

**DIFFERENT HOME REMEDIES FOR ACIDITY TREATMENT****Nemane Pravin Sheshrao*, Nakhate S. T. and Hingane L. D.**

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Corresponding Author*Nemane Pravin Sheshrao**Assistant Prof., Principal,
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Beed.**ABSTRACT**

Millions of people experience acid reflux and heartburn. The most frequently used treatment involves commercial medications, such as omeprazole. However, lifestyle modifications may be effective as well. Simply changing your dietary habits or the way you sleep may significantly reduce your symptoms of heartburn and acid reflux, improving your quality of life. What Is Acid Reflux and What Are the Symptoms? Acid reflux is when stomach acid gets pushed up into the esophagus, which is the tube that carries food and drink from the mouth to the stomach. Some reflux is totally normal and harmless,

usually causing no symptoms. But when it happens too often, it burns the inside of the esophagus. An estimated 14–20% of all adults in the US have reflux in some form or another. The most common symptom of acid reflux is known as heartburn, which is a painful, burning feeling in the chest or throat. Researchers estimate that around 7% of Americans experience heartburn daily. Of those who regularly experience heartburn, 20–40% are diagnosed with gastroesophageal reflux disease (GERD), which is the most serious form of acid reflux.

INTRODUCTION

We often hear people say, ‘I have acidity problems.’ But have you ever wondered what they mean by it? What happened when someone says they are suffering from acidity? How is acidity caused? What can you do to relieve the suffering caused by acidity? To answer all these questions, you must first understand what acidity means.

Acidity, also called acid reflux, is a condition that is characterised by heartburn that is felt around the lower chest area. It is a common condition that occurs when stomach acid flows back up into the food pipe. The most common acid reflux symptom is a burning sensation in the chest, and pain. While most people suffer in pain, they do not realise that poor lifestyle choices are the main reason behind acidity.

What is Acidity: Symptoms, Treatment and Home Remedies



The food we eat goes into our stomach through the oesophagus. The gastric glands in your stomach create acid, which is necessary to digest the food. When the gastric glands create more acid than needed for the digestion process, you tend to feel a burning sensation below the breastbone. This condition is commonly called acidity.

When acidity symptoms occur more than twice a week, your doctor may diagnose you with Gastroesophageal reflux disease or GERD. Chronic acidity may lead to serious risks that include.

- Oesophagus damage: Oesophagus is the tube that connects your mouth to your stomach. When acid moves back up and enters the oesophagus, it sets the stage for esophageal ulcers, oesophagitis, esophageal strictures, and Barrett's Oesophagus.
- Increased risk of oesophagus cancer, which is more likely if you have a history of the condition in the family.
- Acid reflux can wear down the enamel of your teeth and lead to cavities.

Causes of acidity

Acidity is caused due to excess production of acid in the stomach by the gastric glands. Factors that cause acidity include.

1. Unhealthy eating habits

- Skipping meals or eating at irregular times
- Eating just before sleeping

- Overeating
- Consumption of spicy food
- High intake of table salt

Diet low in dietary fiber



2. Excessive consumption of certain food

- Drinks such as tea, coffee, carbonated drinks, soft drinks
- Extremely spicy food

Fat rich food such as pizza, doughnuts, and fried food



Side-effects of certain temporary medications as well as existing medications

It includes medications such as

- Non-steroidal anti-inflammatory drugs

- Medicines for high blood pressure
- Antibiotics

Depression and anxiety medications



4. Stomach disorder such as gastroesophageal reflux disease, tumours, peptic ulcers, among others.

5. Other causes include

- Consumption of non-vegetarian food
- Excessive stress
- Lack of sleep
- Frequent smoking
- Lack of physical exercise
Frequent consumption of alcohol

