

FUNCTIONAL DYSPEPSIA REDEFINED: EVIDENCE SUPPORTING INFLAMMATORY DYSPEPSIA – A SYSTEMATIC REVIEW

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Poster

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A systematic review of 14 studies finds that specific dietary factors including FODMAPs, gluten, capsaicin, and herbal remedies significantly influence functional dyspepsia symptoms, prompting the authors to propose reclassifying the condition as inflammatory dyspepsia.

KEY POINTS

- A low FODMAP diet significantly improved functional dyspepsia symptoms ($p=0.04$), and gluten intake was linked to early satiety ($p=0.03$).
- Capsaicin significantly exacerbated symptoms ($p<0.001$) and spicy foods were associated with increased gastric fullness ($p=0.001$).
- Peppermint-caraway oil ($p<0.00001$) and cinnamon oil ($p<0.001$) demonstrated significant symptom relief, while ginseng-based herbal porridge achieved higher remission rates by day 90 compared to placebo (45.71% vs 20.69%, $p=0.036$).
- Amitriptyline relieved symptoms in 53% of patients, outperforming placebo (40%) and escitalopram (38%), particularly in ulcer-like functional dyspepsia.
- The authors propose the term inflammatory dyspepsia to better reflect the role of dietary triggers and immune pathways in symptom generation, though large-scale trials are needed to confirm findings.

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