



Health Matters



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Indigestion and Flatulence

Indigestion and Flatulence (Gas problem) is one of the most common ailments today and is caused by dietetic errors. It is a condition of the stomach in which digestive juices are incorrectly secreted, resulting in discomfort.

Before we discuss about Indigestion and Gas problem we will see the digestion process. Food passes down the oesophagus (உணவுக்குழாய்) into the stomach. The stomach makes acid which is not essential but helps to digest food. Food then passes gradually into the first part of the small intestine (the duodenum - முன் சிறுகுடல்). In the duodenum and the rest of the small intestine, food mixes with chemicals called enzymes. The enzymes come from the pancreas and from cells lining the intestine. The enzymes digest the food. Digested food is then absorbed into the body from the small intestine.

Indigestion is usually related to lifestyle and what we eat and drink. It may also be caused by infection or some other digestive conditions. Indigestion is usually caused by stomach acid coming into contact with the mucosa of the digestive system - the sensitive protective lining of the digestive system. Stomach acids break down the mucosa, causing irritation and inflammation, which trigger the symptoms of indigestion. Most people with indigestion feel pain and discomfort in the stomach or chest area. The sensation generally appears soon after consuming food or drink. In some cases symptoms may appear some time after a meal. Some people feel full during a meal, even if they have not eaten much. In the majority of cases indigestion is linked to excess eating and drinking. Sometimes it may be caused by infection or some medications.

Flatulence (Gas problem) occurs when a food not digested completely in the stomach and small intestine. If the body does not digest and absorb some carbohydrates (for example, the sugar, starches, and fiber found in many foods) in the small intestine because of a shortage or absence of certain enzymes there, this undigested food then passes from the small intestine into the large intestine, where normal, harmless bacteria break down the food, producing hydrogen, carbon

dioxide, and, in about a third of all people, methane. Eventually these gases exit through the rectum. Flatulence is the state of having excessive stomach or intestinal gas. This can result in embarrassing uncomfortable feelings of bloating, as well as increased belching (burping) or passing of gas some times noisy and foul smelling from the anus.

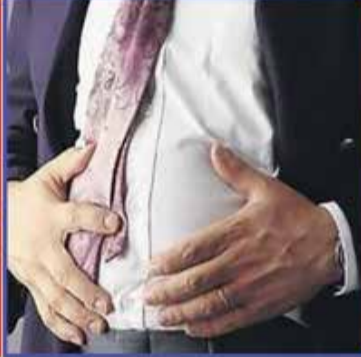
Now it is clear both Indigestion and Flatulence (Gas) join together. Both indigestion and gas problem are common and mostly depends upon our dietary conditions. We will analyze cause, symptoms and remedial measures.

Causes for Indigestion & Flatulence(Gas):

1. Wrong eating habits (Junk foods, Fast foods, Fried foods, over eating)
2. Drink too much caffeine, alcohol, chocolate or carbonated beverages.
3. Excess smoking and chewing gum.
4. Drug overuse (certain antibiotics, pain relievers and iron supplements).
5. Excess Stress, anxiety and depression (Intestine hormone function will upset).
6. Exercising immediate after meal.
7. Digestive conditions (Gastritis, Stomach ulcer, Gallstones, Constipation, Intestinal blockage, Irritable bowel syndrome).
8. Not chewing food slowly and thoroughly. Fast eating will cause swallow excess air.
9. Hot and Fizzy drinks will increase carbon dioxide in our stomach leads gas.
10. Eating high amount of un absorbable carbohydrates.
11. Obesity gives more pressure inside the abdomen leads to indigestion and gas.

Indigestion and Flatulence (Gas) Symptoms:

- Abdominal pain and discomfort.
- Abdominal bloating.
- Frequent belching(ஏப்பம்)
- Excess gas and frequent passes gas from anus.
- Bloating (full feeling)
- Heart burn or acid indigestion (acid reflux)
- Nausea with or without vomiting.
- Stomach discomfort
- Constipation or diarrhea
- Decreased appetite.



• Bad taste in mouth, coated tongue and foul breath.

Precautionary Measures to avoid Indigestion and Flatulence(Gas):

- The only effective treatment for indigestion is cleansing of the digestive tract.
- Adoption of a sensible diet and a change in the style of living.
- Take restricted diet of easily digestible foods.
- The use of fruits in general is beneficial in the treatment of indigestion.
- Eat slowly and chew your food thoroughly.
- Don't talk while you are chewing.
- Eat in a relaxing environment without tension.
- Drink water or other drinks 30 minutes before or two hours after your meal.
- Don't overload your stomach at any time. Avoid consume excess caffeine, alcohol.
- Avoid high fat meals and an excessive amount of meat and cold drinks.
- Avoid excess sweet, milk and its products which will be difficult for digestion.
- Avoid consuming Carbonated drinks, excess vegetables like Broccoli, Cabbage, Beans, Cauliflower and Bread & cheese.

Remedial Measures: We will see certain remedies in Ayurvedha treatment, Home Remedies Treatment and Acupressure treatment and yoga exercise.

