Menopause
- Irritable Bowel Syndrome (IBS)

Bloating that comes and goes is frequently due to digestive issues, hormone issues, or a combination of the two. These factors can also make people feel ill and fatigued. People should seek medical assistance if they have any signs of serious sickness, such as fever or vomiting, to rule out other medical causes. These may include the following:

- **Ascites**: It's usually caused by liver disease, and sometimes by kidney failure or heart failure.
- **Pancreatic insufficiency**: A type of pancreatic malfunction in which the pancreas is unable to produce enough digesting enzymes.
- **Gastritis inflammation of the stomach or enteritis inflammation of the intestines**: This is frequently caused by a bacterial infection (most commonly, H. pylori infection) or excessive alcohol consumption.

Cancer (ovarian, uterine, colon, pancreatic, stomach, or mesenteric)-It is critical to get yearly check-ups with primary care physician to screen for cancer.

Diagnosis

A physical examination in the office of the doctor can usually diagnose the reason of bloating. They'll inquire about symptoms. They will want to know if the bloating is only on occasion or if it happens frequently. Bloating that occurs over a short period of time is usually not dangerous. If it occurs frequently, the doctor may prescribe more tests. An imaging examination to check within the abdomen could be one of them. An X-ray or a CT scan could be used.

Natural ingredients to cure bloating

1. Fennel Seeds are a great way to alleviate bloating since they assist to relax the muscles in the digestive tract.

Correspondence to: Ava Charlotte, Department of Gastroenterology, University of Cambridge, England, United Kingdom, E-mail: charlotteava@hotmail.uk

Received: 22-Feb-2022, Manuscript No. JHGD-22-16697; **Editor assigned:** 25-Feb-2022, PreQC No. JHGD-22-16697 (PQ); **Reviewed:** 14-Mar-2022, QC No. JHGD-22-16997; **Revised:** 18-Mar-2022, Manuscript No. JHGD-22-16697 (R); **Published:** 25-Mar-2022, DOI:10.35248/2475-3181.8.22.204.

Citation: Charlotte A (2022) Brief Note on Bloating. J Hepatol Gastroint Dis. 8:204.

Copyright: © 2022 Charlotte A. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

2. Peppermint consumption, which helps to relax the muscles of the digestive tract.
3. Ginger relieves gas and bloating by containing numerous active components that produce pungent chemicals.
4. Chamomile tea, which includes antispasmodic properties that assist to relieve stomach pain and heartburn. Caraway Seeds have antispasmodic properties, which aid to ease digestive tract muscular tissue, improve gas ejection, and provide immediate relief from stomach bloating.
5. Pumpkin aids in the prevention of unpleasant flatulence and bloating. Pumpkin is high in Vitamin A, potassium, and fiber, all of which aid with indigestion.
6. Adding only one cup of pumpkin to diet will help to calm digestive system and eliminate flatulence. In fact, it can be baked or boiled with the ingredients listed in the recipes.

CONCLUSION

Although bloating isn't often the primary reason people seek medical help, it is one of the most regularly reported symptoms among those who do. This could be because bloating is described as irritating and annoying, as opposed to abdominal discomfort, which is regarded as a warning sign and potentially life-threatening. Bloating's pathogenesis is still mostly unclear. Food intolerance, fluid retention, weak anterior wall muscle tone, aberrant gut microbiota, inflammation, and altered bowel tonic and phasic motility have all been hypothesized as etiologies for bloating, but none of them has been scientifically confirmed.