

YOGIC AND NATUROPATHIC INTERVENTIONS IN GERD

Made by

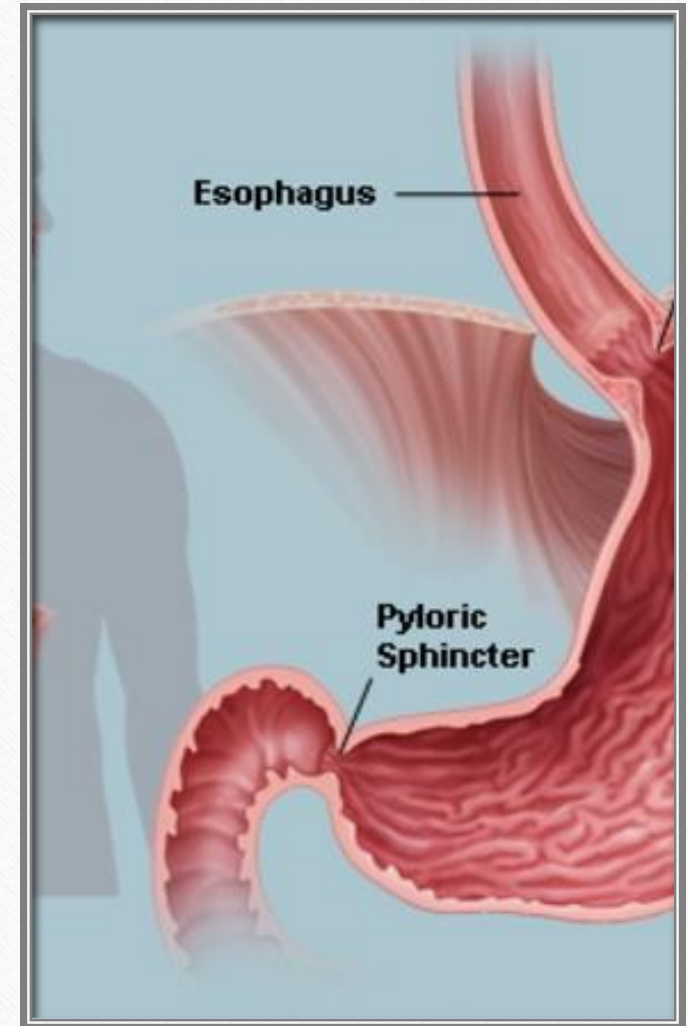
Naturopath Abhishek Kumar Dubey

BNYS

RGSC India

WHAT IS GERD?

- In gastroesophageal reflux disease acid from the stomach (gastric and/ duodenal contents) flows back into the esophagus, causing discomfort and, in some instances, damage to the esophageal lining.



PATHOGENESIS

- * Transient lower esophageal sphincter relaxation triggered by gastric distention, by gas or food.
- * Following swallow-induced LES relaxation
- * Forceful opening LES by an abrupt increase in intraabdominal pressure, such as that due to coughing, straining, or bending.
- * Other conditions that decrease LES tone or increase abdominal pressure and contribute to GERD include: alcohol and tobacco use; obesity; CNS depressants; pregnancy; hiatal hernia; delayed gastric emptying and increased gastric volume.
- * History of nasogastric intubation lasting more than 4 days, or pyloric surgery.

CLINICAL FEATURES

- Common in individuals older than age 40 but also occurs in infants and children.
- Heartburn, dysphagia, regurgitation of sour-tasting gastric contents.
- Rarely, chronic GERD is punctuated by attacks of severe chest pain that may be mistaken for heart disease.

