



## **HERBAL POTENTIAL FOR TREATMENT OF ULCER BY COCONUT**

**Rangire Ganesh Dashrath<sup>1</sup>, Vaibhav N. Mote<sup>1</sup>, Dr. Shivaji.P.Gawade<sup>2</sup>,**

<sup>1</sup>(B.pharm student), Department of pharmaceuticals, Pharmacy, Late Narayandas Bhavandas Chhabada Institute Of Pharmacy, Raigaon, Satara, Pincode - 415020.

<sup>2</sup>(Professor), Department of pharmaceuticals, Pharmacy Late Narayandas Bhavandas Chhabada Institute of pharmacy, Raigaon, Satara, shivaji university, Kolhapur, Maharashtra, India.

Telephone no.: +91 7887707458; +91 9096227261 +917499651830

Gmail: [ganeshrangire802@gmail.com](mailto:ganeshrangire802@gmail.com), [vaibhavmote2002@gmail.com](mailto:vaibhavmote2002@gmail.com)

### **ABSTRACT**

Gastric ulcer is a common gastrointestinal disorder. Current therapeutic Diets rely heavily on Western medicine. However, there are several studies Herbal remedies have been shown to be effective in treating gastric ulcers in humans And different animal models by different mechanics. This review updates the effectiveness and safety of herbal medicines Treatment of gastric ulcer and its mechanism of action in humans and animals Model studies have shown that herbal remedies are effective Compared to or better than drugs like omeprazole or cimetidine in Human and animal models and herbal medicines show less adverse effects.

Herbal medicine for gastric ulcers involves methods that are beneficial Stimulation of mucosal proliferation, anti-oxidation, and gastric inhibition Acid secretion and H (+) / K (+) - ATPase activity. Also some herbal medicines Exhibit antibiotic properties. Use of herbal medicines a Valuable Alternatives - To treat gastric ulcer effectively in humans, to a lesser extent adverse consequences. Gastric ulcer is a common digestive disorder. Herbal Medications can effectively treat gastric ulcers in humans and in various animals the effectiveness of model herbal medicines is comparable to or superior to such medicines omeprazole or cimetidine, and herbal medicines show less adverse effects.

### **1. INTRODUCTION**

The most common cause of stomach ulcers is a bacterium called *Helicobacter pylori* Pylori can also cause ulcers due to overuse of painkillers, such as aspirin and Non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen etc.

Peptic ulcer is a lesion that affects the mucous membranesOf the digestive tract.Different names are given according to where the ulcer is They are located (gastric ulcers are located in the lining about the stomach, duodenum)Ulcers are located in the duodenal). Many times we see shortcomings in clinical practiceDigestive enzymes The root cause of ulcers may be enzyme deficiency Create an unbalanced environment that can lead to an increase in *H.pylori* Infecting the mucous membranes.Peptic ulcers are thought to be caused by spicy foods and stress; Or Only stimulants have been found to be the cause and the real cause Found by research to include bacterial infection (*Helicobacter pylori*). Gram-negative bacterium *Helicobacter pylori* is present during gastric ulcer.

The epithelium and mucous membranes and are strategically designed to hold them inside Aggressive stomach environment. Peptic ulcer is a broad term that includes gastric ulcer Stomach or duodenum. The formation of peptic ulcer depends on it Presence of acid and peptic activity in gastric juice, as well as mucous membrane damage There are several synthetic drugs available to treat ulcers.But these drugs are expensive and are more likely to cause side effects ,When compared to herbal medicines. The ideal goal of treatment of peptic ulcer The disease should be to reduce pain, heal ulcers and delay ulcer recurrence.

This review tries to learn some general things Herbs. The proximal part of the side effects abdomen. Peptic ulcer is one of the world Major gastrointestinal disorders and affects 10% of the world's populatio in. About 19-20 peptic ulcers are about the duodenum. the Indian pharmaceutical industry, antacids and anti-ulcer drugs .

ByEven in this modern part of the market, the world's population still uses herbal medicine Mainly in developing countries, good reason for primary health care Compatibility with human body and less side effect.

### Pathogenesis of peptic ulcer:

Due to an inflammatory response involving neutrophils, lymphocytes, plasma cells, and macrophages, *H. Pylori* causes epithelial cell degeneration and injury, which is usually severe in the antrum. Hypochlorhydria or hyperchlorhydria can be caused by *H. Pylori* infection. As a result, the type of peptic ulcer can be determined.

Cytokines that inhibit Parietal cell secretion are the main mediators of pylori infection, but *H. pylori* can directly affect  $H^+ / K^+ - ATP$  - Activated calcitonin gene-related peptide (CGRP) sensory neurons are connected to subunits. Somatostatin, also known as gastrin, is inhibited. 10-15% of patients are affected. Due to pylori infection, hypergastrinemia causes increased gastric output and a decrease in antral somatostatin concentration.

