

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.

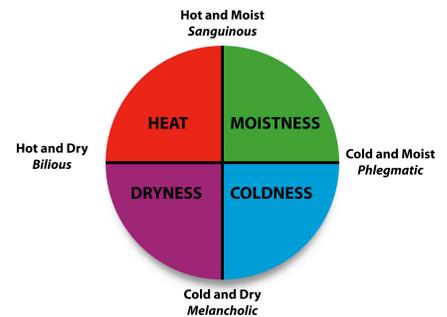
What Causes PUD?

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.



Treatment and Management of PUD

Treatment and 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 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.
- 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.

Medication

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.

Tibb Medication

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

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

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; 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/>