

**VOLUME 21
2025**



Exclusive On
UPPER GASTRO
INTESTINAL DISORDERS

A MESSAGE FROM THE CHAIRMAN

Embracing Holistic Health for a Stronger You

Dear Valued Members,

As Chairman of Nature Cure & Yoga Canter, I am delighted to share this month's feature article on a topic that is fundamental to our overall well-being: gastrointestinal (GI) health. In today's demanding world, it's increasingly common for individuals to experience discomforts related to their digestive system, particularly the upper GI tract. These issues, ranging from common heartburn to more complex conditions like gastritis and ulcers, can significantly impact our daily lives and overall quality of life.

Our digestive system is a sophisticated network, crucial for breaking down food, absorbing vital nutrients, and eliminating waste. When this system is out of balance, it can lead to a cascade of unwelcome symptoms, affecting our alertness, productivity, and even our psychological well-being.

What truly resonates with me, and what I believe is critical for our community, is the article's exploration of naturopathic approaches to managing these conditions.





Rather than simply addressing symptoms, naturopathy champions a holistic view, focusing on natural remedies, targeted lifestyle changes, and dietary modifications to promote long-term digestive health. This approach aligns perfectly with our commitment to empowering individuals to lead healthier, more fulfilling lives.

The insights shared in this article underscore the profound connection between our dietary habits, stress levels, sleep patterns, and the health of our upper GI tract. By understanding these links and embracing the principles of naturopathy – from mindful eating and hydrotherapy to the benefits of yoga and quality sleep – we

can equip ourselves with powerful tools to not only alleviate discomfort but also to build a resilient digestive system.

I encourage each of you to delve into this enlightening article. It offers practical, actionable advice and even provides delicious, gut-friendly recipes that demonstrate how nourishing your body can be both simple and enjoyable.

Let us collectively embrace this holistic perspective on health. By making conscious choices about our diet, lifestyle, and overall well-being, we can significantly improve our digestive health and, in turn, enhance our overall quality of life.

Warm regards,
C.K.Danuka
Chairman
Nature Cure & Yoga Centre

Editorial

CHIEF MEDICAL OFFICER

From Discomfort to Wellness: Nurturing Your Upper GI Health Naturally

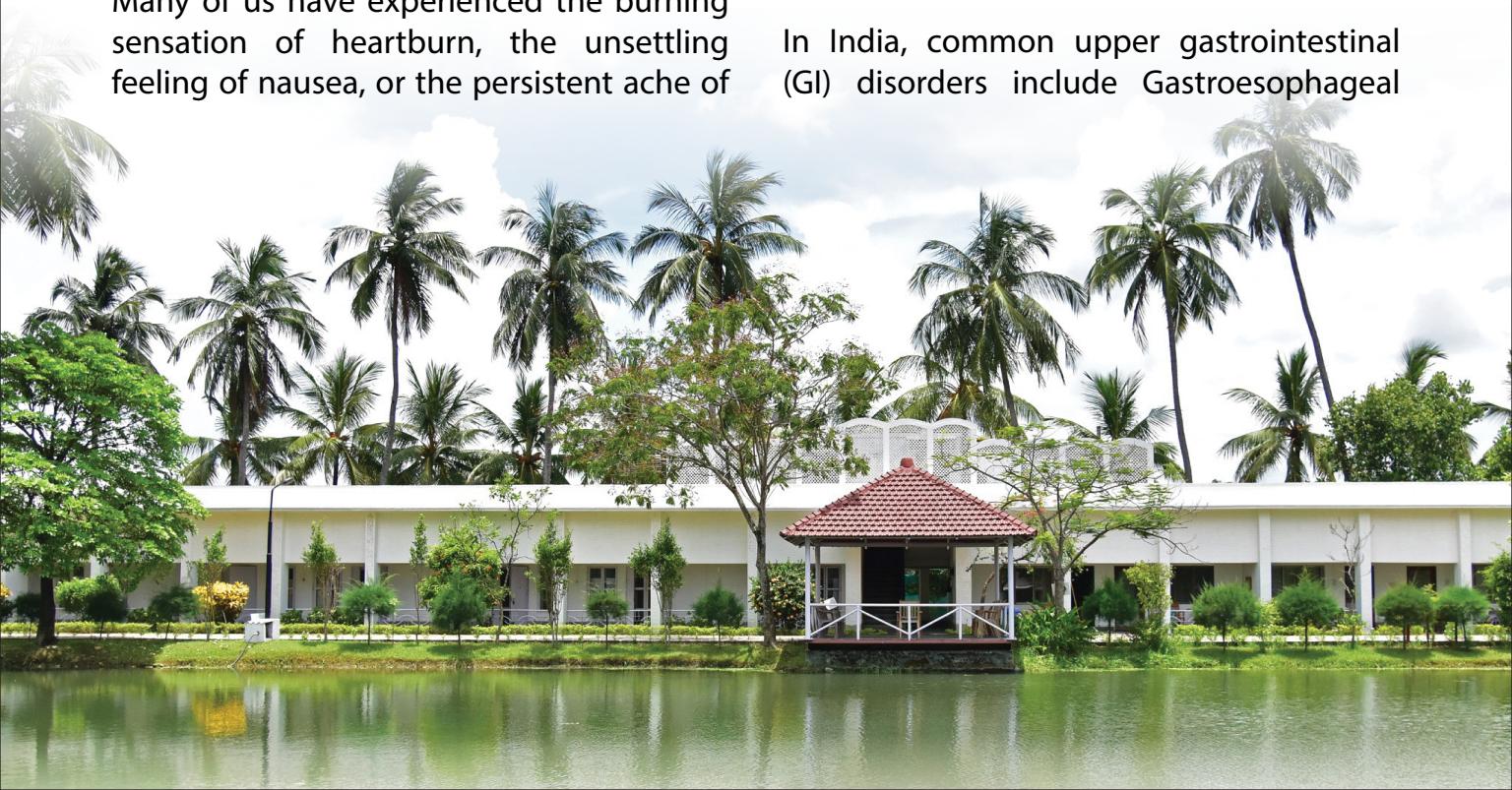
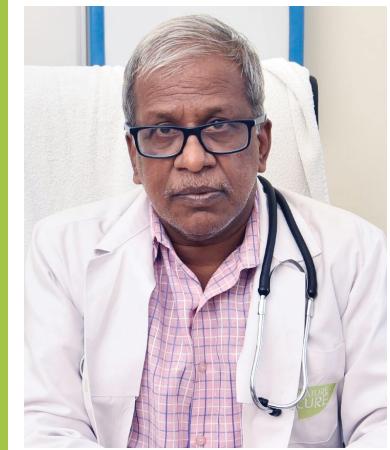
Dear Readers,

