iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 12 **Issue:** VI **Month of publication:** June 2024

DOI: https://doi.org/10.22214/ijraset.2024.63168

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International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 12 Issue VI June 2024- Available at www.ijraset.com

Role of Natural Herbs for Soothing Gastric Problems

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Abstract: ***Gastritis is becoming a major health issue nowadays which make our stomach feel uncomfortable. This is one of the prevalent challenge we encounter in our daily use. Even though we have many allopathic drugs to treat the condition but due to its adverse effect people are opting for herbal drugs. Our study objective were to determine the most often utilized medical herbs and their efficacy in reducing gastritis in rural Kerala residents by conducting an online survey. By this survey, we deducted that a significant portion of the population relies on natural remedies for the proper management of gastritis with ginger being the most frequently used one.***
Keywords: Gastritis, Ginger, Medicinal herb, Village people of Kerala.

I. INTRODUCTION

The role of the gastrointestinal tract (GIT) is to convert the food stuff into nutrients, which in turn provide energy vital for life. Various organs have essential functions in this organ system. The stomach, present in the upper GIT, plays one of the most important roles in digestion. It uses chemical and mechanical action to churn and break down the food coming from the oesophagus.

Thus, it has been noticed that an unhealthy stomach leads to a wide variety of problems, involving indigestion, malnutrition and unwanted weight loss [1]. One very common digestive system problem is gastritis. The stomach mucosa eruption is the cause of any digestive discomfort. 5-10% of people worldwide suffer from peptic ulcers [2]. Acute (short term) or chronic (long term) inflammation can be caused by a number of things, including auto immune disorder, stress, bacterial infections, excessive alcohol intake, smoking and long-term use of non-steroidal anti- inflammatory drugs [3]. Indigestion, nausea, vomiting and abdominal pain, weight loss and bleeding are some of the symptoms of gastritis [4]. Up to 80% of children under the age of ten years old in developing nations have H. Pylori infection. In India the infection prevalence is 22%, 56% and 87% in children ages 0-4, 5-9,10-19yrs age [5].

There are many herbs used to relieve gastritis and showed beneficial effect in either treatment or prevention of gastritis [6]. The goal of our study was to find out the common herb used by village people of Kerala and several herbs have been shown to be effective in treating gastritis.

II. MATERIALS AND METHODS

The questionnaire is based on the study which was done among the population who were using natural herbs for the treatment of gastritis.

In this study, Google forms were used to collect responses from the questionnaire.In our survey, we posted a standardized online questionnaire on the social networking website: Google form. The questionnaire was a combination of multiple choice. An online questionnaire was programmed using Google forms, from 21 May 2024 to 31 May 2024.A questionnaire included 11 questions in total.

This study questionnaire was adopted in English language and. questionnaire was sent through whatsapp groups and e-mail to general public. By this study, the submitted information will be used for determining the most common natural herbs used by the village people of Kerala for treating gastritis.

1) These were the questions that we asked in the questionnaire

- Name
- Gender

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2) Which type of medications you prefer?
- Herb
- Allopathic
- Both

3) What type of herbs you go for?
- Garlic
- Peppermint
- Ginger
- Cumin
- Fennel seeds
- Amla
- Clove
- Mint leaves
- Other

4) Are you a regular user or occasional user?
- Regular
- Occasional

5) Are you using single herb or combinational herb?
- Single
- combination

6) Have you felt any side effect due to its use?
- Yes
- No

7) How long have been using this herb?
- Day
- Week
- Month
- Year

8) Do you feel any reduction in your gastric problem by using this herb?
- Yes
- No

9) Are you using any other allopathic medicine along with this natural herb?
- Yes
- No

10) Do you think using herbal remedies are better option than other methods?
- Yes
- No

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III. RESULT AND DISCUSSION

A total of 111 responses were analyzed, in which 65.4% were females and 34.6% were males (figure 1).

