

# Fruitful Ayurvedic Remedies For Gastritis

Being an Ayurvedic practitioner, I am finding significant increase in the number of patients with the complaints of gastritis approaching towards Ayurveda these days. The simple and a true reason is that the success rate is very high with effective Ayurvedic medicines.

**Common names used to explain gastritis** – gastritis, gastric, paaitic problem, chest burn, acid belching, acid peptic disorder. In Ayurvedic system of medicine it is called as Amlapitta.

**Common features of the disease:** Acid belching, regurgitation of food or sour substance, gaseous distention of abdomen, improper digestion, irregular appetite, tastelessness, tiredness, burning of the chest, pricking sensation in the chest, headache etc.



**Associated complaints (in chronic condition):** Irregular bowel habits, pricking in the shoulder or back, untimely hunger, severe burning sensation followed with thirst, mouth ulcer, fatigue (specially in legs), neuritis (ant moving sensation over the body)/numbness, backache etc.

**Rarely-** Constipation, severe back ache, loss of deep sleep (irregular sleep), loss of concentration (altered mood), loss of recent memory etc.

## **Reason for the disease:**

Classical causes-

1. Incompatible food (*viruddhaara*)
2. Polluted food (*dushta ahara*)

3. Sour substances (*atyamla ahara*)
4. Spicy food (*vidahi ahara*)
5. Pitta provoking food, beverages and habits(*pittala ahara*)

#### **Incompatible food:**

Now-a-days most of the people do not follow classical food habits. Taking pizza, burger, noodles etc followed with any juice or milk-shake is a typical example of incompatible food. Other than this, we are not sure about the type of oil used, spices mixed, the way of processing of food etc. Incidentally, these also act as incompatible foods. Due to this, the food is not digested properly (mal-digestion) and it provokes excess of acidic secretion (*pitta* according to Ayurveda) and thus results in gastric irritation (irritation in the stomach).

#### **Polluted food:**

In our busy schedule, we often take food in hotels, restaurants or in the roadside fast food- shops. In many part of the country, in these shops good hygienic measures are not undertaken or else there will be every chance of contamination. Due to this, there will be infection by bacteria, fungus or such other micro organism and indirectly they become the reason for irritation of the stomach and gut.

#### **Sour substances:**

Unknowingly our daily food is full of sour substances. Ayurvedic classics emphasize those substances which are remaining as sour or transformed into pungent material(mass) after once digestion of food (classical term- *vipaka*). Whereas all sour substances (like gooseberry, lemon, pomegranate, orange etc) are not the agents of gastritis (This seeks much explanation and will be explained in forthcoming articles)

As we are dependent upon the packed food, these possess significant percentage of preservatives, coloring agents, stabilizers, emulsifiers, taste enhancers etc. All these are one or other way the sour substances that cause gastric irritation in long run.

#### **Spicy food:**

Ayurvedic classics emphasize to follow *satwik* food. But, it will not be possible, all the time. Secondly, our tongue demands spicy food, every time. The spices and additives like chilly, cinnamon, clove, mustard, garam masala powder(spice mixture), garlic etc if used excessively, can cause irritation to the gastric mucosa and hence result in gastritis.

#### **Pitta provocation food and beverages and habits:**

Hurry, worry and curry are the reasons for any kind of irritation; it is applicable for the irritation of esophagus, stomach and intestines too.

Non- accustomed (unwholesome) food and beverages, soft drinks (added with preservatives, colorants etc), alcohol, finger chips (if spicy and pungent), hot soups, curried (fried) substances, non vegetarian diet (usually added with much spices) etc cause gastric irritation very easily. Improper sleep, lesser intake of water, dry food, intake of food and beverages in its hot condition etc also cause mild to moderate degree of gastric irritation.

Untimely food, excess of food, repeated food intake (before the digestion of the previously taken food), excess intake of coffee and tea, habits like smoking, tobacco chewing etc too contribute in the causation as well as aggravation of the disease- sour belching due to excess acid secretion. According to modern science, prolonged intake of NSAIDS (pain killers) is also the main reason for the disease. Ayurveda emphasizes that stress, job dissatisfaction, jealousy, anger etc also as reasons for this disease- Amlapitta(acid peptic disorder).

