



# 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.

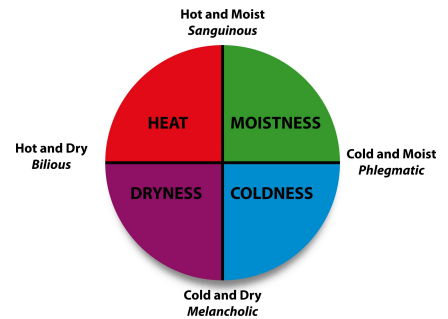
## What Causes PUD?

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.



## 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			fennel seeds	cloves, garlic		herbal teas				peri-peri sauce
	leek			walnuts			gram flour	green/red chilli		(see herbs)				
	onion						mustard seeds	fennel						
	red pepper						poppy	lavender						
	yellow pepper							nutmeg						
								oregano						
								paprika						
				parsley										
			rocket, rosemary											

## 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)						
turkey	turnips			wheat	fresh cream		marjoram							
				macaroni			mint, sage							
				dill seeds			soya sauce							
					thyme, turmeric									
							watercress					oats	puffed wheat	taystee wheat
						white pepper								