



# Complementary Therapy to Reduce Gastritic Pain: A Community Survey

**Anggun Rhaidatul Ardi<sup>1</sup> & Imelda Rahmayunia Kartika<sup>2</sup>**

<sup>1,2</sup>Nursing Program,  
Universitas Fort De Kock  
Bukittinggi

Corresponding author:  
[imelda.rahmayunia@fdk.ac.id](mailto:imelda.rahmayunia@fdk.ac.id)

## Abstract

**Background:** Gastritis is inflammation or bleeding of the gastric mucosa. Inflammation of the gastric mucosa in gastritis can cause pain. Pain is an unpleasant sensory and emotional experience resulting from actual and potential tissue damage. Pain can be treated with complementary therapy, namely by giving traditional medicine, effleurage massage, guided imagery, warm compress technique and deep breathing relaxation. This survey aims to see the description of public knowledge about complementary therapies used in gastritis.

**Methods:** This study uses an analytical descriptive design to describe the public's knowledge about complementary therapies used in gastritis, which was conducted on 118 respondents using an online questionnaire. The analysis used a frequency distribution by looking at the percentage of each answer to the question.

**Results:** The results obtained from 118 respondents 66.9% of respondents said they had done complementary therapy in healing gastritis. Complementary therapy has an effect on reducing pain in gastritis sufferers.

**Conclusion:** Gastritis is inflammation or bleeding of the gastric mucosa. Inflammation of the gastric mucosa in gastritis can cause pain. Pain is an unpleasant sensory and emotional experience resulting from actual or potential tissue damage. Pain can be treated with complementary therapies, namely by administering traditional medicine, effleurage massage, gaiter imagery, warm water compress technique and deep breathing relaxation.

## Keywords:

Gastritis, pain, complementary therapy

## Introduction

In Contemporary Health Promotion in Nursing Practice, Bonnie Raingruber describes why nurses are positioned to model healthy behavior to the general public, and how they can promote health to their clients and community. This text emphasizes the nurse's role in health promotion, and illustrates how healthy behaviors, like weight management, positive dietary changes,

smoking cessation, and exercise, are more likely to be adopted by clients if nurses adopt these same behaviors. Alternative and complementary healing can be an effective methods of promoting health and increasing client adherence to healthy behaviors (Raingruber, 2014).

Diseases of the digestive system are the most common cause of pain. One of them is



gastritis or what is usually known as ulcers. Gastritis is an inflammation that affects the gastric mucosa (Utami & Kartika, 2018). Gastritis is an inflammation of the stomach wall, caused by irritation of the gastric mucosa (Sembiring *et al.*, 2020). Gastritis is often found to arise suddenly and gastritis can be chronic which can cause more complex health problems and impact various body systems (Fang *et al.*, 2017). Gastritis is caused by bacterial infections such as *Helicobacter pylori* and irritating foods and drinks (Muda, 2021). Common symptoms in gastritis sufferers are discomfort (pain) in the epigastrium, bloating, headaches and nausea which can interfere with daily activities (Dadu, 2020).

Gastritis is an inflammation, irritation, or erosion of the stomach lining. It can come on suddenly and last a short time (acute), or start gradually and be long-lasting (chronic). It's a common condition, affecting about 8 in every 1,000 people in the U.S. The acute form is often caused by an infection, too much alcohol, or medications that irritate the stomach. . Across the world, up to half of the population is thought to have chronic gastritis linked to infection with the *Helicobacter pylori* (*H. pylori*) bacteria. One of the clinical manifestations that occurs in gastritis patients is pain (Safitri & Nurman, 2020).

The pain felt is heartburn or epigastria pain. Pain is an unpleasant sensory and emotional experience due to actual and potential tissue damage (Ben *et al.*, 2012). In general, signs and symptoms that often occur in patients who experience pain can be reflected in patient behavior, such as voice (crying, groaning, exhaling), facial expressions (grimace, biting the lip), body movements

(restless, tense muscles, pacing, etc.), social interactions (avoiding conversation, time disorientation) (Utami & Kartika, 2018).

One of the non-pharmacological therapies that can be given to patients who experience pain in gastritis is complementary therapy (Jonan *et al.*, 2019). Pain was exactly can be healing with some intervention with complementary therapy, even using hypnocommunication (Rezki et al., 2022). Some independent actions that can be carried out by nurses to help clients are by using Pain Management to eliminate or reduce pain and increase comfort. Using therapeutic communication to find out the patient's pain experience, namely by using relaxation (using deep breathing), effleurage massage, *guided imagery*, warm water compresses, traditional medicine.