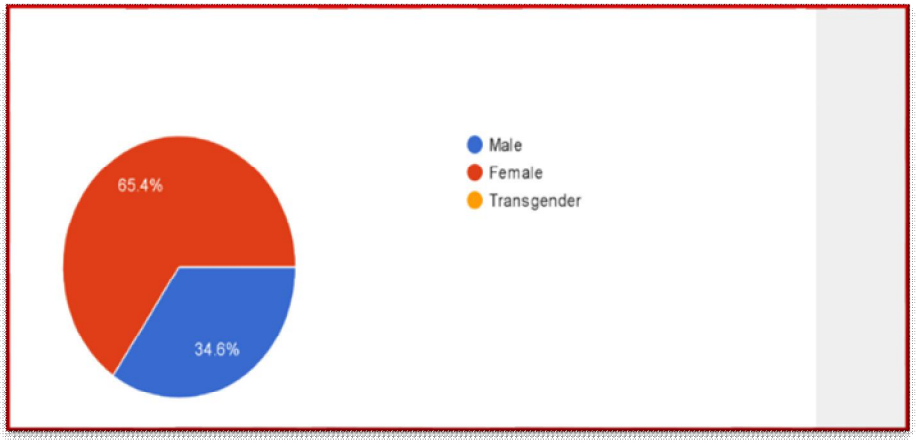


Fig 1: Pic chart showing the percentage of male and female respondents.

From the response obtained 52.2% were using combination drugs.Most of the peoples are using both natural and allopathic drugs to enhance the effectiveness of treatment

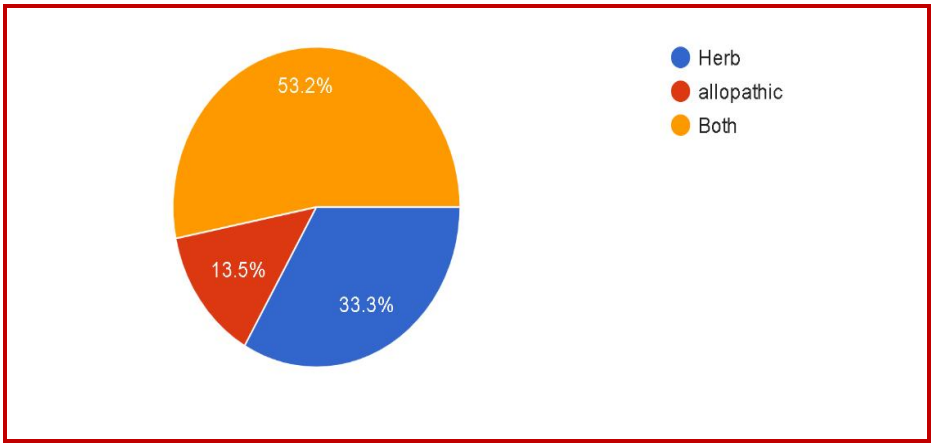


Fig 2: Pic chart showing use of combination of drugs

This chart shows that most of the people who responded were using these herbs for long time for the treatment of various diseases.

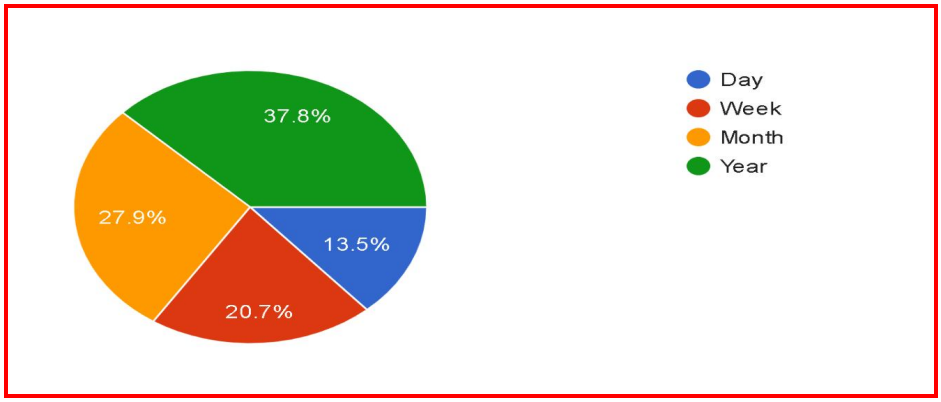


Fig 3: pic chart showing the duration of usage of herbs as home remedy by the subjects.

According to the survey results,there is no significant side effects hence usage of these natural herbs are predominant.

