

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.

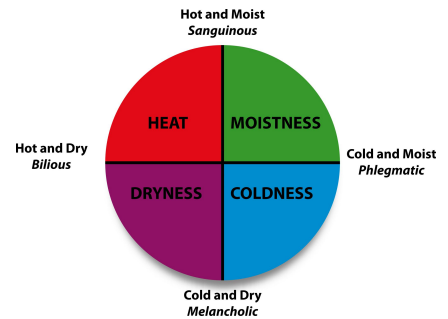
What Causes PUD?

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.
- 1 tsp 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 1 tsp 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/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes:

"**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix