
SYNOPSIS

Dissertation Topic:

**EXPLORING DOCTORS' VIEWS ON PHGG WITH L-THEANINE: A NATURAL
ALTERNATIVE TO LAXATIVES FOR CHILDHOOD CONSTIPATION**

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TITLE

EXPLORING DOCTORS' VIEWS ON PHGG WITH L-THEANINE: A NATURAL ALTERNATIVE TO LAXATIVES FOR CHILDHOOD CONSTIPATION

Abstract:

This study assesses healthcare professionals' awareness and perceptions of using Partially Hydrolyzed Guar Gum (PHGG) with L-theanine for treating childhood constipation compared to traditional laxatives. An exploratory, descriptive study involving 65 healthcare providers used surveys to gather data. Results showed 84.6% were aware of PHGG with L-theanine, with most finding it more effective than traditional laxatives; 53.8% rated it as significantly more effective, and 30.8% as slightly more effective. Additionally, 76.9% reported no side effects, 46.2% believed it supports the gut-brain axis, and 61.5% found it easier to administer. High satisfaction levels were noted, with 53.8% of parents and children very satisfied, and 38.5% agreeing it is a viable long-term solution. The study highlights a positive perception of PHGG with L-theanine, emphasizing the need for further research, educational initiatives, and evidence-based guidelines for its use in pediatric healthcare.

Introduction:

Childhood functional constipation (FC) is a significant global health issue, characterized by infrequent and painful bowel movements, fecal incontinence, stool withholding, and occasionally passing large stools, adversely affecting children's quality of life. The economic impact includes substantial public expenditure on healthcare services. FC is a prevalent functional gastrointestinal disorder (FGID) in childhood, with consistent prevalence worldwide, though it appears less common among Asian children compared to American and European counterparts, likely due to dietary habits, cultural practices, and toilet training norms. The association between socioeconomic status and FC remains debated, with some studies suggesting a higher prevalence among children from lower social classes. FC involves interactions between the gut and the brain, with risk factors categorized into centrally mediated factors and gut-related mechanisms, all contributing to anorectal dysfunction and fecal retention. Understanding these risk factors is crucial for effective management.

Literature Review

Childhood constipation, with prevalence rates ranging from 0.8% to 28%, often relapses after treatment. Recommended treatments include toilet training, high-fiber diets, and long-term laxatives. Dietary fiber is essential, and small studies show glucomannan improves defecation frequency and stool consistency. However, evidence on the best fiber sources is limited. Partially hydrolysed guar gum (PHGG), a low-viscosity, fully fermentable fiber, shows promise but lacks studies on its use for childhood constipation. Functional gastrointestinal disorders (FGIDs), including chronic abdominal pain (CAP) and irritable bowel syndrome (IBS), affect many children. FGIDs involve symptoms without structural abnormalities, influenced by psychological and dietary factors. PHGG, known for health benefits, may improve bowel patterns and reduce pain, with adult studies showing symptom relief in IBS and FAP. This study evaluates PHGG's effects on constipation, intestinal microbiota, and mental health, finding improvements in fecal characteristics and quality of life, suggesting PHGG's potential as a beneficial fiber source for managing childhood constipation and FGIDs.

Objective:

The primary objective is to investigate doctors' viewpoints on the use of partially hydrolysed guar gum (PHGG) with L-theanine as an alternative to traditional laxatives for childhood constipation. The objectives include assessing doctors' awareness and perceptions of PHGG with L-theanine, evaluating their understanding of its safety and efficacy compared to conventional treatments, and examining current prescribing practices. Additionally, the study seeks to identify barriers and facilitators influencing doctors' decision-making, compare their attitudes towards PHGG with L-theanine versus traditional laxatives. Furthermore, it aims to explore doctors' experiences with patient satisfaction and compliance when using PHGG with L-theanine for childhood constipation.

Research Methodology:

Study Design: The study employs an Exploratory with Descriptive study design to assess the market.

Setting: This study will involve primary research aimed at gathering data from surveys, legal documents, regulatory documents, and existing reports.

Study Population: Healthcare providers.

Sampling Technique: Non-Probability Convenient Sampling

Sample Source: Primary and Secondary research sources

Data Analysis Plan:

Surveys and reports will be analysed using MS Excel, if necessary.

Ethical Considerations:

Considering ethical aspects when conducting research is as important as choosing appropriate research approaches and methods. Since informed consent has been taken from the professionals before asking for the collection of data for Exploring doctors' views on PHGG with l-theanine: a natural alternative to laxatives for childhood constipation also all the secondary data is collected from open sources which do not claim any privacy about the data. Also, the data and study would be used for the academic purpose only.

Conclusion:

In conclusion, healthcare professionals show a positive perception of Partially Hydrolysed Guar Gum (PHGG) with L-theanine as an effective and safe alternative to traditional laxatives for childhood constipation. The survey highlights high awareness, minimal side effects, ease of administration, and strong support for its potential benefits, including gut-brain axis support. High satisfaction levels among parents and children further endorse PHGG with L-theanine as a viable long-term solution, reflecting a growing preference for natural treatment options in clinical practice.

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