

GMP, GCP & QUALITY CONTROL

&

PHARMACEUTICAL REGULATORY AFFAIRS AND IPR

September 25-26, 2017 Chicago, USA

Obnoxious gas causes burping is due to unnatural food habit

Dhrubo Jyoti Sen

Gujarat Technological University, India

Burping (belching) is the expelling of the air or other gases from stomach through mouth. Many healthy people expel some non-smelling air after eating or drinking. Various health disorders can cause excessive burping. The smell of sulfur or rotten egg burps comes from hydrogen sulfide (H₂S), a gas originating from sulfur-containing proteins in certain foods after they are broken down in the stomach or small intestine by sulfur-reducing microbes. These microbes may be normal intestinal bacteria or pathogenic bacteria. Belching and burping after a meal can be quite embarrassing, especially if you are on a date. What causes this stomach wind and how can you prevent it? Occasional belching or burping is normal and nothing to worry about. But persistent belching and burping could indicate underlying digestive system disorders. In most instances, burping is due to excess air intake. By making simple lifestyle changes, you can help control stomach wind and alleviate the discomfort of belching. What causes stomach wind? There are two main causes of belching and burping: (1) Swallowing excess air: Eating or drinking too quickly can cause you to swallow too much air and belching or burping is the body's way of releasing that excess air. Sucking on sweets, drinking through straws, chewing gum and wearing loose dentures may all trigger swallowing of excess air. Belching is common in people with heartburn or acid reflux. When stomach acids rise up the esophagus, it is natural to swallow more to lessen the discomfort. Belching helps to release the excess air associated with constant swallowing. (2) Underlying digestive problems: Persistent belching could be a sign of digestive conditions that require medical treatment. Some examples are delayed gastric emptying (gastro paresis) and peptic ulcer disease (painful sores in the stomach lining). Gallstones and gallbladder problems can, in some cases, cause symptoms such as belching. Even more rarely, cancer of the stomach or the esophagus can explain the severe burping. If the burping is persistent and accompanied by symptoms such as nausea, pain, bloody stools, weight loss or fever, you should consult a doctor. Seven tips to prevent excessive belching and burping are: (1) Eat and drink slowly to avoid swallowing excess air. Avoid talking when you chew. (2) Avoid sucking on hard candy. (3) Cut down on carbonated drinks and beer; these drinks release carbon dioxide gas which may worsen belching and burping. (4) Do not use straws; drink beverages, especially carbonated drinks, directly from a glass. (5) Stop smoking; inhaling cigarette smoke results in excess swallowed air. (6) If you wear dentures, get them checked to make sure they are well fitting. (7) Manage your stress i.e., excess tension can cause you to swallow air.

dhrubosen69@yahoo.com