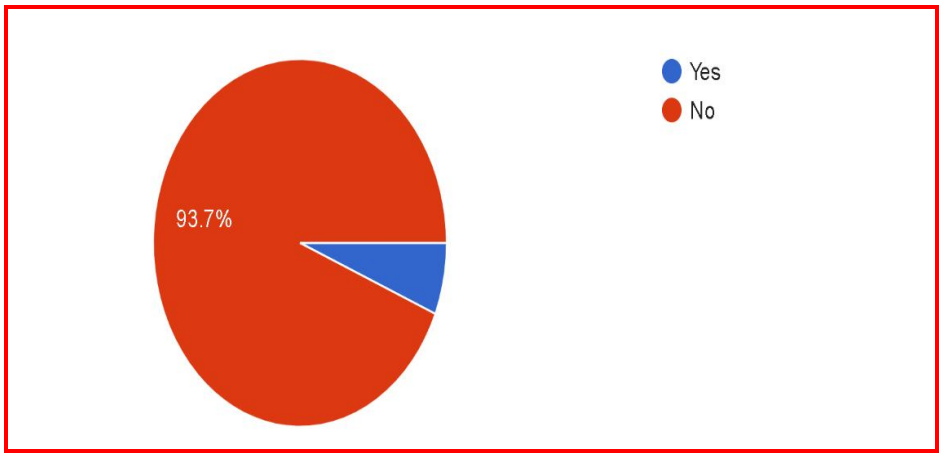


Fig 4: pic chart the percentage of population experiencing side effects

The chart illustrates that natural herbs are predominantely used by general people for treating gastritis

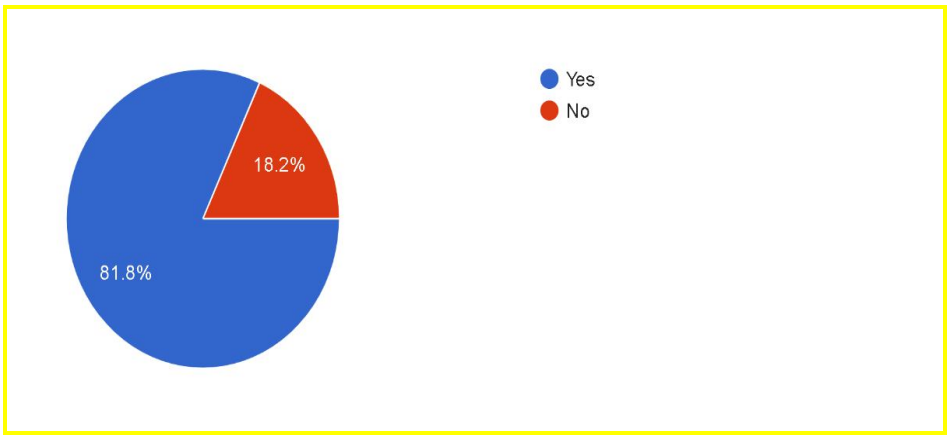


Fig 5:pic chart showing the presence of natural medicine is a better choice.

From the survey, we found that the common herb used by the village people of Kerala for curing gastritis are ginger.The prominence of ginger in this chart highlights its highly used herb comprising 55% of the total distribution.

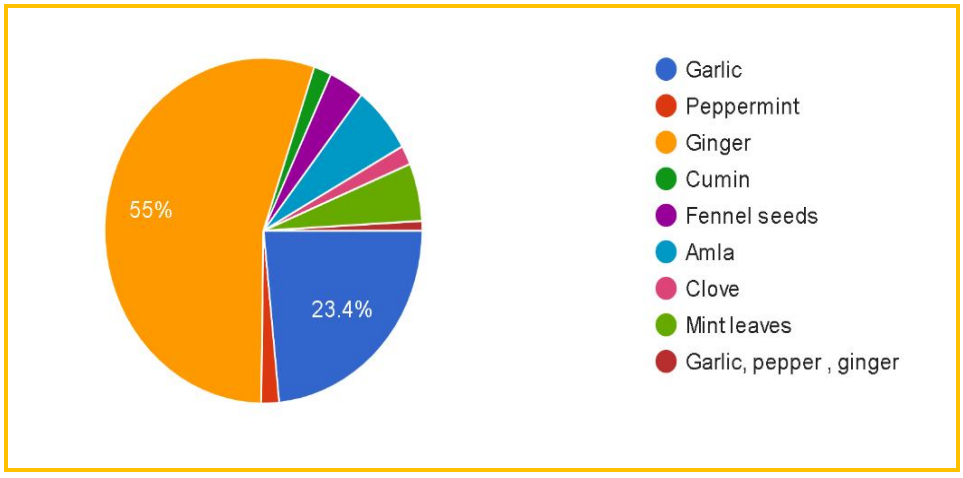


Fig 6: pic chart showing the percentage of different herbs used as home remedy.

