

ACIDITY

Dr. Kavitha Rev

Acidity or acid reflux is a condition characterized with a heart burn that is felt around the lower chest area.

When our gastric glands secrete more acids than required for digestion that creates regurgitation of acids and burning sensation leading to acidity.

An anatomical illustration of the human digestive system, specifically the stomach and small intestine. The stomach is shown in a reddish-orange hue, filled with a bright orange, bubbly substance representing stomach acid. The small intestine is depicted in a blue, coiled form below the stomach. The background is a dark blue gradient.

Acidity

is excessive acid production in the stomach causing heartburn and acid reflux. Excess HCL acid in stomach can be due to stress and spicy foods

Causes of acidity

- Unhealthy eating habits like skipping meals, over eating, low fibre intake, over use of spices, salt, tea, coffee, soft drinks etc..
- Side effects of medicines like non steroidal anti- inflammatory drugs, depression and anxiety medications
- Lack of exercise

Causes of Acidity



Junk Food



Alcohol



Spicy Foods



Stress

© www.medindia.net

Dr. Kavitha

Symptoms

- Abdominal discomfort
- Burping
- Bloating
- Burning sensation in neck throat or chest
- Nausea or vomiting

- Diarrhoea
- Hiccups



ACID REFLUX FOODS TO AVOID CHART

Acid Forming Foods



Hamburgers



Hot Dogs



Lean Meat



Candy



Cookies



Sugar



Alcohol



Soda



White Bread



Noodles (White)



Beets



Celery



Apples



Cauliflower



Kale



Avocados



Figs, Dried



Lemon & Limes



Almonds



Grapefruit

Meat, Grains, Eggs, Fish, Tea, Canned Beans, Chicken, Beer, Sugar, Coffee, White Bread, Beet, She Tuna, Pastries, Pasta, Cheese, Soda

Spinach, Broccoli, Green Tea, Lettuce, Celery, Apples, Almonds, Carrots, Tomatoes

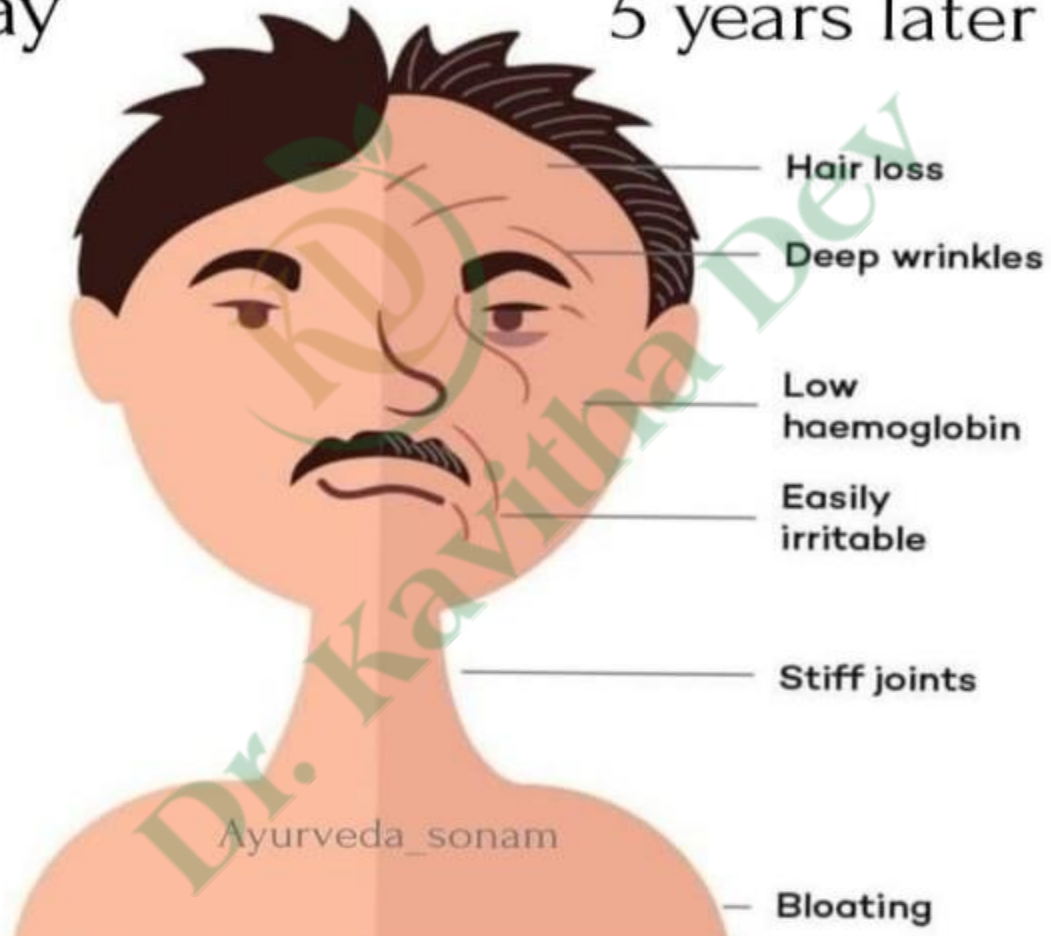


Acidic pH Neutral pH Alkaline pH

After effects of long term HYPERACIDITY

Today

5 years later



Ayurveda_sonam

Home remedies

- Cold milk
- Coconut water
- Boil 1 tsp of cumin seeds with 1 glass of water
- 1 tsp of fennel powder with one glass of hot water

Please Note:

To treat acidity don't completely depend on home remedies and don't fall for advertisements. Seek the advice of an authentic Ayurvedic doctor as they will give you a perfect diet plan and a permanent solution for your problem

As steroids, antibiotics etc lead to acidity. Try to seek the help of natural Ayurveic treatment along with changes in diet and lifestyle for being healthy and Happy always.....

Dr. Kavitha

THANKYOU

Dr. Kavitha Dev
(08220330171)

Dr. Kavitha Dev