Antidiarrheal

Antidiarrheals are the name given to certain types of medicines that stop or slow diarrhea. Antidiarrheals only relieve the symptoms of diarrhea, such as an increased frequency and urgency when passing stools, they do not eliminate the cause of it.

Causes of diarrhea

1. Infection :viral(Rotavirus), bacterial(Salmonella) , protozoal (*Entomoeba Histolytica* and *amoebic dysentery*)
2. Disease induced diarrhea:(IBS), or with a disease outside GIT e.g respiratory infection
3. Hormonal diarrhea (serotonin , histamine, thyroxin).
4. Overfeeding , underfeeding (starvation), new unsuitable food

There are three common mechanisms of action of antidiarrheal **medications**: adsorbents, which help eliminate the toxin or bacteria from the GI tract; **antimotility agents**, which slow peristalsis; and **probiotics**, which help to restore the normal bacteria found in the lower intestine.

what are side effects of antidiarrheals?

1. Constipation.
2. Fatigue.
3. Drowsiness.
4. Dizziness (feeling faint, weak, or unsteady)
5. Dry mouth.
6. Loss of appetite.
7. Abdominal pain.
8. Nausea and vomiting

Antispasmodics

Antispasmodics are a group (class) of medicines that can help to control some symptoms that arise from the gut (intestines) - in particular, gut spasm.

How do antispasmodics work?

The movement of food along your gut (intestines) happens because some of the muscles in the gut tense (contract) and then relax in a regular pattern throughout the length of the gut. These muscle contractions are brought about by various chemicals produced by your body which stick to special 'docking' sites (receptors) on the muscles.

Antimuscarinics work by attaching to the receptors and in this way stopping the chemicals from 'docking' there to make the muscle contract. Reducing the muscle contractions in this way often helps to relieve some of the symptoms caused by IBS.

Who cannot take antispasmodics?

1. Paralytic ileus - a condition where the gut (intestinal) muscles are paralysed.
2. A blocked gut (intestinal obstruction)
3. Myasthenia gravis - a condition causing muscle weakness.
4. Pyloric stenosis - narrowing of the outlet from the stomach.
5. Prostate gland enlargement.

What are the side-effects of Antispasmodics?

1. Heartburn
2. Constipation
3. Dry mouth
4. Difficulty passing urine

Laxatives

Laxatives are a type of medicine that can help you empty your bowels if you're having trouble going to the toilet.They're widely used to treat constipation if lifestyle changes, such as increasing the amount of fibre in your diet, drinking plenty of fluid and taking regular exercise, haven't helped.

Side effects

Like most medications, laxatives can cause side effects. They're usually mild and should pass once you stop taking the medication.

The side effects you may experience will depend on the specific medication you're taking, but common side effects of most laxatives include:

1. bloating
2. passing wind (flatulence)
3. painful tummy (abdominal) cramps
4. feeling sick
5. dehydration – which can make you feel lightheaded, have headaches and pass urine that's darker than normal