

Lower Abdominal Pain after Eating

Pain or cramps in stomach after having meals can either be caused due to consumption of contaminated food or due to some underlying disorder. There are a number of factors that can lead to this condition.

House Remedies

Certain natural home remedy can relieve you of gas, upset stomach, constipation, etc. However, home remedies are only effective if your condition is mild or you seldom experience stomach conditions. For chronic ailments, you may have to rely on medical treatment. Some solutions that can be prepared at home are as follows.



Intestinal Blockage can be Treated With Surgeries

Although there is no cure for irritable bowel syndrome, there are medications that help in easing the symptoms. People are also advised to stay away from factors that trigger off this condition in order to prevent it from repeating.

- Pancreatitis: Pancreatitis is swelling of the pancreas, and the pain can be aching or burning.
- Other symptoms experienced during pancreatitis are nausea, throwing up, pain radiating on the back, and getting worse of pain after a meal.

Irregularity, pelvic inflammatory disease (PID), appendicitis, etc., are a few of the other possible causes.

Treatment of Abdominal Discomfort

Case the pain is mild, you can follow simple approaches like taking rest, avoiding eating any foods that might cause discomfort, avoiding carbonated drinks, etc. However, along with stomach pain, if other symptoms like nausea, vomiting, serious cramping, chest discomfort, etc., are observed, you must speak with the doctor.

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Flaxseed Oil - Good or Bad? The flax plant, which is scientifically known as *Linum usitatissimum*, is popular for its seeds - flaxseeds. Completely ripe flaxseeds are dried and utilized for sustaining flaxseed oil, likewise known as linseed oil. This oil is a type of drying...

Kidney Stone

Kidney stones are formed when the uric acid, calcium or salts in the kidney do not get flushed out from the body. Severe lower abdominal pain and difficulty in urination are the common symptoms. Excess consumption of calcium and not drinking adequate amount of water are the popular causes.

“ *Causes These were some of the main causes, from which Crohn's illness and diverticulitis are the most important and the most serious of all the causes. Hence, an individual who is suffering from these problems has to be very careful.*

Stomach Cancer

Any type of cancer of stomach may give rise to a lot of gastric problems like extreme belching, queasiness, vomiting, abdominal pain, etc. A proper treatment is the only way to get rid of burping in such a case.

- Diagnosis in patients with **Irritable Bowel Syndrome** is mostly favorable.
- However, treating these patients requires awareness and sensitivity on the part of the doctor, and often a joint consultation with neurologists.

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