**Complications:** If the condition is not treated timely or else if unwholesome food and habits continued, it may lead into the complications like -gastric ulcer, duodenitis, mal-absorption, perforation, esophageal regurgitation, headache, backache etc.

#### **Ayurvedic remedy-line of treatment:**

As the disease is of Pitta origin, all measures are undertaken to pacify pitta; otherwise, the medicament should subside the irritation. So, first of all, in worsened conditions, emesis is carried so as to take out the accumulated acidic substances from the stomach. There measures are taken for the pacification of *pitta*. After once complete remission of the complaints, elixirs (*rasayanas*) are prescribed so as to check the re-manifestation of the similar episode in coming days.

#### **Common herbs used in gastritis remedies and treatment:**

Patola ([pointed gourd](#)) – *Trichosanthes dioica* Roxb.  
Nimba – Neem – *Azadirachta indica* A. Juss.  
Amalaki – *Emblica officinalis* Gaertn.  
Parpataka – *Fumaria vaillantii* Loise.  
Guduchi ([Giloy](#))- *Tinospora cordifolia* (Willd.) Miers.  
Bhoonimba – *Juncia kurroa* Linn  
[Haritaki](#) – *Terminalia chebula* Retz.  
Bhringaraja – *Eclipta alba* (Linn) Hassk.  
Ela – Cardamom – *Eletharia cardamomum* Matom.  
Chandana – Sandalwood *Santalum alba* Linn.  
Usheera – *Vetiveria zizanioides* (Linn.) Nash.  
Draksha – Raisins – *Vitis vinifera* Linn.  
Jiraka – Cumin seeds – *Cuminum cyminum* Linn.  
Musta – *Cyperus rotundus* Linn.

#### **Common Ayurvedic medicines used in gastritis treatment –**

[Bhoonimbadi khada](#)  
[Patoladi kwatha](#)  
[Avipattikara churna](#)  
[Maha Dhanvantara vati](#)  
[Hingvashtaka churna](#)  
[Eladi vati](#)

#### **Wholesome diet:**

Barley, wheat, green gram, old rice, warm water, sugar candy, inflorescence of the plantain,

cucumber, matured ashgourd, pomegranate, gooseberry, dry grapes etc.

Related articles:

[10 effective home remedies for gastritis](#)

[Diet for gastritis](#)

### **Unwholesome diet:**

All factors mentioned under the reasons for the disease, sesame, black gram, horsegram, oil cake, sheep's milk, sour gruel, salty- sour and pungent food, heavy meals, fasting, curd, alcohol etc.

[Things to avoid for gastritis cure](#)

### **Lost drop.....**

Dear Easy Ayurveda readers, please understand the disease, know the graveness of the condition, modify your food habits, educate the people of similar sufferings, have the benefits of Ayurvedic medicine and enjoy your life.

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## **Gastritis diet: Activites and diet for gastritis**

Gastritis can be very well treated with medications. But since it is something which comes back to haunt repeatedly, a good diet for gastritis is very important. It helps in avoiding recurrence of gastritis. The disease has been explained in many Ayurvedic books, centuries before. Here is the gastritis diet.

**Introduction:** When we eat food, it goes down through the food pipe and stored in a bag called stomach for about 1.5 – 2 hours. Here, the food undergoes disintegration into very small particles. Hydrochloric acid kills many of the micro organisms that we might ingest in food and a small portion of food is absorbed. After 1.5 hours, the food is pushed down to intestine for further digestion.

If the inner lining of stomach is damaged or irritated or inflamed due to causes like heavy alcohol consumption etc. the condition is called gastritis. (Gastrum = stomach, itis = inflammation).

Gastritis is sometimes hard to cure because, gastritis treatment involves

- correction of gastric enzymes
- healing of inflamed stomach inner lining (gastric mucosa)
- Correction of secretion of gastric juices and acid.

- Achieving overall balanced function of stomach.

### **Gastritis Symptoms:**

- Nausea (Vomiting sensation)
- Vomiting
- Bloating, fullness of abdomen
- Loss of appetite
- Feeling as if stomach is full with a very little amount of food.
- Belching, sour belching.
- Feeling of burning in stomach

Though these are clear gastritis symptoms, it is better to consult a doctor rather than self-diagnosing gastritis. Because there are many other diseases which may mimic like gastritis.

### **Gastritis diet:**

#### **Activities for gastritis relief:**

**1. Avoiding heat and Sun light.** According to Ayurveda, exposure to Sunlight increases Pitta and gastritis is a Pitta dominant disease. so avoid direct exposure to sunlight as much as possible. Use umbrella or hat.

**2. Having food at right time:** Having food at fixed intervals of time helps the biological clock of the body to release gastric juice, and enzymes at right times.

**3. Avoiding fasting:** Though Gastritis patients might have hunger disturbances, they should avoid fasting or delaying of meals.

### **Diet for gastritis:**

Here is a list of food items that gastritis patients need to take regularly, according to Ayurveda.

Barley, Wheat and green gram.

Boiled and cooled water

### **Honey**

**Ash gourd** – Many ash gourd recipes and herbal products are used in gastritis treatment. Regular use of Ash gourd is good.

**Bitter vegetables** like bitter gourd, asparagus, Indian Tinospora etc are good for stomach.

**Asa foetida** – Though it is not good to taste, it is used in many Indian dishes. Very good for stomach.

**Cumin seeds / Jeera** – Improves digestive power, increases hunger.

**Coriander** – coriander is a [natural coolant](#).

**Milk** : Widely used in Panchakarma Gastritis treatment. Rich in calcium and good for gastritis.

**Ghee**: Calms [Pitta](#) and improves digestion.

Coconut water

**Amla** – Indian gooseberry – it will take one whole book to write about Amla benefits.

**Ajowan**: Improves digestive power, a cure for pain abdomen due to gastritis.

**Ginger**: Ginger processed in milk is a good home remedy for gastritis.

**Fruits for Gastritis**: Pomegranate, grapes, apple, and banana.

For effective gastritis treatment, medicine is important. But a right diet with the above listed food items will help for quick relief of gastritis.

## Things to avoid for gastritis cure

Gastritis cure is possible with timely treatment and dietary restrictions. Avoiding certain things also aids gastritis treatment and helps fasten gastritis cure.

### Things to avoid for gastritis cure:

- **Do not go directly under afternoon sun:** Direct bright Sun exposure increases [Pitta](#) and worsens gastritis. So, wear a hat or use an umbrella.
- **Do not fast or skip meals:** At regular intervals, gastric juice is produced inside the stomach, with enzymes and Hydrochloric acid. If you fast or skip meal, the juice is left unused, leading to worsening of gastritis. So, it is important to have meals at right time. During unavoidable circumstances, have at least a couple of fibre rich biscuits or fruit juice.

- **Avoid heavy meal:** Since there is a problem with digestion, a heavy meal leads to vomiting or nausea (vomiting sensation). In stead, having small meals, for 4 – 5 times is good.
- Avoid caffeine, alcohol, smoking.
- Avoid stress and anger – which imbalances **Pitta** and thereby worsens gastritis.

#### **Foods to avoid in gastritis:**

Spicy food stuff, chilly, sesame seeds, black gram, horse gram, mustard oil, goat milk, **curds**, and food stuffs that are heavy to digest are to be avoided for gastritis relief.

Avoid strong tea and coffee.

### **Complications**

1. *gastric ulcer*
2. *peptic ulcer*
3. *gastritis ( chronic)*

#### Pharmacopial preparation

1. avipattika churna or amalakyadi churna or triphala churna

Dose 4 gm at bed with worm water

2. sutsekhar or kamdudha – 125 mg one with dhaniya or haldi juice or milk.

## **Avipattikar Churna – Benefits, Ingredients, Dose, Side Effects – An Ayurvedic Medicine For Constipation**

Avipattikar Churna is an Ayurvedic product usually used in the treatment of constipation. Avipattikar churna is a herbal powder mix. It is one of the very effective medicines of Ayurveda.

#### **Avipattikar churna benefits –**

Amlapittam nihanti aashu – It helps to relieve gastritis very quickly.

Vibandham malamootrayoho – It helps to relieve constipation and difficulty in urination.

Agnimandya – it helps to relieve indigestion.

