

# 과민성 장증후군의 진단과 치료

## Diagnosis and Treatment of Irritable Bowel Syndrome

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28%

(1).

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### Abstract

Irritable bowel syndrome (IBS) is a common chronic, relapsing functional bowel disorder. IBS can be diagnosed according to the established series of criteria excluding organic diseases, and by institution of a therapeutic trial. Treatment should be tailored to individual patients' needs and fears. Education and reassuring the patients is a simple and effective form of therapy. Correction of precipitating factors can also be therapeutic. Some patients may be helped by changing the diet, avoiding certain drugs, and reducing life stressors. Symptomatic treatment includes fiber for constipation, loperamide for diarrhea, and low - dose antidepressants or antispasmodics for pain; therapeutic efficacy of novel modalities including drugs acting on serotonin receptors are under investigation.

**Keywords :** Irritable bowel syndrome

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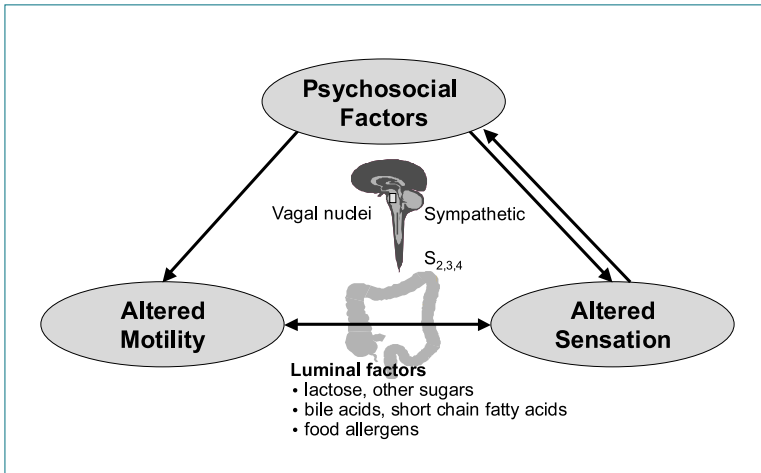
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(pu-  
dental neuropathy) 가  
가  
(myopathy, :  
) (neuropathy, : )  
가  
(impacted stool),  
3. 가 가가  
가  
1 KUB  
가 가가 (radio-  
opaque marker) Levin tube 1~2 mm  
20  
가  
가  
4 5  
KUB 가  
80% KUB  
가 5  
(slow transit)  
(abnormal defecation)



1.

2.

(placebo)

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가

(biopsychosocial disorder)

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(6).

(5).

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(2).

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## 2.

1. Pain and bloating	<ul style="list-style-type: none"> <li>• Anticholinergics(cimetropium)</li> <li>• Calcium antagonist(alverine, pinavarium, octilonium, mebeverine)</li> <li>• Opiate agonist(trimebutine, fedotozine)</li> <li>• Tricyclic or SSRI</li> <li>• 5HT<sub>3</sub> antagonists(alosetron, cilansetron)</li> <li>• 5HT<sub>4</sub> agonist(cisapride, tegaserod)</li> <li>• COX2 inhibitor?</li> <li>• Antibiotics or probiotics?</li> </ul>	가	( 2).
2. Constipation	<ul style="list-style-type: none"> <li>• Dietary fiber(20 g/day)</li> <li>• Psyllium</li> <li>• 5HT<sub>4</sub> agonist(cisapride, tegaserod)</li> </ul>	2.	
3. Diarrhea	<ul style="list-style-type: none"> <li>• Loperamide, Diphenoxylate</li> <li>• Cholestyramine(bile related; cholecystectomy)</li> <li>• Antibiotics?</li> </ul>		
4. Major depression or a history of abuse	<ul style="list-style-type: none"> <li>• Psychological treatment               <ul style="list-style-type: none"> <li>cognitive - behavioral treatment</li> <li>psychotherapy</li> <li>stress management program</li> </ul> </li> <li>• Psychotropic medication               <ul style="list-style-type: none"> <li>tricyclic antidepressants( amitriptyline, imipramine)</li> <li>serotonin reuptake inhibitor(flouxetine, paroxetine)</li> </ul> </li> </ul>	가	
		3	(7). 3
		가	69%
(lactose intolerance)		68%(23 ~ 87%)	31%(22 ~ 66%)
		가	
		73%(39 ~ 89%)	41%(13 ~ 69%)
			. Poynard
		meta - analysis	mebeverine, octylonium, cime-
	diphenoxylate loperamide	tropium	가
	. Loperamide		
	가		(8).
(3).			
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3.		(meta - analysis)							
		N	Duration (Weeks)	Abd. pain			Overall Assessment		
				Drug	Placebo	P	Drug	Placebo	P
Mebeverine	PG	40	16	23%	28%	NS			
	XO	24	8	83%	33%	<0.05	83%	33%	<0.05
	XO	60	2	71%	22%	<0.001	71%	25%	<0.001
Peppermint oil	PG	36	8				81%	55%	<0.01
	XO	29	2				83%	17%	<0.001
	XO	41	2				39%	52%	NS
	XO	18	3				50%	13%	<0.01
Octylonium	XO	60	2	73%	22%	<0.001	71%	25%	<0.001
Prifinium	XO	18	3				78%	33%	<0.01
Trimebutine	XO	20	4	60%	20%	<0.01			
	PG	30	24	75%	66%	NS	62%	68%	NS
Cibetropium	PG	35	24				89%	69%	<0.05
	PG	15	24	80%	28%	<0.05			
	PG	48	24	87%	16%	<0.01	87%	24%	<0.01
Dicyclomine	PG	49	2	56%	41%	<0.05	84%	53%	<0.01
Buscopan	PG	182	4				76%	64%	<0.001

(ispaghula, psyllium) plantago  
 25 ~ 30 g 가 seed  
 가 (methylcellulose)  
 (polycarbophil)  
 가  
 가 (9).  
 가  
 (bran), (psyllium, ispaghula, plant seed  
 mucilage), (agar), (karaya, plangums, 가  
 sterculia), (methylcellulose), 가  
 (polycarbophil) ( ; senna)

가 3. 5-HT (hydroxytryptamine) 5-HT 5-HT 14가 5-HT<sub>3</sub> 5-HT<sub>3</sub> alosetron FDA 가 가 가 5-HT<sub>3</sub> cilansetron 2 가 tegaserod 5-HT<sub>4</sub> Tegaserod (10, 11). ( : amytriptyline 5~10 mg, trazodone 50~200 mg). 가 가 가 Serotonin reuptake inhibitor (fluoxetine, sertraline, paroxetine) 가 Serotonin reuptake inhibitor 2 venlafaxine buspirone paroxetine (afferent hypersensitivity) opioid Periphera kappa opioid agonist fedotozine

- madoline
- asi-
- 가
- Enkephalin, substance P, TRH, 5-HT, cholecystokinin . NK1
- NK3
- 가 probiotics
- 가
- 가
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