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Along with the natural herbs most of the people use allopathic medicine to provide a comphrehensive approach to treatment. This chart shows that most of the people doesn't use other medicine along with the herbs.

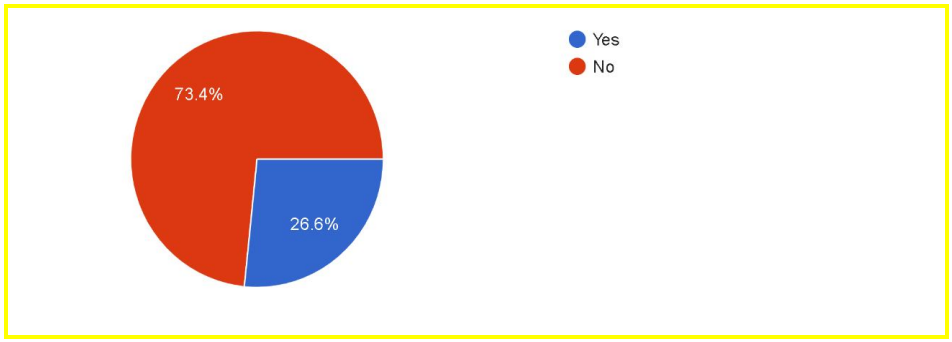


Fig 7: pic chart showing the use of herbs in comparison with allopathic medicine

The chart shows the duration for which respondents used herbs as a home remedy. Most of them used for a long times, with the majority using them for a year.

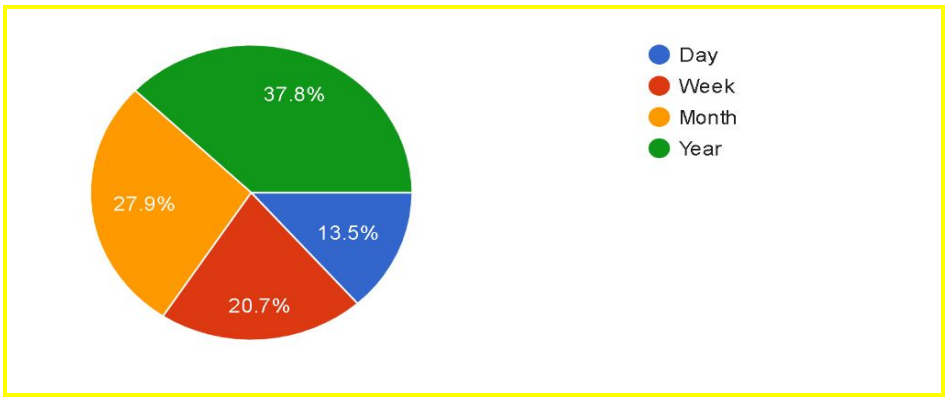


Fig 8: pic chart showing the duration of usage of herbs as home remedy by the subjects

The preference of natural medicines among people shows that the respondents favor them as a better choice

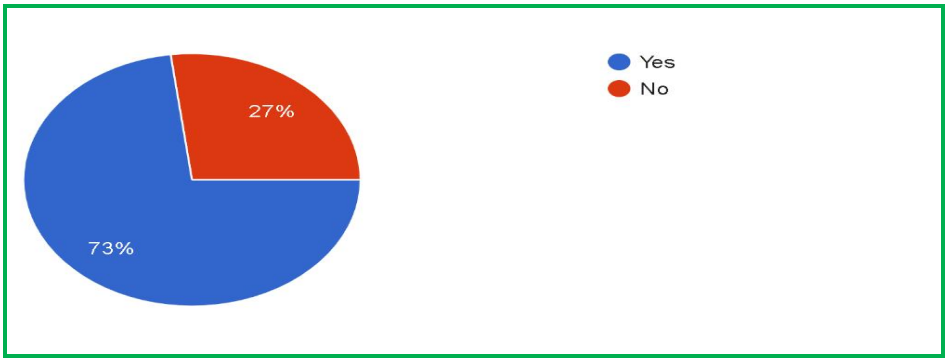


Fig 9: pic chart showing usage of herbs in general as a home remedy

IV. CONCLUSION

Nowadays the utilization rate of natural medicine for the treatment of gastritis is very high and it is preferred over other treatments due to its less side effects. Ginger is the most common natural herbs used by the village people of Kerala.

