

Herbal & Home Remedies For Acid Reflux

Several herbal remedies help lower stomach acidity and can be used as a rescue therapy to control symptoms of acid reflux. These are:

- ***Water infused with ginger and saunf*** -Take a liter of water, add a two-inch piece of ginger grated or pounded, add one to two teaspoonfuls of saunf. Boil the mixture lightly, let it cool and strain it. Drink this water a few times a day and an hour or two after dinner or any time there is a discomfort of acid reflux. The traditional saunf, Cardomum, and ajwain chew mixture (called Mukhvas) following dinner help calm down stomach acidity.
- ***Eat a ripe banana*** – The ripe banana has a natural antacid property that overcomes the acid reflux. Eat a fully ripened banana daily. If acid reflux wakes you up from sleep, drink a small glass of saunf- ginger-infused water and eat half a banana. That would provide immediate relief. The pectin present in the ripe banana coats the lining of the food pipe and stomach and prevents irritation caused by acid. This natural remedy works better than antacids, which typically cause rebound acidity within 1-2 hours.
- ***Chewing Gum*** – Chewing the sugar-free gum half an hour before going to sleep or any time there is the discomfort of acid reflux. Chewing the gum enhances saliva secretion. The alkaline saliva helps minimize the pain of acid reflux.
- ***Oatmeal porridge with almond milk and banana or rice- moong dal khichari*** – The khichari with one to two spoons of sesame oil, or coconut oil, or ghee is an excellent accompaniment to dinner meal for minimizing acid reflux during the night.
- ***Green vegetables- The green vegetables are alkaline-*** Use sesame oil or ghee for cooking the vegetables and not refined oil.
- ***Probiotics-*** The digestive health remains linked to normal healthy bacteria in the gastrointestinal tract. These bacteria are called Microbiome and

weigh as much as 1-1.5 Kg. The microbiome keeps healthy when the food is rich in complex starch from the natural plant-based foods. The fermented foods such as homemade nonpasteurized curds, yogurt, and mustard seed fermented foods keep microbiome healthy and flourishing. Factory-made synthetic foods and animal-based foods (Meat and Dairy) are not supportive of a healthy microbiome. It is common knowledge that factory-made unnatural foods and animal-based foods are not friendly to good digestive health.

(Note: Contrary to the popular belief, the milk is not functional heartburn or acid reflux remedy. It temporarily buffers stomach acid, but the saturated fat and casein protein present in the milk increases acid production in the stomach).