Section1
Information regarding Project

Contract number- RG/2005/HS/13
Title of the Project-"Irritable Bowel Syndrome (IBS):an inflammatory disease."
Principal Investigator-Dr.A.P.de Silva
Co-Investigators-Dr.A.S.Dassanayake
Prof.H.J.de Silva
Institution-Faculty of Medicine, University of Kelaniya
Date of award-27.7.2005
Date of completion of project-15.12 2009
Total allocation of funds Rs.400000
Total spent- Rs 637789.00
Number of research students employed –One student
Post graduate degree completed with dates -None
Number of Technical Assistants employed-One
Publications during the reporting period-Three

Section 2
Executive Summary of the Project

Background
There is evidence for potential roles for gut flora and the host immune response in the pathophysiology of IBS, and especially, for low grade colonic mucosal inflammation in the pathophysiology of post-infectious IBS.
Objectives
To determine whether mucosal inflammatory cytokines; IL1, TNF alpha,IL10 play a role in the pathogenesis of IBS
To investigate for evidence of sub-clinical intestinal mucosal inflammation in diarrhea-predominant IBS (IBS-D) in a tropical setting.
Methodology
In a prospective study we investigated 49 patients with IBS-D based on Rome III criteria. All patients had normal ESR, CRP, TSH and stools reports. 14 individuals with a family history of colon cancer were selected as controls. Stools of patients and controls were tested for calprotectin. During colonoscopy, serial biopsies were obtained from the ileum, caecum, ascending, transverse and descending colon, and rectum. In addition to histology, tissue expression of IL-8 and IL-10 were assessed in biopsy specimens using semi-quantitative RT-PCR.

Major findings
- Colono-ileoscopy was macroscopically normal and faecal calprotectin was undetectable in cases and controls.
- Tissue expression of IL-8 was significantly higher and IL-10 significantly lower in cases compared to controls. There was a significant inverse correlation between IL-8 and IL-10 expression.