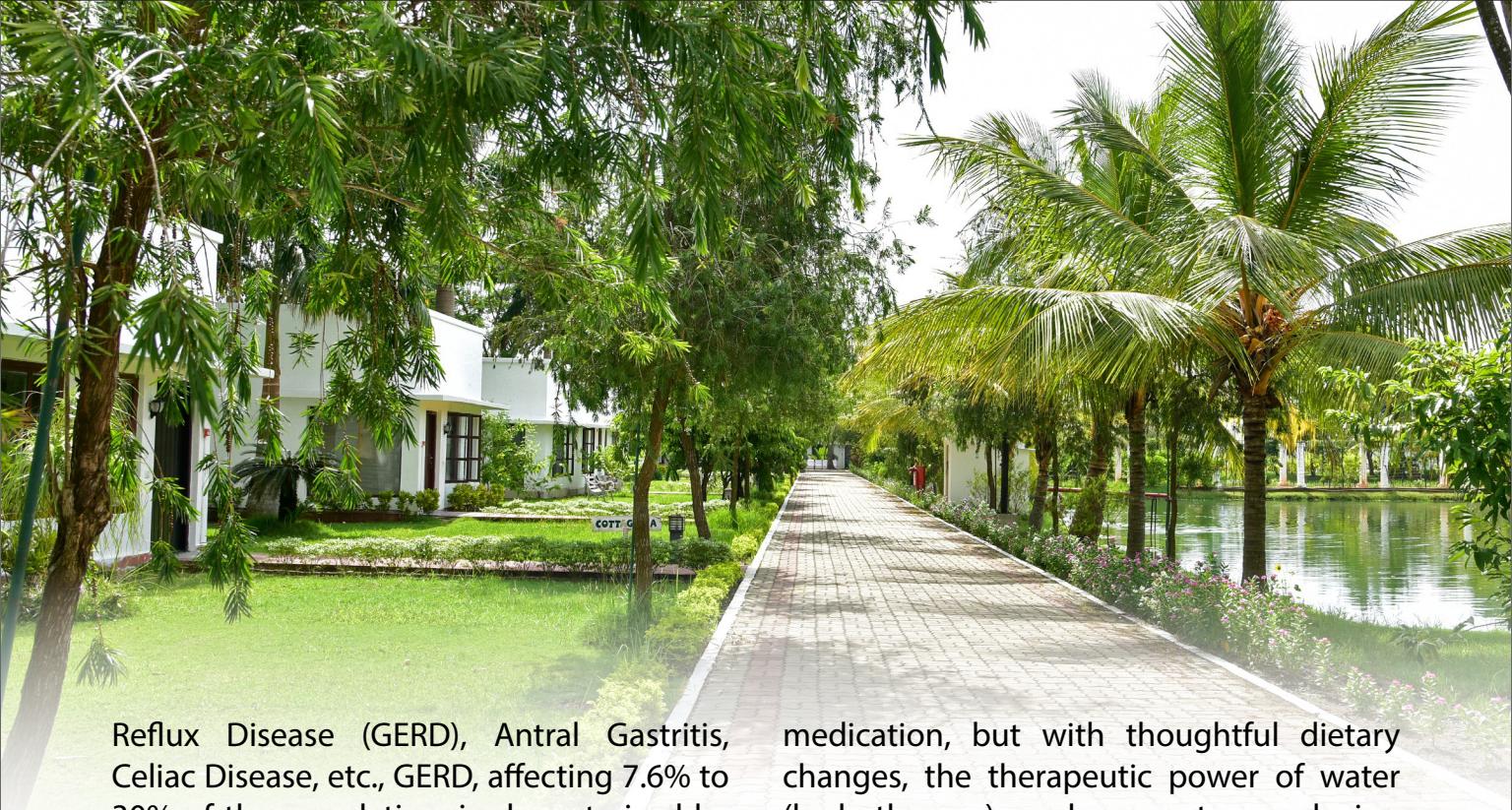
In our fast-paced lives, it's easy to overlook the silent workhorse of our body: the digestive system. Yet, when issues arise in our upper gastrointestinal (GI) tract – that crucial pathway from mouth to the first part of our small intestine – the impact can be undeniable, affecting everything from our energy levels to our overall mood.

Many of us have experienced the burning sensation of heartburn, the unsettling feeling of nausea, or the persistent ache of

abdominal pain. These aren't just minor annoyances; they are often signals from our body indicating conditions like GERD, gastritis, or peptic ulcers. The causes can be surprisingly varied, ranging from our daily dietary choices – think high-fat meals or excessive caffeine – to broader lifestyle factors like smoking, stress, and even our sleep habits.

In India, common upper gastrointestinal (GI) disorders include Gastroesophageal





Reflux Disease (GERD), Antral Gastritis, Celiac Disease, etc., GERD, affecting 7.6% to 30% of the population, is characterized by persistent acid reflux, while Celiac Disease, more prevalent in North and East India, is an autoimmune disorder triggered by gluten. Other disorders include peptic ulcers, hiatal hernias, and various functional dyspepsia.

The good news is that understanding these common culprits is the first step towards feeling better. This Quarter, we delve into the intricate world of upper GI health, providing a comprehensive overview of common disorders, their symptoms, and the factors that contribute to them.

What's truly exciting is the exploration of naturopathic approaches to managing these conditions. Naturopathy embraces a holistic philosophy, focusing on natural remedies and lifestyle adjustments to promote lasting digestive health. Imagine easing your symptoms not just with

medication, but with thoughtful dietary changes, the therapeutic power of water (hydrotherapy), and even stress-reducing practices like yoga.

Our featured article highlights practical strategies, from identifying stomach-friendly foods to incorporating simple yet effective practices like mud therapy and mindful eating. You'll also find delicious and healing recipes like Jowar and Mung Daal Dosa, Ash Gourd Juice, and Chow Chow Veggies, demonstrating how nourishing your gut can be both easy and enjoyable.

Taking care of our upper GI tract is not just about alleviating symptoms; it's about fostering long-term well-being and reclaiming our daily comfort. We encourage you to read the full article to gain a deeper understanding of your digestive health and discover how a holistic approach can make a remarkable difference in your life.

To your gut health,
Naturally yours



Sd./-

Dr. M. A. Rama Murthy
Chief Medical Officer
Nature Cure & Yoga Center

NATURE CURES Volume 21, 2025 Exclusive on

GI GASTRO INTESTINAL

Upper Gastro Intestinal Disorders



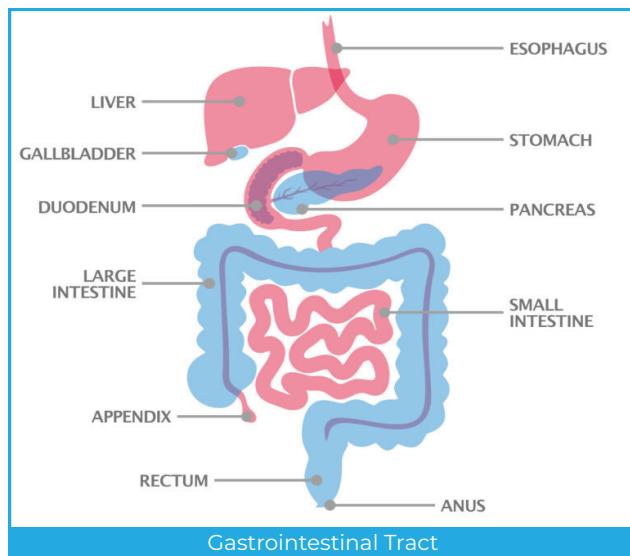


UPPER GASTRO INTESTINAL DISORDERS

Your belly is like a long tube, stretching from your mouth all the way to your bottom. This whole system is called your gastrointestinal (GI) tract. It's split into two main parts: the upper and lower GI tracts.

