

Acidity? Here are 5 Ayurveda-approved drinks to feel relief

Don't feel helpless while struggling with acidity. Instead try these recommended drinks to keep your digestive system in good shape

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How often do you end up with an upset stomach? Thanks to your habit of binge eating or munching on your favourite snacks, it must be many times. In fact, a burning sensation in the stomach, bloating, and a bitter taste in the throat may occur as a result of this. And all of these symptoms point to one thing: acidity! However, don't fret as we have got a natural cure for it. Ayurveda recommends some drinks that can help you reduce the pain and discomfort.



As per Ayurveda, whatever you consume becomes committed to a fire that exists in the body. The food you consume may either fuel or increase this fire, weakening your digestive system. And this can make digestion smooth and easy.

However, unhealthy eating habits can result in adding to your stomach issues. Vaidya Shakuntala Devi, an Ayurvedic expert, explains, "In Ayurveda, unhealthy meals such as fried foods, baked-cheesy food, and very cold foods can leave undigested residue that generates poisons, or 'ama'. Underlying cause of stomach-related issues like constipation and acidity can be characterised as ama." So, follow a healthy eating routine.

Radish juice

Radish is high in fibre and helps to maintain regular bowel movements. Drinking the juice of this root vegetable can help in getting relief from acid reflux, and other digestive disorders like irritable bowel syndrome (IBS) and constipation.

Mint leaves

Peppermint leaves can help with almost all stomach issues. Dr Shakuntala says, "Mint soothes the burning sensation in your stomach by reducing acid production." So, chop and grind some mint leaves, then drink the cooled solution to get relief.

Ajwain and jeera

In a jar of water, combine cumin seeds (jeera) and carom seeds (ajwain) and let them soak overnight. In the morning, strain the water and consume it first thing in the morning. This drink aids in the growth of metabolism and digestion.

Cold milk

Drinking cold milk to relieve acid reflux is the simplest and most common home remedy that people use. All thanks to the presence of calcium in milk, which helps to control the excess secretion of hydrochloric acid, thereby reducing acids in the stomach. Dr Shakuntala also agrees and says, "Milk's high calcium content helps to reduce acid issues and absorb acid that has already been created. Because of its coolness, it helps to provide immediate relief."

Milk and rose petals

Dr Shakuntala says, "Constipation can be relieved by drinking boiled milk and rose petals. This will empty your stomach in the morning, and consuming it for a few days can alleviate your stomach problems."