

TREATMENT OF PEPTIC ULCER BY HOME REMEDIES

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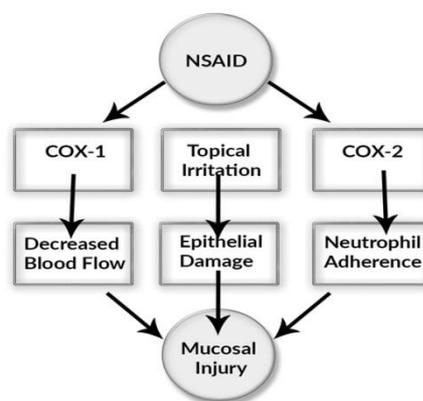
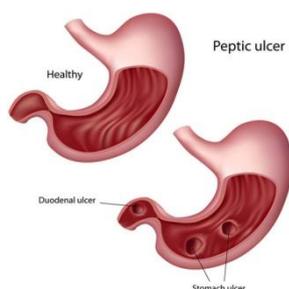
Abstract— A stomach ulcer, also known as a gastric ulcer, is a sore or lesion that develops in the lining of the stomach. It can occur in the upper part of the intestine.

Ulcer can be treated by many ways of treatment, but I want to switch over Home remedies by our daily using substances.

Keywords— Antacids, EGD, NSAIDs, Banana.

TYPES:

- ❖ Esophagus Ulcer
- ❖ Gastric Ulcer
- ❖ Duodenum Ulcer



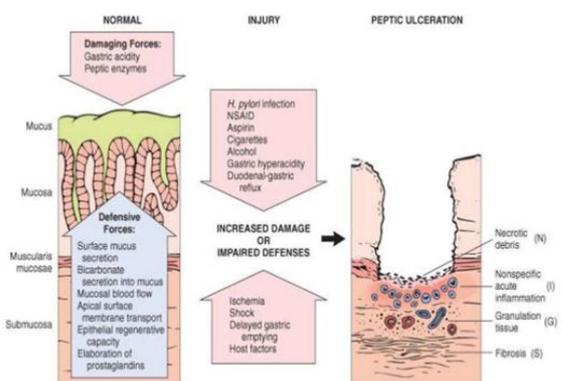
OUTLOOK FOR PEPTIC ULCERS:

With proper treatment, most peptic ulcers heal. However, you may not heal if you stop taking your medication early or continue to use tobacco and pain relievers during treatment. You can schedule a follow-up appointment after your initial treatment to evaluate your recovery.

Some ulcers, called refractory ulcers, don't heal with treatment. If your ulcer doesn't heal with the initial treatment, this can indicate:

- an excessive production of stomach acid
- presence of bacteria other than *H. pylori* in the stomach
- another disease, such as stomach cancer or Crohn's disease

PATHOPHYSIOLOGY:



PREVENTION:

Certain lifestyle choices and habits can reduce your risk of developing peptic ulcers. These includes:

- not drinking more than two alcoholic beverages a day.
- not mixing alcohol with medication.
- washing your hands frequently to avoid infections



Avoid aspirin, ibuprofen, naproxen, and other NSAIDs. Try acetaminophen instead. If you must take such medicines, talk to your provider first. Your provider may:

- Test you for *H. pylori* before you take these medicines
- Have you take proton pump inhibitors (PPIs) or an acid blocker
- Have you take a drug called misoprostol

The following lifestyle changes may help prevent peptic ulcers:

- DO NOT smoke or chew tobacco.

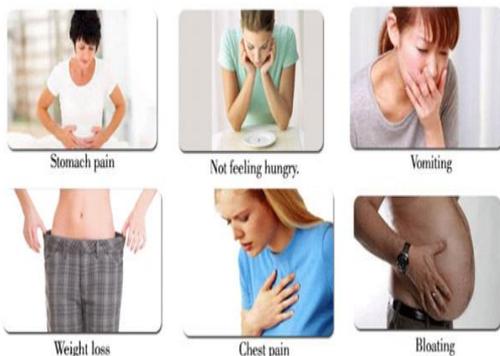
Maintaining a healthy lifestyle through a balanced diet rich in fruits, vegetables, and whole grains, and quitting smoking and other tobacco use will also help you prevent developing a peptic ulcer.