► Getting to Know Your Upper Belly

The GI system works like a food processing plant for your body. It breaks down what you eat, so your body can soak up all the good stuff (nutrients), and then gets rid of what you don't need. The upper part of this system includes your mouth, your oesophagus (that's your food pipe), your stomach, and the very first section of your small intestine, called the duodenum.





► Here's how Your Food Travels

- STEP 01** | It all starts in your mouth, where you chew your food and mix it with spit.
- STEP 02** | Then, you swallow, and the food slides down your oesophagus. This tube has muscles that squeeze and push the food down into your stomach.
- STEP 03** | In your stomach, the food mixes with strong acids and special chemicals called enzymes that break it down even more.
- STEP 04** | Finally, it moves into your duodenum, where the digestion process keeps going.



► Common Problems in Your Upper Belly

Here are some common issues that can pop up in your upper GI tract:

Acid Reflux Disease (GERD) :

This happens when stomach acid frequently splashes back up into your oesophagus, causing that burning feeling we call heartburn, and sometimes irritation.

Stomach Ulcers (Peptic Ulcers) :

These are painful sores that can form on the lining of your stomach or your duodenum. They're often caused by a common germ called *Helicobacter pylori* or by taking

certain pain medicines (like ibuprofen) for a long time.

Stomach Lining Inflammation (Gastritis) :

This is when the lining of your stomach gets swollen and irritated. It can happen because of an infection, drinking too much alcohol, or certain medications. You might feel sick to your stomach, throw up, or have pain in your upper belly.



Acid Reflux Disease (GERD)



Stomach Ulcers (Peptic Ulcers)



Stomach Lining Inflammation (Gastritis)



Esophagus Inflammation (Esophagitis) :

This is when your food pipe gets inflamed, usually from acid reflux, an infection, or certain medicines. It can make swallowing painful and give you heartburn.

Achalasia :

This is a rare condition where the lower part of your esophagus doesn't relax properly, making it tough for food and drinks to get into your stomach. This can lead to trouble swallowing and food coming back up.

Hiatus Hernia :

This happens when a small part of your stomach pushes up into your

chest through a tiny opening in your diaphragm (the muscle that helps you breathe). It can cause symptoms similar to GERD, like heartburn and chest pain.

Stomach Cancer :

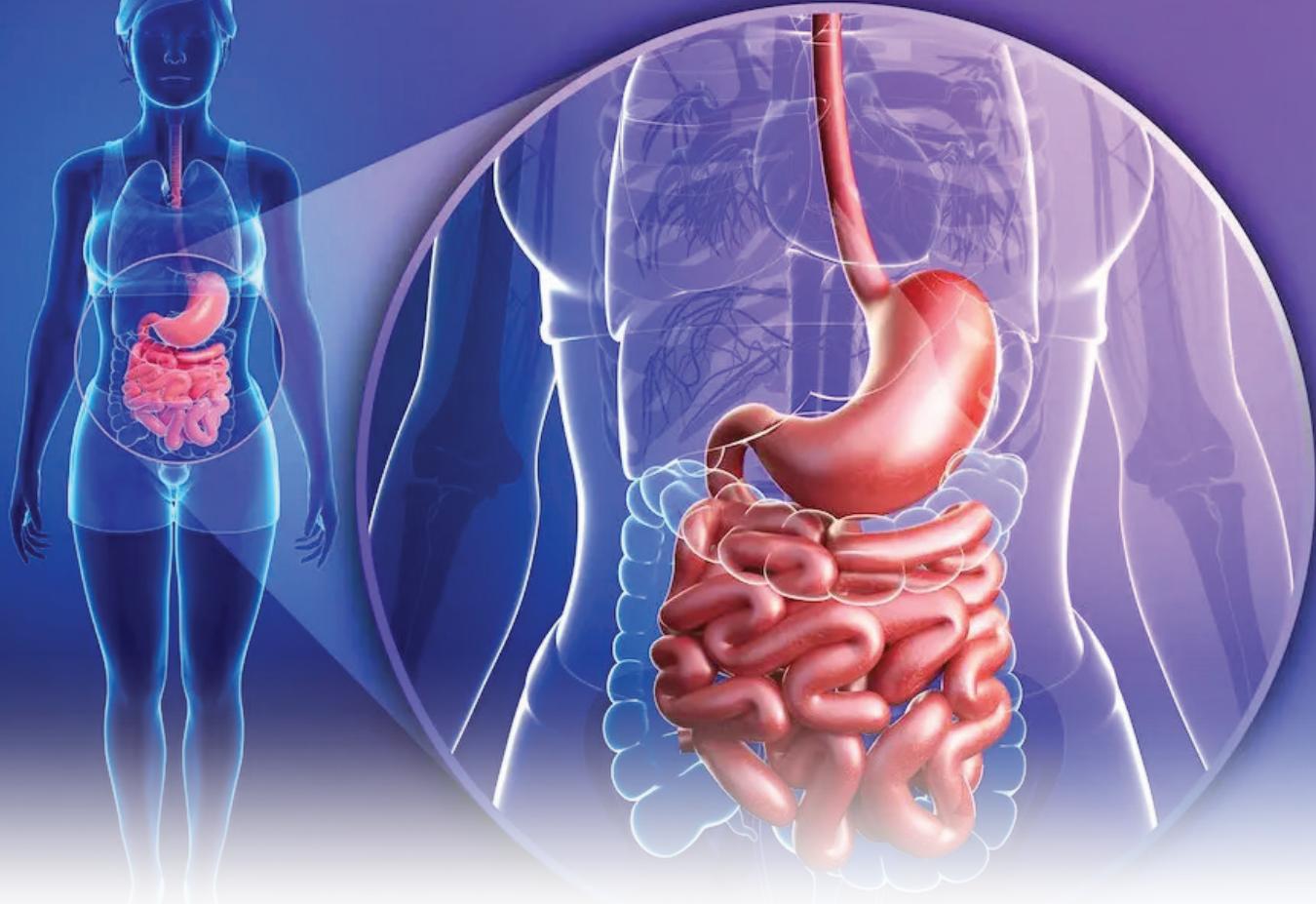
This is cancer that starts in the lining of your stomach. You might lose weight, feel sick, or have trouble swallowing, though early stages might not have many symptoms.