Yoga Exercise for Indigestion and Gas problem:

- 1.Vajrasanam: Those having gas problems should perform this asana, immediately after a meal. Relief from stomach problem, sciatic pain, and varicose vein.
- 2.Pawan Muktasanam: Cures acidity, Indigestion and Constipation, gastrointestinal problems, gas problems.
- 3.Bhujangasanam: Improves digestion. Improves circulation

of blood and oxygen, especially throughout the spinal and pelvic regions.

4. Uttana Padasanam: It improves the digestion system. It gives good shape to stomach. It reduces constipation and improves digestion.

5. Yoga mudrasanam: This asana tones all organs in the abdomen. It helps to relieve constipation and improves digestion.

Home Remedies for Indigestion and Flatulence(Gas problem):

1. Add one tablespoon Apple cider vinegar to a cup of water. Mix in one teaspoon of honey. Drink this solution two to three times a day for quick relief.
2. Roast two tbsp fennel seeds and grind it. Take half a teaspoon of this powder along with water, drink twice daily. Or simply chew a spoonful of roasted fennel seeds for symptom relief.
3. Take two tsp. of ginger juice and one tsp. of honey to a cup of warm water and drink twice a day.
4. Take one-half teaspoon

of baking soda and mix it in half a glass of water. Drink this solution to neutralize the acid in your stomach and give your relief from bloating.

5. Eating 2 tsp. of carom seeds will give relief from indigestion and gas problem.

6. Take some carom seeds and dried ginger and grind into a fine powder. Take one glass water add one tsp. of this powder and a little black pepper. Boil it in slim for 5 minutes and drink it twice a day. This will effectively give relief from indigestion and gas problem.

7. Peppermint tea and chamomile tea, calm your stomach and relieve digestive problems.

8. Take 2 tbsp. roasted coriander seeds to a glass of buttermilk and drink twice a day. This will give relief from indigestion and gas problem.

9. Take 1 tbsp. black pepper powder, dried mint leaves, ginger powder and coriander seeds, all taken in equal amounts, can be consumed twice a day

(one teaspoon) to treat gas and indigestion.

10. Pieces of cloves can be directly consumed or clove oil can be used to get rid of stomach irritability.

11. Take 2-3 garlic, some black pepper and cumin seeds mix it one glass of water and boil it for 5 minutes. Strain this mixture and let it cool. Drink this mixture three times a day will give relief.

12. Drinking ginger tea is certainly much more beneficially to get rid of gas and indigestion problems.

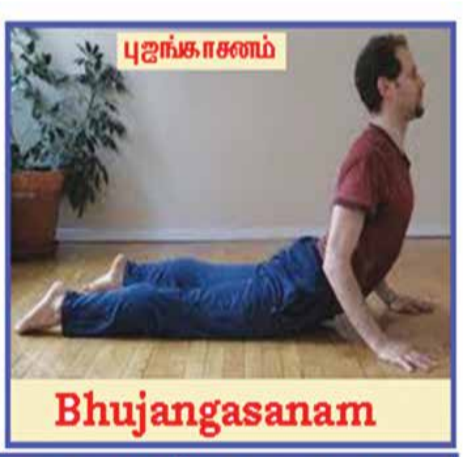
13. Cardamom seeds can be consumed or Cardamom tea is also an excellent way to treat indigestion.

14. Drinking fresh lemon water early morning can help you prevent digestive disorders.

15. A pinch of Aasafoetida can be added to a glass of warm water and consumed two to three times a day. It is an effective remedy that can cure many digestive problems like flatulence, stomach-ache and constipation.

16. Take fresh ginger cut into small slices. Soak these slices in lemon juice for 1 hr. Chew a few slices after each meal. Excellent relief for indigestion and gas problem.

17. Add small pinch of Cinnamon powder in a glass of warm water and drink it twice a day.



Acupressure Points for Indigestion and Flatulence (Gas problem):

Acupressure can release muscular tension, promote circulation of both the blood and the body's vital energy and enable the body to relax deeply. Acupressure points are highlighted in these pictures. At the time of indigestion and gas problem, we need to give pressure in all the points individually for 20 seconds with our finger or any pointless pencil. We will get instant relief from stomach upset and will arrest nausea and vomiting. You rub your belly in a clockwise direction to reduce bloating. Depends upon the severity of indigestion and gas problem, you can give pressure once in 3 hours in all the points individually. No doubt the acupressure treatment will definitely will give relief from indigestion and gas problem will be reduced.

We have discussed about indigestion and flatulence (gas problem) and how to get relief from it by Home Remedies treatment, Acupressure treatment and Yoga exercise. Prevention is better than cure. Diet play a major role for indigestion and flatulence. If you fine tune your diet habits, as mentioned above you can easily avoid such problems. You can select some of the Home Remedies treatment mentioned above whichever is convenient to you. Along with Home Remedies treatment you are advised to continue acupressure treatment and Yoga exercise till you get relief. Maintain good diet and enjoy healthy life.