



CASE STUDY

Decode Aging. Decode Health.

Chronic GERD & Acid Reflux Management

An Integrative & Holistic Treatment Approach

Patient: Rohan Mehta • Age: 38 • Delhi • Duration: 16 Weeks

Patient Profile

Case Study | GERD & Acid Reflux



NAME

Rohan Mehta

AGE

38 Years

GENDER

Male

LOCATION

Delhi

DIAGNOSIS

Gastroesophageal Reflux Disease (GERD)
Since 3 years

Comorbidities: Mild anxiety, sedentary lifestyle

MEDICATION HISTORY

Long-term PPI use
Pantoprazole 40 mg daily

Outcome: Temporary relief only — symptoms recur on discontinuation

Chief Complaints & Triggers

Clinical Baseline | Presenting Symptoms



CHIEF COMPLAINTS

- Persistent burning sensation in chest (post meals)
- Acid regurgitation – sour taste, worse at night
- Frequent bloating & upper abdominal discomfort
- Chronic throat irritation with dry cough (mornings)
- Disturbed sleep due to reflux symptoms

KEY TRIGGERS IDENTIFIED

- Late-night meals
- Spicy, fried & processed foods
- Tea / coffee (2–3 cups daily)
- Stress and irregular sleep patterns
- Rapid eating & epigastric tenderness

Holistic Treatment Approach

5 Pillars of Integrative Care



01

01

Lifestyle Modifications

Early dinner, head elevation, slow eating, 30 min post-meal walk

02

02

Nutrition & Diet Protocol

Alkaline foods, coconut water, ghee, khichdi. Avoid spicy, fried, tea & coffee

03

03

Gut Repair & Functional Support

Improve gastric motility, reduce acid hypersensitivity, mucosal healing

04

04

Mind-Body Interventions

Diaphragmatic breathing, Vajrasana post meals, guided relaxation

05

05

Monitoring & Tracking

Symptom diary, weekly reflux tracking, medication dependency assessment

Follow-Up Progress Timeline



16-Week Integrative Treatment Journey

Baseline

10 Jan '25

Burning ↓ 40%.
Night reflux 2–3×/wk.
Bloating improved.

Week 8

12 Mar '25

Minimal reflux.
No daily medication.
Energy improved.

Week 16

15 May '25

Stable. Rare symptoms
on dietary lapses.
PPI-free.

Week 4

05 Feb '25

Reflux ↓ to 1–2×/wk.
Sleep improved.
No throat irritation.

Week 12

20 Apr '25

Daily acid reflux.
Severe burning 5–6×/wk.
PPI dependent.

Key Clinical Insights

Evidence-Based Learnings from this Case



01

GERD Is Multi-Factorial

Not simply "excess acid" — motility dysfunction, lifestyle patterns, and chronic stress all contribute significantly to symptom persistence.

03

Lifestyle Changes Are Curative

Dietary correction, meal timing, and postural changes led to a 90%+ reduction in reflux episodes within 16 weeks — without daily medication.

02

PPIs Suppress, Not Solve

Long-term PPI use addresses symptoms but does not treat root causes. Structured integrative intervention is needed for lasting relief.

04

Stress Is a Core Trigger

A strong correlation was observed between stress episodes and symptom recurrence — making mind-body interventions essential, not optional.

Outcome Summary



Patient demonstrated progressive and sustained improvement in GERD symptoms through a structured integrative approach.

90%+

Reduction in
Reflux Episodes

16 Wks

To Achieve
Stable Control

0

Daily PPI
Dependency

LONGEVITY & BEYOND CLINICS

Decode Aging. Decode Health.

Where Your Future Self Thanks You.