



Healing of gastrointestinal ulcers using medicinal plants

The characteristic symptoms of gastrointestinal ulcers are burning, gripping, pain, and a feeling of discomfort similar to the feeling created when the digestive tract is empty.

Plants such as marshmallow, marigold, chamomile, ear of corn, and spirea are among the plants that can be used in these cases.

Drinking lemongrass or chamomile brew on an empty stomach reduces inflammation and also heals digestive tract ulcers.

There are many herbs for the treatment of various diseases of the digestive system, which we are all familiar with and have used at least once. Plants whose use is not related to age and gender, and even children or babies, pregnant women, and nursing mothers can consume them.

Chamomile and cumin

Chamomile and cumin plants, due to their warm nature, can solve most of the problems of the digestive system. These plants are very anti-inflammatory and soothing and treat flatulence, constipation, heartburn, intestinal spasms, anorexia, and gluttony.

Mint

The mint plant has many properties. Such as: pain reliever, anti-nausea, anti-spasm, stimulator of the digestive system and a very good protector for the liver.

Also, this plant can be excellent for preventing vomiting, chronic diarrhea, intestinal syndromes, some liver pains, flatulence, etc.

Licorice

This plant can relieve heartburn, indigestion, treat ulcers of the digestive tract.

Oregano

The oregano plant has the properties of mint, only with the difference that the soothing properties of this plant are much appreciated.

Fennel

This fragrant plant with its antibacterial properties can solve many digestive problems. Such as: indigestion, abdominal pain and bloating, nausea and vomiting for no reason, and generally facilitating the digestive system.

There are other herbs such as turmeric, ginger, cloves, cinnamon, garlic, black pepper, etc. to treat some diseases of the digestive system, the consumption of each of which can be beneficial for the health of the digestive system.