

# “Om Homoeopathic Clinic”

Shop No 3, Nirmal Heights, Near Hanuman Temple, New India School Lane, Right Bhusari Colony, Kothrud, Pune 411038

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## ACIDITY/ अतिआम्लता/ एसिडिटी / पित्त

### ➤ Avoid-

1. Citrus fruits, coffee, tea, raw vegetables, meat extracts, condiments spices and apple.
2. Canned and processed food- They contain chemical irritants.
3. Fried food and fats - You can include sesame oil, mustard oil, oily fish, linseed oil, skimmed milk and low fat milk products in your diet in small quantities.
4. Tobacco and alcohol.
5. Overeating, eat small meals at short intervals, little food at every 2 hrs.
6. Drinking immediately before meals and drink sparingly during the meals.
7. Exercise, bend, stoop / sleep immediately after meals.
8. Painkillers, antibiotics, aspirin, NSAID, steroids.

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### ➤ Food advised –

1. Treat the causes- Take measures to relieve tensions and stress from life.
2. Relax for about 20 minutes before and after eating.
3. Eat bland food; less hot food add little or no oil to your food- bland boiled vegetables.
4. Eat fresh fruits and salads, ash gourd juice.
5. You can have takmaria, commonly known as falooda seeds (Impatiens balsamina), they have cooling effect and helps in digestion in hot weathers.
6. Eat meals at regular intervals, at regular time.
7. In snacks you can have biscuits (not the cream ones), toast with / without butter, sandwiches, light cake, curds, butter milk, ice creams, custards and puddings.
8. Drink cold milk before retiring to bed.