

# **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**

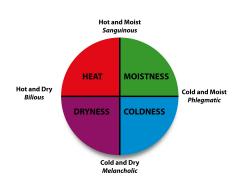
Stomach ulcers; internal bleeding; an increased risk of developing stomach cancer.

#### 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/subdominant temperament are most likely to develop gastritis, due to their inherent qualities of heat/dryness.



## **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 & Moist foods such as mutton, ginger, spinach and sugar, and the least amount of Hot & 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.

#### **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.

# **Cold & Dry Foods**

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire			
ostrich	peas	lemon, lime		mielies						sauce			
oysters	potatoes	naartjies, oranges		popcorn						vinegar			
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

## **Cold & Moist Foods**

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice		1			
	cucumber	litchis, melons		rice cakes	butter			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
	tofu												
	zucchini												

# **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	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and	chilli sauce			spicy dishes
meat	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas	flavourants	peri-peri			
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)		sauce			
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			lavender						
pilchards	yellow pepper						nutmeg						
prawns							oregano						
sardines							paprika						
							parsley						
							rocket, rosemary						
							saffron						
							tarragon						

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