

Indigestion

What is Indigestion?

Indigestion, also known as dyspepsia, describes an upset stomach characterized by discomfort in the upper abdomen.

Signs and Symptoms

Abdominal pain; feeling bloated; intestinal gas build-up; rumbling noise in the abdomen; belching; nausea (sometimes retching or vomiting); abdominal discomfort and fullness after eating; and a burning sensation in the upper abdomen.

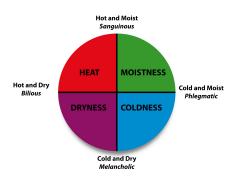
What Causes Indigestion?

Indigestion is often caused by unhealthy lifestyle behaviour, which include: overeating; eating too quickly; eating spicy, greasy, carbohydrate-rich or fatty foods to excess; smoking; excessive intake of caffeine, alcohol, chocolate or carbonated beverages; underlying anxiety; swallowing air due to faulty eating habits; talking while chewing; eating and drinking at the same time; consuming cold foods like dairy and products; consuming gas-producing foods.

Certain medications like antibiotics, pain killers and iron supplements may cause indigestion. It is often a symptom of other ailments such as: constipation, gastritis, peptic ulcers, coeliac disease and inflammation of the pancreas.

The Tibb View on Indigestion

Any food which is not digested properly ferments in the intestines. This produces the gases hydrogen and carbon dioxide. Psychological factors such as stress and anger can disturb the mechanisms that control contractions of the stomach and intestinal muscles. A lack of digestive enzymes in the gut can also cause intestinal problems. Indigestion may be a symptom of imbalance in the stomach or the intestines, mostly due to reduced digestive heat. As there are so many possible causes associated with indigestion, including poor eating habits,



a faulty lifestyle and certain medications, it can affect people of all temperamental types.

Management of Indigestion

Treatment and management is aimed at **reducing the qualities** associated with the person's temperament, by implementing a lifestyle, especially diet, that is best suited for the different temperaments. This assists Physis in addressing both the symptoms and the causes of indigestion.

Tibb Lifestyle Factors

Food and Drink

- Phlegmatic temperament eat mostly Hot & Dry foods such as garlic, onion, fenugreek and mustard, followed by Hot & Moist foods like mutton, ginger, turmeric and black pepper, and Cold & Dry foods such as citrus fruit, basil, yogurt and mealie meal and the least amount of Cold & Moist foods like milk, rice, cucumber and watermelon.
- Sanguinous Temperament eat mostly Cold & Dry foods such as yohgurt, citrus fruit, beef and basil followed by Cold & Moist foods like coriander, rice, beetroot and broccoli, and Hot & Dry foods such as garlic, onion, chicken and eggs, and the least amount of Hot & Moist foods like white flour products, sugar, cheese and bananas.
- Melancholic Temperament eat mostly Hot & Moist foods such as ginger, olive oil, turmeric and honey, followed by Hot & Dry foods- like garlic, onion, chicken and eggs, and Cold & Moist foods such as coriander, rice, beetroot and broccoli and the least amount of Cold & Dry foods like yogurt, citrus fruit, legumes and tomatoes.
- Bilious Temperament eat mostly Cold & Moist foods such as rice, coriander, cucumber and beetroot, followed by Cold & Dry foods like citrus fruit, basil, yogurt and mealie meal, and Hot & Moist foods- such as ginger, olive oil, turmeric and honey, and the least amount of Hot & Dry foods like onion, eggs, alcohol and garlic.

Dietary advice to be followed by all temperamental types

- Consume well-balanced meals containing fibre-rich foods such as fresh fruit, vegetables and whole-grains.
- Eat slowly, and chew the food well and thoroughly.
- Avoid drinking liquids during meals, as this prevents proper digestion. The drink dilutes the digestive stomach juices.
- Avoid lentils, peanuts and soybeans, because they ferment and produce intestinal gas. They also contain an inhibitor of gut digestive enzymes.
- Avoid junk food, bakery products, caffeine, fizzy drinks, citrus juices, fried and fatty foods, pastas, potato chips and other snack foods; red meat, tomatoes, processed foods, and salty or spicy foods.
- Avoid foods containing sugar and simple carbohydrates (white flour products). Concentrate on complex carbohydrates such as whole grain or brown products.
- Eat smaller meals and more frequently.

Other Lifestyle Advice

- Avoid eating when upset, overtired or exhausted.
- Avoid constipation by regularly use of a mild natural laxative.
- Partake in regular moderate exercise, as this increases body heat and so promotes better digestion.

Herbal Remedies

- Drink a ¼ cup aloe vera juice on an empty stomach, first thing in the morning and last thing at night.
- Boil the following in 200ml of water until 100ml remain: ½ tsp fennel seeds, ½ tsp fenugreek powder, about 10 mint leaves, small piece of fresh ginger, and ½ tsp of aniseed. Strain and mix with honey. Drink three to four times per day.

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						