

Common Diseases of Digestive System With Symptoms, Diagnosis and Management

1. Gastritis

Symptoms: Epigastric pain, nausea, vomiting, indigestion.

Diagnosis: Endoscopy, H. pylori test.

Management: Antacids, PPIs (Omeprazole), avoid spicy food.

2. Peptic Ulcer Disease

Symptoms: Burning stomach pain, melena, hematemesis.

Diagnosis: Endoscopy, H. pylori test.

Management: PPIs, antibiotics, avoid NSAIDs.

3. Gastroenteritis

Symptoms: Diarrhea, vomiting, abdominal cramps, fever.

Diagnosis: Stool examination, clinical assessment.

Management: ORS, IV fluids, antibiotics if bacterial.

4. Diarrhea

Symptoms: Loose stools, dehydration, weakness.

Diagnosis: Stool test, electrolyte levels.

Management: ORS, zinc, fluids.

5. Constipation

Symptoms: Hard stools, straining, abdominal discomfort.

Diagnosis: History, abdominal examination.

Management: High fiber diet, laxatives, fluids.

6. Appendicitis

Symptoms: Right lower abdominal pain, fever, nausea.

Diagnosis: CBC, ultrasound, CT scan.

Management: Appendectomy, antibiotics.

7. Hepatitis

Symptoms: Jaundice, fatigue, dark urine, anorexia.

Diagnosis: Liver function tests, viral markers.

Management: Rest, antivirals, avoid alcohol.

8. Gallstones

Symptoms: Right upper abdominal pain, nausea, fatty food intolerance.

Diagnosis: Ultrasound abdomen.

Management: Analgesics, cholecystectomy.

9. Hemorrhoids

Symptoms: Bleeding per rectum, pain, itching.

Diagnosis: Proctoscopy, physical examination.

Management: Fiber diet, sitz bath, surgery if severe.

10. Intestinal Obstruction

Symptoms: Severe abdominal pain, vomiting, distension.

Diagnosis: X-ray abdomen, CT scan.

Management: NPO, NG tube, IV fluids, surgery.