COMPLICATIONS

- ULCERATION
- HEMATEMESIS
- MELENA
- STRICTURE DEVELOPMENT
- BARRETT ESOPHAGUS

PATIENT CARE

1 > Dietary Modifications

- Changing the quantity and quantity of the food and maintaining a regular interval between meals. Drinking water along with, during and immediately after food should be avoided.
- Waiting three hours after a meal to lie down.
- Refraining from ingesting food (except liquids) within 3 hours of bedtime.
- Avoiding bending or stooping positions or any activities that lead to exertion.
- Lose weight (if overweight). Obesity causes heartburn due to many factors, including an increase in intra-abdominal pressure, a greater association of hiatus hernia, and hormonal factors associated with obesity that can further reduce sphincter pressure and thereby symptoms of GERD.
- Elevating the head of the bed by 8 inches has been shown to be effective to improve pH as well as GERD symptoms, particularly for subjects with nocturnal GERD.

RIGHT SIDE

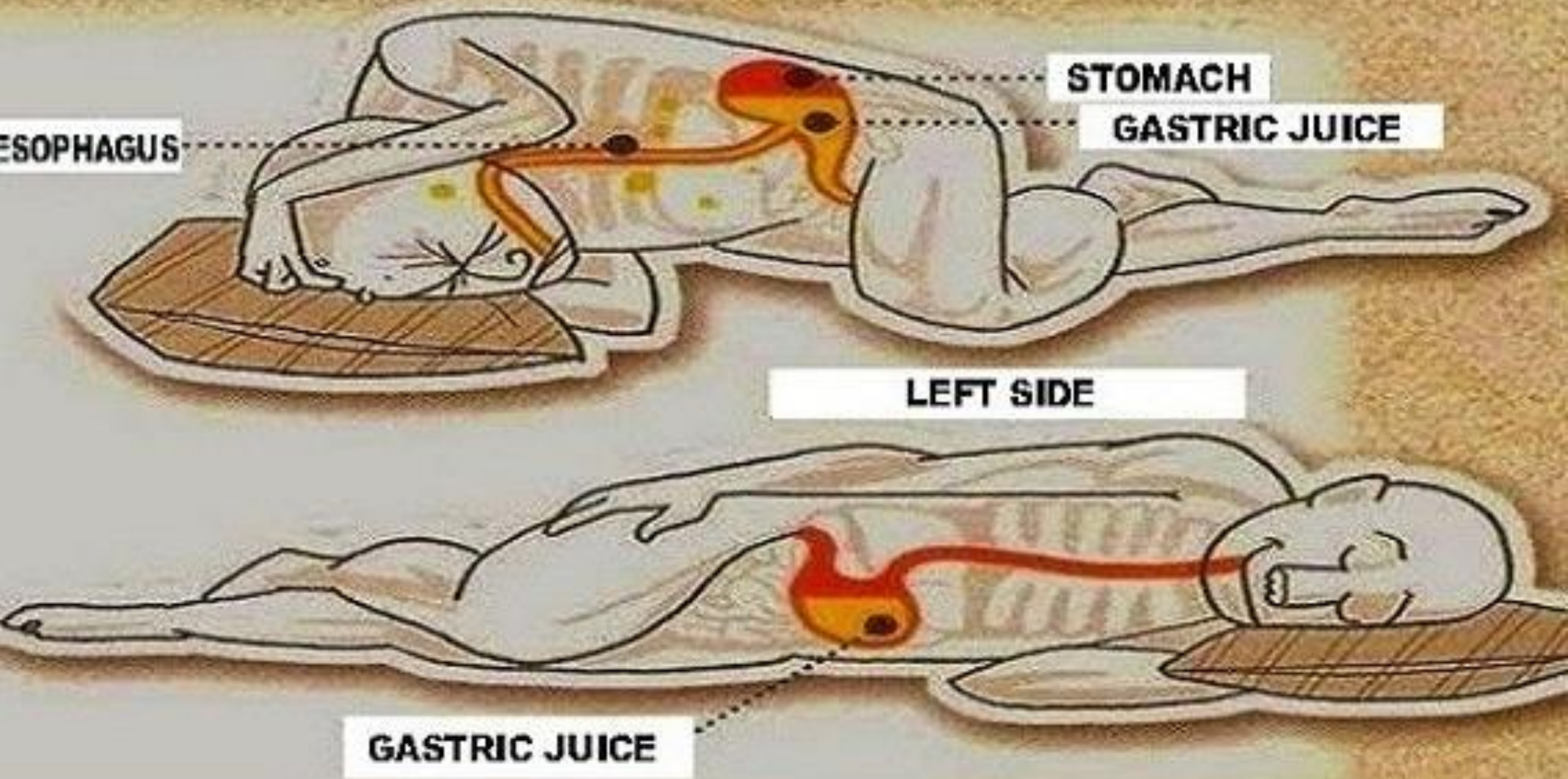
ESOPHAGUS

STOMACH

GASTRIC JUICE

LEFT SIDE

GASTRIC JUICE



2> Hydrotherapy

- Cold compress Very cold temperature is applied in the form of a thick wet cloth over the abdomen and retained for duration of 20 minutes. The first choice of treatment.
- Cold hip bath A specially designed tub is used such that only the abdomen and mid-thigh are immersed in cold water for 08-10 minutes.
- Cold abdomen pack A cotton cloth having width such that the entire abdomen can be covered, and the length such that it can be rolled over the abdomen to the entire back is rinsed in cold water and wrapped over the abdomen. A woollen flanel of similar dimension is wrapped over the wet pack and is left over for duration of 20 minutes.
- Revulsive compress An alternate hot and cold compress is applied on the abdomen region where the hot compress is applied for a period of 03 minutes and immediately followed by cold compress for one minute. This cycle should be repeated 03 times.

