

Diet Prescription in Gastric Disorders

Abstract: Diet and nutrition supplementation has a great role in treating patients successfully. A wrong dietary habit may act as an obstacle in the curative process of the patient, thus delaying the recovery or turning the patient in incurable state. One should know what foods are permitted or restricted in each individual diseases as well as in patients. Here I have described dietary prescription in gastric disorders and its sample menu in various conditions.

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INTRODUCTION

In the treatment of any acute or chronic diseases, diet prescription has a special role in our patient to ensure speedy recovery. Some foods are exclusively avoided and some are specifically indicated depending upon the diseases from which the patient is suffering. Dr HAHNEMANN has clearly given guidelines in ORGANON OF MEDICINE regarding diet and nutrition in the patient. Improper diet in the case often makes an obstacle in the cure of the disease. Hence careful investigation into such obstacles to cure is necessary in cases of patients being affected by chronic diseases, as their diseases are usually aggravated by such noxious influences and other disease-causing errors in the diet and regimen, which often pass unnoticed. Coffee; fine Chinese and other herb teas; beer prepared with medicinal vegetable substances unsuitable for the patient's state; all kinds of punch; spiced chocolate; highly spiced dishes and sauces; spiced cakes and ices; crude medicinal vegetables for soups; dishes of herbs, roots and stalks of plants possessing

medicinal qualities; old cheese and meats that are in a state of decomposition, or that passes medicinal properties must be as far as possible avoided or removed, in order that the cure may not be obstructed or rendered impossible.

The most appropriate regimen during the employment of medicine in chronic diseases consists in the removal of such obstacles to recovery and in supplying where necessary the suitable, nutritious, un-medicinal food and drinks. The desire of the patient affected by an acute disease with regard to food and drink is certainly chiefly for things that give palliative relief: they are, however, not strictly speaking of a medicinal character and merely supply a sort of want.

The dietary management is equally applicable for any disease but more particularly to gastric disorders. The dietary regulation for various gastric disorders help in speedy recovery of the patients. The samples of dietary prescription in various gastric disorders have been described here with an intention to provide the proper dietary

A Sample of Diet Prescription

Breakfast	Lunch and Dinner	
Toast or chapattis	Soup	Cooked vegetables, including potatoes
Butter and jam	Bread or chapattis	Milk, butter-milk or curd
Cereals	Rice	Meat, fish or chicken
Eggs or cold milk	Curry	Fruit
Fruit	Pulses (dal)	Dessert
Tea, coffee, or milk	Raw vegetables	

management to the patients.

DIET IN PEPTIC ULCER

Permitted

- Bread or *chapattis* of wheat, rice, maize, *jowar*, *bajra* or *ragi*.
- Breakfast cereals of wheat, rice, oatmeal or maize.
- Cooked rice.
- Pulses (*dal*) or beans (in moderation).
- Vegetable soups (exclude meat and chicken soup).
- Vegetable salad (in moderation).
- Vegetables, cooked (exclude vegetables with coarse fibres or overripe seeds).
- Potato, sweet potato or yam.

- Meat, fish or chicken, eggs.
- Milk and milk-products.- small quantities, but frequently.
- Fat for cooking or butter (exclude fried foods).
- Fruits, fresh (avoid sour fruits).
- Fruits, dried (avoid sour fruits).
- Sugar, jaggery or honey.
- Jam or *murabba*.
- Pastries, as biscuits or soft cake.
- Desserts, as custard, pudding or jelly.
- Beverages, as light tea or coffee.
- Water as desired.

Excluded

- Condiments and spices.
- *Papad*, *chutney* or pickles.

Sample Menu for Peptic Ulcer

WESTERN DIET	VEGETARIAN DIET	WESTERN DIET	VEGETARIAN DIET
Breakfast		Mid-afternoon	
Cornflakes	Porridge	Tea or coffee	Tea or coffee
Scrambled egg	Tea or coffee	Bread and butter	Cheese sandwich
Tea or coffee			
Mid-morning		Dinner	
Milk drink	Milk drink	Steamed fish	Baked potato with filling
Plain biscuits	Plain biscuits	Creamed potatoes	<i>Khichdi</i> and <i>kadhi</i>
		Peas, or sago pudding jelly	
Lunch		Bed time	
Minced meat	Cauliflower cheese	Cocoa in milk	Hot chocolate
Mashed potatoes	Mashed potatoes		
Sliced carrots or jelly	Lentil curry and rice		

FLATULENT ABDOMEN

Permitted

- Bread or *chapattis* of wheat, rice, maize, *jowar*, *bajra* or *ragi*.
- Breakfast cereal of wheat, rice, oatmeal or maize.
- Rice, cooked (exclude in carbohydrate dyspepsia).
- Soup, thin
- Vegetables, cooked (beans, peas, and fibrous vegetables like cabbage and cauliflower excluded).
- Potato, sweet potato, or yam (exclude in carbohydrate dyspepsia).
- Meat, fish or chicken.

- Eggs (two per day).
- Fat for cooking, or butter (exclude fried food).
- Milk or milk products (only with tea or coffee in those suffering from giardiasis and amoebiasis).
- Fruit, fresh.
- Sugar, jaggery or honey.
- Jam or *murabba*.
- Pastry, as biscuits and light cakes (exclude fried pastries).
- Dessert
- Water (liberally).

Excluded

- Vegetable salad.

- Pulses (*dal*) or beans.
- Soup, thick.
- Sweets or sweetmeat.
- Fruit, dried.

- Nuts
- Condiments and spices.
- *Papad*, *chutney* and pickles.

Sample Menu for Flatulent Abdomen

WESTERN DIET	VEGETARIAN DIET	WESTERN DIET	VEGETARIAN DIET
Breakfast		Mid-afternoon	
Grapefruit Boiled egg margarine/jam Tea or coffee	Cornflakes Toast with or <i>khakhra</i> / <i>ghee</i> Tea or coffee	Tea or coffee Chocolate cake	Tea or coffee Cheese sandwich
Mid-morning		Dinner	
Tea or coffee Cream biscuits	Tea or coffee Chocolate biscuits	Scotch broth Steak and kidney pie Creamed potatoes Apple baked with custard sauce	Cheese and tomato sandwich Baked spinach Rice and <i>kadhi</i> Sago pudding
Lunch			
Grilled pork sausage with gravy Parsley potatoes Sliced tomatoes Strawberry mousse	Mixed vegetables <i>Chapattis</i> Rice and curry Curd Banana		

CONSTIPATION

Permitted

- Bread or *chapattis* of wheat, preferably from granary or wholemeal flour
- Breakfast cereals, preferably high-bran cereals or porridge oats.
- Rice, preferably brown rice.
- Pasta, preferably wholemeal
- Vegetables, preferably with skin
- Salad
- Potatoes, preferably with skin
- Meat or milk products
- Cooking fat or butter
- Condiments and spices
- *Papad*, *chutney* and pickles
- Fruits, fresh, preferably with skin
- Fruits, dried
- Sugar, jaggery or honey
- Pastry
- Dessert or sweets
- Beverages
- Fluids, 8-10 glasses a day

DIARRHOEA AND DYSENTERY

Permitted

- Bread or *chapatties* of wheat, rice, maize, *jowar*, *bajra* or *ragi*
- Breakfast cereals of wheat, rice, oatmeal or maize; arrowroot and sago *kanji* also recommended
- Rice, cooked
- Vegetables, cooked (fibrous or overripe vegetables excluded)
- Potato, sweet potato, or yam
- Soup (thick soup excluded)
- Meat, fish or chicken
- Eggs (avoid fried eggs)
- Milk and milk products (only as skimmed milk or its products)
- Fruits fresh as juice; pomegranate or apple juice recommended (berries excluded).
- Sugar, jaggery or honey
- Jam or *murabba* (jam with seeds excluded)
- Pastry as biscuits
- Dessert as light custard

- Beverages
- Water, liberally.

Excluded

- Pulses (*dal*) or beans
- Vegetable salad
- Fat for cooking, and butter

- Sweets or sweetmeats
- Fruits, dried
- Nuts
- Condiments and spices
- *Papad*, *chutney* and pickles.

