

## Home Remedies for dealing with Hyperacidity

Hyperacidity is characterized by excessive formation of acid in stomach associated with burning pain in chest and heart region, headache and vomiting. Ayurveda considers vitiated *Pitta Dosha* as chief cause of Hyperacidity (*Amlapitta*). Excessive fasting, skipping meals, practicing irregular eating habits, eating at wrong time, eating junk and stale food, sleeping immediately after meals, inadequate sleep at night, eating excessively sour, hot, oily and spicy food, excessive intake of tea/coffee, too much anxiety, worry etc. all are leading cause of Hyperacidity.

In most cases symptoms can be relieved through diet and lifestyle regulations only. Three factors are vital for proper digestion. First, food must be fresh & seasonal. Secondly, food must be eaten with interest & attention. Being distracted by phones, computers, books during meal impedes a proper digestion. Lastly, food should be eaten only when hunger is felt. If not treated timely or if unwholesome diet, regimen and habits continued, it may lead to complications like Gastric Ulcer, Chronic Gastritis, Mal-absorption etc.

Some home remedies for Hyperacidity:

- The Infusion of coriander seeds (*dhaniya* seeds) taken with sugar twice a day.
- Take tender Coconut water 100-500 ml twice a day.
- Powdered fruit rind of *Amla* (*Emblica officinalis*) 3-6 gm, taken with 100-250 ml of milk twice a day.
- Prepare decoction of equal parts of dried ginger, fruit of coriander and leaf of *Patola* (*Trichosanthes dioica*). A dose of 14-28 ml should be taken twice daily.
- Powder of fennel seeds (*Saunf*) with sugar, mixed in a glass of water - 20 ml twice daily till the symptoms subside.
- Mix Ricegruel (boiled rice water also known as *maand*), *Sharkara* (raw sugar) and Honey in equal quantity. A dose of 100-200 gm should be taken twice daily.
- Chewing of half a teaspoon of fennel seeds (*Saunf*) after meals.
- Drink Coriander and Cumin Tea.

**Dr. Harit Kumari**

**Email:** drharit79@gmail.com