

The digestive system is made up of GI (Gastrointestinal) tract, liver, pancreas and gallbladder. GI tract includes of mouth, esophagus, stomach, small intestine, large intestine, and anus.

Process of Digestion

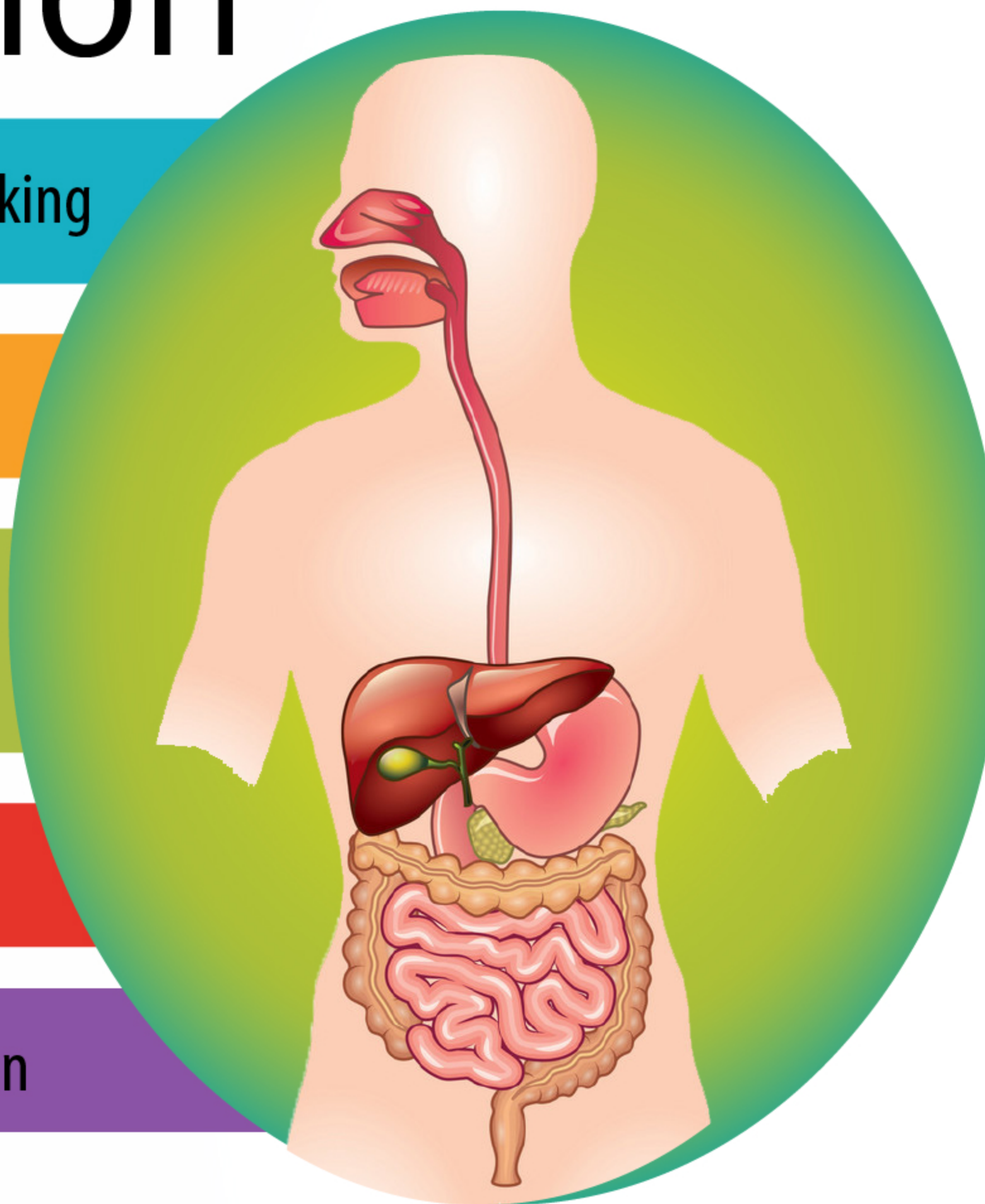
Ingestion of food into alimentary tract ie, eating and drinking

Propulsion: Movement of food along the alimentary tract

Digestion: Mechanical breakdown of food by chewing; Chemical digestion by enzymes and accessory organs

Absorption of food molecules and nutrients by intestines.