- Alternate hot and cold compress Kidney pack is a simple hydro-therapeutic measure where an ice berg is placed over the abdomen and a hot fomentation bag is placed just behind the abdomen. This is tied with a cotton cloth to keep the fomentation bags in place and left over for 15-20 minutes. Pairing of cold and hot packs brings about immediate relief.
- Note: All the hydro-therapeutic treatments must be done 30 minutes before meals or 03 hours after meals. To achieve best physiological response, these treatments must be repeated for 07-10 days.

3> Mud therapy

- Direct application of mud to the abdomen Local application of mud pack over the abdomen is a time-tested orthodox practice of Naturopathy. This has been effective in managing the complaints of hyperacidity, heartburn, indigestion, etc. The property of mud to retain cold temperature for a prolonged duration makes it an ideal treatment.
- Mud pack to the abdomen Applying cold mud indirectly by using an abdomen-sized pack for 20 minutes.

4> Acupressure

Few commonly used acupressure points are

- CV-12
- CV-06
- ST-36
- PC-6
- SP-4
- LV-3
- UB-23



CV 6 - The Sea of Energy

- **Location:** 2.5 cm below belly button
- **Treatment:** Mild Pressure With Circular Motion
- **Also Cures:** Bloating, Abdominal Pain, Impotence, and Asthma

CV 12 - Middle Cavity

- **Location:** Midway joining breastbone and belly button
- **Treatment:** Stimulate the point on empty stomach; take deep breaths
- **Also Cures:** Constipation, abdominal spasms, menstrual bleedings



P6 - Inner Gate

- **Location:** 5 cm below wrist line (inner side), on both hands
- **Treatment:** Apply firm pressure on point with thumb for 60 secs with deep breaths.
- **Also Cures:** Nausea, motion sickness, organ inflammations

ST 36 - Three-Mile Point

- **Location:** 3 inches below the knee cap, 1 inch away from knee bone in the outer radial curve
- **Treatment:** Apply firm pressure on the points with tips of two-three fingers
- **Also Cures:** Heartburn, Insomnia, gastritis, and PMS



SP 4 - Grandfather Grandson

- **Location:** Inside the arch of the foot, 1 inch above the base
- **Treatment:** Press the point for 1 minute with the help of two fingers
- **Also Cures:** Chest pain, ovarian cyst, indigestion



