

# Peptic Ulcer Disease (PUD)

#### What is PUD?

Peptic ulcers are open sores that develop on the inside lining of the lower oesophagus, stomach and the upper part of the small intestine.

#### **Types of PUD**

- Oesophageal Ulcers: Occur in the oesophagus.
- Gastric Ulcers: Occur in the stomach.
- **Duodenal Ulcers:** Occur in the upper part of the small intestine.

#### **Signs and Symptoms**

An intense, burning and gnawing pain in the stomach and abdominal region; usually worse when hungry; the pain may be relieved for a while by certain foods; the pain is sometimes worse after eating; pain flare-ups commonly occur at night.

#### Complications

**Internal Bleeding:** This may result in anaemia if not treated in time.

**Infection:** Peptic ulcers may perforate the inside lining of the stomach or small intestine, so increasing the risk of infections such as peritonitis.

**Scar Tissue:** Peptic ulcers may produce scar tissue, which blocks the passage of food along the digestive tract.

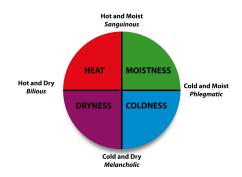
#### What Causes PUD?

The condition develops when the production of protective mucus by the stomach lining is reduced, or the production of stomach acids is increased excessively, or both. Peptic ulcers occur when acid in the digestive tract eats away at the inner surface of the oesophagus, stomach or small intestine. The overuse of certain medications, like non-steroidal anti-inflammatory drugs and corticosteroids, or high-dose Vitamin C, may cause peptic ulcers.

Risk factors include: low intake of water, excessive eating of meat or fried and heavily spiced foods, and constant unresolved stress and anxiety. These factors bring about excessive secretion of digestive acid in the stomach.

#### The Tibb View on PUD

According to Tibb, peptic ulcers are linked to the **qualities of heat with dryness**. The result is often burning gastric or abdominal pain. If a person's lifestyle promotes abnormal build-up of the qualities of heat and dryness, the risk of developing peptic ulcers increases markedly. Often responsible are consuming heavily spiced foods and alcoholic drinks excessively, and failing to manage stress appropriately, The excessive heat also makes the person more susceptible to inflammation caused by *H. pylori* bacteria. People with a dominant or sub-dominant bilious temperament are most likely to develop peptic ulcers due to their inherent qualities of heat and dryness.



#### Management of PUD

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

#### 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, apples 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.
- Eat frequent small meals, consisting in part of well-cooked white rice, yoghurt and cottage cheese.
- Eat more vegetables and fruit such as carrots, broccoli and sweet apples.
- Allow hot beverages, like rooibos tea, to cool down before drinking, to avoid triggering gastric discomfort.
- Avoid fried foods, tea, coffee, alcohol, chocolate, strong spices, animal fats, and carbonated drinks.

#### Other Lifestyle Advice

- Practice slow and deep breathing exercises twice daily
- Drink plenty of water. A glass of water drunk rapidly often relieves gastric pain. The water dilutes stomach acid, flushing it into the duodenum where it is neutralised.
- Avoid non-steroidal anti-inflammatory drugs, especially aspirin.
- Consider quitting smoking, as nicotine irritates the stomach lining.
- Keep the colon clean by selecting a high fibre diet. The use of a gentle and natural laxative is recommended monthly.

#### **Herbal Remedies**

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

## **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						