



Medicinal plants effective in the prevention and treatment of indigestion in the holy month of Ramadan.

Indigestion is a collection of various digestive problems, such as feeling full in the stomach, bloating, pain in the upper part of the abdomen, heartburn, return of stomach acid or sourness, the main causes of which can be changes in eating habits, overeating, and consumption of fatty foods, frying and spicy.

The most important advice to cure indigestion in this holy month is to avoid overeating after breaking the fast. Consuming tea, coffee and soft drinks after breaking the fast can also aggravate digestive complaints.

There are various plants that can be effective in reducing the symptoms of indigestion and possibly treating it in this holy month. One of these plants is mint, this plant is one of the best and most well-known plants useful for the digestive system. Fresh or dry mint infusion is considered a very useful drink to help the digestive system work well, and mint essence or sweat can be taken with diluted water when feeling bloated or have digestive problems.

Cumin is one of the other natural substances effective in improving the activity of the digestive system, especially in reducing flatulence, which can be added when brewing rice, or cumin powder or sweat can be consumed after meals.

Jujube is also a very useful fruit in strengthening the digestive system and helping to digest food, and due to its beneficial effects on different organs of the body, its daily consumption is recommended for all people. Also, fresh ginger is one of the best boosters of the digestive system. For those who suffer from chronic digestive problems and indigestion, it is recommended to eat a small slice of fresh ginger along with a few jujubes in an infused form during dawn or breaking the fast

Black seed, licorice, fennel, savory, thyme, coriander and lemongrass are other effective herbs in treating indigestion.