



HOME REMIDIES

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Home Remedies for Indigestion

Indigestion can be a major turmoil; it creates a feeling of uneasiness and induces lethargy, bloating, flatulence and a lead like feeling as potential side effects. There are associated feelings of acidity and sometimes indigestion can mar the lines of the stomach and duodenum. Indigestion can lead to acid reflux thereby causing heartburn; this is when it regurgitates pepsin towards the lining of esophagus. Indigestion is not a disease.

It is a symptom of some disease. It can be caused due to food poisoning, acid reflux, enhanced toxic content in colon, stomach ulcer and a lot else. The idea is to comprehend the etymology of the disease and only after the diagnosis is made shall a line of treatment be offered. While other remedies work pretty well too, it is better to go by the home remedies for indigestion first as they are most compliant with the metabolism.

Let's take a look at a few of the home remedies for indigestion:

Mixture of rock salt and carom seeds - ½ tea spoon of carom seeds along with a couple of pinches of rock salt shall be chewed and then rinsed out with water. This process is quite effective and allows the juice of carom seeds and rock salt to travel till the base of stomach. It goes a long way in curing the infirmity. However, it is important to keep the proportions of the ingredients just as they are. This is among the top home remedies for indigestion.

Alkaline food can bail out - Indigestion is caused by acid reflux at times. Even if not caused due to it, it's advisable to go for food that tantalizes the presence of acid in the stomach area. During indigestion, acid can ricochet to the linings of duodenum and jejunum and esophagus causing further issues. Hence food with alkaline bases should be preferred.

A super home mix can work well - Take 5 to 6 basil leaves and chop them. Take 1/4 tea spoons of sea salt and a couple of black pepper in 3 table spoons of curd already kept ready in a bowl. The idea is to mix it in a bowl and then take it three times. If you go by the process 4 times a day and use the regimen for about a week, it is definitely going to work wonders for you. Also, basil is deemed religious in the orient scriptures and hence the added psychological benefit is always there.

Go for colon cleansing - Colon is supposed to be responsible for accumulating all the toxin and waste. Often the slime and the tar in the region become so high that it regurgitates thus causing indigestion. This warrants a detox regime. Fruits, vegetables and their juices along with a lot of water are advised in such cases. If the indigestion is induced by diarrhea then an oral mix that can provide the right set of electrolytes work pretty well.

Go for roughage inducing diets - Fibers allow roughage thereby enhancing the bowel movements. In such an event, the stomach and the intestinal region feel released of the

uneasy pressure that may build due to indigestion. Fibers shall thus be taken in juice form of green leaves to tackle indigestion. Radish leaves can be one such source.

You can go for any one or couple of these methods at a time. The idea is to work on any of the regimen in a disciplined way. Home remedies for indigestion do not have any side effect and also allow the body to recuperate within easy pro-metabolic environment. These shall thus be used as a premier line of attack against indigestion