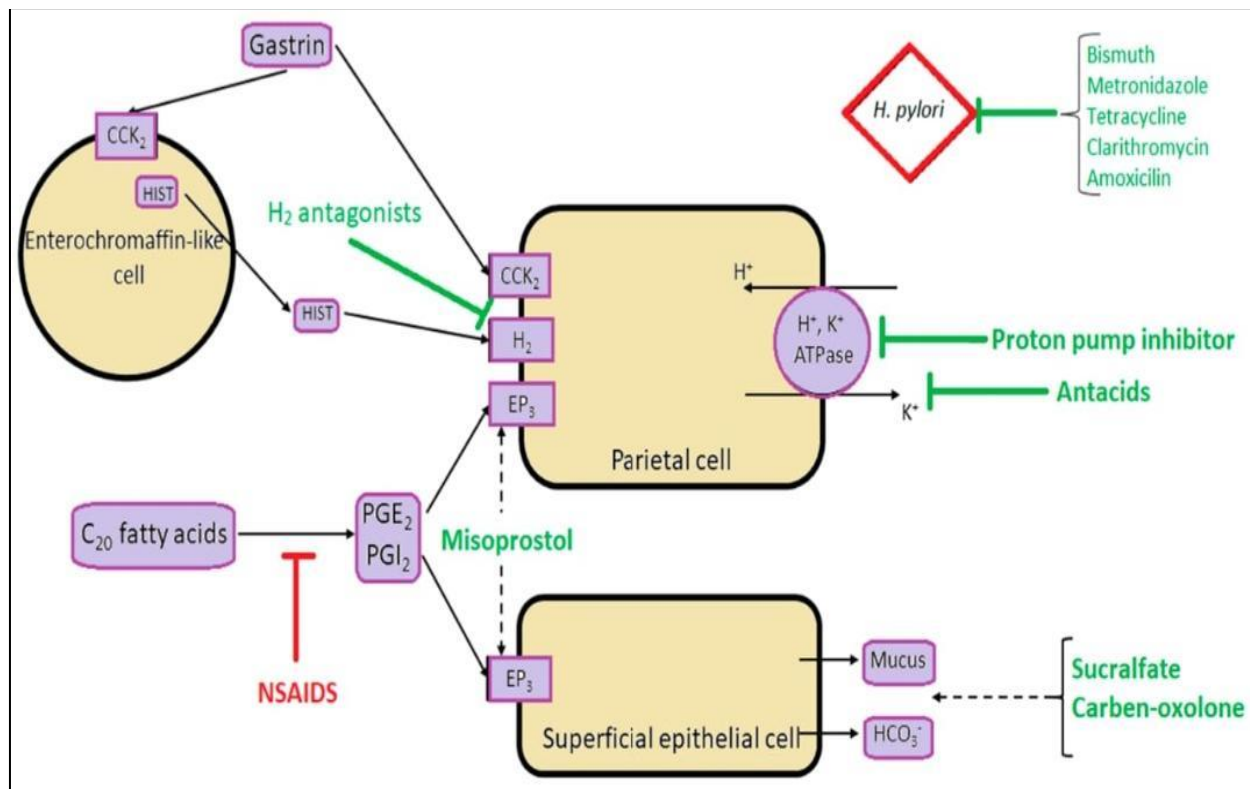
It causes an increase in histamine release, followed by an increase in acid or pepsin secretion from the parietal and gastric cells. Furthermore, the elimination of *H. pylori* causes a decrease in the expression of increased gastrin and somatostatin mRNA. Gastric ulcers are associated with hypochlorhydria and mucosal atrophy in the great majority of the remaining individuals.

The principal mechanism of NSAID-induced injury to the gastrointestinal mucosa is systemic inhibition of cyclooxygenase-1 (COX-1), which is responsible for decreased mucosal blood flow, mucus and bicarbonate secretion reduction, and cell proliferation suppression.

The enzyme reverse is inhibited by NSAIDs in a concentration-dependent manner.

The use of selective NSAIDs minimises the risk of mucosal injury and ulcers when exogenous prostaglandins and cyclooxygenase-2 (COX-) are given together.

However, the toxicity of NSAIDs varies depending on their physico-chemical characteristics.



The pathophysiological mechanisms that lead to the formation of a peptic ulcer

Diseases and locations of pharmacological action that are most regularly employed

Alternatives to peptic ulcer disease treatment. PGE<sub>2</sub> = prostaglandin E<sub>2</sub>; PGI<sub>2</sub> = prostaglandin I<sub>2</sub>; EP<sub>3</sub> = prostaglandin E receptor 3; HIST = histamine. CCK<sub>2</sub> = Cholecystokinin receptor; PGE<sub>2</sub> = prostaglandin E<sub>2</sub>; PGI<sub>2</sub> = prostaglandin I<sub>2</sub>; EP<sub>3</sub> = prostaglandin E receptor 3; HIST = histamine. This enhances histamine secretion and, as a result, acid or pepsin secretion from parietal and stomach cells.

Furthermore, removing *H. pylori* lowers gastrin mRNA expression and somatostatin mRNA expression [18]. The bulk of the remaining patients have NSAID-related central nervous system problems.

Systemic inhibition is caused by damage to the gastrointestinal mucosa.

Reduced mucus and related with expressed cyclooxygenase-1 (COX-1), which is responsible for prostaglandin synthesis, and less mucosal blood flow.

