



Article published on April 30th 2012 | [Health](#)

Acidity or heart burn is something; we all have suffered from at some point of time or the other. Especially today, when our eating habits are changing drastically day by day, we become more and more prone to acidity. Heartburn is a burning sensation in the chest due to acid indigestion. Heartburn is usually associated with regurgitation of gastric acid (gastric reflux) which is the major symptom of gastro esophageal reflux disease. It however may also be a symptom of ischemic heart disease, though this is true for only 0.6% of those experiencing heartburn.

Acidity usually happens due to eating spicy food or taking caffeinated drinks in large quantity. Usually whenever there is acid formation in stomach, lower esophageal sphincter which is a muscular valve, tightens, not allowing the acid to go up in esophagus that causes heartburn.

Factors affecting lower esophageal sphincter are:

- Too much food in the stomach (overeating) or too much pressure on the stomach (frequently from obesity or pregnancy) contributes to relaxing lower esophageal sphincter.

- Certain foods commonly relax the lower esophageal sphincter, including tomatoes, citrus fruits, garlic, onions, chocolate, coffee, alcohol, caffeinated products, and peppermint.

- Cuisines high in fats and oils (animal or vegetable) often lead to heartburn.

- Certain medications.

- Stress and lack of sleep can increase acid production and can cause heartburn.

- Smoking, which relaxes the LES and stimulates stomach acid, is a major contributor.

Occasional heart burn is not dangerous but chronic gastro esophageal reflex disease can lead to serious problems for which a good gastroenterologist who is a specialist in diseases related to digestive system should be consulted. Just an appointment with the doctor can save you from this.

Regular Acidity or heartburn can be cured easily by taking an antacid tablet which releases signal in stomach to inhibit the flow of gastric juices hence controlling acidity. But if you don't want to take any sort of tablet then these simple home remedies are here for your rescue:

- Drink water the moment you get up in the morning. This would flush out the excess acid in the stomach and other unwanted material that would have accumulated during the night. Also, coconut water taken at least thrice daily helps in fighting acidity.

- Consuming a few tulsi or mint leaves will give you instant relief from acidity.

- Aniseed or saunf helps in digestion and thus is good for those who suffer from acidity. Taking saunf after every meal helps in curbing acidity. You can also add one teaspoon of saunf to one cup of boiled water and keep overnight. In the morning, strain the water and add a teaspoon of honey and drink this liquid throughout the day.

- Jaggery is very beneficial in reducing levels of acidity. Keep a small lump of jaggery in your mouth and keep sucking onto it slowly for results.

â€¢ Eating dry fruits like Almonds, dried figs and raisins help in easing the burning sensation in the stomach.

â€¢ Bananas, papayas, watermelons, and cucumbers are famous as curatives for acidity.

â€¢ Spices like clove, black pepper, ginger can also control acidity. One piece of clove if kept in the mouth for some time can help in reducing acidity. Clove juice that goes into the system with saliva eases the abdomen and stomach greatly. Black pepper facilitates digestion and it can replace red pepper. If ginger is used in meals and tea as it provides better digestion and prevents occurrence of heartburn.

Article Source:

<http://www.articleside.com/health-articles/acidity-causes-and-cures.htm> - [Article Side](#)

[Priyanka Sharma](#) - About Author:

This article has been written and posted by a health advisor working at bookmydoctor.com, who also provides free of cost consultancy to patients and advise on various topics like a [Jaggery health benefits](#) By visiting the site, you can read articles on a [doctor's appointment](#) and a [black pepper](#).

Article Keywords:

benefits of jaggery, doctor's appointment, black pepper

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!