Esophagus
Inflammation
(Esophagitis)

Hiatus
Hernia

Stomach
Cancer



Celiac Disease :

This is an immune system disorder where eating gluten (found in wheat, barley, and rye) damages the lining of your small intestine. This makes it hard for your body to absorb nutrients and can cause various digestive problems.

Liver Problems :

Conditions like liver scarring (cirrhosis) or hepatitis can lead to digestive issues. Even though the liver isn't part of the upper GI tract, its health can affect how your upper GI system works.

Esophagus Cancer :

This is cancer of your food pipe, often linked to long-term GERD, smoking,

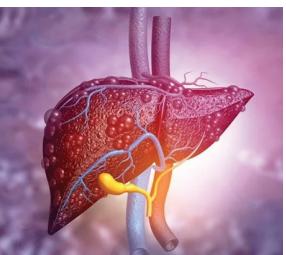
or heavy drinking. Symptoms include trouble swallowing and unexplained weight loss.

Functional Dyspepsia :

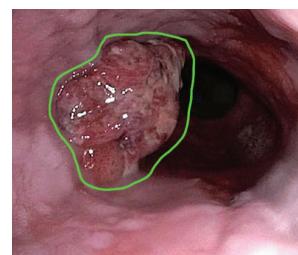
This is ongoing indigestion without a clear cause, often involving bloating, pain, or feeling full very quickly.



Celiac Disease



Liver Problems



Esophagus Cancer



Functional Dyspepsia

UPPER GASTRO INTESTINAL DISEASES



► What Are the Symptoms?

Symptoms of upper GI diseases can differ, but here are some common ones:

Heartburn :

A burning feeling in your chest, usually after eating.

Nausea and Vomiting :

Feeling sick to your stomach or throwing up.

Bloating :

Feeling full or swollen in your stomach.

Abdominal Pain :

Discomfort or pain in your upper belly.

Indigestion :

General stomach discomfort, feeling full, or having gas.

Loss of Appetite:

Not feeling hungry or wanting to avoid food.

Belching or Burping:

Releasing gas from your stomach through your mouth.



Heartburn



Nausea and Vomiting



Bloating



Abdominal Pain



Indigestion



Loss of Appetite



Belching or Burping

X-ray of the upper gastrointestinal tract (UGI)

Acid Reflux :

Stomach acid coming up into your throat or mouth.

Difficulty Swallowing (Dysphagia):

Trouble moving food or liquids down your throat.

Black or Tarry Stools:

This can be a sign of bleeding in your stomach or Small intestine.