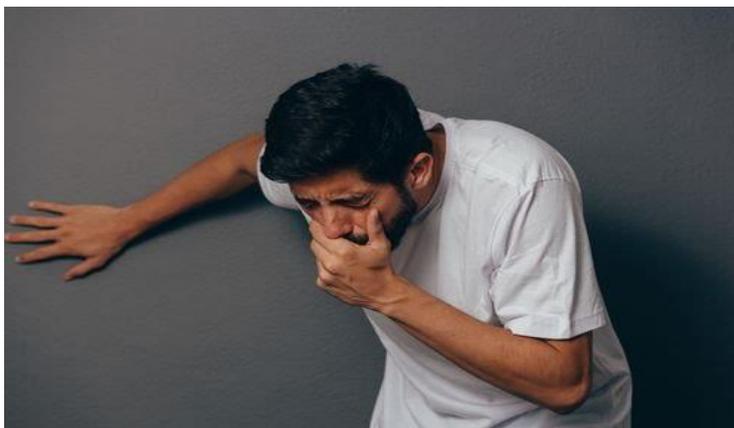


Acidity symptoms

Acidity symptoms differ from one person to another. Most things that contribute to gas also lead to acidity meaning, gas and acidity symptoms are almost similar. While the most common acid reflux symptoms are chest pain and burning sensation below the breastbone, there are other symptoms that are uncommon. Acidity symptoms include the following.

Frequent burping or hiccups for no apparent reason

- Burning sensation and pain in the chest
- Regurgitation: Prolonged sour taste in the mouth or bitter-tasting acid that backs up into your throat and mouth
- Post-meal heaviness
- Nausea
- Constipation
- Indigestion
- Bad breath
- Restlessness



Hyperacidity symptoms include

- Heartburn: Persistent pain or discomfort that moves from your stomach to your chest and sometimes even up to your throat.

Acidity treatment

When you visit your healthcare provider, your symptoms are considered to determine whether you have acidity or whether it is a possible complication of some other problem. Based on your condition and the depth of the acid reflux problem.

- You will be prescribed an antacid that contains aluminium, calcium or magnesium.

- Your doctor may also suggest the use of histamine blocking agents (H₂ receptor blockers) such as cimetidine, nizatidine, ranitidine, and famotidine
- If the condition is severe, proton pump inhibitors may be prescribed
- If the condition is extremely severe, your doctor may suggest Vagotomy surgery that helps to reduce the production of acid in the stomach.

Your healthcare provider may be able to suggest certain do's and don'ts based on your health, which will help you control acidity.

Home remedies for acidity

Acidity is a common problem that most of us face at least once in our life. Most of us prefer home remedies over medications. Some of the home remedies for acid reflux include the following.

- Coconut water: This tasty treat is known to soothe your stomach and the digestive system. Take at least two glasses a day.
- Watermelon juice: It is great to counter acidity. You can take a glass of watermelon juice with breakfast.
- Fresh lime juice that is taken at least an hour before lunch helps to reduce the uneasiness caused by acidity.
- A glass of buttermilk after a spicy meal helps reduce the uneasiness as buttermilk contains lactic acid that normalises acidity in the stomach
- You can either munch on a few basil leaves, or boil them in water and drink it frequently to reduce acid reflux. You can also do this with mint leaves.
- Drink a glass of lukewarm water after every meal
- Include banana, cucumber and yoghurt in your diet. They are known to give instant relief from acidity.
- Surprisingly, sucking on a piece of clove when you have acidity helps to reduce the symptoms.
- Ginger aids in digestion. Use ginger in your cooking or boil it in a glass of water, reduce to half glass and consume the water.

Drink at least two litres of water every day.



The main cause of acidity is your lifestyle, and hence, the most vital remedy is lifestyle changes. Lifestyle changes that may help include:

- Losing weight if you are overweight or obese
- Consumption of healthy food
- Maintaining regular eating time with dinner ending at least two to three hours before bed
- Following a low-carb diet
- Avoid food that triggers acidity such as raw onion and citrus juice
- Avoiding caffeine and carbonated drinks
- Avoid sleeping on your right side
- Cut down on smoking and alcohol
- Keeping your mind and body active