Elimination of absorbed and undigested food particles by defaecation

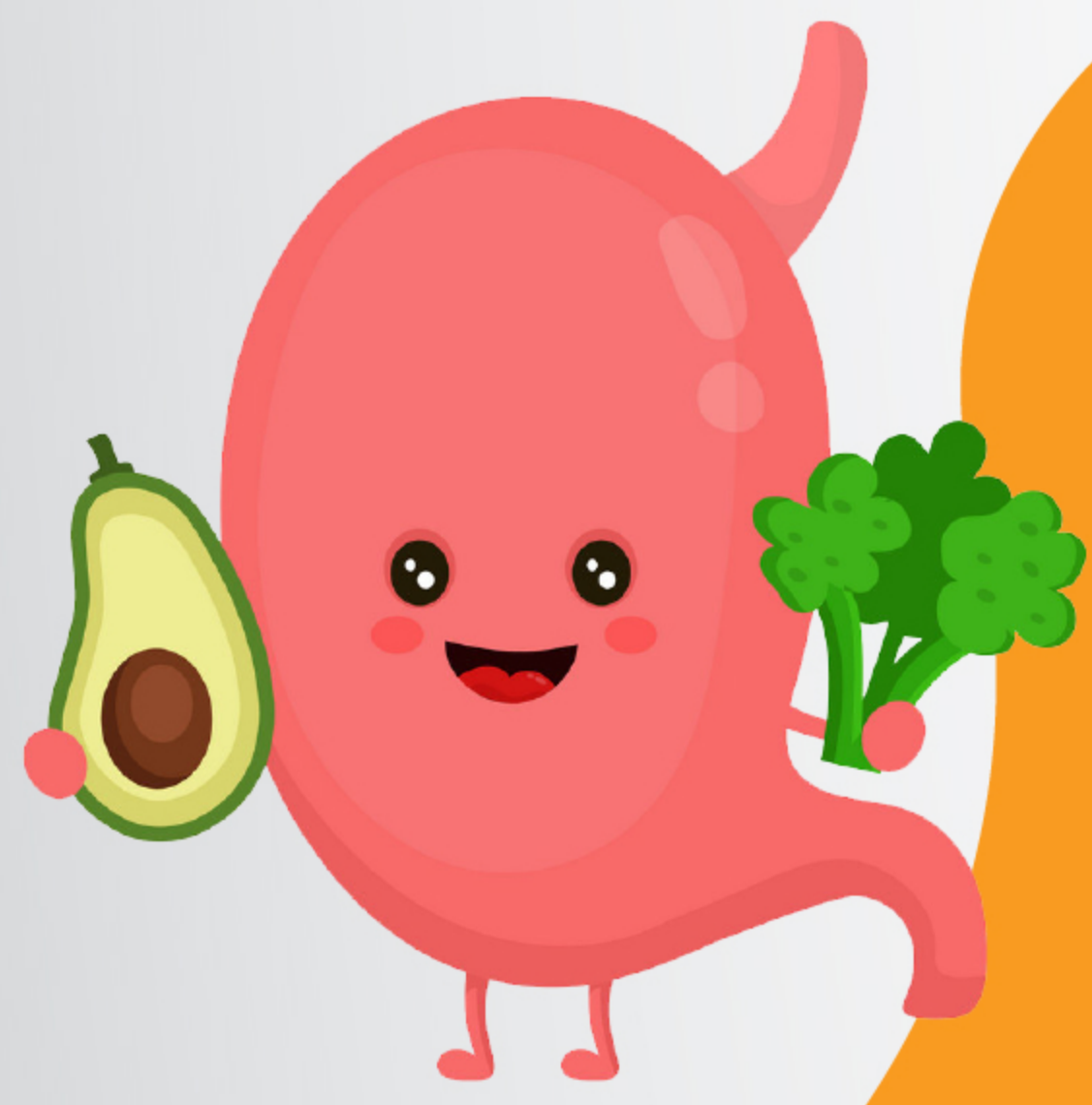


COMMON DIGESTIVE DISORDERS FACED BY INDIANS

- ▶ Indigestion
- ▶ Constipation
- ▶ Diarrhea
- ▶ Lactose intolerance
- ▶ Celiac disease
- ▶ Irritable Bowel Syndrome (IBS)
- ▶ Inflammatory bowel disease (IBD)

GUIDELINES FOR A HEALTHY DIGESTIVE SYSTEM

- ▶ Eat a well-balanced diet that consists of good amount of fibre.
- ▶ Be consistent of fat intake, consume healthy fats and avoid saturated fats.
- ▶ Drink adequate amount of water Avoid eating large meals, instead eat small frequent meals
- ▶ Eat slowly and regularly, avoid skipping meals
- ▶ Avoid drinking large amounts of fluids alongside food.
- ▶ Exercise regularly to stimulate intestinal and abdominal muscles
- ▶ Reduce or manage stress levels, as stress can disturb the balance of digestive system



Gut friendly foods

Diet and medication have a strong influence on gut microbiota composition

◆ **Probiotics:** Restore healthy functions and composition of gut microbiota and thus help maintain a healthy gut. Good sources of probiotics include, yogurt, kefir, buttermilk, cheese, fermented cucumbers.

◆ **Prebiotics:** Help stimulate the growth and activity of good bacteria in the gut. Sources of prebiotics include, banana, garlic, asparagus, wheat, soybean, seaweed and cow's milk etc.

◆ **Dietary fibre:** Regulates bowel movements and helps relieve constipation, it also influences gut microbiota composition and is related to better health. Whole grains, fruits, vegetables and nuts are good sources of dietary fibre.

Gutmicrobiome

Microorganisms present in the GI tract are collectively defined as gut microflora or gutmicrobiome

One of the component for good digestive health is to have a healthy gut microbiome.

Gut microbiome in action

- Improves digestion
- Important role in nutrient absorption
 - Synthesis of vitamins and enzymes
 - Production of SCFA (short chain fatty acids)
- Helps prevent infections by improving the gut mucosal barrier.
- Helps improve the condition of digestive disorders such as IBD and IBS



Diversity of gut microbiota is a good indicator of a "healthy gut"
#Happy Gut, Happy you