## Methods

This study uses a descriptive analytical design to see the picture of public knowledge about gastritis and complementary therapy. This study was conducted on 118 respondents from November to December 2022. This study used an online questionnaire via *google form* with 13 questions containing identity, knowledge, utilization of complementary therapy for gastritis, and how people describe the use of complementary therapy. The analysis used a frequency distribution by looking at the percentage of each answer to the question. The ethical consideration was gain from Ethical Committee at Fort De Kock University with the number of 517/KEPK/X/2022.

## Result

The Community Survey Questionnaire on Complementary Therapy for Reducing Pain in Gastritis Patients was created using

Google Form, consisting of 13 questions including respondent identity. This questionnaire was distributed randomly through social media and collected 118 respondents from different backgrounds. The

following is a discussion of the results of the questionnaire on the effect of complementary therapy on reducing pain in gastritis patients obtained from 118 respondents:

### 1. Gender and Gastritis Incidence in Respondents

**Table 1. Frequency distribution of respondents based on gender and gastritis incidence**

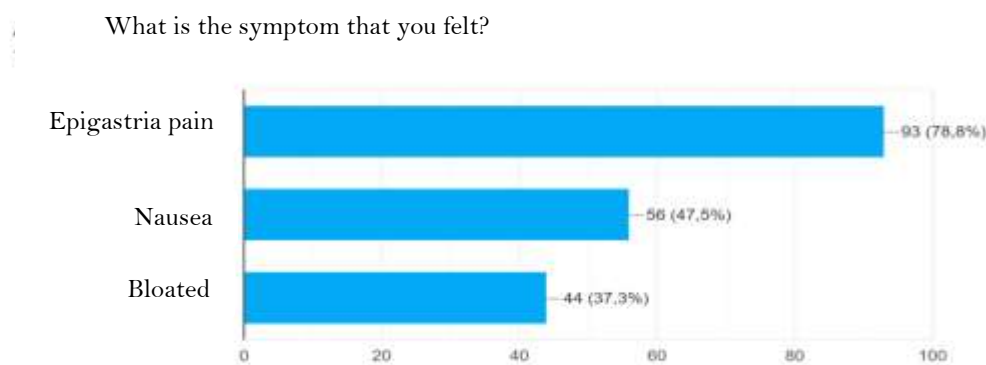
No.	Variables	F	%
1	Gender		
	Man	98	16.9
	Woman	20	83.1
2	Gastritis Occurrence		
	Once	104	88.1
	Never	14	11.9

From the 118 respondents who responded, 83.1 % were female respondents or 98 people. And 16.9 % of respondents were male or 20 people. In

addition, of the 118 respondents who responded, 11.9 % of respondents said never or 14 people. And 88.1 % of respondents said ever or 104 people

### 2. Symptoms experienced if gastritis recurs

**Chart 1. Distribution of symptoms felt when gastritis recurs (N=118)**



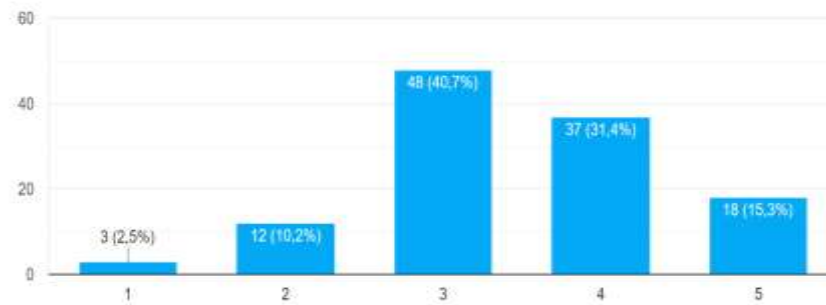
Of the 118 respondents who responded, 78.8 % of respondents or 93 people said they felt symptoms of pain in the pit of the stomach. And 47.5 % of respondents

or 56 people said they felt nauseous. And the remaining 37.3 % of respondents or 44 people said they felt bloated.

### 3. Pain Scale Experienced if Gastritis Recurs

**Chart 2. Pain levels experienced by respondents when gastritis recurs (N=118)**

What about the pain level that you felt?



From the 118 respondents who responded, 40.7% of respondents or 48 people said that the pain scale felt when

gastritis recurred was 3. And the lowest pain scale felt when gastritis recurred was 1, namely 2.5 % or 3 people.