ST 25 - Heaven's Pivot

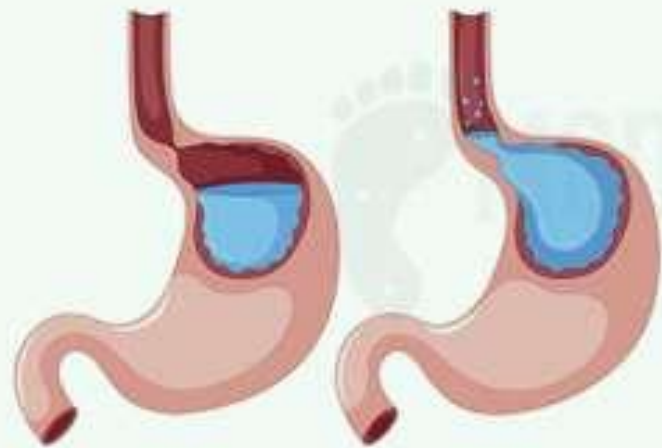
- **Location:** 1 inch away on both sides of belly button
- **Treatment:** Apply sensitive pressure on the point
- **Also Cures:** Spleen, irregular menstruation, and navel pain



LV 3 | Liver 3

- **Location:** In the dip between two first fingers of both legs
- **Treatment:** Slight to moderate pressure on the point
- **Also Cures:** Constipation, vomiting, eyesight problems, anxiety

Acupressure Points to Treat GERD, Acid Reflux and Heartburn



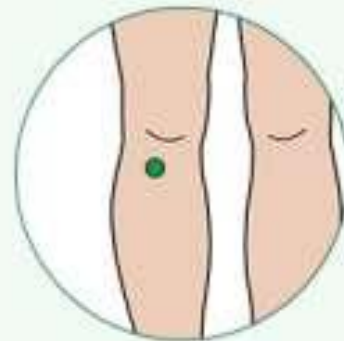
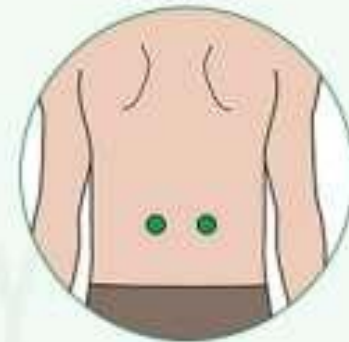
(CV12)



(CV6)



(B23)



(ST36)



(P6)

