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Is There Any Effective Herbal Remedy for Acidity? by [Peter Filinovich](#)

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Acidity is one among the commonly found stomach disorders formed due to over production of acid by gastric glands of stomach. Lots of factors contribute in the formation of acidity. Some among the main factors leading way to the risk of stomach acidity include excessive intake of spicy foods, stress, over intake of alcohol, pregnancy and obesity. Symptoms shown as a result of acidity vary from one person to another. Severe chest pain, vomiting, coughing and respiratory disorders are some common symptoms reported due to acidity. In order to achieve good control over stomach acidity, today you can get several herbal products from medical stores. Best herbal medicine ensures safety and act as an effective way for curing acidity. Following are some among the best recommended herbal remedies for stomach acidity complaints.

Holy basil, best known as tulsi is one among the effective herbal remedies for acidity. For user assistance, today you can easily get tulsi products from market in the form of tablets, capsules and as extracts. Active composition present in tulsi leaves act as a perfect home remedy for acidity problems. Including tulsi leaves in medication aids digestion and prevents stomach acidity. Regular intake of tulsi leaves relieves constipation troubles and helps in easier passage of stools. In order to achieve satisfactory results, it is recommended to consume tulsi leaves before meals. You can also use holy basil leaves in conjunction with other herbal medicines like eastern figs, mint juice and neem extract.

Intake of mint juice is found to be as an effective herbal remedy for acidity. It is recommended to intake mint capsules after regular meals. This treatment reduces gas formation in stomach and provides stomach comfort for patient. Apart from consuming herbal remedy, patients are advised to follow a healthy lifestyle with nutritive diet and regular exercises. As per research, stress is found to be as a cause of improper food digestion and acidity. Regular physical activity done by person reduces psychological health disorders, improves digestion and prevents the risk of acidity.

Ginger, one among the commonly suggested foods for gastrointestinal complaints is an effective herbal remedy for acidity problems. Patients suffering from acidity are advised to include a good amount of ginger extract in their diet. Ginger improves digestion and helps in curing acid reflux. Today, you can easily get ginger tea from medical stores. Apart from curing acidity, drinking ginger tea also helps in providing other health benefits like curing inflammations, controlling abdominal pain and preventing dizziness. In order to relieve burning caused by acidity, patients are recommended to drink cold milk. This home remedy helps in achieving faster relief from heart burn problems. Coconut water is another safe natural cure for treating stomach acidity.

For attaining faster relief from acidity, patients are advised to drink coconut water for about four to five times per day. Patients are recommended to include a good amount of fruits like banana, watermelon and apple in their diet. It improves digestion and helps in preventing acidity troubles. You can also take Arozyme capsules, which is 100% herbal and natural.

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