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EFFICACY OF YASTIMADHU (GLYCYRRHIZA GLABRA) IN PEPTIC ULCER

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ABSTRACT

Peptic ulcer disease is a break in the inner lining of the stomach, the first part of the small intestine, or sometimes the lower esophagus. An ulcer in the stomach is called a gastric ulcer, while one in the first part of the intestines is a duodenal ulcer. The most common symptoms of a duodenal ulcer are waking at night with upper abdominal pain, and upper abdominal pain that improves with eating. With a gastric ulcer, the pain may worsen with eating. The pain is often described as a burning or dull ache. Other symptoms include belching, vomiting, weight loss, or poor appetite. About a third of older people with peptic ulcers have no symptoms. Complications may include bleeding, perforation, and blockage of the stomach. Bleeding occurs in as many as 15% of cases.

Introduction-

Now a day's life style has changed quite a bit, spicy foods including emotional factors like anxiety, stress and strain is causing numerous gastrointestinal disorders including peptic ulcer. Ulcer is one of the burning problems in developing and even developed countries. It is caused due to an imbalance among aggressive factors, especially gastric acid and pepsin and protecting factors, including gastric mucus, bicarbonate and prostaglandin. On the other hand, *Helicobacter pylori* also play an important role in the pathogenesis of peptic ulcer. The incidence of chronic peptic ulcer has steadily increasing and is fast becoming an alarming social problem. In Ayurvedic classics, number of herbs is described having the ulcer healing properties, out of which, Yastimadhu (*Glycyrrhiza glabra*) was tried for its ulcer healing properties.

Methodology-

Yashtimadhu rhizome powder in the dose of 2 gm was administered orally twice in a day with milk as vehicle for 6 weeks to 30 patients. Assessment of the effect of drug administration was done on the basis of the relief in major signs and symptoms of the disease. It was done every 7 days. Yashtimadhu rhizome were made into coarse powder form. Patients were selected by examining the patients for Barium radiograph before starting the medication or experiment.

After getting complete record of each patient, trial started for 6 weeks as outdoor cases with advising the same restricted diet. Six week later, the same patients were again advised for the Barium radiograph. The difference between the two tests was complied. These data were assessed by medical statistics and the efficacy of Yashtimadhu rhizome choorna was found.

Scoring was done as per the scoring pattern: 0 (No pain),

1 (Mild pain which needs no medication), and 2 (Moderate pain).

Results-

Yashtimadhu showed efficacy in reducing the symptoms of Udarasula in patients. It showed 96% relief in Hrillasa, 80% in Chardi, 85.29% in Udardaha, 100% in Udarsulas and 82.35% in Vibandha. Eighty per cent relief was also achieved in Sirahsula, 50% relief was observed in Adhmana and 63.64% in Bhrama, respectively (Table 1). pH of gastric juice is also tabulated. After completion of the study, absolute volume of gastric contents in control group was 11.17 and relative volume was 5.57. Mean pH of this group was 1.57. In experimental group, 11.28 was absolute volume and 5.32 was relative volume and mean pH was 2.00 (Table 2).

Table 1 showing effect of Yastimadhu Choorna in 30 cases-

Lakshan	Before Treatment	After Treatment	Relief
<i>Udaradaha</i>	5.66	0.82	85.29%
<i>Hrillasa</i>	4.30	0.32	96.00%
<i>Adhmana</i>	3.66	1.46	55.00%
<i>Sirahsula</i>	3.52	0.66	80.00%
<i>Bhrama</i>	3.82	1.34	63.64%
<i>Ksudhamandya</i>	4.45	2.00	50.00%
<i>Udarasula</i>	2.67	0.00	100.00%
<i>Vibandha</i>	5.45	1.00	82.35%
<i>Chardi</i>	5.32	1.00	80.00%
Mean Difference	3.132	Mean% Difference	21.80%
S.D.	1.151	t	8.162
S.E.	0.384	p	<0.001

Table 2 Effect of pH of gastric juice in pylorus of cases-

Group (n=6)	Volume of gastric contents (ml)		pH Mean \pm SEM
	Absolute	Relative	
Control	□□□□□□□□□□□□	□□□□□□□□□□□□	□□□□□□□□□□
Yashtimadhu	□□□□□□□□□□□□	5.32 □□□□□□	2.00 \pm 0.22

Discussion-

Yashtimadhu has Madhura rasa, Guru, Snigdha guna, Sheeta Virya and Madhura Vipaka. Thus, it pacifies Vata and Pitta Dosha being antagonist to them. In this regard, Yashtimadhu is useful in pacifying the symptoms like Shoola and

Daha in patients. Yashtimadhu choorna roots acts as a coating agent and binds to the ulcer bed. It not only neutralizes the gastric acid secretion but also increases the life span of gastric mucosal epithelial cells as well as the secretion and viscosity of gastric mucus. Further research work is

needed to find the complete pharmacodynamics.

Conclusion-

Yashtimadhu rhizome powder can be given effectively to the chronic peptic ulcers patients along with other medications.

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