Effect of Berberine on Diarrhea-Predominant Irritable Bowel Syndrome and its Improvement in Inflammatory Factors

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SUMMARY. This study was designed to explore the effect of Berberine on the treatment with diarrhea-predominant irritable bowel syndrome (IBS) and its improvement in inflammatory factors. Sixty-eight patients with diarrhea-predominant IBS were divided into two groups according to the treatment methods. The control group was treated with probiotics while the study group was treated with berberine. Then the clinical efficacy and inflammatory factors before and after treatment in two groups of patients with IBS were observed and compared. The efficacy of the study group was better than control group ($p < 0.05$). After treatment, the levels of IL-8 and TNF in the study group were lower than those in the control group ($p < 0.05$), while IL-10 was higher than that in the control group ($p < 0.05$). The application of berberine in the treatment of patients with diarrhea-predominant IBS is effective and can significantly improve the symptoms and inflammatory factors of patients, which is worthy of application and promotion.

KEY WORDS: berberine, diarrhea-predominant irritable bowel syndrome, probiotics

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