

Rabeloc - Why do you experience heartburn?

Typically, you will have a burning sensation in the centre of your chest, behind your breastbone. This is how heartburn feels like. You may experience the following as heartburn symptoms:

- Difficulty in swallowing
- A burning sensation in your chest that can last for a few minutes to a couple of hours
- A salty - acidic or hot - sour taste in the back of your throat
- A discomfort or burning sensation in your throat
- Pain in the chest while laying down or sleeping

But ever wondered why you experience heartburn? Let us find out the reason behind this burning sensation in the chest.

Why do we experience heartburn?

Before you understand why you experience heartburn, it is essential to know how your esophagus and stomach work. When you eat, your esophagus passes that food to the stomach. At the bottom of the esophagus is a valve known as esophageal sphincter. When you eat, the valve opens, allowing the food to enter the stomach. When the food enters the stomach, the valve closes again, allowing the stomach to carry out its functions. Inside the stomach, there is a strong acidic mixture that starts the process of digestion.

Your stomach is designed to hold the acidic mixture; however, there are times when esophageal sphincter does not close properly, allowing the acid inside the stomach to flow into the food pipe. That condition is called reflux. When you experience reflux, you feel the burning sensation in your chest called heartburn.

There are a few conditions that cause acid reflux such as:

- Certain medications, especially anti-inflammatory drugs
- Pregnancy
- GERD
- Hiatal hernia

You may also experience heartburn due to certain lifestyle habits such as:

- Certain food items
- Sleeping after eating
- Smoking
- Alcohol consumption

Food items that prevent heartburn

Here are a few suggestions that you can try to prevent heartburn:

High fiber food

Fibrous food items keep you full for a longer duration, preventing you to overeat. Health experts believe overeat can cause heartburn.

Alkaline food

Food items that have a low Ph are acidic and are more likely to cause heartburn. Therefore, choose food items with higher pH to prevent reflux. You can eat alkaline food items like:

- Raisins
- Spinach
- Black current

Watery foods

Choose food items that are high with water. Such food items can dilute and weaken stomach acid. You can eat watery food items like:

- Watermelon
- Cucumber
- Tomato

Milk

Milk is one of the common remedies for heartburn. The fat in the milk can ease acid reflux.

Ginger

Ginger is considered one of the best digestive aids due to its anti-inflammatory properties and being alkaline in nature. Such properties provide relief to irritation in the digestive tract.

Lemon water

Lemon juice is acidic in nature. However, a small amount of lemon juice mixed in warm water and honey has an alkalizing effect. This can ease reflux. Try these few food items to prevent reflux, or else, you can take the help of PPI drugs that can help you ease reflux. It is advisable to use PPI drugs after your doctor's recommendation.

References:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/gerd-diet-foods-that-help-with-acid-reflux-heartburn>

<https://my.clevelandclinic.org/health/diseases/9617-heartburn-overview>

<https://www.nhs.uk/conditions/heartburn-and-acid-reflux/>

Rabeloc Tablet Indications

- Gastric and duodenal ulcers
- Gastro-oesophageal reflux disease
- Helicobacter pylori infection
- Zollinger-Ellison syndrome

Rabeloc IV Indications

- Upper gastro-intestinal bleeding
- Acid-aspiration during surgery
- Stress-induced mucosal injury
- Short-term treatment of gastric and duodenal ulcers
- Gastro-oesophageal reflux disease (GERD)
- Alternative to oral PPI therapy



Indications may vary as per the country, please refer to the PI or regulatory guidelines.