

# Nervous Stomach Ache

**N***ervous stomach* can not really be categorized under any specific disease. Doctors typically use this term for a selection of stomach-related conditions such as indigestion, bloating, or perhaps changes in bowel habits. Diagnosis is usually done by a doctor after diagnostic tests fail to reveal a particular cause. Most of the time, it is a result of stress and/ or anxiety.

## Symptomatic Treatment

The main goal of the treatment is to manage and relief the signs, and to help the patient to lead a normal life. Note that no single treatment for the condition produces finest results for everyone. The patient has to work with his/her doctor and choose what's best.

## Cause - Crohn's Illness

This inflammatory bowel disease triggers swelling in the lining of the digestive tract, thus, causing intestinal cramping, diarrhea, stomach pain, blood in stools and malnutrition. Crohn's illness is a very serious condition and can even be life-threatening.

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