



## **HOME REMIDIES**

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# Acidity Home Remedies

- The powder of **ehiretta** taken with an equal quantity of sugar relieves acidity.
- Chew a few **holy basil** (tulsi ) leaves to get relief from burning, nausea and gas.
- Small pieces of **onion** taken with half set sweet curds and sugar relieves burning of the throat due to acidity.
- Keep a small piece of **jaggery** (gur) in your mouth and slowly suck it. Repeat it every hour till acidity subsides.
- The juice of **pumpkin** in doses of 60 to 120 gm oz taken with sugar relieves acidity.
- Eat a few **almonds** when your feel heartburn symptoms.
- Drink coconut water 4-5 times a day.
- Drink a glass of **cold milk** for fast relief of heartburn and acidity.
- Keep a small piece of **harad (Terminalia chebula)** in your mouth and chew it after every meal.
- A dose of 1.5 to 2.5 gm of the fruit of soapnut taken with water is effective in relieving acidity.
- Take one piece of clove and suck on it slowly.
- Drink fresh **mint juice** slowly after meals.
- Drink daily a 1 tsp juice of chebulic myroblan mixed with 1 tsp of amla (Indian gooseberry) juice.
- Maintaining an upright posture for some time after food will help in preventing reflex.
- Sleep with your head and shoulder on a high pillow for elevation.
- Intake of **raw garlic** is very beneficial.

Take a mixture of 2 tsp of natural apple cider vinegar and 2 tsp raw honey in a glass of water before meals to prevent acidity or heartburn.

Amalaki is a carminative and stomachic. It is used in Ayurveda as a **cardiotonic, aphrodisiac, antipyretic, antidiabetic, cerebral and gastrointestinal tonic**. It raises the total protein level and increases the body weight due to positive nitrogen balance. It has been found to have an anabolic effect.