Avoidable Foods	Acceptable Foods
Milk	Spinach
Alcohol	Avocados
Bacon	Honey
Red Meat	Cabbage
Hot Chilies	Celery
Hot Cocoa & Cola	Indian Gooseberry
Green & Black Tea	Fish

SIGNS AND SYMPTOMS:

A dull or burning pain in the stomach is the most common symptom of peptic ulcer disease. A person can feel this pain anywhere between the navel and the breastbone. The pain usually occurs when a person’s stomach is empty such as between meals or during the night. Lessens briefly after eating food or taking antacids. Lasts for minutes to hours. Comes and goes for several days, weeks, or months. Other, less common symptoms include

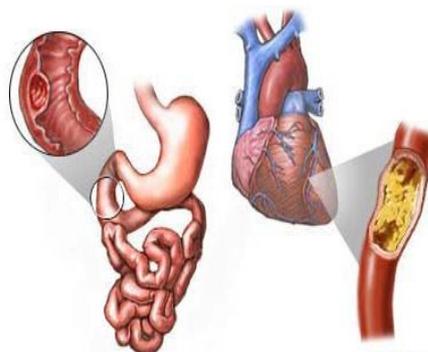
- Bloating
- Burping
- Changes in appetite
- Nausea
- Vomiting
- Weight loss



CAUSES:

- Smoking, alcohol use, and using non steroidal anti-inflammatory drugs (NSAIDs) or aspirin can make peptic ulcer disease worse.
- You may be more likely to have peptic ulcers if family members have had a pepticulcer.

Tobacco use is associated with increased risk of peptic ulcers and coronary artery disease



INVESTIGATION:

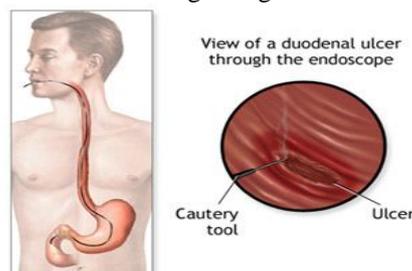
To diagnose an ulcer, you may need a test called an upper endoscopy (EGD).

- This is a test to examine the lining of the esophagus (the tube that connects your throat to your stomach), stomach, and first part of the small intestine.
- It is done with a small camera (flexible endoscope) that is inserted down the throat.
- This test most often requires sedation given through an IV



Upper endoscopy is done on most people when peptic ulcers are suspected or when you:

- Have a low blood count (anemia)
- Have trouble swallowing
- Are vomiting blood or your stools are blood or dark and tarry looking
- Have been losing weight without trying



Testing for H. pylori is also needed. Other tests you may have include:

- Hemoglobin blood test to check for anemia

- Stool occult blood test to test for blood in your stool

Sometimes, a test called an upper GI series is needed. A series of x-rays are taken after you drink a thick substance called barium. This does not require sedation.

MANAGEMENT:

A health care provider will treat an *H. pylori*-induced peptic ulcer with

- Antibiotics
- Proton pump inhibitors (ppis)
- Histamine receptor blockers
- Bismuth subsalicylate
- Antacids

Antibiotics

A health care provider will prescribe antibiotics to kill *H. pylori*. Antibiotic regimens may differ throughout the world because some strains of *H. pylori* have become resistant to certain antibiotics over time—meaning that an antibiotic that once destroyed a particular strain of bacteria is no longer effective against that strain.

Although antibiotics can cure most *H. pylori*-induced peptic ulcers, eliminating the bacteria can be difficult. People should take all doses of their antibiotics exactly as their health care provider prescribes, even when the pain from a peptic ulcer is gone.

Proton Pump Inhibitors

Proton pump inhibitors are medications that reduce stomach acid, help relieve peptic ulcer pain, and promote healing. PPIs suppress acid production by halting the mechanism that pumps acid into the stomach and can include

- Omeprazole (Prilosec, Zegerid)
- Lansoprazole (Prevacid)
- Pantoprazole (Protonix)
- Rabeprazole (Aciphex)
- Esomeprazole (Nexium)
- Dexlansoprazole (Dexilant)

While PPIs cannot kill *H. pylori*, they do help antibiotics fight the *H. pylori* infection.

