

# Heartburn

#### What is Heartburn?

Heartburn is a burning sensation just behind the breastbone. It is often worse when lying down.

### **Signs and Symptoms**

A burning sensation behind the breastbone or a burning feeling in the throat; it usually occurs after eating; it is usually worse at night.; it may be accompanied by a sour or bitter taste in the mouth or the sensation of food being stuck at the back of the throat.

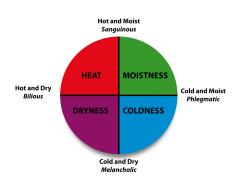
#### What Causes Heartburn?

Heartburn is caused by stomach acid moving back up into the oesophagus. When we eat, the muscle above the stomach relaxes to allow food in and then closes again. With heartburn, the muscle relaxes abnormally or is weakened, and this allows stomach acid back up into the oesophagus.

#### The Tibb View on Heartburn

According to Tibb philosophy, heartburn either results from an excess of **heat with dryness**, caused by increase production of stomach acid; or it results from an excess of **moistness** which causes the muscle to relax abnormally.

Heartburn linked to heat with dryness is more prevalent in people with a dominant/sub-dominant bilious temperament, because of their innate qualities of heat and dryness. However, heartburn linked to moistness is more commonly found in people with a phlegmatic/sanguinous temperament, because of their inherent dominance of moistness.



### Management of Heartburn

Treatment and management is aimed at **reducing the excess qualities** associated with heartburn by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness and moistness** in cases of heartburn linked to **excess heat with dryness**; or **increase dryness** in cases of heartburn linked to **excess moistness**. This assists Physis in addressing both the symptoms and causes of heartburn.

#### Tibb Lifestyle Factors

#### Heartburn 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 for pain relief. This dilutes the 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, 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. Take in fluids 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 adopting 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 Remedy**

- Grind up two cardamom pods. Add 250ml of water. Boil for 15 minutes. Strain and drink three times daily.

#### Tibb Lifestyle Factors

#### Heartburn Associated with Qualities of Moistness:

#### **Food and Drink**

- Eat **mostly Hot and Dry foods**, such as chicken, avocado, bittergourd and chickpeas, and **Cold and Dry foods like** beef, potato, and yogurt.
- Eat the **least amount of Hot and Moist foods**, such as bread, pasta, sugar and bananas, and **Cold and 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, as these may 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 5-6 basil leaves after meals.
- Chew a clove of garlic to lessen stomach discomfort.

# **Cold & Dry Foods**

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire			
ostrich	peas	lemon, lime		mielies						sauce			
oysters	potatoes	naartjies, oranges		popcorn						vinegar			
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

## **Cold & Moist Foods**

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice		1			
	cucumber	litchis, melons		rice cakes	butter			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
	tofu												
	zucchini												

# **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	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and	chilli sauce			spicy dishes
meat	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas	flavourants	peri-peri			
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)		sauce			
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			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	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					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						