### 4. Implementation of Treatment Using Complementary Therapy Methods and Respondents' Knowledge of Complementary Therapy

**Table 2. Frequency distribution of respondents based on implementation of treatment and knowledge of complementary therapy**

No.	Variables	F	%
1	Implementation of treatment using complementary therapy		
	Yes	79	66.9
	No	39	33.1
2	Knowledge of complementary therapies		
	Know	81	65.9
	No	42	34.1

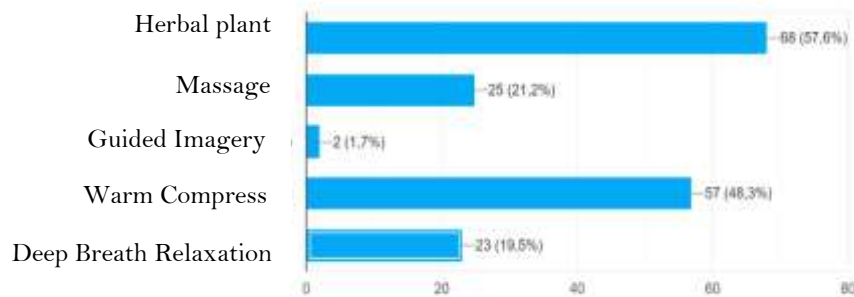
From the 118 respondents who responded, there were 33.1 % of respondents or 39 people who had never undergone gastritis treatment with complementary therapy. And 66.9 % of respondents or 79 people said they had undergone gastritis treatment with complementary therapy. In addition , of the

118 respondents who responded, there were 34.1 % of respondents who said they did not know about complementary therapy or 42 people. And 65.9% of respondents said they knew about complementary therapy or 81 people.

## 5. Complementary Therapies Ever Undertaken

**Chart 3. Distribution of types of complementary therapy for gastritis**

What is the complementary therapy that used to manage the gastritis pain?



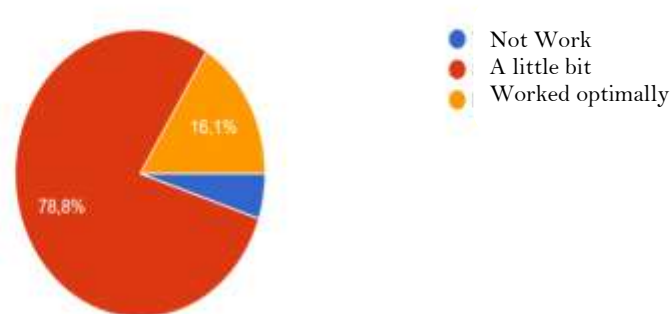
Of the 118 respondents who responded, 57.6% of respondents or 68 people said they had done complementary therapy with the

type of herbal medicine. And the lowest was the guided imagery type of complementary therapy, which was a 1.7 % or 2 person

## 6. How Complementary Therapies Work to Reduce Pain in Gastritis

**Chart 3. Distribution of how complementary therapies work in reducing pain in gastritis patients**

Is that therapy work to manage the pain level during gastritis pain?



Of the 118 respondents who responded, 78.8% of respondents or 93 people said that complementary therapy worked a little bit in reducing gastritis pain. And 16.1 % of respondents or 19 people said that complementary therapy worked

optimally in reducing pain in gastritis sufferers. The remaining 5.1 % of respondents or 6 people said that complementary therapy did not work in reducing pain in gastritis sufferers.

## 7. Intensity of Time Used Complementary Therapy

**Chart 4. Distribution of time required for complementary therapy to reduce pain in gastritis.**

How long did you felt the effect of complementary therapy?



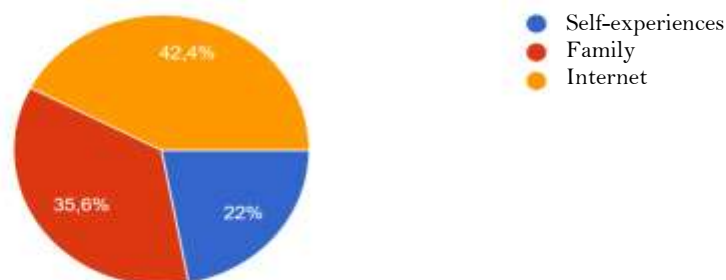
Of the 118 respondents who responded, 70.3% of respondents or 83 people said that complementary therapy works in reducing pain in gastritis is 10-30 minutes. And 21.2 % of respondents or 25

people said that complementary therapy works in reducing pain within 1 hour. The remaining 8.5 % of respondents or 10 people said more than an hour.

## 8. Respondent Information Source

**Chart 5. Distribution of respondents' sources of information about complementary therapy in reducing pain in gastritis.**

Where did you know about complementary therapy?



Of the 118 respondents who responded, 42.4 % of respondents or 50 people said that they found out through the internet. And 35.6 % of respondents or 42 people got information through family. The remaining 22% of respondents or 26 people knew from personal experience.