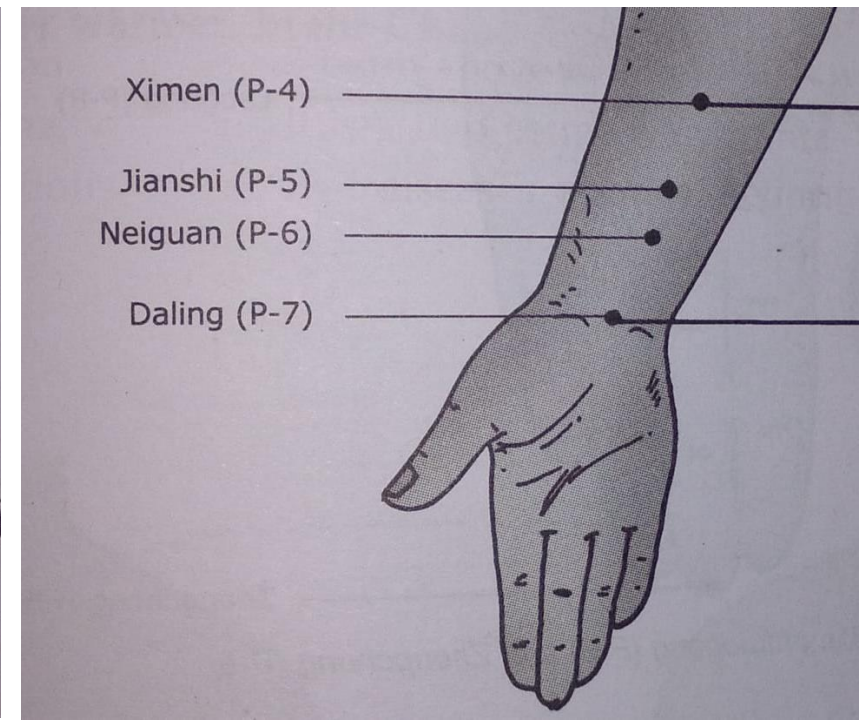
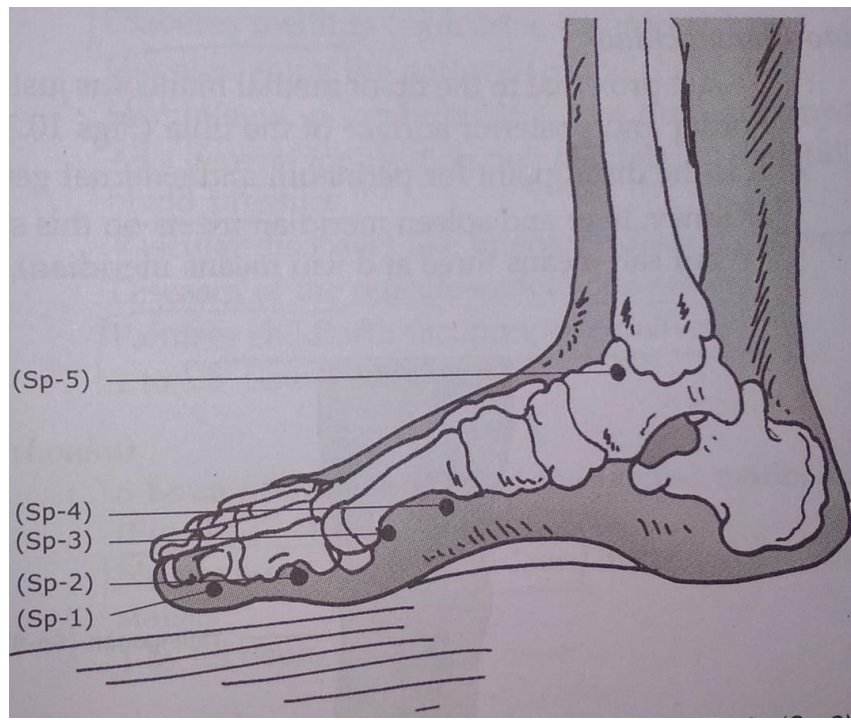