Sample Menu for Constipation

WESTERN DIET	VEGETARIAN DIET	WESTERN DIET	VEGETARIAN DIET
Breakfast		Mid-afternoon	
On rising a glass of warm water. High-bran cereal with dried/stewed fruit or prunes	On rising a glass of warm water	Tea or coffee	Tea or coffee
Wholemeal bread/toast with butter	Stewed figs, apricots	Crisp bread	Wholemeal crackers
Jam/marmalade	Cornflakes		
Tea or coffee	Wholemeal toast or <i>chapattis</i> made from brown flour		
	Tea or coffee		
Mid-morning		Dinner	
Tea or coffee	Tea or coffee	Asparagus soup	Lentil soup
Orange	Banana	Roasted chicken	Cooked cabbage and boiled potatoes
		Green beans, Baked	Rice and dal or <i>chapattis</i> made from brown flour
		apple Carrot cake (wholemeal flour)	
Lunch		Bed time	
Cottage pie	Cooked mixed vegetables	Milk drink	Milk drink
Jacket potatoes with cheese	Tapioca pudding or vegetables		
Fruit salad	curry with brown rice		

Sample Menu for Diarrhoea and Dysentery (After recovery)

WESTERN DIET	VEGETARIAN DIET	WESTERN DIET	VEGETARIAN DIET
Breakfast		Mid-afternoon	
Porridge Poached egg	Arrowroot porridge	Tea or coffee	Tea or coffee
Toast with jam	Toast/jam or <i>khakhra/ghee</i>	Cream crackers	Plain biscuit
Tea or coffee	Tea or coffee		
Mid-morning		Dinner	
Orange juice	Sweet lime juice	Minestrone	Tomato soup
		Poached cod	Savoury rice or <i>Khichdi</i> and <i>kadhi</i>
		Mashed potatoes	Tinned fruit in its juice
		Sweet corn Jelly and fruits	
Lunch		Bed time	
Chicken soup	Clear soup	Malted drink	Grapes or caramel custard
French beans	Jacket potato baked, or <i>chapattis</i>		
Creamed potatoes	Rice and <i>dal</i>		
Lemon jelly	Buttermilk		

INFLAMMATORY BOWEL DISEASE

Permitted

- Bread, *chapattis* of wheat, rice, maize, *jowar*, *bajra* or *ragi* (should be made from finely-ground flour)
- Breakfast cereals of wheat, rice, oatmeal or maize.
- Rice, cooked
- Pulses (*dal*) and beans, as *dal water*
- Vegetables, cooked, or yam.
- Soups
- Meat, fish or chicken
- Eggs
- Milk and milk products (restricted if they produce diarrhoea)

- Fat for cooking, and butter (fried foods not Permitted)
- Sugar, jaggery and honey
- Jam as biscuit
- Desserts
- Sweet and sweetmeats, freshly prepared
- Fruits, fresh
- Beverages
- Water, liberal

Excluded

- Vegetables salad
- Condiments and spices
- *Papad*, *chutney* or pickles
- Nuts
- Fruits, dried

Sample Menu for Inflammatory Bowel Disease

WESTERN DIET	VEGETARIAN DIET	WESTERN DIET	VEGETARIAN DIET
	Breakfast		
Fruit juice	Fruit juice Flaked rice (<i>poha</i>)	Tea or coffee	Tea or coffee
Cornflakes	White bread/toasted	Plain biscuits	Cucumber Sandwiches (white bread)
Poached egg	Scraping of butter/seedless jam		
Tea or coffee			
	Mid-morning		
Tea or coffee	Tea or coffee		
Plain biscuits	Plain biscuits		
	Lunch		
Minced meat	Clear soup		
Mashed potatoes	Rice with thin <i>dal</i>		
Carrots	Curd		
Jelly	Grapes		
		Dinner	
		Grilled fish	Strained soup
		French beans	Vegetable stew
		Creamed potatoes	Mashed potato
		Rice pudding	Buttermilk Ice-cream

CONCLUSION

Advice regarding diet and nutrition given to the patient is one of the most important part of prescription bearing equal importance along with correctly chosen Homoeopathic medicine in the case. The recovery becomes speedy when diet is properly regulated and chosen accordingly. The above mentioned diets for gastric disorders are sample menu. The food items may be changed depending upon its availability and on patient's suitability.

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