Acid Reflux



Difficulty Swallowing (Dysphagia)



Bleeding of Stomach

These symptoms can be caused by problems like gastritis, peptic ulcers, GERD, or infections. Here's a simple table showing which symptoms often go with common upper GI problems:

Disorder	Heart burn	Abdominal pain	Nausea/vomiting	Bloating	Difficulty swallowing	Black stools
GERD	Yes	Yes	Yes	Yes	No	No
Gastritis	Yes	Yes	Yes	Yes	No	Yes
Peptic ulcer	Yes	Yes	Yes	Yes	No	Yes
Esophagitis	Yes	Yes	Yes	Yes	Yes	No
Hiatus hernia	Yes	Yes	No	Yes	No	No
Oesophageal stricture	Yes	No	No	No	Yes	No
Duodenal ulcer	Yes	Yes	Yes	Yes	No	Yes
H.pylori infection	Yes	Yes	Yes	Yes	No	Yes
Functional dyspepsia	Yes	Yes	Yes	Yes	No	No

UPPER GASTRO INTESTINAL PROBLEMS



► What Causes Upper GI Problems?

Many things can lead to upper GI diseases:

What You Eat and Drink:

Eating a lot of fatty foods can increase your risk of acid reflux and obesity. Spicy foods and alcohol might irritate your stomach lining, leading to ulcers or gastritis. Too much caffeine can upset your stomach lining and trigger acid reflux. Eating very large meals can cause indigestion and acid reflux.

Smoking:

Nicotine (in cigarettes) makes the valve at the bottom of your esophagus weaker, which increases your risk of acid reflux. The harmful substances in smoke can irritate your stomach lining and reduce the protective mucus, potentially leading to gastritis or ulcers.

Medicines:

Certain pain relievers called NSAIDs (like ibuprofen) can irritate the stomach lining and cause ulcers or gastritis. Aspirin and certain steroid medications are linked to a higher risk of bleeding in the upper GI tract and ulcers. Antibiotics can upset the natural balance of good bacteria in your gut, which might lead to gastritis or an overgrowth of bad bacteria.



Eat and Drink



Smoking



Medicines



Infections:

A common germ called *Helicobacter pylori* is a frequent cause of gastritis and stomach ulcers. Some viruses, like herpes simplex, can cause inflammation of the esophagus and other GI issues.

Alcohol:

Drinking alcohol can irritate your GI tract and weaken the valve that keeps acid in your stomach, leading to reflux, gastritis, and ulcers.

Obesity (Being Overweight):

Extra pressure in your belly can contribute to acid reflux and make other GI problems worse. Fatty liver disease, often seen with obesity, can also affect your upper GI system.

Long-Term Stress:

Stress hormones can cause your stomach to make more acid, leading

to acid reflux or ulcers. Stress can also weaken your body's ability to fight off infections, making you more likely to get GI disorders.

Chronic Acid Reflux (GERD):

If you have acid reflux for a long time, it can cause ongoing inflammation in your esophagus.

Family History (Genetics):

Some GI conditions, like ulcers or GERD, can run in families. Your genes can also affect how well your stomach lining produces protective mucus.



Infections



Alcohol



Obesity



Long-Term Stress



Chronic Acid Reflux



Family History



Age:

As you get older, you're more likely to develop upper GI diseases like GERD, ulcers, and gastritis, due to natural changes in how your digestion works.

Hormone Changes:

During pregnancy, hormone shifts can relax the valve in your esophagus, leading to reflux. Changes in estrogen levels during menopause can also cause digestive problems.

Autoimmune Disorders:

Celiac disease can affect your upper GI tract, causing inflammation and making it hard to absorb nutrients.

Inflammatory bowel disease (IBD), while mostly affecting the lower GI tract, can sometimes cause problems in the upper GI as well.

Poor Sleep Habits

Eating late at night can increase your chances of acid reflux.

Lying down flat right after eating can also contribute to reflux and indigestion.



Age & Hormone Changes



Autoimmune Disorders



Inflammatory bowel disease (IBD)



Eating late & Lying down flat right after eating



How GI Problems Affect Your Daily Life

Upper GI problems can really impact your health. The symptoms can greatly affect your daily life and how you feel emotionally. Conditions like GERD can make it hard to get a good night's sleep, which then affects how alert and productive you are the next day. Common symptoms like heartburn and nausea can also significantly interrupt your daily activities.

Natural Ways to Help Your Upper GI Problems (Naturopathic Approaches)

Naturopathy focuses on natural remedies, changes to your daily habits, and different foods to

help your body heal as a whole. Here's how it can help with problems like acid reflux, gastritis, and indigestion:

Changing What You Eat :

Foods to eat (gentle on your stomach):

