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Natural therapy for gastritis: Vestibular stimulation

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Gastritis is inflammation of the lining of the stomach. It may be short episode or may be of a long duration. The most common symptom is upper abdominal pain. Other symptoms include nausea and vomiting, bloating, loss of appetite, and heart burn. Gastritis is believed to affect about half of people and as people becomes aged the prevalence increases. Chronic gastritis is associated with ulcers and may increase risk for stomach cancer. Vestibular apparatus is located in the inner ear and helps for maintenance of balance and equilibrium. However, stimulating vestibular system in a controlled manner was found very beneficial and could prevent endocrine disorders like diabetes, hypothyroidism and relieves stress and anxiety. Natural method of stimulating vestibular system is by swinging on a swing according to the comfort. Aparna Sarkar and Debjani Guha et al., testified that vestibular stimulation effectively reduced secretion of acid from the stomach in animals and recommended vestibular stimulation as a natural therapy for gastric disorders. Hence there is a need to identify the need of vestibular stimulation and to conduct similar studies in human beings to validate vestibular stimulation in the treatment of gastric disorders.

Biography

Sai Sailesh Kumar G has completed his M.sc in Medical Physiology in 2007 from Manipal University and pursuing PhD under guidance of Dr R Archana (Guide) and Dr J K Mukkadan (co-guide). He has published more than 25 papers in reputed journals and has been serving as an editorial board member of reputed journals.

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