

Dyspepsia:

Improper function of digestion is known as dyspepsia / indigestion.

CAUSES

- 1) Over eating.
- 2) Eating too quickly and not chewing food properly.
- 3) Eating diet rich in fats.
- 4) Eating indigestible things - chalk.
- 5) Smoking, alcohol, drinking too much of caffeine.
- 6) Increase in acid secretion due to intestinal disease.
- 7) Stress.
- 8) Antibiotics and other drugs (prolong use)
- 9) Liver and pancreatic disease.
- 10) Intestinal tuberculosis.

SIGN AND SYMPTOMS

- 1) Pain in the centre or left upper abdomen, which increases after meals.
- 2) Chest pain on bending / lying down after meal.
- 3) Nausea and vomiting.
- 4) Tongue coated, salty, sour fluid regurgitates.
- 5) Loss of appetite.
- 6) Sometimes diarrhoea or constipation.
- 7) Belching or gas formation.
- 8) Abdominal bloating.

DIETARY MANAGEMENT

- 1) Treat the cause.
- 2) Avoid stress.
- 3) Take a light diet consisting of porridge, rice, lentils or have boiled green grams.
- 4) Add a pinch of asafoetida in your food - it helps in proper digestion of the food.
- 5) Take plenty of fluids.
- 6) Eat fresh fruits and salad.
- 7) Add curd or butter milk to your meals, helps in digestion.
- 8) Avoid hot, spicy food. Eat blend and boiled food that is easy to digest.
- 9) Eat slowly and chew food properly.
- 10) Avoid alcohol, smoking.
- 11) Avoid fatty food.
- 12) Avoid dairy products and meat food.
- 13) Avoid over eating, take small meals instead of one large meal.
- 14) Avoid drugs that causes stomach upset.
- 15) Do not exercise, bend, stoop / sleep immediately after meals.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE. THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .