

Top 10 home remedies to cure acidity

Cloves

If you are suffering from gastritis, then clove acts as the wonder drug to get you rid of this sensation. Just chew say about two cloves and slightly bite them so that juices keep oozing out. Soon, the problem will vanish.

Cumin seeds

Take say about a teaspoon of cumin seeds and then roast them. After roasting, crush them in such a manner that they don't become powder. Now, add this to a glass of water and have it with every meal you take. It does wonders.

Jaggery

Jaggery can help a lot in treating heartburn and acidity. Consume a small lump and allow it to get dissolved in your mouth to get relief from acidity. But, this remedy should not be tried by people who have diabetes.

Raita

Raita prepared with curd and added with ingredients like grated cucumber and coriander will surely aid in digestion and help eliminate acidity.

Basil leaves

Basil leaves are popular for their medicinal properties. Chewing say around 5-6 basil leaves relieves acidity to a lot of extent. One can also make a blend of crushed basil leaves and dried leaves which can be consumed with water or tea or simply be swallowed.

Butter-milk

A yet another simple and most easy homemade remedy to treat acidity is consuming butter-milk mixed with a little say about ½ teaspoon of black pepper powder.

Mint

It is also a good idea to drink fresh mint juice or chew raw mint leaves after meals everyday to keep acidity and indigestion away from you.

Ginger

Ginger is considered as a cure-all herb as it helps in treating so many different kinds of conditions. Consume just the right amount of ginger about half an hour before each meal and feel the difference.

Milk

Milk is a drink that consists of a large amount of calcium which helps in preventing build-up of stomach acid. So, drink a glass of milk after your meal to soothe your stomach after having a spicy meal.

Vanilla ice cream

Yes, gorging a cup of your favourite vanilla ice cream not just savours your sweet tooth but also helps combat gastritis. This is an easy home remedy to fight acidity.