



Natural Remedy for Indigestion

Indigestion:

- Indigestion is often a sign of an underlying problem, such as gastroesophageal reflux disease, ulcers, or gallbladder disease, rather than a condition of its own. Also called dyspepsia, indigestion is a term used to describe a feeling of fullness or discomfort during or after a meal. It can be accompanied by burning or pain in the upper stomach.



Causes:

- Indigestion can be caused by a condition in the digestive tract such as gastroesophageal reflux disease, peptic ulcer disease, cancer, or abnormality of the pancreas or bile ducts. If the condition improves or resolves, the symptoms of indigestion usually improve. Sometimes a person has indigestion for which a cause cannot be found.

symptoms:

1. Upper abdominal pain
2. Belching
3. Nausea
4. Abdominal bloating
5. Abdominal distention

Diagnosis:

- Indigestion is diagnosed primarily on the basis of typical symptoms and the exclusion of non-functional gastrointestinal diseases, non-gastrointestinal diseases, and psychiatric illness. There are tests for identifying abnormal gastrointestinal function directly, but they are limited in their ability to do so.

Ingredients:

1. Pepper
2. Salt
3. Honey

Natural Remedies:



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- Black pepper is a popular spice found in majority of Indian dishes, vegetarian as well as non-vegetarian. Black pepper is traditional believed to be a home remedy for digestion problems, flatulence, cold, cough, throat infection and vomiting. Black pepper is found to have blood purifying properties also. In ancient Indian herbal treatment black pepper is used to cure colic problems, stomach pain, cholera, tooth pain, arthritis, gas and flatulence and headache.
 - A mixture of ginger and lemon juice with a pinch of salt taken frequently in sips helps to overcome indigestion. For kids add this mixture in Luke warm water.
 - Honey as a natural remedy can be taken in its pure form or mixed with tea. A teaspoon or tablespoon of honey three times a day can do wonders to relieve an upset stomach due to food poisoning and indigestion. Keep in mind though that raw honey should be avoided for safety reasons especially when it comes to infants under 1 year of age due to danger of botulism.
 - Take half spoon of pepper and salt to grind with thick paste. Then add one spoon of honey and mix with water. If the children eat, three times daily, indigestion will subside.

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