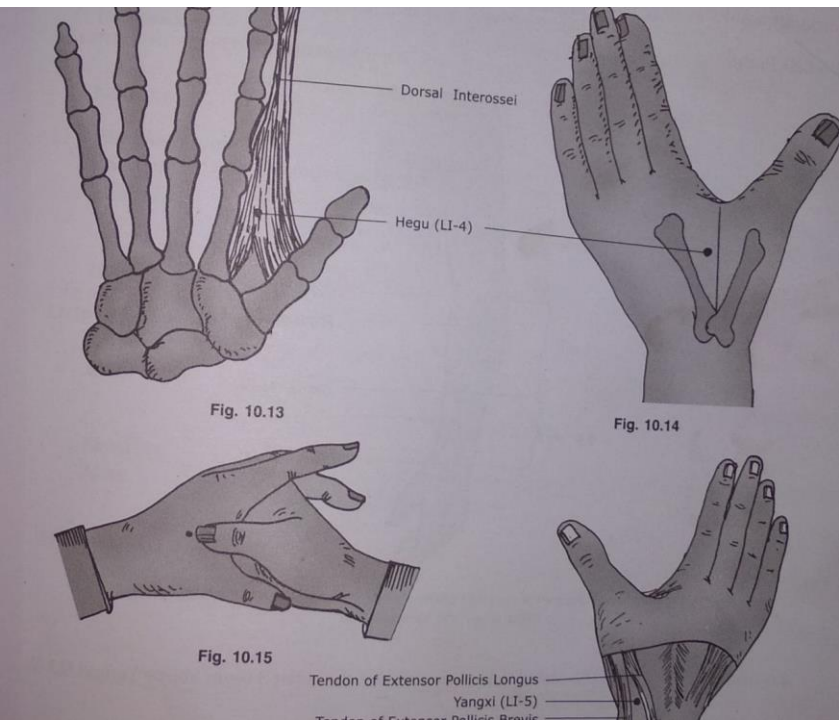
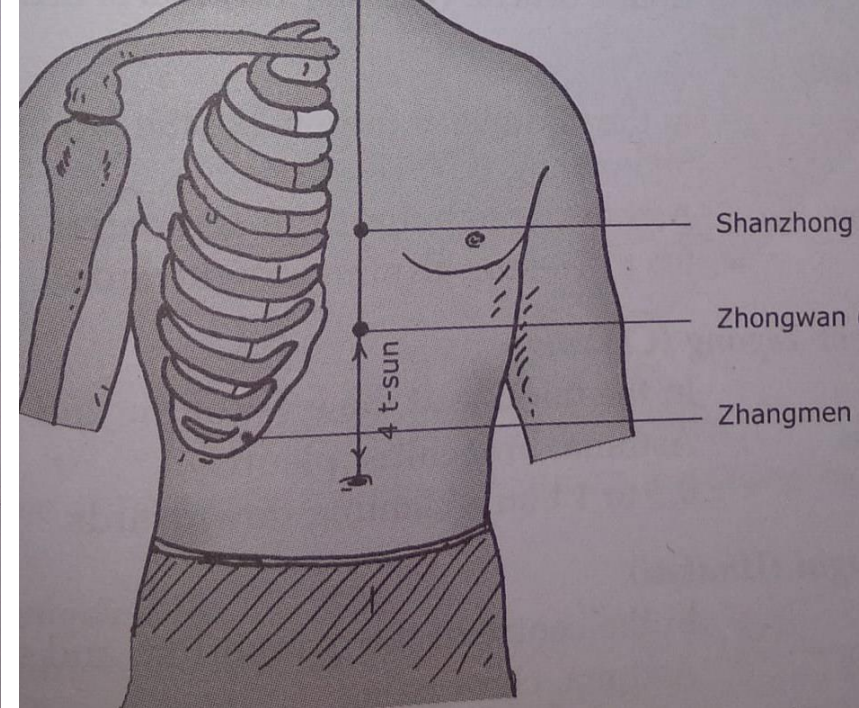