Histamine Receptor Blockers

Histamine receptor blockers are medications that work by blocking histamine, a substance that stimulates acid production. Histamine receptor blockers include

- Cimetidine (Tagamet)
- Ranitidine (Zantac)
- Famotidine (Pepcid)
- Nizatidine (Axid)

Bismuth Subsalicylate

Medications containing bismuth subsalicylate, such as Pepto Bismol, coat a peptic ulcer and protect it from stomach acid. Although bismuth subsalicylate may kill *H. pylori*, health care providers use it with—

not in place of—antibiotics in some treatment regimens.

Antacids

Although an antacid may make the pain from a peptic ulcer go away temporarily, it will not kill *H. pylori*. Patients receiving treatment for an *H. pylori*-induced peptic ulcer should check with their health care provider before taking antacids. Some of the antibiotics that health care providers use to kill *H. pylori* may not work as well if patients combine them with an antacid. Health care providers use one of three standard therapies to treat *H. pylori*-induced peptic ulcer disease

Triple therapy: The patient takes the antibiotic clarithromycin, a PPI, and either metronidazole or the penicillinlike antibiotic amoxicillin for 7 to 14 days.

Quadruple therapy: The patient takes a PPI, bismuth subsalicylate, and the antibiotics tetracycline and metronidazole for 14 days. Health care providers use quadruple therapy to treat people in one of several situations, including if the patient cannot take amoxicillin because of a penicillin allergy has undergone treatment before with a macrolide antibiotic, such as clarithromycin is still infected with *H. pylori* because triple therapy failed to kill the bacteria.

Sequential therapy: The patient takes a PPI and amoxicillin for 5 days, followed by a PPI, clarithromycin, and tinidazole for another 5 days.

Triple therapy, quadruple therapy, and sequential therapy may cause nausea and other side effects, including

- A darkened tongue
- Altered taste
- Darkened stools
- Diarrhea
- Headaches
- Temporary reddening of the skin when drinking alcohol
- Vaginal yeast infections

Home Remedies:

The peptic ulcer is cured by some of the natural remedies they are:

1. A diet centered on fruits, vegetables, and a whole grain is just good for your overall health. According to Mayo Clinic, a vitamin rich diet can help your body heal your ulcer. Foods containing polyphenols, an antioxidant, can protect you from ulcers and help ulcers heal. Polyphenol-rich foods and seasonings include:

- Dried rosemary
- Mexican oregano
- Blueberries
- Dark chocolate

2. Fenugreek is known for its powerful healing properties and health benefits. You can use it to treat stomach ulcer also. Being rich in a mucilaginous compound, fenugreek protects the stomach's lining by coating it like mucus, thereby facilitating the process of healing.
 - ✓ Boil one teaspoon of fenugreek seeds in two cups of water. Strain and drink it after adding a little honey to it.
3. Bananas contain antibacterial substance that helps slow down the growth of ulcer in the stomach. Hence eat a banana every day after your breakfast.
4. Coconut oil has been used widely as a natural ingredient for treating various disturbances in stomach. It has anti-bacterial property that kills bacteria that cause ulcers.
5. Solanum nigrum is considered to be anti-oxidant, antipyretic and anti-inflammatory.
 - ✓ The leaf of solanum nigrum is a natural home remedy to treat digestive problems. The juice of leaves good for peptic ulcer

POSSIBLE COMPLICATIONS:

Complications may include:

- Severe blood loss
- Scarring from an ulcer may make it harder for the stomach to empty
- Perforation or hole of the stomach and intestines
- Vomit blood or have blood in your stool (especially if it is maroon or dark, tarry black)

CONCLUSION

Peptic ulcer treatment recovers the causes of ulceration acid therapy. It has global impact a health and life time of persons. The peptic ulcer particularly

affects large part of the population. It can also put an end to diminish the symptoms including diet therapy. In this project I prefer natural products including fruits, vegetables, and a whole grain to cure the peptic ulcer.

FUTURE ENHANCEMENT

In future I will discover a tablet with the combination of natural agents (like honey, banana, gooseberry etc.,) along with little bit chemical substances.

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