Prameha – it is used in treating diseases of urinary system.

Durnama nashanam – It is used even in chronic conditions.

In clinical practice, it is widely used in liver disorders and alcoholism.

**Avipattikar Choorna ingredients –**

10 grams of each of

Trikatu – pepper, long pepper and ginger

Triphala –

Haritaki – Chebulic Myrobalan fruit rind – Terminalia chebula

Vibhitaki – Belliric Myrobalan fruit rind – Terminalia bellirica

Amalaki – Indian gooseberry fruit – Emblica officinalis Gaertn.

Musta – Nut grass (root) – Cyperus rotundus

Vida Lavana – Vida salt

Vidanga – False black pepper – Embelia ribes

Ela – Cardamom – Elettaria cardamomum

Patra – Cinnamomum tamala

Lavanga – Clove – Syzigium aromaticum – 110 grams

Trivrit – Operculina turpethum – 440 grams

Sharkara – Sugar – 660 grams

**Dose:** 1 – 5 grams. Suggested to be taken at the starting of meals and in between meals.

**Avipattikara Choornam side effects –**

In a few, it may cause diarrhoea, watery stools, abdominal pain and dehydration.

Since sugar is added, this product is not recommended for diabetic people.

People with diabetes, hypertension, sensitive stomach, [ulcerative colitis](#), diarrhoea, should exercise caution while taking Avipattikar Choorna.

It is dangerous to take this medicine without prescription from an Ayurvedic doctor.

It is not advisable for pregnant ladies and for children below 12 years, unless a doctor prescribes it.

**What to do when diarrhea starts?**

Drink plenty of water.

Call your doctor.

**Reference:**

Bhaishajya Ratnavali Amlapitta Chikitsa 25-29

**Companies that manufacture** This product are many like – Dabur, Baidyanath, Swadeshi, Baba Ramdev (Divya Avipattikar Churna) etc.



## A Life Enhancing Diet to Balance the Mind

*"Food is a dynamic force which interacts with the human on the physical body level, the mind emotional level, and also the energetic and spiritual level. The study of nutrition is the study of the interaction with and assimilation of the dynamic forces of food by the dynamic forces of our total being." ~ Gabriel Cousens, M.D., Spiritual Nutrition and The Rainbow Diet?*

### WHAT IS A SATTVIC DIET?

In Ayurveda the emphasis is on a Sattvic diet for healthy living, particularly for keeping our minds clear, happy and at peace. The original Sattvic diet was devised for the development of higher consciousness.

Sattvic foods are foods that are abundant in Prana- the universal life-force that gives life to all sentient beings in both plant and animal kingdoms. a Sattvic diet means not only vegetarian food, but food rich in Prana 'life-force' like organic fresh fruits and vegetables. it requires avoiding canned and processed food, and foods prepared with chemical fertilizers or sprays. It also means properly prepared fresh foods. Foods prepared with lots of love will add to their Sattvic quality.

The ancient Ayurvedic criteria for foods to be considered Sattvic were quite simple: foods were grown organically on good rich fertile soil; foods were to be of attractive appearance, and be harvested at the correct time of year. Foods should be whole foods full of life-force and enzymes and be as close as possible as they are in their natural fresh state.

Today, we need to add to these criteria for Sattva several other modern concerns. Sattvic foods should be grown without pesticides, herbicides, chemical fertilizers, hormones, irradiation or anything unnatural. Modern use of refinement processes and chemical additives, besides actually adding substances to our foods, depletes foods of their Prana 'life-force' and hence renders them heavy, impotent and lifeless.

Sattvic foods are nutritive vegetarian foods like organic nuts, seeds, whole grains and oily fruits and vegetables that help build the brain tissue and develop Ojas.

### The Three Gunas

In the unmanifested Universe, energy has three qualities, known as Gunas, that exist together in equilibrium: Sattva (purity); Rajas (activity, passion, the process of change); and Tamas (darkness, inertia). Once energy takes form, one quality of the three predominates. Thus on an apple tree, some of the fruit is ripe (Sattvic), some ripening (rajasic) and some overripe (tamasic). But no matter which quality prevails, an Element of each of the other two will always be present as well. Most of an individual apple will be ripe,

but part will be rotten, even if the naked eye cannot see it, and part will be in the process of changing from one state to the other. The three Gunas encompass all existence, all actions. If a man commits a robbery, the action is basically rajasic but the decision to rob and the motive may be predominantly tamasic, rajasic or Sattvic, according to the situation. In all people one of the three Gunas has superior strength and is reflected in all they do and think. Only in enlightenment are the Gunas completely transcended.

