

## A Review on Herbal Drugs Used To Treat Ulcer

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### ABSTRACT

A peptic ulcer is erosion in the lining of the stomach or the first part of the small intestine, an area called the duodenum. Traditional Medicine derived from medicinal plant is used by about 70% of world's population. Many of these plants have a high content of mucilage, which is very soothing to the mucous membranes, including those lining the gastrointestinal tract. The review focus on Indian Herbal drugs used in ayurveda for the treatment of ulcer. Some of Herbal drugs with proven antiulcer effect used in treatment of ulcer are as *Asparagus racemosus*, *Azadirachta indica*, *Aloe barbadencis*, *Glycyrrha glabra*, *Ulmus fulva*, *Althaea officinalis*, *Bauhinia variegata*, *Butea frondosa*, *Geranium maculatum*, *Althaea officinalis*, *Ulmus fulva*, *Hydrastis Canadensis*, *Echinacea angustifolia*.

### INTRODUCTION

An ulcer is erosion in the lining of the stomach or duodenum. The duodenum is the first part of the small intestines, which connects to the stomach. An ulcer in the stomach is called a gastric ulcer. An ulcer in the duodenum is called a duodenal ulcer. Together, ulcers of the stomach and duodenum are referred to as peptic ulcers. Most ulcers are erosions of the first layer of the inner lining. If the hole goes all the way through, this is called a perforation of the intestinal lining and could turn into a medical emergency. Peptic ulcers occur due to an imbalance between the aggressive (acid, pepsin and *Helicobacter pylori*) and the defensive (gastric mucus and bicarbonate secretion, prostaglandins, innate resistance of the mucosal cells) factors. Number of drugs including proton pump inhibitors, prostaglandins analogs, histamine receptor antagonists and cytoprotective agents are available for the treatment of peptic ulcer. But most of these drugs produce several adverse reactions including toxicities and even may alter biochemical mechanisms of the body upon chronic usage. Hence, herbal medicines are generally used in such cases when drugs are to be used for chronic periods. Several natural drugs have been reported to poses anti-ulcerogenic activity by virtue of their predominant effect on mucosal defensive factors. Hence, herbal medicines are generally used in such cases when drugs are to be used for chronic periods. Several natural drugs have been reported to poses anti-ulcerogenic activity by virtue of their predominant effect on mucosal defensive factors.

### HERBAL DRUGS DESCRIPTION

A variety of botanical products have been reported to possess antiulcer activity.

#### *Asparagus racemosus* (Stawari)

The drug consists of Shoots and tuberous roots belonging to family Asparagaceae (Kokate et al, 1999). The chemical constituents exhibiting medicinal properties are steroidal saponin (Shatavarin) which is present in root part other are quercetin-3-glucoronide, rutin which is present in shoot. The quercetin and -3-glucoronide having ulcer protecting activity.



#### *Azadirachta indica* (Neem)

The drug consists of whole plant leaf, root, shoot and seed belonging to family Meliaceae. The chemical constituents exhibiting medicinal properties are azadirachtin, nimbin, nimbidol, nimbidin, quercetin. Among these nimbidin is contain ulcer protecting property.



### ***Aloe barbadensis* (Ghrat kumara)**

The drug consists of the whole plant belonging to the family Liliaceae. Aloe vera contains natural healing and antibacterial effects that promote the healing of ulcers. Polysaccharides in the aloe vera plant have curative effects on numerous digestive disorders, ulcers, Crohn's disease and other disorders of the digestive tract.



### ***Glycyrrha glabra* (Licorice)**

The drug consists of bark part of plant belonging to family Leguminosae. Glycyrrizic acid, a constituent of licorice is one of very important component used to promote healing of gastric and duodenal ulcers in a clinical setting. Instead of blocking stomach acid, deglycyrrhinated licorice stimulates the body's natural defense mechanisms that protect against ulcer formation. This includes increasing the quantity and quality of mucosal cells in the protective lining of the gut; increasing the life span of surface intestinal cells, and enhancing the blood flow to the gastrointestinal tract lining



### ***Ulmus fulva* (Slippery Elm)**

The drug consist of inner bark of the tree is used medicinally belonging to family Ulmaceae. The reddish inner bark of this tree contains mucilage, a substance that creates a thick, slimy gel when moistened. This slippery inner bark has long been used as an herbal medicine slippery elm also neutralizes excess intestinal acids, formation of mucilage help in ulcer.



### ***Althaea officinalis* (marshmallow)**

The herb contains mucilage, belonging to family Pinaceae which is coat and sooth the lining of the esophagus and stomach wall content of mucilage, which is very soothing to the mucous membranes, including those lining the gastrointestinal tract the drug used in the treatment of ulcer one other important use it is used in diabetes.



### Lifestyle modifications

In the past, doctors advised people with ulcers to avoid spicy, fatty and acidic foods. However, it has been shown that a bland diet is ineffective for treating or avoiding ulcers. This doesn't mean a bland diet is bad for ulcer sufferers. In fact, some lifestyle changes along with diet change may lead to cure of peptic ulcer which may be as follow

- Increase fiber intake- The therapeutic use of a high-fiber diet in patients with recently healed duodenal ulcers can reduce the recurrence rate by half.
- Stop smoking- Another factor to ulcers is smoking which may cause fatal condition to ulcer.
- Avoid aspirin- The combination of aspirin and smoking is particularly harmful to the ulcer patient.
- Reduce stress and emotional factors- stress is also an important factor in ulcer development. So a happy Men and women may get their ulcer to be heal soon.
- Emphasize specific nutrients. Vitamins A and E have been shown to inhibit the development of stress ulcers in animals and are recognized as important factors in maintaining the integrity of the digestive tract lining

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