

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.

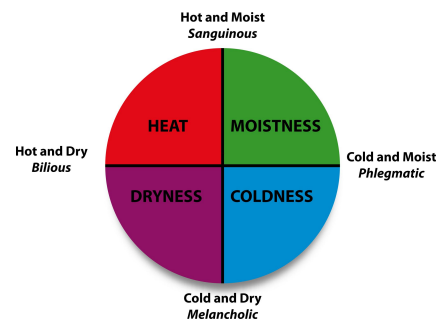
What Causes Heartburn?

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.

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
	lobsters	leek		walnuts			gram flour	green/red chilli		(see herbs)				
	mackerel	onion					mustard seeds	fenureek						
	oily fish	red pepper					papad	lavender						
	pilchards	yellow pepper						nutmeg						
	prawns							oregano						
	sardines							paprika						

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						