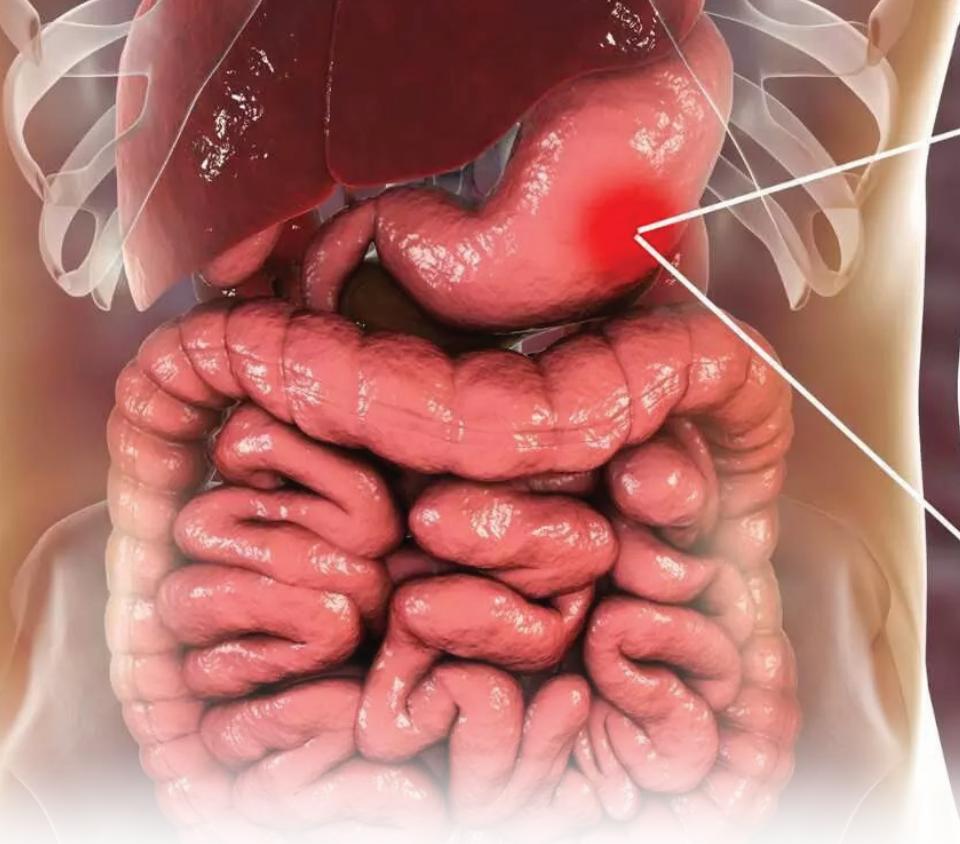
Bananas, melons, apples, pears; carrots, zucchini, spinach, cucumbers; oatmeal, brown rice, quinoa (if your body handles it); low-fat dairy like yogurt, milk, and cheese (if you tolerate it); healthy fats such as olive oil, avocado, and flaxseeds; herbal teas like chamomile and ginger; and drink plenty of water (but not too much during meals).



gentle on your stomach



gentle on your stomach



Upper Gastrointestinal Mucosal Damage

Foods to avoid (that can trigger symptoms):

Spicy or acidic foods (like citrus fruits, vinegar, tomatoes); fried, fatty, and processed foods; caffeine, alcohol, and fizzy drinks; chocolate & peppermint; and sugary snacks.

Foods to avoid



QUICK TIPS!



Eat smaller meals more often. Don't lie down right after eating. Raise the head of your bed when you sleep. Wear loose clothing.





Water Therapy (Hydrotherapy):

Using water for healing can help your digestion by making you relax, improving blood flow, and aiding digestion.

- » Drinking warm water in the morning can help clean your gut and relieve constipation.
- » Warm baths can help your muscles relax and reduce stress. Sipping cold water might help prevent acid reflux.

Benefits for specific conditions:

GERD & Acid Reflux: Warm baths and sipping cold water can help

reduce symptoms.

Indigestion & Dyspepsia: Warm water therapy can ease bloating and discomfort.

Stomach Ulcers: Better blood flow helps with healing, and less stress means less acid production.

Hiatus Hernia: Water exercises can strengthen your core muscles, reducing pressure on your stomach.

Constipation: Warm baths relax your digestive system, while alternating hot and cold showers can get your bowels moving.

IMPORTANT NOTE

Avoid drinking extremely hot water, as it might actually increase acid production.



Water Therapy (Hydrotherapy) @ NCYC



Mud Therapy :

This involves putting mud packs on your body or taking mud baths to help with digestive discomfort.

- » It can absorb toxins and improve digestion.
- » It helps calm inflammation and indigestion, and reduces acid reflux.
- » It makes digestion better by helping your gut move food along & preventing constipation.
- » It can also reduce stress-related symptoms, which helps manage GI problems linked to stress like IBS and gastritis.



Changes to Your Daily Habits

Fasting Therapy :

Giving your digestive organs a break by not eating for a period can help them heal. This reduces acid production and lessens irritation from stomach acids. It can also decrease bloating and pressure on the lower valve of your esophagus. It can affect your gut microbiome (the good and bad bacteria in your gut), lower inflammation, prevent discomfort triggered by food, and improve digestion if your stomach is slow. Avoid eating late or lying down after meals: Make sure to eat your meals at the right time to support good digestion.