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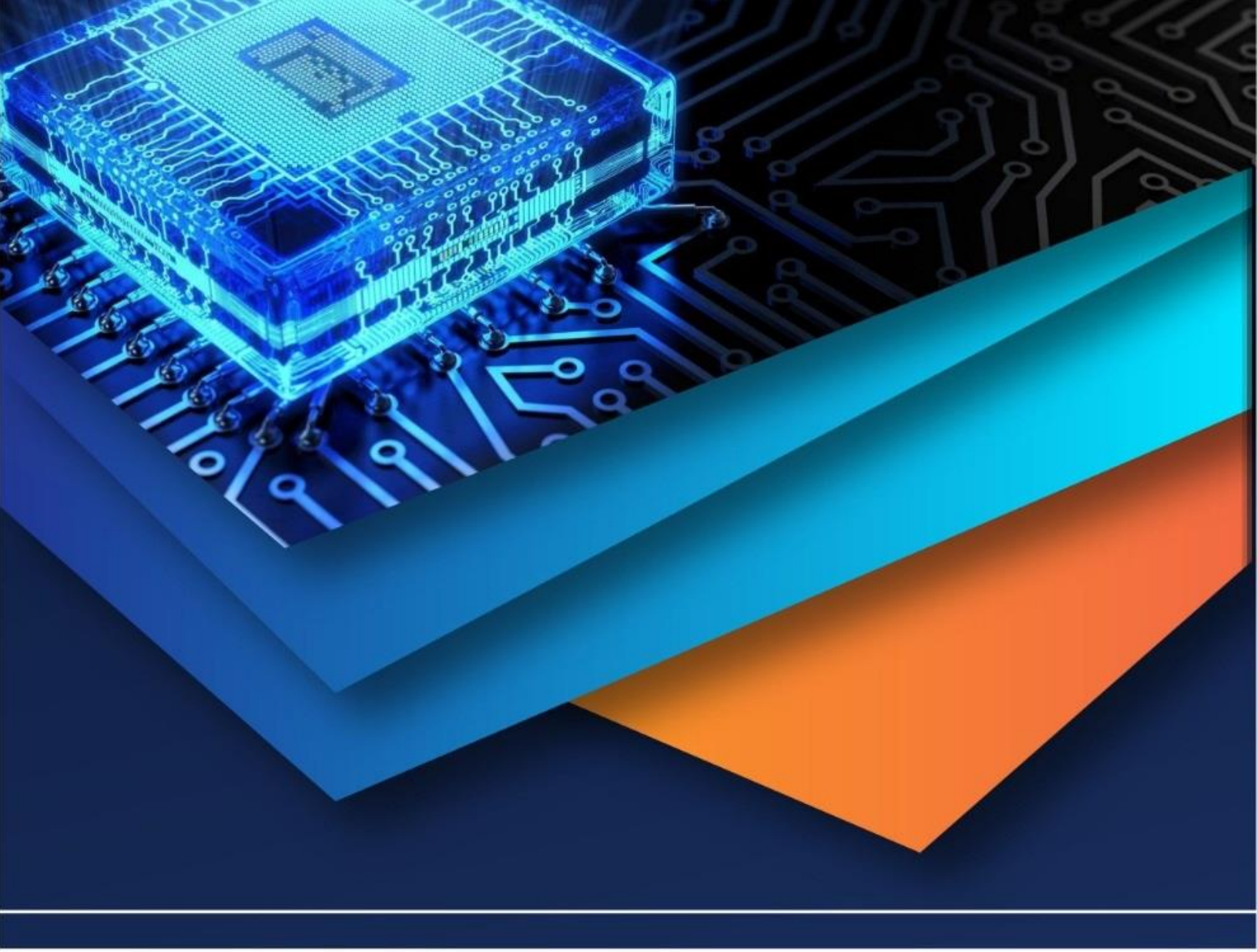
V. ACKNOWLEDGEMENT

The author is thankful to the Department of Pharmacognosy, Nehru College of Pharmacy, Thrissur, Kerala for encouraging and providing necessary facilities.

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