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THE ROLE OF TRADITIONAL MEDICINE IN THE TREATMENT OF CHRONIC GASTRITIS

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Abstract: This article discusses the role of traditional medicine in the treatment of chronic gastritis, a pressing issue in the medical field. Gastritis is a condition characterized by inflammation of the gastric mucosa. It is classified into acute and chronic types. In children, gastritis often develops during periods of rapid growth, such as between the ages of 5-6 and 9-12. The disease negatively affects the primary functions of the stomach, primarily leading to disruptions in its secretory function. According to statistics, gastritis is observed in more than half of the world's population, with approximately 90 million cases recorded in 2013. The likelihood of developing the disease increases with age. A healthy diet, regular physical activity, and medicinal herbs play a crucial role in preventing and treating gastritis. This issue is widespread globally and affects healthcare systems. Therefore, comprehensive strategies are necessary to prevent and combat gastritis.

Keywords: Gastritis, Atrophy, Hypertrophy, Hypotrophy, Stress, Meteorism, Belching, Vomiting, Biopsy, Hyperplasia, Endoscopy, Aloe vera, Licorice root, Ginger, Lemon, Olive oil.

Introduction

Chronic gastritis is a long-term inflammation of the gastric mucosa. This condition may be caused by Helicobacter pylori infection, prolonged exposure to harmful factors such as the excessive use of nonsteroidal anti-inflammatory drugs (NSAIDs), alcohol consumption, or autoimmune disorders. Its symptoms typically include nausea, stomach pain, bloating, and digestive issues.

Main part

Natural treatment methods can be beneficial for individuals suffering from chronic gastritis. However, they should not replace medical treatment.

I. Aloe Vera

Aloe vera juice is recommended to soothe the gastric mucosa and has a calming effect on the digestive system. Aloe vera is a natural plant known for its ability to relieve stomach and intestinal irritation. Its benefits for gastritis are based on several mechanisms:

- **Reducing inflammation**

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Aloe vera contains powerful anti-inflammatory compounds such as saponins and polysaccharides, which help reduce inflammation in the gastric mucosa. In chronic gastritis, persistent inflammation can damage the stomach lining.

- Protecting the gastric mucosa

Aloe vera helps soothe and protect the mucosal lining of the stomach, particularly when it is irritated by stomach acid. It contains mucopolysaccharides, which create a protective barrier on the stomach lining, preventing further damage.

-Balancing stomach acid levels

Aloe vera helps regulate excessive stomach acid production, which is beneficial in certain types of gastritis. It aids in maintaining acid balance while calming the stomach.

-Antioxidant and detoxifying properties

Aloe vera is rich in antioxidants, such as vitamin C and beta-carotene, which protect the gastric mucosa and accelerate its healing process. These antioxidants help detoxify the body and support the stomach's recovery.

- Soothing and calming effects

Aloe vera helps soften the inner lining of the stomach, reducing discomfort and irritation. It gently cleanses the stomach, decreases inflammation, and supports its natural healing process.

II . Ginger

Ginger has anti-inflammatory properties that help reduce nausea and pain associated with gastritis. It is a plant known for its numerous health benefits and is recognized as a powerful medicinal remedy with anti-inflammatory, digestive-supporting, and pain-relieving properties. Let's explore how ginger benefits gastritis.

-Anti-inflammatory properties

Ginger contains a compound called *gingerol,* which has strong anti-inflammatory effects. In chronic gastritis, the gastric mucosa becomes inflamed, and ginger can help reduce this inflammation. Its anti-inflammatory properties also aid in reducing stomach swelling and pain.

-Improving digestion

II. Ginger is highly beneficial for supporting the digestive system. It stimulates stomach and intestinal function, aiding in the proper digestion of food. This helps relax the stomach and reduce ulcers, which in turn alleviates gastritis symptoms.

-Soothing effect

Ginger helps calm the stomach. It strengthens the gastric mucosa and provides gastroprotective support.

How to use ginger

Ginger Tea: Cut ginger into small pieces, add them to a cup of boiling water, and let it steep for 5-10 minutes. This drink can help reduce gastritis symptoms.

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Ginger Juice: Extract fresh ginger juice and drink it for additional benefits. Adding Ginger to Food: Ginger can be incorporated into meals and consumed throughout the day.

III. Turmeric

Turmeric has powerful anti-inflammatory properties. Some people find that consuming turmeric helps reduce gastritis symptoms. However, it is important to consult a medical professional before trying any new treatment, especially in cases of chronic gastritis, as treatment should be tailored to the underlying cause of the disease.

Benefits of turmeric for gastritis:

-Antioxidant properties

Turmeric has strong antioxidant properties, protecting the gastric mucosa and neutralizing free radicals. Curcumin, the active compound in turmeric, is known as a potent antioxidant. Antioxidants block the harmful effects of free radicals, preventing oxidative stress in cells. Free radicals contribute to inflammation and oxidative damage, which can exacerbate pain. Curcumin neutralizes these radicals, supports cell regeneration, and reduces inflammation, thereby alleviating pain. Additionally, antioxidants protect cells from oxidative stress, shielding them from harmful substances and environmental stressors, which helps in gastric healing.

-Pain reduction

Turmeric helps reduce pain by lowering inflammation. Curcumin's primary mechanism is reducing inflammation. Inflammation often leads to pain because the inflammatory process damages cells and tissues, triggering pain signals.

Curcumin reduces inflammation through the following mechanisms:

- **Inhibition of NF-kB (Nuclear Factor kappa-B):** NF-kB is a key signaling molecule that activates and promotes inflammatory responses in cells. Curcumin blocks NF-kB, reducing the production of inflammation-causing substances such as prostaglandins.
- **Inhibition of COX-2 (Cyclooxygenase-2):** COX-2 is an enzyme that contributes to inflammation and pain. Curcumin inhibits COX-2, thereby reducing inflammation and pain.

Thus, curcumin exerts anti-inflammatory effects and helps relieve pain.

In chronic gastritis, irritation of the gastric mucosa can cause pain and discomfort. Turmeric helps reduce these symptoms due to its potent anti-inflammatory properties. By alleviating inflammation and pain, it helps soothe the stomach and promote healing.

-Fighting bacterial infections

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If gastritis is associated with Helicobacter pylori bacteria, turmeric may help combat it. Turmeric has antibacterial properties that can be effective against this bacterium, preventing its growth in the gastric mucosa.

How to use turmeric

Turmeric tea: Add 1-2 teaspoons of turmeric to a cup of boiling water, let it steep, and drink. This can help relieve gastritis symptoms and reduce discomfort.

Turmeric and honey: Mix 1 teaspoon of turmeric with honey and consume it 1-2 times a day. Honey has soothing properties for the stomach and enhances turmeric's benefits.

Turmeric and milk: Mix 1-2 teaspoons of turmeric in a glass of warm milk and drink it every night. This helps soften and soothe the gastric mucosa.

Conclusion

In traditional medicine, herbs with anti-inflammatory, soothing, and cooling effects are used to treat gastritis. These remedies not only help reduce stomach acid but also support overall health. Medicinal herbs generally have fewer side effects compared to pharmaceutical drugs. Additionally, proper nutrition should be maintained during herbal treatment. When treating chronic gastritis, it is also important to improve emotional and psychological well-being.

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