

Gastritis

What is Gastritis?

Gastritis is a group of symptoms that arise from inflammation of the stomach lining.

Signs and Symptoms

A gnawing or burning ache or pain in the upper abdomen; it may become better or worse with eating; nausea; vomiting; a feeling of fullness in the upper abdomen after eating.

Complications

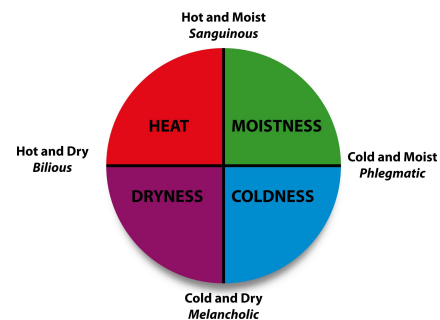
Stomach ulcers; internal bleeding; an increased risk of developing stomach cancer.

What Causes Gastritis?

The stomach is lined with a mucous barrier which protects it from the acid secreted to digest food. It develops when the stomach lining becomes weak or damaged. Weakness in this mucous barrier results in acid attacking the lining of the stomach. A number of ailments make the protective layer susceptible to damage, and so increase the risk of developing gastritis.

The Tibb View of Gastritis

According to Tibb, gastritis is linked to qualities of **heat with dryness**. These lead to the burning abdominal pain experienced. A lifestyle that promotes this heat and dryness, such as the excessive intake of heavily spiced foods, poorly managed stress and alcohol abuse, increases the risk of developing gastritis. People with a bilious dominant/sub-dominant temperament are most likely to develop gastritis, due to their inherent qualities of heat/dryness.



Management of Gastritis

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

Tibb Lifestyle Factors

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.
- Eat vegetables such as carrots and broccoli occasionally.
- Allow hot beverages, such as rooibos tea, to cool before drinking. This avoids triggering gastric discomfort.
- Avoid fried foods, tea, coffee, alcohol, chocolate, strong spices, animal fats and carbonated drinks.

Other Lifestyle Advice

- Avoid non-steroidal anti-inflammatory drugs, especially aspirin.
- Quit smoking.
- Practice slow and deep breathing exercises twice daily.
- Keep the colon clean by consuming a high-fibre diet. The use of a gentle and natural laxative monthly is recommended.

Herbal Remedies

- Drink 25ml of Aloe Vera juice two to three times per day.
- 1tsp of licorice root powder mixed in 100ml of warm water and taken three to four times per day on an empty stomach promotes the healing of the mucous barrier.
- Take 1teaspoon of psyllium husk with warm water before retiring at night.

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			fenureek seeds	cloves, garlic		herbal teas				peri-peri sauce	
	leek			walnuts			gram flour	green/red chilli		(see herbs)					
	onion						mustard seeds	fenureek							
	red pepper						papad	lavender							
	yellow pepper							nutmeg							
										oregano					
										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	salt		chocolate	honey smaks			
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli			
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas				vermicelli		nutri-k	
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)							nutrific
turkey	turnips			wheat	fresh cream		marjoram								oats
				macaroni				mint, sage							
			dill seeds				soya sauce								taystee wheat
							thyme, turmeric								weetbix
					watercress										
					white pepper										