



A Science of Medicine  
The Art of Care

# Gastroesophageal Reflux Disease (GORD) or Reflux

## What is GORD?

Gord is a chronic disease where stomach acid occasionally flows back into the oesophagus. The acid irritates the lining of the oesophagus and causes the signs and symptoms of GORD.

## Signs and Symptoms

A burning sensation behind the breastbone; a sour taste in the mouth; regurgitation of food or acid/bile; chest pain; difficulty swallowing; dry cough; and a sensation of a lump in the throat.

## Complications

Narrowing of the oesophagus. This is due to damage by the acid reflux. Scar tissue might form, causing the oesophageal space to narrow.

Oesophageal Ulcers. The stomach acid erodes the mucous barrier in the oesophagus. This causes an open sore to form.

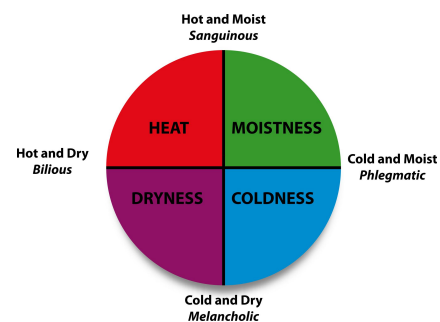
Barrett's Oesophagus. Damage caused by the acid reflux may result in abnormal/precancerous cells developing.

## What Cause GORD?

GORD results from frequent episodes of heartburn or acid reflux, due to stomach acid moving into the oesophagus. During digestion the muscles above the stomach relaxes to allow food in and then closes again. With GORD, the frequent muscle relaxation allows stomach acid back up into the oesophagus, causing heartburn.

## The Tibb View on GORD

According to Tibb philosophy, GORD can either result from an **excess of heat with dryness** which produces an excess amount of stomach acid, or from an **excess of moistness**, which causes the muscle to relax abnormally. The form of **GORD linked to heat with dryness** is more prevalent in people with a **bilious dominant/sub-dominant temperament**, due to their innate qualities of heat and dryness. The form of **GORD linked to moistness** is more commonly found in people with a **phlegmatic/sanguinous temperament**, due to the inherent dominance of moistness.



## Management of GORD

Treatment and management is aimed at **reducing the excess qualities associated with GORD**, by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness with moistness** in patients with symptoms of **excess heat with dryness** and by **increasing the quality of dryness** in patients with symptoms of **excess moistness**. This assists Physis in addressing both the symptoms and causes of GORD.

## ***Tibb Lifestyle Factors***

### ***GORD associated with Qualities of Heat with Dryness:***

#### **Food and Drink**

- Eat **mostly Cold & Moist foods** - such as rice, cucumber, watermelon and milk, **followed by Cold & Dry foods** - like yogurt, potato, citrus fruit and coconut oil.
- Eat **less of Hot & Moist foods** - such as mutton, ginger, spinach and sugar, and the **least amount of Hot & Dry foods** - like chicken, eggs, garlic and onions.
- Drink a large glass of water rapidly to relieve pain. This dilutes excess stomach acid, flushing it into the duodenum where it is neutralised;
- Eat frequent small meals, including well-cooked white rice, yoghurt and cottage cheese.
- Occasionally eat vegetables such as carrots and broccoli.
- Allow hot beverages, like rooibos tea, to cool before drinking, to avoid triggering gastric discomfort.
- Avoid fried foods, tea, coffee, alcohol, chocolate, strong spices, animal fats, and carbonated drinks.
- Avoid eating and drinking at the same time. Fluids should be taken 30 minutes before or after a meal.

#### **Other Lifestyle Advice**

- Avoid lying down immediately after a meal.
- Wear loose, comfortable clothing.
- Avoid non-steroidal anti-inflammatory drugs, especially aspirin.
- Quit smoking.
- Practice slow and deep breathing exercises twice daily.
- Keep the colon clean by following a high-fibre diet. The use of a gentle and natural laxative is recommended monthly.
- Drink a glass of chilled milk to reduce discomfort caused by stomach acid.

#### **Herbal Remedies**

- Grind 2 cardamom pods, add 250ml of water boil for 15minutes, strain, and drink three times daily.

## ***Tibb Lifestyle Factors***

### ***GORD associated with the Quality of Moistness:***

#### **Food and Drink**

- Eat **mostly Hot & Dry foods** - such as chicken, avocado, bittergourd and chickpeas, **followed by Cold & Dry foods** - like beef, potato, and yogurt.
- Eat the **less of Hot & Moist foods** - such as bread, pasta, sugar and bananas, and the **least amount of Cold & Moist foods** - like squash, butter, cucumber and pears
- Avoid triggers such as fatty or fried foods, tomato sauce, alcohol, chocolate, mint, garlic, onion and caffeine. These often make heartburn worse.
- Eat smaller meals.

**Other Lifestyle Advice**

- Avoid lying down immediately after a meal.
- Wear loose, comfortable clothing.
- Lose weight if overweight.
- Quit smoking.

**Herbal Remedies**

- Chew five to six basil leaves after meals.
- Chew a clove of garlic to lessen discomfort.



## Hot & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes	
all small bird meat	bitter melon	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and bitter flavourants	chilli sauce			spicy dishes	
	celery	grapes		hazelnuts			chickpeas	cinnamon		grape juice				mustard sauce
	green pepper			pecan nuts			fenugreek seeds	cloves, garlic		herbal teas (see herbs)				peri-peri sauce
	lobsters			leek			walnuts	gram flour		green/red chilli				
	mackerel			onion				mustard seeds		fenugreek				
	oily fish			red pepper				popad		lavender				
	pilchards			yellow pepper						nutmeg				
	prawns									oregano				
	sardines									paprika				
					parsley									
				rocket, rosemary										
				saffron										
				tarragon										

## Hot & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes		
buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes		
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran			
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices (see fruits)	salt		chocolate	honey smaks			
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	herbal teas (see herbs)	sugar		liquorice	muesli			
liver	spring onion	peaches		rye bread	mother's milk (for babies)		ginger, fennel	green masala				vermicelli		nutri-k	
mutton	sweet potato	papaya		sunflower seeds				marjoram							nutrific
turkey	turnips			wheat	fresh cream			mint, sage							oats
				macaroni				soya sauce							puffed wheat
				dill seeds				thyme, turmeric							taystee wheat
							watercress							weetbix	
							white pepper								