Yoga Therapy:

Yoga can help your digestion by reducing stress, improving how your gut moves, and strengthening your digestive muscles.

Benefits:

Reduces stress and anxiety, which can lower stomach acid; strengthens digestive muscles; encourages healthy eating habits and mindful eating; and improves how your digestion works through poses that boost blood flow.

Helpful Poses:

Easy Pose (Sukhasana), Thunderbolt Pose (Vajrasana) (especially after meals),

Wind-Relieving Pose (Pawanmuktasana),

Seated Twist

(Ardha Matsyendrasana),

Cobra Pose (Bhujangasana).

Breathing Exercises:

Alternate nostril breathing (Anulom Vilom) and Humming breath (Bhramari). Meditation and Yoga Nidra also help you relax.



Yoga Therapy @ Nature Cure & Yoga Centre



Better Sleep for Better Digestion :

Good quality sleep is super important for a healthy digestive system. Not getting enough sleep can lead to more acid production, bloating, and indigestion.

IMPORTANT TIPS

Try to go to bed and wake up at the same time each day. Avoid big meals or caffeine late at night. Sleep with your head slightly raised.

Practice relaxing techniques like deep breathing or meditation before bed.

Herbal That Can Help:

Licorice (DGL form): Soothes acid and ulcers.

Fennel & Caraway seeds: Help ease digestion and bloating.

Hibiscus green tea: Good for your gut health.

Detox and Gut Health:

Castor oil packs:

Can help your liver and digestion.

Probiotics (like in yogurt):

Help balance the good bacteria in your gut.





The naturopathic approach to upper GI problems is all about a complete, natural way to heal. It brings together changes in diet, water therapy, mud therapy, lifestyle adjustments, yoga, herbal remedies, and detox methods to promote long-term digestive health and overall well-being.



JOWAR AND MUNG DAAL DOSA RECIPES

01

What you need

Jowar and Mung daal.



Mung Daal

Jowar

02

How to make it:

Soak the ingredients for 5-6 hours, then grind them. Let the mixture sit and ferment for about 8 hours. Add a pinch of salt and make dosas.



03

Benefits

Good for Digestion:

Jowar has a lot of fiber and prebiotics, which are great for gut health and can help prevent constipation. It also helps calm inflammation in your digestive system.

Soothes Acidity:

Because it's alkaline, it helps balance out extra stomach acid, which can relieve acidity and heartburn.

Gluten-Free:

It's perfect for people who are sensitive to gluten or have celiac disease.

ASH GOURD JUICE

RECIPES

01 *What you need*

Ash gourd (also known as winter melon or petha).



Ash Gourd

02 *How to make it:*

Peel the ash gourd, remove the seeds, cut it into cubes, and blend it until it's smooth. Strain the mixture through a fine strainer or cheesecloth to get the juice.

03 *Benefits*

Cooling Effect:

Ash gourd juice has a cooling effect, which is wonderful for calming your stomach.

Alkaline:

It helps neutralize stomach acid and makes discomfort from acidity and heartburn easier.

Heals Lining:

It can help protect and heal the lining of your stomach and intestines, which is good for people with ulcers or gastritis.



Ash Gourd Juice

CHOW CHOW VEGGIES (CHAYOTE) RECIPES

01 *What you need:*

1 bowl chopped Chayote, $\frac{1}{2}$ teaspoon cumin seeds, a pinch of asafoetida, a pinch of turmeric, $\frac{1}{2}$ teaspoon roasted cumin seeds powder, fresh coriander leaves, salt & black pepper to taste, $\frac{1}{4}$ teaspoon oil or ghee.



Chow Chow

02 *How to make it:*

Peel and chop the chayote into small pieces. In a pan, heat the oil and add the cumin seeds, asafoetida, and turmeric. Add the chopped chayote and cook for 5-7 minutes. Season with salt, black pepper, and fresh coriander leaves.

03 *Benefits*

Stomach-Friendly:

This alkaline vegetable helps balance stomach acidity by increasing its pH, which lessens acid reflux.

High in Fibre:

The soluble fibre in chayote helps digestion and soothes the stomach lining.



Chow Chow Veggies

These dishes are excellent for improving gut health and easing digestive problems. Their mix of high-fibre ingredients, cooling properties, and anti-inflammatory benefits makes them a great choice for anyone dealing with digestive discomfort.

Client **TESTIMONIALS**



Best natural therapy centre in Kolkata. Amazing staff behaviour food.

And services all are highly appreciated

Dev Skills



Client **TESTIMONIALS**



Beautiful experience.
Best place to heal your
mind, body and soul. Will
keep coming back.

Simran Khem





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