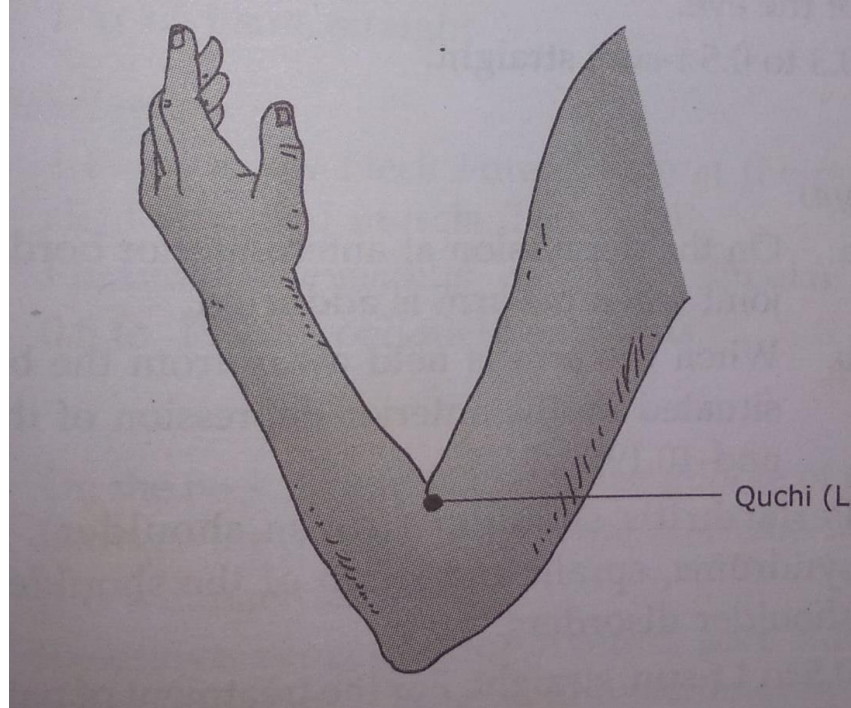
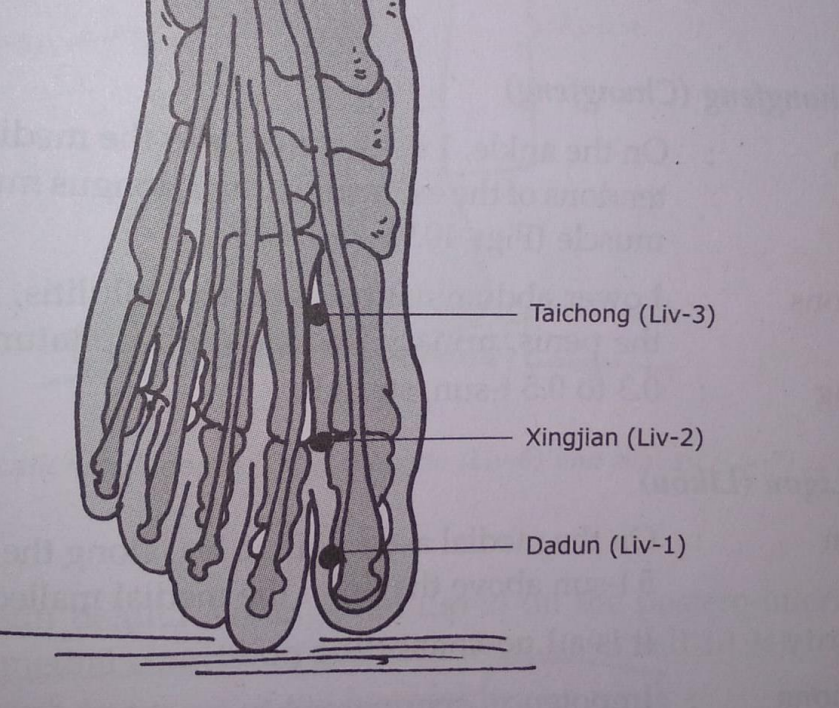