Ancient Rishis have said you take on the karma of the animal you eat. When you eat meat you are ingesting all the stress hormones released when that animal was killed. The hormones released at death are present in the flesh when you eat it. At a cellular level, your body is getting the message that you are dying.

One goal and effect of Ayurveda and following a spiritual path is to raise our vibrational levels.

Meat has a very low vibration. On a continuum of lower vibrations, fish, chicken, lamb, beef, and finally pork have increasingly lower vibrations and their energy is very dark, dense and congested. Through the centuries it has been observed that vegetarians have a more refined etheric body and brighter aura. A vegetarian whose etheric body is brighter and healthier will generally heal at much faster rate than those who are not vegetarian.

## Ayurvedic Principles

Everything on Earth has a primary quality (Guna). Anything we hear, smell, see, taste or touch may be classified into the categories of Sattvic, Rajasic or Tamasic.

### BALANCING THE EMOTIONAL BODY WITH FOOD

In Ayurveda a dietary system was developed by the ancient Masters and Sages thousands of years in working with the mind to help support an individual on a spiritual path that perfected the ancient forms of Yoga and Meditation. It is also the foundation of many healing arts. It has a rich tradition that has been taught, practiced and passed onto many cultures over the world.

Ayurveda or Sattvic foods all have one thing in common: they are high in Prana (the universal life force). More specifically, Sattvic foods are natural, organically grown, and as unrefined as possible. Modern food processing takes the Prana out of many foods and makes them heavy, impotent, and lifeless- or simply "dead food."

Mind balance in Ayurveda means modifying the mind from Tamasic or Rajasic to Sattvic state. Choosing those foods and activities that are Sattvic in nature in preference to those that are Rajasic or Tamasic does that. With consistent and dedicated attention to diet, environment and sensory experiences, total mind balance can be achieved.

It often takes discipline and effort to become Sattvic, but the peace of mind, health, strength and immunity that is obtained from this state of mind makes it worthwhile. However, some rajas and tamas qualities are still required for action and motivation to achieve our goals and inaction, sleep or relaxation (tamas).

# **There are three types of foods categorized by their primal essence or nature:**

## **Tamasic Foods**

Dark, and dull. A tamasic diet benefits neither the mind nor the body. Prana, or energy, is withdrawn, powers of reasoning become clouded and a sense of inertia sets in. The body's resistance to disease is destroyed and the mind filled with dark emotions, such as anger, jealousy and greed.

Tamasic foods include meat, poultry, fish, eggs, alcohol and other intoxicants including drugs. Foods that are over-processed, no longer fresh, and/or difficult to digest are Tamasic. Foods that are prepared unconsciously or while the preparer is angry or in a negative mood are also considered Tamasic. If you are interested in vital health and spiritual growth it is best to avoid these foods. Tamasic items include meat, alcohol, tobacco, onions, garlic, fermented foods, such as vinegar, and stale left over food, contaminated or overripe substances. Overeating is also regarded as tamasic. Tamasic is the unhealthiest food of all.

## **Rajasic Foods**

Rajas signifies the "can do" kind of energy. It is the energy, which we need to accomplish, create, and achieve. It represents worldly power and the sex drive. A Rajasic diet is good for "householders" who aspire to maintain a meditative mind but need to live and work in the world as well. It has been recommended by the ancient Rishis teachers that a combination of Sattvic and Rajasic foods for those who practice demanding disciplines such as endurance athletics, martial arts and Kundalini Yoga. They destroy the mind-body equilibrium, feeding the body at the expense of the mind.

Foods that are very hot, bitter, sour, dry, or salty are rajasic. Too much rajasic food will over stimulate the body and excite strong emotional qualities and passions, making the mind restless and uncontrollable. Rajasic foods include hot substances, such as sharp spices or strong herbs, stimulants, like coffee and tea, meat of animals and fish, eggs, salt and chocolate. Many of the ground foods are Rajasic. Eating in a hurry is also considered rajasic.

