



Healing Acid Reflux at the Root

The Niramay Ayurvedic Approach to
•..... GERD (Acid Reflux Disease)•

The Burning Problem: What is GERD, Really?

Gastroesophageal Reflux Disease (GERD) is a chronic digestive condition affecting a growing number of people across all age groups. What often begins as occasional acidity or heartburn can gradually turn into a daily struggle disturbing sleep, appetite, work & overall quality of life.

Modern medicine defines GERD as a condition in which stomach acid repeatedly flows back into the food pipe, causing irritation & inflammation of its lining.

Ayurveda views GERD very differently. It is not merely an acid problem it is a disorder of **Digestive fire (Agni)**, **lifestyle imbalance** & **disturbed Pitta dosha**.

Common Symptoms of GERD



**Burning Sensation
In The Chest (heartburn)**



**Sour or Bitter
Regurgitation**



**Frequent Burping
Or Bloating**



**Nausea or vomiting
sensation**



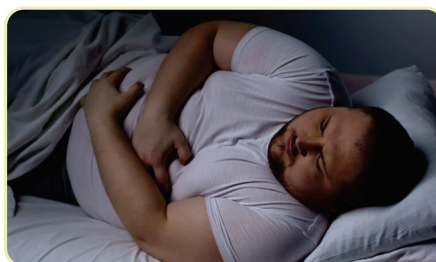
**Chest discomfort
after meals**



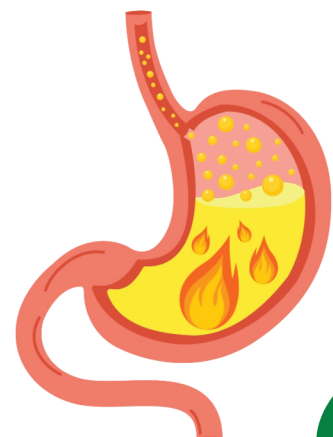
**Difficulty swallowing
(in chronic cases)**



**Chronic cough, sore throat,
hoarseness**



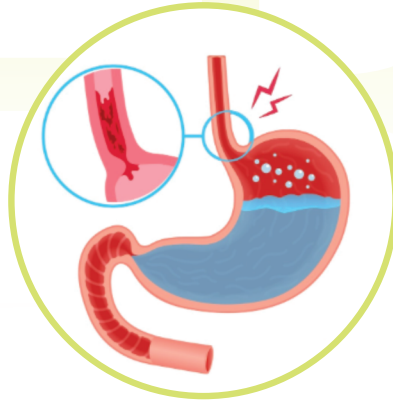
**Disturbed sleep
due to acidity**



Symptoms may worsen after heavy meals, spicy food, stress, or lying down immediately after eating.

Why **GERD** Should Not Be Ignored

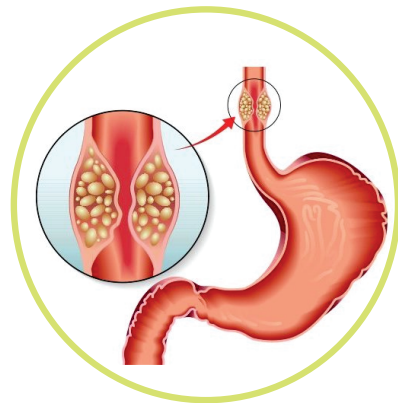
Untreated GERD can gradually lead to:



**Chronic inflammation of
the food pipe (esophagitis)**



Ulcers & bleeding



**Narrowing of the
esophagus (stricture)**



**Barrett's esophagus
(precancerous condition)**



**Dependency on antacids
and acid suppressants**

Early, root-cause-based management can prevent long-term complications.

The Ayurvedic Understanding of GERD (Amlapitta)

In Ayurveda, GERD closely resembles Amlapitta, a disorder caused by aggravated **Pitta dosha** and **impaired digestion**.

