

PRASIDA AYURVEDA CLINIC

ACIDITY

The burning problem!

Acidity happens to be the most common condition that affects our digestive system. This condition is identified in Ayurveda as **Amla Pitta** where un-digested food associated with excessive acidic secretions create nausea and burning sensation in the chest, epi-gastric region and discomfort in the abdomen. G.E.R.D or Gastro Esophageal Reflux Disease is a result of mismanaged chronic acidity.

Apart from the main precursor stress, there are many other factors that contribute to the condition –

- Eating before the digestion of previous meal (eating when you are not actually hungry).
- Not chewing food thoroughly.
- Drinking un-boiled milk.
- Consuming paneer, chena and cheese in excess (products of coagulated milk).
- Taking unformed yogurt / curds.
- Excessive oil, salt, tamarind and spices.
- Sleeping in day time or sleeping soon after a meal.
- Taking stale foods.
- Consuming re-heated foods.
- Eating food stuffs containing preservatives.
- Eating food stuffs made from Hydrogenated Vegetable Fats (tradenames : dalda / vanaspati)

One or many of these causative factors slow down gastro-intestinal motility leading to stagnation of contents and start creating digestive disturbances like heaviness in abdomen, acidic burps, headache, discomfort in the chest, flatulence, lethargy, burning sensation in chest and abdomen. People usually have an aggravated version of one or two or many of the mentioned symptoms and vaguely express their symptoms as 'gastric' / acidity / gas.

Prevention :

- The first and the best way to prevent acidity is to avoid the above mentioned causative factors.
- Regular practice of Yoga (Asana and Pranayama) and manage stress effectively.
- By following **Dinacharyā** the daily regimen mentioned in the tenets of Ayurveda
- Taking nutritious foods that are freshly prepared and warm.
- Avoiding indigestion
- Ensure that you have a satisfactory bowel movement daily as soon as you wake up
- Regularising meal time and sleep cycles.
- Not to suppress natural urges like hunger, thirst, sleep, urination, bowel etc

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Do it yourself:

To manage a condition of acidity you need to follow all the preventive aspects mentioned previously and in addition to that

- Chewing a few pieces of slightly salted fresh ginger and lemon juice in the beginning of a meal.
- Take at least a couple of glasses of well churned buttermilk seasoned with ginger, black pepper, salt, cumin seeds and fresh coriander along with each meal.
- Warm cumin boiled water sipped regularly would be of great help to ease the condition of acidity. (method : three teaspoons of whole cumin, boiled in a litre of water and stored in a thermos flask, taken warm, sip by sip like herbal tea)
- Include bitter vegetables like karela and patola in regular diet.
- In case of Nausea; take a bowl of roasted laaja (locally known as dhaan ka khai / popped rice), this is a quick fix !
- Tender coconut water with a teaspoon of palm sugar / taal mishri.
- Good quality raisins / black currants (about 20) to be chewed.
- Take one fruit of pomegranate daily, remember to chew and swallow the seeds as well.
- Fresh warm soups at dinner, seasoned with fresh ginger, black pepper, cumin, asafoetida, saindhav salt, turmeric, lemon and butter.
- Replace table salt with Saindhav salt, consider brands like PURO, Tata Salt Lite or organic brands.
- **Drink solids and eat liquids !** Meaning you need to chew the solids so thoroughly that you should be able to gulp it down like a liquid, and when it comes to liquids you need to consume it sip by sip and that too slowly, this facilitates adequate salivary secretion and allied enzyme action that translates into good oral stage of digestion.

Herbs that can help:

- Triphala, Yashtimadhu, Katuki, Chiriata (kirata tikta), Ginger, Amalaki, Haritaki.

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