

FLATULENCE

It is gas formation in stomach and intestine.

CAUSES

- 1) High fibre diet - beans, vegetables, fruits and grains.
- 2) Partially digested food on which bacteria can grow and produce gas.
- 3) Constipation.
- 4) Ingestion of air in the digestive tract while eating / drinking - when eating too quickly, while drinking through straw, smoking, and while eating chewing gums.
- 5) Infection of digestive tract may increase the gas production.
- 6) Obesity.

SIGN AND SYMPTOMS

- 1) Bloating of abdomen.
- 2) Pain in abdomen.
- 3) Audible passage of air - as belching from mouth or as flatus from rectum.
- 4) Gas can be offensive.

DIETARY MANAGEMENT

- 1) Go for a walk after meals, but not do brisk walking.
- 2) Eat slowly and chew food properly.
- 3) If gas is offensive, limit intake of proteins like- meat, eggs.
- 4) Limit intake of high carbohydrates - rice, potatoes, sweet potatoes etc.
- 5) Avoid pulses and fibrous vegetables like cabbage and cauliflower.
- 6) Avoid cheese, beans, alcohol, soy sauce, carbonated drinks - coke etc.
- 7) Avoid fried and spicy food.
- 8) Add little garlic and asafoetida in your diet - helps in digestion and prevents gas formation.
- 9) Take plenty of fluids.
- 10) Avoid over eating, frequent small meals are advisable.
- 11) Curd and butter milk may help to change the intestinal flora.
- 12) If over weight reduce weight.

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