

Simple ways to relieve stomach pain at home

This article will compile the most common home remedies for stomach ache and indigestion.

Some **home remedies can help relieve stomach pain**, such as drinking water and avoiding spicy foods. If these measures do not work, you can try over-the-counter and prescription medications.



Stomach pain, also known as abdominal pain, colic, or stomachache, describes the discomfort a person feels anywhere between the chest and groin. This pain can vary in intensity and affect different areas of the abdomen, such as the stomach, appendix, liver, intestines, etc.

Stomach pain can also occur along with other symptoms such as heartburn, bloating, and nausea. The exact remedy for a person's stomach pain will depend on the cause.

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Drinking water

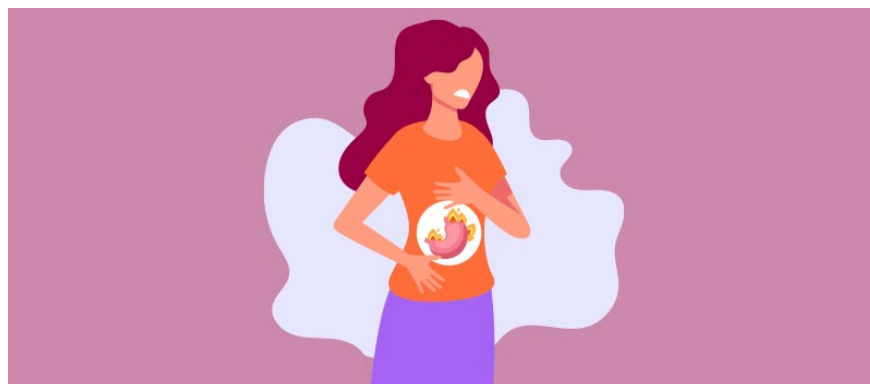
Your body needs water to effectively digest and absorb nutrients from food and drinks. Dehydration makes digestion more difficult and less efficient, increasing your chances of getting an upset stomach.

While the general rule of thumb is to drink eight glasses (2 liters) of water per day, each person's fluid needs can vary, according to the Academy of Nutrition and Dietetics. Activity levels, altitude, extreme temperatures, general health, and body size can all make a difference in fluid needs.

Avoid lying down

Avoiding lying down can prevent indigestion from turning into heartburn. When the body is horizontal, stomach acid is more likely to reverse and move upward, which can cause heartburn.

Therefore, people with stomach pain should avoid lying down or going to bed for at least a few hours until the pain subsides.



Ginger

Ginger may help reduce nausea and vomiting in people who are pregnant or undergoing chemotherapy. People with upset stomachs can try adding ginger to food or drinking it as a tea.

The BRAT Diet

Doctors may recommend the bananas, rice, applesauce, & toast (BRAT) diet for people with diarrhea. BRAT foods can reduce the number of stools a person passes and help ease their diarrhea.

Because these foods are bland, they do not contain substances that irritate the stomach, throat, or intestines. Therefore, this diet can soothe tissue irritation caused by the acid in vomit.

Many foods on the BRAT diet are also rich in nutrients, such as potassium and magnesium, and can replace those a person loses through diarrhea and vomiting.

Avoid smoking and drinking alcohol

Smoking and drinking alcohol can cause indigestion and other gastrointestinal conditions, such as gastroesophageal reflux disease (GERD).

Quitting smoking and limiting alcohol consumption also improves people's quality of life and reduces their risk of certain health conditions, such as cancer. However, avoiding smoking and drinking can be difficult for many people. However, if you want to live a healthy life, try to overcome them.

Avoid consuming foods that are difficult to digest

The following foods may increase your risk of indigestion:

1. Fatty or acidic foods
2. Wheat products
3. Spicy, greasy foods

However, avoiding highly preserved foods can be more difficult for people who do not have time to source fresher foods or who live in food deserts. Food deserts are areas where people have limited access to affordable, nutritious foods.



Baking soda

Some health care professionals believe that baking soda can help relieve heartburn and indigestion by reducing stomach acid. While this home remedy may help relieve stomach pain, it may not taste pleasant. Additionally, consuming too much baking soda can lead to:

1. Shallow or slow breathing
2. Muscle spasms
3. Muscle spasm
4. Diarrhea
5. Vomiting
6. irritable

Figs

Figs and some other fruits contain substances that act as laxatives to relieve constipation and promote healthy bowel movements. Figs also contain compounds that may help relieve indigestion.

However, if you have diarrhea, you should avoid consuming figs as they have a laxative effect.

Aloe vera

Aloe vera may help relieve symptoms of irritable bowel syndrome and colitis, although evidence for these benefits is lacking and more research is needed.

Health care experts say drinking aloe vera juice can provide many benefits, including reducing symptoms of:

1. Heartburn
2. Bloating and belching
3. Nausea and vomiting
4. Heartburn and acid reflux

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