## Discussion

Most people are not familiar with gastritis, they often say ulcer disease. Gastritis is an inflammation that affects the gastric mucosa (Utami and Kartika, 2018) . Gastritis can be known by interviewing patients directly, about what they feel. Gastritis sufferers often



experience complaints with a feeling of dizziness, a stomach that feels full or full, a stomach that feels hot and uncomfortable, feelings of nausea and wanting to vomit (Sembiring *et al.*, 2020).

From 118 respondents who responded, 88.1 % of respondents or 104 people said they had experienced gastritis. Gastritis or better known as ulcers comes from the Greek language, namely gastro which means stomach / stomach and its which means inflammation (Nuryanti, Abidin and Normawati, 2020). Gastritis is an inflammation that affects the gastric mucosa. This inflammation can cause swelling of the gastric mucosa to the release of the superficial mucosal epithelium which is the most important cause of disorders in the digestive system (Utami and Kartika, 2018).

By the 50 respondents who responded, 78.8% of respondents or 93 people said the symptoms felt were pain in the pit of the stomach. And 47.5 % said the symptoms felt were nausea. And the remaining 37.3 % answered the symptoms were bloating. Common symptoms in gastritis sufferers are discomfort (pain) in the epigastrium, bloating, headaches and nausea which can interfere with daily activities. The physiological impact of epigastria pain causes sympathetic stimulation in the form of dilation of the bronchial tubes, increased respiration rate, increased heart rate, peripheral vasoconstriction, increased blood pressure, increased blood sugar levels, diaphoresis, increased muscle strength, pupil dilation. While in severe pain, there is a lot of parasympathetic stimulation (severe and deep pain) such as pale face, hard muscles, decreased heart rate and blood pressure, rapid and irregular breathing, nausea, vomiting,

fatigue and fatigue (Nuryanti, Abidin and Normawati, 2020).

By the 118 respondents who responded, 40.7 % of respondents or 48 people said the pain scale they felt was 3. And 31.4 % said their pain scale was 4, 15.3% of respondents said their pain scale was 5. Respondents who said the pain scale was 2 were 10.2 % and 2.5% of respondents said their pain scale was 1. Inflammation of the gastric mucosa in gastritis can cause pain. Pain is a subjective sensory and unpleasant emotional experience, pain is related to actual or potential tissue damage (Muda, 2021).

Pain occurs because damaged tissue releases chemicals that activate pain receptors and trigger the formation of pain signals. These pain signals are then transmitted along the nerves through the spinal cord to the brain. Naturally, the brain releases neurotransmitters to relieve pain (Muda, 2021). According to the gate control theory, pain has emotional and cognitive components as well as physical sensations. Gate mechanisms located throughout the central nervous system can regulate and even inhibit pain impulses. Pain transmission by small-diameter fibers is inhibited when large-diameter fibers carry touch impulses that dominate to close the gate in the dorsal horn of the spinal cord. Closing the gate is the basis for non-pharmacological interventions in pain management (Ben *et al.*, 2012). Based on the theory, there are several factors that can affect pain, namely age, previous experience, emotional, anxiety and weakness.

There are 118 respondents who responded, 66.9% of respondents or 79 people said they did complementary therapy to reduce pain in gastritis. Then 33.1 % said they did not use

complementary therapy to reduce pain in gastritis, maybe using medical drugs to reduce pain intensity. Existing complementary therapy is one of the community's treatment options. In various health service places, many clients ask about complementary or alternative therapies to health workers such as doctors or nurses. Clients who use complementary therapies have several reasons (Widyatuti, 2008). Complementary therapy has emerged as a common health issue in the countries worldwide. People choose the complementary therapy based on many reasons such as belief, financial, avoiding the chemical reaction from medicine, and positive healing outcome. Nurse has great opportunity to deliver and develop complementary therapy supported by scientific evidences. Basically, the complementary therapy theoretical justification has been established by several nursing theory, as the Nightingale's, Roger's, Leininger's and many others. Complementary therapy can be delivered in various prevention level. In accordance to the purpose, nurse should perform his/her role based on particular client's needs (Widyatuti, 2008).

One of the reasons is the holistic philosophy of complementary therapy, namely the existence of harmony within oneself and the promotion of health in complementary therapy. Another reason is because clients want to be involved in decision making in treatment and improving quality of life compared to before. A total of 82% of clients reported side effects from conventional treatment received causing them to choose complementary therapy (Widyatuti, 2008).

