

## **GASTRITIS**

Inflammation of the mucosa of the stomach.

### **CAUSES**

- 1) Stress - mental or emotional.
- 2) Increased acid secretion in stomach.
- 3) Taking drugs empty stomach - aspirin, antibiotics, steroids or any drug that acts on the mucous membrane.
- 4) Smoking and alcohol.
- 5) Infection- viral or bacterial.
- 6) Over eating, eating indigestible food and eating contaminated food.
- 7) Highly hot and spicy food.
- 8) Allergic to certain food.
- 9) Consumption of chemicals and food additives.
- 10) From radiations.

### **SIGN AND SYMPTOMS**

- 1) Coated tongue.
- 2) Bad taste in mouth.
- 3) Nausea and vomiting.
- 4) Pain in abdomen.
- 5) Headache.
- 6) Fever.
- 7) Loss of appetite.
- 8) Occasionally diarrhoea.

### **DIETARY MANAGEMENT**

- 1) Eat bland light diet - porridge, soups, boiled green grams.
- 2) Avoid spicy food.
- 3) Eat slowly and chew properly.
- 4) Have fruit juices, lentils and rice.
- 5) Increase intake of vitamin A and zinc will help in healing the stomach mucosa
  - a. Fruits like papaya, melons, apricots, peaches, etc.
  - b. Vegetables like - cantaloupes, pumpkins, carrots, sweet potatoes, broccoli, green leafy vegetables -spinach, mustard leaves, fenugreek leaves etc.
  - c. Have porridge of whole wheat.
- 6) Do not drink milk, have plenty of fluids.
- 7) Avoid food that is allergic to you.
- 8) Avoid tea, caffeinated drinks and carbonated drinks.
- 9) Eat regularly and at regular times. Do not eat between the meals.
- 10) Avoid alcohol and smoking.
- 11) Try to have stress free life.
- 12) Slow walking after meals.
- 13) Avoid drugs like- aspirin, antibiotics etc.
- 14) Can take fish liver oil supplements.

**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 .**

