

TREATMENT OF HEARTBURN WITH TRADITIONAL REMEDIES

Umurzakova Nasiba Suyarjanovna

Assistant of the department of pharmaceutical sciences, ASMI

Abstract: *In this article describes the treatment of heartburn and its methods of traditional medicine.*

Key words: *Heartburn, traditional medicine, antacids, infusion, medicinal.*

Heartburn (Gastroesophageal reflux) is a sensation of warmth or burning that is located behind the breastbone or in the upper abdomen, and may also radiate to the neck or shoulder. This is a consequence of irritation of the mucous membrane of the esophagus with hydrochloric acid or bile, which is thrown there. Heartburn is usually a symptom of gastroesophageal reflux disease.

Causes of heartburn - increased acidity of the stomach, less often - a special sensitivity of the mucous membrane of the esophagus and stomach with low acidity. Often heartburn is accompanied by diseases of the stomach, but it can also occur with neuropsychiatric disorders after eating. Since the acidity of the stomach is high, and the pH of the esophagus is almost neutral, the acid content of the stomach contributes to the development of inflammation of the esophageal mucosa.

Heartburn is not of particular concern if it develops mainly after eating and is not accompanied by discomfort; duration and frequency during the day is small. Otherwise, it is considered a pathological condition. The release of acidic contents through the sphincter of the esophagus occurs due to a violation of its tone, which occurs with hormonal disorders, malnutrition and after the use of certain drugs.

Often heartburn is combined with belching, especially sour. This may be a sign of gastritis or stomach ulcers.

The main task in the treatment of the disease is the normalization of the diet. It is necessary to exclude acidic foods, which, as a rule, provoke the appearance of heartburn, eat regularly in small portions (the last meal no later than 2 hours before bedtime). It is not recommended to take a horizontal position after eating. It is

necessary to exclude smoking, limit the consumption of alcohol, fatty foods, coffee, chocolate. It is required to avoid loads associated with an increase in intra-abdominal pressure (straining, lifting weights). As drug therapy, antacids (preferably in the form of gels), drugs that reduce secretion and normalize the motor function of the stomach are used. Traditional treatments for heartburn. Non-absorbable antacids help to alleviate the condition : maalox, almagel, phosphalugel , etc. They are taken every 2-3 hours. If the pain persists, over-the-counter cimetidine and denol can be taken . Skimmed milk can be used as an antacid. Drink warm mineral water, milk, take burnt magnesia. Charcoal powder taken with water also eliminates heartburn.

Prepare an infusion of St. John's wort (20 g), plantain leaves (20 g), chamomile inflorescences (5 g). Take 1 tablespoon 3 times a day.

Pour 20 g of cudweed herb with 200 ml of boiling water. Take 1 tablespoon 4-5 times a day. Use for abdominal pain associated with bloating, heartburn, persistent gastritis, hypertension, palpitations, insomnia in people with an easily excitable nervous system, and pulmonary tuberculosis.

An effective remedy is fresh raw potato juice. It is an effective preventive medicine for chronic gastritis. About 4 times a day, drink 1/4 cup of juice 15-20 minutes before meals. After 2-3 weeks, heartburn will stop bothering you. The course of treatment can be immediately stopped, or you can continue (to regulate the activity of the stomach), but it is better to take juice 2 times a day.

Use coal in powder from black poplar (black poplar) 0.5 teaspoon 3 times a day before meals. Drink water.

Overcook buckwheat until dark brown, crush, sift. Take on the tip of a knife 3-4 times a day.

- Heartburn will disappear if you take 80-100 g of apple cider vinegar immediately before meals 1 time per day for 2-3 weeks.
- Pour 1-2 teaspoons of centaury herb with 2 cups of boiling water, leave for 20-30 minutes, strain. Take 1/2-2/3 cup 3 times a day 1.5 hours before meals for 2 months.

- 20 g of yellow gentian root pour 1 glass of water, insist, strain. Drink 1 tablespoon 3 times a day 30 minutes before meals with persistent heartburn.
- Crush anise seeds and pour 1 liter of vodka. Insist for a month. Add a pinch of cinnamon or lemon peel to taste, add 200–400 g of granulated sugar, stir until dissolved, strain. Take 1 liquor glass after each meal.
- Dissolve 0.2 g of mummy in a tablespoon of tea or boiled water. Take 2 times a day, morning and evening before bedtime, for 24-26 days. You can take mummy with milk or honey. Healing occurs on the 10th-15th day.
- Finely chopped roots of gentian cruciform pour wine and insist 3 weeks. Take 1 glass a day before dinner for persistent heartburn.
- 4 teaspoons of Dubrovnik purple (all parts of the plant are in the flowering stage), pour 1 cup of boiling water, insist, strain. Infusion to drink during the day.
- With persistent heartburn, white birch bark ash is used, 0.5 teaspoon per dose. Drink water.