(SP4)

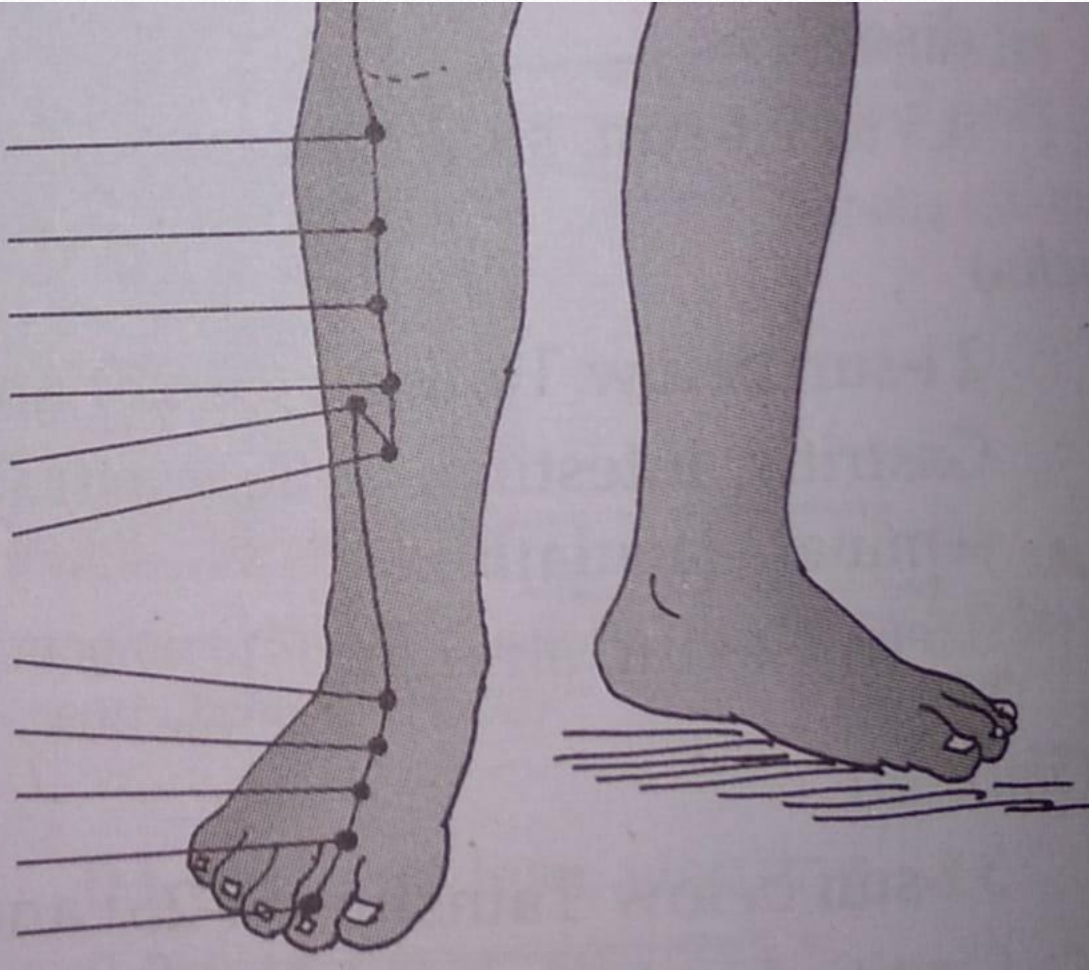
5 > Acupuncture

The most effective acupuncture points used for the treatment of hyperacidity, gastritis, heartburn and GERD are:

- ST36
- ST37
- LI4
- LI11
- PC6
- SP4
- LV3
- CV12



Dubi (St-35)
Zusanli (St-36)
Shanjuxu (St-37)
Tiaokou (St-38)
Feng Lung (St-40)
Xiajuxu (St-39)
Jiexi (St-41)
Chong Yang (St-42)
Xiangu (St-43)
Neiting (St-44)
Lidui (St-45)



6>Yoga Therapy

- Yoga methods including yogasanas, pranayama, meditation, guided relaxation techniques, and advanced yogic techniques are the best way to prevent many diseases and their progression including heartburn, GERD etc.
- "Kapalbhati and Agnisar Kriya" may be particularly useful in addressing GERD as they can increase diaphragmatic tone, thus decreasing reflux from the stomach to esophagus. These practices increase the alkalinity of the blood through hyperventilation.
- "Pranayama" relax the body and mind and thereby relieve stress and GERD symptoms.

- Few effective pranayamas are:

- Anuloma-Viloma

Chandrabhedana

Sheetali

Sheetkari

Sadanta

- Asanas useful in cases of GERD are,

Uttanpada asana: This posture tones up the abdominal muscles and is considered as a helpful pose for hyperacidity, indigestion and gas formation in the stomach.

Bhujangasana: This asana strengthen the spine, stretch the chest, shoulders and abdomen, firm the buttocks, and relieve stress and fatigue.

Pawanmuktasana series

Vajrasana:

Shalabhasana

7> Herbology

- Hippocrates: “Let food be thy medicine and medicine be thy food” (p 211). Although many patients are convinced of the importance of food in both causing and relieving their problems, many doctors' knowledge of nutrition is rudimentary.

GERD Herbal Remedies



Ginger



Aloe Vera



Fennel



Fenugreek



Parsley



Papaya leaf



Chamomile



Licorice



Slippery elm



Marshmallow



Turmeric



Milk thistle



Catnip



Calendula



Cumin

Thank You

- We try numerous new experiments to find cures for serious diseases but we don't take step towards preventing them, neither do we try to remove the causes of their occurrence. If we pay more attention to preventing the disease, rather than finding solutions for its treatment, then humanity as a whole will be healthy and long-lived.