

# Symptom Analysis Report

## Patient Overview

**Gender:** Unspecified

**Predicted Disease:** Gastritis or Peptic Ulcer Disease

## Clinical Description

**Disease:** Gastritis or Peptic Ulcer Disease.

**About:** The reported symptoms, including central, burning, gnawing, colicky, and sharp/stabbing abdominal pain, are highly indicative of inflammation of the stomach lining (gastritis) or an ulcer in the stomach or duodenum.

**Symptoms:** The reported symptoms () are commonly associated with Gastritis or Peptic Ulcer Disease.

**Risks if untreated:** Potential risks may occur if Gastritis or Peptic Ulcer Disease is not treated promptly.

## Recommended Medicines

Allopathy:

- Pantoprazole 40 mg once daily A proton pump inhibitor to reduce stomach acid production. Take 30 minutes before breakfast.
- Sucralfate 1g four times daily A cytoprotective agent to form a protective barrier over ulcers. Take on an empty stomach.
- Antacid (e.g., Gaviscon) 10-20 mL as needed For immediate relief of burning pain. Take between meals and at bedtime.

## Suggested Diet

- Avoid spicy, acidic, and fatty foods that can irritate the stomach lining.
- Eat small, frequent meals throughout the day to prevent excessive stomach acid build-up.
- Limit caffeine, alcohol, and carbonated beverages.
- Incorporate bland foods such as oatmeal, rice, bananas, applesauce, and steamed vegetables.

## Workout / Exercise

- Engage in gentle walking or light stretching to reduce stress and improve digestion.
- Practice deep breathing exercises to manage stress, which can exacerbate stomach discomfort.
- Avoid strenuous abdominal exercises or activities that put pressure on the stomach, especially after meals.