

## The Science and Art of Yoga in Mental and Neurological Healthcare

### Gastric Problem: Causes, Symptoms & Treatment

The abdomen consists of the stomach, liver, small intestine, large intestine, gallbladder, spleen, kidneys, diaphragm, and pancreas among other organs. Gastric problem majorly causes abdominal pain, commonly known as stomach ache.

Let's learn more about this disease and how to control gastric.

#### What Is Gastric Problem or Gastritis?

Gas or gastric problem is one of the most common problems which usually occurs after the age of 40. There can be various reasons contributing to gastric problems like indigestion or an empty stomach. Gastric problem or gastritis is an inflammation, irritation, or erosion of the lining of the stomach. It starts from being acute and can turn gradually into a chronic condition.

Gastritis or gas problem in the stomach is a condition where the stomach membrane layer gets disturbed and leads to the secretion of acids. Once these acids come in contact with the stomach walls, it gives rise to pain and discomfort. This condition ultimately leads to a problem called gastric.

#### Reasons for Gastric Problem

There are many reasons behind the heavy gastric problem from regularly being in an empty stomach for a long time or excessive intake of unhealthy or spicy food to taking alcohol. Stress, tension and anxiety are also major reasons behind multiple complications related to gastric. Another simple yet important reason is the habit of not chewing the food properly. Internal infections can also give rise to gastric problems. Some other reasons are

*Helicobacter pylori* (*H. pylori*) It is a bacteria that lives in the mucous lining of the stomach. If not treated on time, this infection can lead to ulcers, and in some people, stomach cancer.

It is a bacteria that lives in the mucous lining of the stomach. If not treated on time, this infection can lead to ulcers, and in some people, stomach cancer. Bile reflux: A backflow of bile into the stomach from the bile tract.

Some other causes of the gastric problem include

Acidity

Indigestion

Stomach bloating

Heartburn

Viral or Bacterial infections

Food poisoning

Kidney stones

Constipation

Tumours

Pancreatitis and

Ulcers

Gastroenteritis

Lactose intolerance

Celiac disease

Crohn's disease

Diabetes

Peptic ulcer

Irritable bowel syndrome

Symptoms of Gastric Problem

Nausea or recurrent upset stomach

Abdominal bloating

Abdominal pain

Vomiting

Indigestion

Stomach pain

Ulcers

Burning sensation in the stomach

Hiccups

Loss of appetite

Vomiting blood or coffee ground-like material

Black, tarry stools

How to Control Gastric

If you are wondering how to solve gastric problems at home, here are a few simple tips:

Drink plenty of water, include lemon juice in your diet, drink warm water, and use baking soda and lemon.

Drinking a glass of cold milk, buttermilk, and mint juice also helps.

You can also try drinking tea.

A warm cup of fennel, chamomile, or ginger tea can help you solve stomach bloating, the root cause of gastritis.

You should eat healthy meals. Include whole-grain foods, fruits, and vegetables in your diet.

You can exercise more control over healthy eating by preparing meals at home whenever possible.

Try to avoid fried and junk foods as much as possible.

You should also aim to eat smaller meals. If you are used to eating larger meals, start breaking them up so that you eat smaller meals throughout the day. This can help curb abdominal pain and gastric problems.

#### What to Do for Gas Problem

Here's what you can do to prevent frequent gastric problems:

Avoid specific foods like hot and spicy foods, carbonated drinks, fibre drinks & supplements, smoking cigarettes, and drinking alcohol, chewing gum, etc. Drink water and tea. Include peppermint, apple cider vinegar mixed with water, cloves, and lactase supplements in your diet. Take medications.

There are many tips on how to solve the gas problem in the stomach, but you should consider the suitable option depending on the severity of your condition. If these home remedies do not help, you must visit a gastroenterologist.

A gastroenterologist is the best person to treat Gastroesophageal Reflux Disease (GERD). Also known as heartburn or acid reflux, GERD develops when the acid present in the stomach moves from the stomach into the oesophagus. It causes a burning sensation. To treat this disorder, Transoral Incisionless Fundoplication (TIF) is used. It is an incision-less procedure where a new anti-reflux valve is constructed at the entrance of the oesophagus using a special device. This prevents the acid from entering into the oesophagus.

#### Diagnosis and Treatment for Gastric Problem

Your doctor might perform some tests to diagnose your condition, which typically includes "

Upper Endoscopy " Upper endoscopy is a test that enables your doctor to examine your oesophagus, stomach and a small

part of the small intestine. Upper endoscopy is also known as esophagogastroduodenoscopy or OGD. A thin and flexible tube, called an endoscope, is put into your mouth and gradually proceeded through the throat into the food pipe, stomach and intestines. At the end of the tube is a camera that enables your doctor to view your stomach and small intestine thoroughly.

â€" Upper endoscopy is a test that enables your doctor to examine your oesophagus, stomach and a small part of the small intestine. Upper endoscopy is also known as esophagogastroduodenoscopy or OGD. A thin and flexible tube, called an endoscope, is put into your mouth and gradually proceeded through the throat into the food pipe, stomach and intestines. At the end of the tube is a camera that enables your doctor to view your stomach and small intestine thoroughly. Blood Tests â€" Blood tests help to rule out other diseases that can cause similar signs and symptoms. Your doctor may recommend a test to look for a bacterium called *Helicobacter pylori* (*H. pylori*) that usually causes gastric problems.

â€" Blood tests help to rule out other diseases that can cause similar signs and symptoms. Your doctor may recommend a test to look for a bacterium called *Helicobacter pylori* (*H. pylori*) that usually causes gastric problems. Stool Test or Fecal Occult Blood Test â€" A stool culture checks for the presence of abnormal bacteria in the digestive tract that may cause gastritis and other problems.

Once the condition and stage of the gastric problem are diagnosed, a treatment procedure is prescribed. Treatment for gastritis involves:

Antacids and other drugs to reduce stomach acid.

For gastritis caused by a viral and bacterial infection, your gastroenterologist will prescribe a regimen of several medications to reduce heartburn.

Eliminating irritating foods from your diet increase the effect of gastric problems. Usually, these foods are lactose from dairy or gluten from wheat.

Most people with gastritis show improvement once medications and treatment start.

**210.0015555556**

Dr. Aravinda P S, Consultant " Gastroenterology " Surgical, Narayana Multispeciality Hospital, Mysore

## Reference

[The Role of the Physical Therapist Assistant: Regulations and Responsibilities  
Regulations and Responsibilities](#)

[Applied Meta-Analysis for Social Science Research \(Methodology in the Social  
Sciences\)](#)