Ayurvedic Causes



Excess intake of spicy, sour, oily & fried foods



Irregular eating habits & late-night meals



Skipping meals or overeating



Stress, anger, anxiety & overthinking



Excess tea, coffee, alcohol & smoking



Weak digestion leading to toxin formation (Ama)

Ayurvedic View

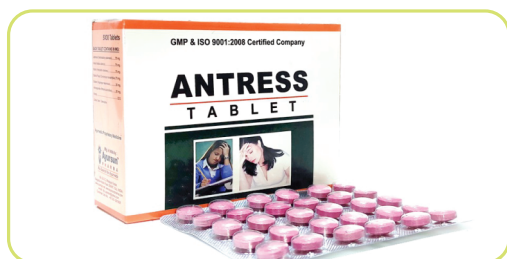
When digestive fire becomes irregular, food is improperly digested, leading to acidic fermentation. This excess acid moves upward, causing burning, reflux, and discomfort.

The Niramay Ayurvedic Treatment Approach

At Niramay Ayurvedic Hospital,

GERD treatment focuses on calming aggravated Pitta, strengthening digestion, healing the gut lining, and correcting lifestyle triggers.

Our Healing Process



ANTRESS TABLET



ASPA TABLET



DICAR TABLET



EMET TABLET



PAXID GRANUELS



PAXID SYRUP



PAXID TABLET



DEEPAN PACHAN KASHAY

③ Panchakarma Therapies



Abhyanga - Swedana (Mild)

Protects gastric mucosa, reduces irritation and Helps in loosening toxins



Virechana (Purgation)

- Eliminates excess acid and toxins from GI tract
- Reduces burning, sour belching, acidity



Basti (Medicated enema)

Balances digestion and gut motility.



Shirodhara

- Reduces stress (major trigger for GERD)
- Calms mind and improves gut-brain axis

4 Ayurvedic Diet & Lifestyle



What to Eat



Grains:

Barley, wheat, green gram, millets
(bajra, jowar, ragi)



Vegetables:

Bitter gourd (karela), ridge gourd (turai),
lauki, methi, spinach



Fruits:

Amla, guava, papaya,
pomegranate, jamun



Spices:

Turmeric, fenugreek, cumin,
cinnamon, black pepper



Proteins:

Moong dal, sprouts, paneer
(in moderation)



Fats:

Cow's ghee (small amounts),
mustard oil, sesame oil



Avoid These

- Spicy, oily, fried foods
- Sour items, pickles, vinegar
- Tomatoes, citrus fruits (in excess)
- Tea, coffee, alcohol
- Chocolate, bakery items
- Late-night meals

Lifestyle & Eating Habits to Prevent GERD

- | | |
|--|---|
|  Eat meals on time; avoid long gaps |  Chew food slowly and mindfully |
|  Avoid lying down immediately after meals |  Keep dinner light and early |
|  Elevate head while sleeping if required |  Practice stress management through yoga and pranayama |

Simple Home Remedies (Supportive)

- | | |
|--|---|
|  Fennel seed water after meals |  Coriander seed infusion for burning sensation |
|  Amla juice to cool Pitta |  Coconut water (fresh, unsweetened) |

(Home remedies support healing but do not replace medical care.)

Living Acid-Free: A Message of Hope

GERD is not a lifelong dependency on antacids.

With Ayurvedic treatment, many patients experience: -
Significant reduction in acidity episodes

1. Improved digestion & appetite
2. Better sleep quality
3. Freedom from daily medications



Why Choose Niramay Ayurvedic Hospital?

- ★ 15+ years of experience in holistic diabetes management
 - ★ Proprietary researched medicines for diabetes
 - ★ Integration of modern diagnostics with Ayurvedic wisdom
 - ★ Patient-centered care with personalized diet & lifestyle plans
- We don't just lower sugar – we transform your metabolism.

The Niramay Promise:

✦ At Niramay, GERD is treated by correcting digestion, calming acidity, and restoring balance naturally and effectively. ✦



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