Non-traditional and folk remedies, recipes and treatments for heartburn

- Chew for 30-40 minutes a few grains of barley or oats, swallowing saliva. Then spit out the chaff. With heartburn.
- Take 1 tablespoon of crushed or mashed walnut kernels or sweet almonds for heartburn.
- Drink on an empty stomach 1-2 times a day, 1-2 tablespoons of freshly prepared potato juice. Or drink raw potato juice, 1 dessert spoon 3 times a day 30 minutes before meals for heartburn. Green first aid kit www.apteka72.com
- Drink mineral alkaline water for heartburn.
- Take 3 times a day, 0.5 teaspoon of powdered eggshells of hard-boiled chicken eggs. Take soda, dissolving 0.25 teaspoon in 0.5 glass of water for heartburn.
- Eat 3-4 pieces of peas, fresh or dry soaked, but not canned or boiled.
- If heartburn recurs daily, then you need to eat buckwheat porridge on an empty stomach, drink plenty of water, eat less fatty foods.

Herbs and fees for heartburn

- Dried and powdered potato flowers are brewed and drunk as tea for heartburn.

- Brew 1 cup of boiling water 1 tablespoon of centaury herb, insist overnight in a thermos, strain. Drink 1 tablespoon 3-4 times a day before meals. The infusion removes gases, harmful substances from the stomach, has a beneficial effect on the stomach, kidneys, liver and prevents heartburn.

- To get rid of heartburn, you need to chew a small piece of calamus rhizome and swallow it with water (you can not drink it).

- Brew 5 g of finely chopped gentian root with 1 cup of boiling water, heat over low heat for 7 minutes, leave for 30 minutes and strain. Take 1 cup 3 times a day for heartburn.

- Pour 2 teaspoons of crushed gentian root with 1 glass of vodka or wine, leave for 21 days. Take 2 tablespoons 3 times a day before meals for heartburn.

- Pound the dried seeds, roots and leaves of angelica officinalis. Pour 1 pinch of powder with 1 cup of boiling water, cover the glass with a lid and let it brew. Take 3 times a day for heartburn.

- Take equally the herbs of St. John's wort, yarrow, marsh cudweed. 3 tablespoons of the mixture insist 2 hours in 1 liter of boiling water, strain, drink 0.5 cups 4-5 times a day. The infusion helps not only with heartburn, but also with pain in the stomach.

- For heartburn, collections are effective, which include: dubrovnik, snake mountaineer, Icelandic moss, flax, peppermint, orchis, coltsfoot.

Vanga's recipes for heartburn

- Potato juice: 3-4 times a day, drink a quarter glass of fresh potato juice 15-20 minutes before meals for a month. This method will help you get rid of heartburn.

- A decoction of licorice root: 10 grams of licorice root, 6 grams of orange peels, brew with two glasses of water. Boil up to half. Add 60 grams of honey. Take for a month three times a day 10-15 minutes before meals.

- A decoction of different herbs: to collect, you need to mix equal amounts of plantain leaf, crushed marshmallow root, oregano herb, St. John's wort, cumin fruits taken in equal amounts. Pour one tablespoon of the mixture with one glass of water, slowly bring to a boil and boil for 15 minutes. Take two tablespoons four times a day 15 to 20 minutes before meals.
- Infusion of flax seed: Pour two tablespoons of flax seed with half a glass of boiling water. Insist 2 - 3 hours, strain. Heated infusion drink half a cup before bedtime, if heartburn occurs mainly in the evening.
- Infusion of different herbs: mix equal amounts of celandine grass, yarrow, chamomile flowers, St. John's wort, licorice root. Pour 10 grams of the mixture (one tablespoon) with one glass of boiling water. Insist 2 - 3 hours, strain. When warm, take one glass 2-3 times a day half an hour before meals for a month.
- Infusion of different herbs: to collect, you need to mix one part of St. John's wort, four parts of lemon balm, three parts of plantain leaves, two parts of fresh nettle, two parts of oregano. Pour one tablespoon of the collection with two-thirds of a glass of water. Bring to a boil, leave for 2-3 hours, strain. Take two tablespoons four times a day 15 to 20 minutes before meals.
- Calamus root drink: mix a teaspoon of crushed calamus root (or cumin, or ginger) with four teaspoons of powdered chalk (in the absence of chalk, it can be replaced with fresh charcoal in the same proportions). Dilute a teaspoon of this mixture with one-third of a glass of warm water. Drink three times a day 15-20 minutes before meals.

References:

1. И.П.Асқаров “Табобат қомуси”. Тошкент “Мумтоз сўз” 2019 й, 595 б.
2. *O‘zbekiston milliy ensiklopediyasi*. Toshkent: O‘zbekiston milliy ensiklopediyasi. 2000-yil.
3. И.П.Асқаров “Сирли табобат”. Тошкент “Фан ва технологиялар нашриёт-матбаа уйи” 2021. 1084 б.
4. <https://www.niddk.nih.gov/health-information/digestive-diseases/acid-reflux-gerd-adults?dkrd=hispt0230>