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## Is Flatulence Bothering You?

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**A**lthough the formation of gas is a very common problem these days, sometimes it causes a lot of discomfort and embarrassment to the patient. The terms gas, flatulence or indigestion are non-specific terms for formation of gas in the intestine. These terms mean a host of symptoms which include nausea, vomiting, heartburn, bloating, belching, upper abdominal pain or discomfort.

### The Production Of Gas

Usually gas is produced by two sources. Firstly, by swallowing air while eating

or drinking and secondly, due to the normal breakdown of some undigested food from the small intestine by some harmless bacteria present in the large intestine. The source of excessive gas formation is intestinal bacteria. The bacteria produce gas when they digest the food and an average person passes gas less than 20 times per day.

### Dietary Choices Could Be The Culprit

A person's dietary choices can lead to excessive flatulence. There are certain foods which some individuals are not able to digest or absorb. It means that food is not digested properly in the small intestine and reaches the colon, which contains large amount of bacteria which break down the food and release the gases. The building up of this gas causes flatulence.



## Factors Responsible For Gas Formation

◆ People whose diet is high in foods such as beans, cabbage, lentils, broccoli, pulses, whole grains and dietary fibres may experience more gas problems.



◆ Smoking and chewing gum.



◆ Food high in sugar such as sweet fruits juices and aerated drinks.



◆ Candida overgrowth in the intestine. Candida is a fungus that occurs naturally in the digestive tract. Overgrowth of candida causes imbalance in the gut flora and releases toxins resulting in intestinal gas. Causes of candida overgrowth may be indiscriminate use of antibiotics, excessive dietary sugar and a weak immune system.

◆ Milk too causes gas formation in people suffering from lactose intolerance.

◆ Long-term sedentary habits and inactive lifestyle.

## Medical Conditions That Lead To Gas

Apart from food, there are several medical conditions which are responsible for gas formation:

- ◆ Constipation
- ◆ Irritable bowel syndrome
- ◆ Lactose intolerance
- ◆ Coeliac disease etc.

## Suggested Lifestyle Changes

- ◆ Eat slowly and talk less while eating
- ◆ Chew your food properly
- ◆ Exercise or walk regularly 30-40 minutes daily
- ◆ Observe and experiment with food and avoid food which causes gas formation
- ◆ Take five-six small meals in a day instead of three large meals
- ◆ Eat dinner around three hours before going to sleep
- ◆ Drink enough water
- ◆ Avoid eating meals with TV, computers and phones



## Effective Homeopathy Treatment

In this era of hurry, worry and curry, we have forgotten the importance of eating with a calm mind. The mind and body are interrelated. Therefore, it is said that, 'the quality of the food we eat and how we eat it, is more important than anything else.' But thankfully, homeopathy has a lot to offer when it comes to treating a gas problem, as there are wide varieties of medicines which can control and cure this problematic condition. *Carbo veg*, *lycopodium*, *china*, *nux vomica*, *pulsatilla* are the leading remedies, given according to the symptoms of a patient.