



Inflammatory Bowel Disease (IBD)

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Why in News?

Recently, **Inflammatory Bowel Disease (IBD)** comprising primarily **Ulcerative Colitis** and **Crohn's Disease** has been on the rise globally.

What is Inflammatory Bowel Disease (IBD)?

- **About:** IBD is an **umbrella term** for **chronic inflammatory** conditions affecting the **gastrointestinal (GI) tract**.
 - **Two main forms of IBD:**
 - **Crohn's disease:** It can **affect any part** of the **digestive tract**, from mouth to anus. Inflammation can be patchy, meaning areas of healthy tissue can be interspersed with inflamed areas. It often **affects** the **deeper layers** of the bowel wall.
 - **Ulcerative colitis:** Limited to the **inner lining (mucosa)** of the large intestine (colon) and rectum. The inflammation is continuous, affecting the entire colon in severe cases.
- **Causes:** The exact cause of IBD remains unknown, but research suggests a **complex interplay of factors like genetics, immune system and environmental factors**.
- **Symptoms:** Abdominal pain and cramping, diarrhea, often bloody, urgent need to have a bowel movement, weight loss and fatigue.
- **Treatment:** There is **no cure for IBD**, but treatments aim to **manage symptoms** and induce remission. These include **medications, dietary modifications and surgeries**.
- **Challenges in India:**
 - The incidence of IBD has almost **doubled in India** from 1990 to 2019, underscoring an urgent need for early detection to facilitate better treatment outcomes.
 - Diagnosing IBD in India presents unique challenges, especially in distinguishing between Crohn's Disease and intestinal **tuberculosis due to similar clinical symptoms**.
 - Lifestyle changes, including a shift towards a **Westernized diet**, are cited as **contributing factors** to the rising incidence of IBD in India.

Note

IBD is a **chronic inflammatory disease** of the digestive tract influenced by genetic, immune, and environmental factors, whereas Irritable Bowel Syndrome (IBS) is a **non-inflammatory functional bowel disorder** possibly linked to altered gut-brain interactions, heightened gut nerve sensitivity, or digestive muscle contraction issues.

UPSC Civil Services Examination, Previous Year Questions (PYQs)

Prelims:

Q. Which one of the following statements best describes the role of B cells and T cells in the human body? (2022)

- (a) They protect the body from environmental allergens.
- (b) They alleviate the body's pain and inflammation.
- (c) They act as immunosuppressants in the body.
- (d) They protect the body from diseases caused by pathogens.

Ans: (d)

Q. In the context of hereditary diseases, consider the following statements: (2021)

1. Passing on mitochondrial diseases from parent to child can be prevented by mitochondrial replacement therapy either before or after in vitro fertilization of the egg.
2. A child inherits mitochondrial diseases entirely from mother and not from father.

Which of the statements given above is/are correct?

- (a) 1 only
- (b) 2 only
- (c) Both 1 and 2
- (d) Neither 1 nor 2

Ans: (c)