Try to avoid medications that cause acidity

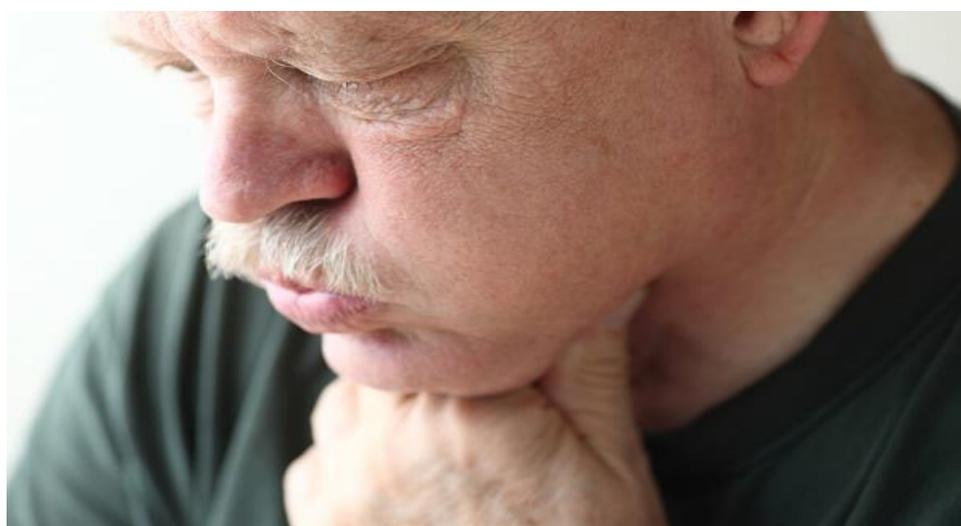


Pulmonary embolism, pneumonia, heart attack, and chest wall pain and other chest complaints can be easily be confused with acid reflux. If home remedies do not help in reducing the symptoms of acidity, visit your healthcare provider immediately.

Home Remedies for Getting Relief From Acidity

We've all been there – enjoying a heavy meal with some extra-spicy food, only to later have a burning sensation in our chest. Yes, this burning sensation, which is known as acidity, is a very common problem.

In order to digest food, the gastric glands in our stomach secrete acid. However, when these gastric glands secrete excess acid, we experience acidity.



Also known as acid reflux, acidity can be caused by various factors such as irregular eating habits, excess intake of spicy food, regular smoking, or consumption of alcohol.

Heartburn, a painful, burning sensation in the chest or throat, is the most common symptom of acidity. Also, difficulty in swallowing, frequent burping, hiccups, or indigestion are other symptoms of acidity.



It can be a little frustrating at times, as it prevents you from enjoying your meals and causes a lot of discomforts too.

So, here are 20 simple and effective home remedies that will help you get relief from acidity.

Drink cold milk



This is one of the simplest home remedies for acidity. One simple glass of cold milk might help you get relief from acidity. As it is rich in calcium, it may even prevent acidic buildup in your stomach.

Coconut water



Avoid eating raw onion.



Raw onions are known to contain fermentable fiber. So, having a meal that contains raw onion usually causes increased acidity among individuals.

It causes irritation along the esophagus that leads to increased heartburn as well. So, you might get relief from acidity by avoiding raw onion.

Ginger.



With its various digestive and anti-inflammatory properties, ginger can be considered to be one of the most effective home remedies for acid reflux.

You can use ginger in your cooking or you can just chew a slice of fresh ginger. Also, you can boil it in a glass of water, reduce it to half a glass and then drink the water. It may act as a helpful heartburn cure.

Mint leaves



Commonly known as pudina, mint leaves are also known to have digestive properties and can act as a natural cooling agent too. This helps you get proper relief from acidity and heartburn.

Tulsi leaves



Also known as Basil, these leaves help produce mucous in our stomach. This offers heartburn relief while the leaves may soothe the stomach lining as well.

SUMMARY

Acidity or acid reflux is a common problem that most of us face, some on a day to day basis. Most times, acidity is accompanied by gas. The reverse can also be true. The most common cause of acid reflux is the consumption of unhealthy food accompanied by alcohol and smoking. Food that has a lot of fat and spice results in a burning sensation in your chest, which is a common symptom of acid reflux.

When the symptoms are mild, home remedies aid in relieving the discomfort caused by the excessive acid produced. You can also take control of acid reflux with few lifestyle changes. But if the symptoms are severe, you may need immediate medical attention.

Acid reflux, in itself, is not a severe condition. But chronic acidity can cause other health problems that can damage the oesophagus. Acidity can be confused with other chest related problems that can be fatal. It is advised to visit your healthcare provider if the symptoms of acidity are persistent even after taking medication.

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