

## Future Perspective of Nutrition in Gastro Intestinal Disease

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Nutrition Therapy is imperative in the treatment of gastrointestinal (GIT) disorders irrespective of the causative factors. However, we need enormous efforts in the research area to find out solutions to the nutrition challenges faced during the treatment of GIT disorders.

Non Alcoholic Fatty Liver Disease (NAFLD) is a public health concern globally, the worldwide prevalence of NAFLD is 25% [1]. Lifestyle modification by managing diets to correct obesity/overweight has scientifically shown improvement histologically and can be proven beneficial beyond the drug therapy for high risk NASH patients [2]. It is recommended to develop strategies at the community level for both preventive and curative interventions to combat the predictive higher prevalence of cirrhosis from NASH in next 20 years [3].

Moreover, excessive alcohol consumption along with endogenous production of alcohol by the gut microflora has shown to increase the gut permeability due to destruction of intestinal epithelium. Due to high concentration of bacterial endotoxin in the portal circulation leading increased inflammation of the liver tissue and fibrosis. Therefore, it is crucial to understand the role of symbiotic relation of microbial cells with host in aetiology of diseases [4,5]. Hence, there is need to comprehend in depth knowledge of this relationship [3].

Irritable Bowel syndrome (IBD) has been associated with the dysbiotic microbiome, though its role in the etiopathophysiology is unclear. Furthermore, the beneficial effect of microbiome in the treatment of IBD has been proved to be highly convincing. Consequently, a more detailed cognizance of diet, host immunity and gut microbiome and complete genetic profile is of paramount impor-

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tance to plan effective nutrition intervention for disease treatment [6].

Latest research has suggested that 1/3<sup>rd</sup> of the acute pancreatitis patients develop prediabetes/diabetes mellitus within 5 years and about 40% of the patients develops exocrine pancreatic insufficiency. Moreover its is important to identify biomarkers and its efficacy, accuracy, reliability and utility for nutrition evaluation and providing effective medical nutrition therapy for chronic pancreatitis [7,8].

The significance of nutrition is scientifically proven to improve the gastrointestinal health. Various enzymes, cofactors, and energy is synthesized from nutrients which aid in the maintenance of cellular integrity and functionality of digestive system. Certain nutrients act as a potent antigen/pathophysiologic activators in development of food allergies, intolerances and sensitivities. The importance of gut microbiota among GI disorders has been mentioned above, furthermore its importance in controlling the systemic effect has been seen in other disorders of liver, cardiovascular, CNS, renal, lung and immunological [9,10].

Medical Nutrition Therapy is an essential component of patient treatment with GI disorders, it crucial to continuously work on generating robust data on nutrition intervention to improve patient health condition in a wholistic and cost effective manner.

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