

Home Remedies for Gastritis

Overview

Gastritis is a term that refers to any condition that inflames your stomach lining. Drinking too much alcohol, overuse of pain medication, and *H. pylori* bacteria can all cause gastritis. Common symptoms are nausea, vomiting, and a gnawing sensation in the abdomen.

Most people that have [gastritis](#) are able to treat it and find relief for their symptoms. There are times when gastritis means you need to see a doctor and make a treatment plan, but there are also ways to treat gastritis with home remedies.

Keep reading to find out how to manage gastritis at home.

Home remedies

1. Anti-inflammatory diet

Gastritis gets activated when your digestive system is taxed and your stomach lining becomes inflamed. You can choose to eat foods that reduce inflammation and avoid the foods that trigger your stomach lining to become irritated

Trigger foods may vary from person to person, and keeping a food journal for a week will help you identify exactly which foods make your gastritis flare up.

As a general rule, the following foods tend to be inflammatory to the mucous membrane that lines your stomach:

- heavily processed and preserved foods
- foods with high gluten content
- foods that are acidic, dairy foods
- foods high in sugar

[Research suggests Trusted Source](#) that adding broccoli sprouts and fresh blueberries into your diet can encourage your body to fight back against gastritis.

According to [case reports](#), if there are potential gluten allergies, working toward a gluten free diet might reduce symptoms.

2. Garlic extract

[At least 50 percent](#) of the world's population has *H. pylori*, the bacteria strain that causes gastritis, in their digestive tract already. When gastritis is caused by *H. pylori*, garlic extract can help get rid of these bacteria. [One study Trusted Source](#) shows that consuming garlic extract is an effective way to kill *H. pylori* bacteria.

You can crush raw garlic and drink the resulting extract by the teaspoon, or you can purchase garlic extract that has aged for several months (a potentially more effective option).

A [2018 review](#) of research showed benefits from taking in garlic, including reduction of cancer of the digestive system, but still not enough evidence to say that garlic reduced the *H. pylori* bacteria.

3. Probiotics

[Probiotics](#) can improve your digestion and keep your bowel movements regular. Taking a probiotic supplement will introduce good bacteria to your digestive tract, which [should stop](#)[Trusted Source](#) the spread of *H. pylori* and help start the process of healing your gut.

You can also eat [fermented foods](#) that contain probiotics, such as:

- kimchi
- kombucha
- sauerkraut
- yogurt
- kefir

4. Green tea with manuka honey

Drinking green tea with raw honey has several potential benefits for healing gastritis. Drinking warm water can soothe the digestive tract and make digestion easier on your stomach.

One [study](#) showed a significant difference in people with gastritis that drank tea with honey just once a week. Manuka honey has also been shown to have antibacterial properties that effectively keep *H. pylori* in check.

5. Essential oils

Some essential oils [have been found](#)[Trusted Source](#) to have an effect on *H. pylori* overgrowth. The oils derived from lemongrass and lemon verbena in particular [were studied](#)[Trusted Source](#) and found to have a positive effect on mouse resistance to *H. pylori* colonization in laboratory tests.

Most essential oils aren't tested by the U.S. Food and Drug Administration (FDA) for human consumption, so be careful when using this remedy. Essential oils are meant to be inhaled with a diffuser or mixed in a carrier oil and applied to the skin.

Essential oils are not meant to be consumed, some are toxic.

6. Smaller meals

Gastritis symptoms aren't just aggravated by *what* you eat; they're also aggravated by *how* you eat. When you have gastritis, it's important to make the digestive process as easy as possible for your stomach and intestines.

When you eat a big meal, it puts stress on your digestive tract to convert all of that food into energy and waste. That's why eating smaller meals throughout the day as opposed to loading up on carbs and calories two or three times a day can ease the symptoms of gastritis.

7. Lifestyle changes

Gastritis is a risk factor for developing stomach cancer, so being especially aware of your lifestyle choices is important if you have it.

Lose weight if needed. Eliminating smoking and alcohol should improve your gastritis symptoms. Avoid using over-the-counter pain medications, such as aspirin and ibuprofen, as these can damage your stomach lining over time.