

# Gastritis

## What is Gastritis?

Gastritis is a group of symptoms that arise from inflammation of the stomach lining.

## Signs and Symptoms

A gnawing or burning ache or pain in the upper abdomen; it may become better or worse with eating; nausea; vomiting; a feeling of fullness in the upper abdomen after eating.

## Complications

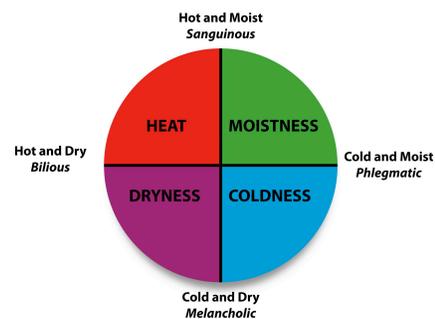
Stomach ulcers; internal bleeding; an increased risk of developing stomach cancer.

## What Causes Gastritis?

The stomach is lined with a mucous barrier which protects it from the acid secreted to digest food. It develops when the stomach lining becomes weak or damaged. Weakness in this mucous barrier results in acid attacking the lining of the stomach. A number of ailments make the protective layer susceptible to damage, and so increase the risk of developing gastritis.

## The Tibb View of Gastritis

According to Tibb, gastritis is linked to qualities of **heat with dryness**. These lead to the burning abdominal pain experienced. A lifestyle that promotes this heat and dryness, such as the excessive intake of heavily spiced foods, poorly managed stress and alcohol abuse, increases the risk of developing gastritis. People with a bilious dominant/sub-dominant temperament are most likely to develop gastritis, due to their inherent qualities of heat/dryness.



## Treatment and Management of Gastritis

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

## 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, citrus fruit and coconut oil.
- Eat **less of Hot and Moist foods** - such as mutton, ginger, spinach and sugar, and the **least amount of Hot and Dry foods** - like chicken, eggs, garlic and onions.
- Drink a large glass of water rapidly to relieve pain. This dilutes excess 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, such as rooibos tea, to cool before drinking. This avoids triggering gastric discomfort.
- Avoid fried foods, tea, coffee, alcohol, chocolate, strong spices, animal fats and carbonated drinks.

### *Other Lifestyle Advice*

- Avoid non-steroidal anti-inflammatory drugs, especially aspirin.
- Quit smoking.
- Practice slow and deep breathing exercises twice daily.
- Keep the colon clean by consuming a high-fibre diet. The use of a gentle and natural laxative monthly is recommended.

## Medication

### *Herbal Remedies*

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

## Tibb Medication

**Gastrone tablets** - This antispasmodic assists in the management of nausea, vomiting and abdominal pain.

**Laxotabs tablets** - This softens the faeces and increases movement through the gut. It does not flush the system, so diarrhoea and dehydration are not likely to occur. Laxotabs are associated with qualities of **moistness**, which helps to dampen the heat with dryness associated with gastritis.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

[http://www.tibb.co.za/concepts\\_tibb.html](http://www.tibb.co.za/concepts_tibb.html); diet charts: <http://www.tibb.co.za/food.html> For recipes: "**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>