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Kauvery Institute of Digestive Sciences opens in Chennai

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Digestive health issues affect a significant proportion of the Indian population



With digestive disorders emerging as one of the most common yet under-addressed health concerns in India, Kauvery Hospital, Vadapalani, Chennai has announced the launch of the Kauvery Institute of Digestive Sciences, a specialised clinical initiative focused on coordinated, evidence-based care for gastrointestinal and liver diseases, alongside preventive and lifestyle-oriented interventions.

Digestive health issues affect a significant proportion of the Indian population. According to a nationwide survey, nearly 7 in 10 urban Indians (around 70%) experience digestive problems such as acidity, bloating, constipation or indigestion on a regular basis, yet many delay medical consultation until symptoms become severe.

Further studies indicate that over 56% of Indian households report multiple digestive complaints, highlighting the widespread nature of gastrointestinal distress across age groups.

Medical experts attribute this growing burden to changing dietary patterns, high consumption of ultra-processed foods, irregular meal timings, chronic stress, sedentary lifestyles and inadequate sleep. Alarmingly, clinicians are also observing a rise in digestive disorders among younger adults and adolescents, including functional bowel disorders and inflammatory bowel disease (IBD).

In addition to clinical services, the institute will actively promote digestive wellness through awareness initiatives focusing on balanced nutrition, adequate fibre intake, hydration, stress management and sleep hygiene - key factors known to influence gut health outcomes.