## **Sattvic Foods**

Sattvic means pure essence. This is the purest diet for a consciously spiritual and healthy life. It nourishes the body and maintains it in a peaceful state. According to Ayurveda, this is the best diet for physical strength, a good mind, good health, and longevity. And it calms and purifies the mind, enabling it to function at its maximum potential. A Sattvic diet thus leads to true health: a peaceful mind in control of a fit body, with a balanced flow of energy between them. They are known to have a very cleansing effect on the body. A Sattvic diet is excellent for those individuals who desire to live a quiet, peaceful and meditative life. Sattvic foods comprise the diet of many sages, yogis and spiritual teachers. These foods are supposed to produce calmness and nobility among men. Eating fruits and vegetables increases one's magnetism. From what we understand today about diets we are sure that

ancient Essenes and Rishis masters saints had a very good idea about food in general and their effect on the body and thinking pattern of man. Expression of the soul is dependent on the body, and the body is dependant on food.

The Sattvic diet consists of light, soothing, easily digested food. Sattvic signifies the etheric qualities and includes foods such as fruits and vegetables, especially sun foods and ground foods. Many Sattvic foods are sun foods are those that grow one meter or more above the ground. They have a quickening and lightening effect on the body's nervous and digestive systems. Ground foods are those foods that grow within one meter of the ground. They draw energy from the earth and are high in nutrients. Sattvic foods include sprouted whole grains, fresh fruit, land and sea vegetables, pure fruit juices, nut and seed milk and cheese, legumes, nuts, seeds, sprouted seeds, honey, and herb teas. Sattvic foods are those foods which do not agitate your stomach at all. According to the diet, the best foods are those that are fresh, which have a balance of all the six tastes and are consumed in moderate portions.

## Becoming Sattvic

One should focus on work, self-improvement and intellectual or spiritual pursuits. Maintaining a positive nature, demonstrating generosity, kindness, openness, fairness (equality) and forgiveness also increases Sattva Guna. In addition spiritual inclination, faith and belief in the Great Spirit or God, engaging in selfless service or charitable activities help to become Sattvic.

## Nature's Sattvic Foods

### Fruits

Apples, Kiwi, Prunes, Apricots, Loquat, Tangerines, Bananas, Lychee, Pomegranate, Cantaloupe, Mango, Papaya, Cherries, Melons, Nectarines, Cranberry, Honeydew, Oranges, Grapefruits, Watermelon, Pineapples, Grapes, Peaches, Plums, Guava, Pears, Persimmon

### Vegetables

Artichokes, Eggplant, Lettuce, Beets, Mustard, Greens, Asparagus, Daikon, Onions, Endive, Fennel, Maitake, Parsnips, Bok Choy, Peas, Broccoli, Green Beans, Potatoes, Brussels Sprouts, Kale, Radishes, Cabbage, Leeks, Lima Beans, Shallots, Carrots, Celery, Spinach, Cauliflower, Chard, Chanterelles, Sprouts, Corn, Squash, Shitake, Mushrooms, Watercress, Turnips, Yams

### Sprouted Whole Grains

Amaranth, Barley, Buckwheat, Bulgur, Millet, Quinoa, Rice:Basmati, Brown and Wild Rice.

### Oils

Olive, Safflower, Sesame, Sunflower, Garbanzo, Lentils, Mung.

## **Spices**

Asafoetida (hing), Coriander, Basil, Cumin, Nutmeg, Black Pepper, Fennel seed, Parsley, Cardamom, Fenugreek, Turmeric, Cinnamon, Cloves, Ginger

## **Nut/Seed**

Brazil nuts, Pumpkin seeds, Sunflower seeds, Walnuts

## **Milks & Cheese**

Seed milk, Hemp milk, Almond or other nut milk

## **Sweetners**

Cane juice, Raw honey, Stevia, Fruit Juices, Maple Syrup

It takes time for the effects of dietary changes to manifest on the mind. Changing our diet may not impact our psychology overnight, but in a period of months can affect it significantly.