HEALTHY NEWS

The Most Frequent Symptoms of a Gallbladder Problem (It's Best NOT to Avoid Them)

By bestfolkmedicine · 23/09/2022 · 3 min read



Our gallbladder is a pear-shaped, 4-inch-sized organ. It's located under our liver, in the upper, right section of the belly.

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This organ stores bile. This is a combo of fat, fluids, and cholesterol. Bile is necessary to dissolve fat from the foods we consume in our intestines.

This bile is delivered into the small intestine. This ensures fat-soluble vitamins and nutrients are better absorbed in the blood.

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Any type of illness which attacks the gallbladder is a gallbladder illness. These are gallbladder inflammation which can be chronic or acute, a bile duct infection when the duct is obstructed, gallbladder polyps, porcelain gallbladder, cancer of the gallbladder, and gallstones.

Below, check out the common symptoms of a problem with your gallbladder, and always consult your physician if you experience any of them.

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The Most Common Signs of a Gallbladder Problem

- **Pain in the back**

A gallbladder attack may cause a sharp pain in the middle to the upper back area.

According to the Scandinavian Journal of Gastroenterology, more than 50% of people with gallbladder illnesses reported pain spreading from the front to the back.

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- **Right upper abdominal pain**

If you're dealing with a gallbladder problem, you may experience a strong ache in the upper right part of the abdomen, under the ribs.

This pain is usually linked with gallstones, cholangitis, and cholecystitis. The pain is constant and deep.

- **Nausea and vomiting**

If you feel like you're going to vomit or you're constantly feeling nauseous and experiencing abdominal pain, it may be a signal of some gallbladder problem.

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The digestive discomfort is often accompanied by a throbbing intestinal ache which doesn't go away when you pass stool or gas.

- **Diarrhea**

If you're dealing with acute or chronic gallbladder dysfunction, diarrhea may be a frequent struggle for you.

Diarrhea may happen with gallstones, especially after consuming fatty and spicy foods. This is because the bile isn't optimally efficient in digesting the fats.

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Ginger consumption may be of aid for diarrhea bouts and it will also have a soothing effect on the digestive system.

- **Pain in the right shoulder**

Gallbladder pain may radiate towards the right shoulder. If you have an inflamed gallbladder and swelling, this will irritate the phrenic nerve and you won't just struggle with abdomen pain after fatty meals, but also a dull ache in the right shoulder area.

- **Severe bloating**

Severe bloating, followed by abdominal discomfort, may be a symptom of gallbladder inflammation.

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Moreover, you may also have a tender upper right abdomen and the bloating may last for as long as the attack.

- **Acid reflux or bile reflux**

Bile reflux may happen due to a gallbladder problem. The digestive juices go back into the stomach and result in a serious burning sensation in the belly, abdominal ache, heartburn, and even vomiting up bile.

Acid reflux differs from bile reflux. It happens when the surplus stomach acid goes back into the esophagus. People with gallstones often complain of indigestion symptoms like reflux or heartburn.

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- **Changes in the color of the stool and urine**

Gallbladder dysfunction may result in a change in the color of the urine and stool. The urine may become dark brown and a whitish or gray stool.

Sources:

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