

“Om Homoeopathic Clinic”

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‘GASTRITIS’

What is Gastritis?

Gastritis means Inflammation of the mucosa of the stomach.

CAUSES: -

- Stress – mental or emotional.
- Increased acid secretion in stomach.
- Taking drugs empty stomach – aspirin, antibiotics, steroids or any drug that acts on the mucous membrane.
- Smoking and alcohol.
- Infection- viral or bacterial.
- Over eating, eating indigestible food and eating contaminated food.
- Highly hot and spicy food.
- Allergic to certain food.
- Consumption of chemicals and food additives.
- From radiations.

SIGNS AND SYMPTOMS:

- Coated tongue.
- Bad taste in mouth.
- Nausea and vomiting.
- Pain in abdomen.
- Headache.

- Fever.
- Loss of appetite.
- Occasionally diarrhoea.

DIETARY MANAGEMENT:

- If possible fast for the day (do not eat for next 24 hrs).
- Eat bland light diet – porridge, soups, boiled green grams.
- Avoid spicy food.
- Eat slowly and chew properly.
- Have fruit juices, lentils and rice.
- Increase intake of vitamin A and zinc will help in healing the stomach mucosa
 - Fruits like papaya, melons, apricots, peaches, etc.
 - Vegetables like - cantaloupes, pumpkins, carrots, sweet potatoes, broccoli, green leafy vegetables –spinach, mustard leaves, fenugreek leaves etc.
 - Have porridge of whole wheat.
- Do not drink milk, have plenty of fluids.
- Avoid food that is allergic to you.
- Avoid tea, caffeinated drinks and carbonated drinks.
- Eat regularly and at regular times. Do not eat between the meals.
- Avoid alcohol and smoking.
- Try to have stress free life.
- Slow walking after meals.
- Avoid drugs like- aspirin, antibiotics etc.
- Can take fish liver oil supplements.