

Independent Study Title	The Effectiveness of Synbiotic Capsule in Improving Constipation in Nong Chok District Populations, Bangkok, Thailand
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ABSTRACT

Synbiotic is an emerging therapeutic agent which may alleviate the symptoms of constipation. We investigated the effectiveness of synbiotic capsule containing fructo-oligosaccharide, inulin, fibers, *Bifidobacterium animalis* subsp. *lactis* BB12, *Bifido-bacterium longum*, *Lactobacillus acidophilus*, *Lactobacillus paracasei* and *Streptococcus thermophilus* in improving the symptoms of constipation in Nong Chok District populations, Bangkok, Thailand. A total of 20 constipated adults diagnosed using Roma III criteria were randomized and given placebo (control group) and synbiotic capsule (treatment group) to be consumed twice daily. Follow up was done after 7 days intervention based on a questionnaire which include an assessment of symptoms of constipation. As the results show the average score of treatment group seem to be similar with control group. However, the treatment group had significantly decreased ($p<0.05$) in abdominal symptoms (pain) compared with before treatment. The results suggest that synbiotic capsule is effective in improving abdominal symptoms (pain). Therefore, synbiotic capsule may be used as an alternative treatment for functional constipation.