

Antispasmodics

It is believed (no evidence) that digestive disorders are caused by "spasms (severe contractions)" in muscles of the gastrointestinal tract. The muscles usually contract and then relax in order to move the food out of the stomach, small intestine and large intestine so that it can be stored as waste in the rectum.

The rectum gets full then it starts contractions that result in a bowel movement. The antispasmodic digestive drugs relieve spasms by blocking the action of the natural chemical made by the body called acetylcholine, which causes smooth muscles to contract. Drugs that block acetylcholine are called anticholinergics.

Anticholinergics slow down (decrease) the rate of acid secretion in the stomach. This causes rapid heartbeats, hesitance in urination, dry mouth, constipation and inadequate metabolism of food.

They essentially stop digestion and keep the food in the gastrointestinal tract. They do not address the cause of poor digestion such as wrong food combinations, fried foods, eating late at night, drinking and eating at the same time, improper chewing of food, weak digestive enzymes, and liver and pancreas problems.

Antispasmodics weaken the contractions of the heart which decreases blood circulation, weaken the filtering ability of the kidney, weaken the natural contractions of the muscles of the arteries, vagina, uterus, prostate, and weaken all the valves (veins, heart, eyes) and sphincter muscles contractions (bladder, anus, stomach).

Their effect is not limited to digestion.