There are 118 respondents who responded, 57.6 % of respondents or 68 people said they

used herbal medicine. 21.2 % of respondents or 25 people said they used effluent massage. 1.7 % of respondents or 2 people used guided imagery. 48.3 % of respondents or 57 people used warm water compresses. The remaining 19.5 % of respondents or 23 people used deep breathing relaxation. One of the non-pharmacological therapies that can be given to patients who experience pain in gastritis is complementary therapy (Utami and Kartika, 2018). Some independent actions that nurses can take to help clients are by using Pain Management to eliminate or reduce pain and increase comfort.

Actions that can be taken to overcome pain is complementary therapy. One of them is Guided imagery therapy is a way to overcome pain that is safe for patients without any side effects on the pain suffered. This therapy is done by processing a pleasant way of thinking so that it can forget pain, stress and other thoughts. This method is done by focusing the mind deeply and very deeply so that the patient only feels him and the positive thoughts around him (Sembiring *et al.*, 2020). *Guided imagery* technique is a way or stage where thoughts are processed or replaced with positive/pleasant things. This stage requires a level of concentration and concentration of thought so that the pain slowly disappears and is replaced by happy and pleasant feelings that arise in the mind. This is effective in "reducing pain in gastritis patients" (Utami and Kartika, 2018). There is a significant effect between the pain intensity of post-cesarean delivery mothers before and after being given guided imagery therapy (Indriani & Darma, 2021). Guided imagery also can reduce post-operative pain (Kartika *et al.*, 2023). Then, for dysmenorrhea pain on teenagers, guided imagery also effective on reducing the pain (Kartika *et al.*, 2022)



Traditional medicine is a material or concoction of materials in the form of plant materials, animal materials, mineral materials, galena preparations or mixtures of these materials, which have been used for generations for treatment (Shirbeigi *et al.*, 2015). Traditional medicine that has been studied and proven to be effective in reducing stomach pain is using turmeric. In a study conducted by Chofizah Hikmah (2019), it was proven that giving turmeric to gastritis sufferers to increase appetite from gastritis with the method used was an experiment and direct catalytic activity test on turmeric plants (Safitri and Nurman, 2020).

Massage is the act of applying pressure by hand to soft tissue, usually muscle tendons or ligaments, without causing displacement or change in joint position in order to reduce pain, produce relaxation, and/or improve circulation. Basic movements include: circular movements performed by the palms of the hands, pressing and pushing movements forward and backward using force, patting, cutting, squeezing, and twisting movements. Each movement produces different pressure, direction, speed, hand position and movements to produce the desired effect on the underlying tissue (Utami and Kartika, 2018). The mechanical effect of effleurage is to help the work of the veins and cause body heat so that effleurage manipulation can function as a warm-up. The physiological effect of strong rubbing affects blood circulation in the deepest tissues and in the muscles is a safe, easy massage technique, does not require many tools, is cost-free, has no side effects and can be done alone or with the help of others (Ben *et al.*, 2012)

Warm compresses are a very effective method in reducing pain, so that respondents feel comfortable with the warm compresses given. The warm compress technique aims to increase muscle relaxation and reduce pain due to spasms or stiffness and provide a local warm feeling. Warm compresses can cause the release of body endorphins thereby inhibiting the transmission of pain stimuli (Muda, 2021). The use of warm compresses is expected to increase muscle relaxation and reduce pain due to spasms or stiffness and provide a local warm feeling. In general, heat is quite useful for treatment. Heat relieves ischemia by reducing contractions and increasing circulation (Utami and Kartika, 2018).

Relaxation techniques play a very important role in reducing physical complaints and minimizing the effects of stress, allowing patients to control their bodies in responding to tension and anxiety so that they can reduce stomach acid production (Nuryanti, Abidin and Normawati, 2020). According to Gunawan (2001), relaxation is useful for reducing stress or mental tension which is one way to prevent and reduce pain. Relaxation can increase bar reflex sensitivity and reduce sympathetic nerve activity and activate chemo reflexes, thus offering an effect on reducing pain levels. With relaxation, it is hoped that pain in the epigastrium will decrease. Relaxation actions that are easy to do to overcome this pain are relaxation. Progressive relaxation provides the best effect for a relatively short period of time in overcoming pain in gastritis patients (Nuryanti, Abidin and Normawati, 2020).

## Conclusion

Gastritis is inflammation or bleeding of the gastric mucosa. Inflammation of the gastric

mucosa in gastritis can cause pain. Pain is an unpleasant sensory and emotional experience resulting from actual or potential tissue damage. Pain can be treated with complementary therapies, namely by administering traditional medicine, effleurage massage, gaiter imagery, warm water compress technique and deep breathing relaxation.

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