In a concentration-dependent manner, the substance generated in the organism is reversed. Exogenous prostaglandins and cyclooxygenase-2 (COX-2) co-administration - Use of selective NSAIDs lowers mucosal damage and ulcer risk [19]. Differences in NSAID toxicity are caused by differences in their physicochemical characteristics [20].

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## 2. TREATMENT

The bacteria *Helicobacter pylori* are the most common cause of stomach ulcers. *Pylori* can also induce ulcers as a result of misuse of medications like aspirin and non-steroidal anti-inflammatory drugs like ibuprofen and naproxen.

A peptic ulcer is a type of stomach ulcer that damages the mucous membranes of the digestive tract. In our therapeutic practise, we frequently discover that a shortage of digesting enzymes is the core cause of ulcers, resulting in enzyme insufficiency. An imbalanced environment promotes the growth of *H.pylori*, which can infect mucous membranes. The imbalance between offensive (acid, pepsin, *Helicobacter pylori*) and defensive ingredients (mucin, prostaglandin), bicarbonate, nitric oxide, and growth factor is one of the pathophysiology of peptic ulcer disease. Spicy foods and stress were originally assumed to be the causes of peptic ulcers; however, just the unpleasant aspect was discovered, and the true cause was discovered through research to be bacterial infections.

*Helicobacter pylori* is a bacterium that dwells in the space between the gastric epithelium and the mucous membrane, and is specifically built to survive in the hostile Stomach environment. This herb's primary photochemical screening revealed the presence of significant secondary metabolites like flavonoids and tannins.

Which active compounds have anti-ulcer properties? Prevention If you wish to eat healthy foods, improve your digestive function. Bitter greens can be served as a salad with turmeric and garlic as seasonings. If systemic inflammation and heat are beneficial, then concentrate. The systematic removal and removal of heat will be emphasised. When cooking similar items, the emphasis should be placed on berries and good fats. Remove the alcohol and hot peppers.

### THE NATURAL HERBS THAT ARE USED TO CURE ULCERS IN A NATURAL WAY:

#### 1) Cabbage:

Cabbage is an excellent stomach ulcer cure because it is a lactic acid diet that aids in the generation of amino acids that accelerate blood flow Potlining. This aids in the strengthening and repair of the stomach lining. Plug for Ulcers Vitamin C is abundant in cabbage. Which has been demonstrated to be especially helpful for people with *H.pylori* infection. Experiments have also shown that fresh carrot juice has an anti-peptic ulcer component (vitamin)? Cut the cabbage in half and add two carrots to the mix. To extract the juice, cut into small pieces and throw in a blender. Half of this juice should be consumed before each meal and before going to bed. Repeat for a few weeks on a daily basis. Make sure you're using fresh juice every time.

#### 2) Bananas:

Bananas, both ripe and unripe, are particularly efficient in the treatment of stomach ulcers.

Bananas include compounds that suppress the growth of germs that cause *H.pylori* ulcers. The bile of gastric juice is cleared by banana, which protects the system. This aids in the reduction of inflammation as well as the strengthening of the stomach lining. How to apply: To treat ulcers, consume at least three ripe bananas every day. You can make banana milkshakes if you don't eat bananas.

Alternatively, Squash should be peeled, grated, and the juice squeezed. Cut Place the dried banana chunks in the sun until they are completely dry. To make a fin powder, finely mince the dried banana pieces. Combine two teaspoons of honey in a small bowl. For roughly a week, take this mixture three times a day.

#### 3) Honey:

Honey, especially raw honey, has powerful therapeutic properties that aid in the treatment of stomach ulcers. Honey contains an enzyme called glucose oxides, which makes hydrogen peroxide, which destroys the bacteria that cause ulcers. Pius calms and relieves stomach lining inflammation.

Method of application: On an empty stomach, take two table spoons of raw honey every day in the morning. It will aid in the cleaning of the bowl, the strengthening of the stomach lining, and the treatment of stomach ulcers. A spoonful of honey taken in the morning and at night can help to settle the stomach.

To keep it in your stomach for longer, spread it on toast or crackers.

Because *pylori* grow slowly, stick to your honey diet until the ulcer heals. The signs and symptoms are no longer present.

#### 4) Coconut:

Although coconut is good for people, its antlers can induce stomach ulcers. Bacterial characteristics. It prevents ulcers by killing the microorganisms that cause them. Coconut milk and coconut are two types of coconut. The anti-ulcer benefits of water are well-known.

Antibacterial properties are thought to exist in both coconut milk and water. Helps to kill microorganisms that cause ulcers. Drink a cup of coconut milk straight from the coconut. Coconut is extremely beneficial and necessary for those who suffer from gastric ulcers. Because of its antimicrobial qualities. It prevents ulcers by killing the microorganisms that cause them. Coconut milk and coconut water also include anti-ulcer effects.

Several cups of fresh coconut milk or soft coconut water should be consumed daily.

Follow these treatments to minimum Get positive results within a week. Alternatively, take a tablespoon of coconut oil in the morning and Another night for a week. As coconut oil is mainly made Medium-chain fatty acids, they can be easily digested.

#### PEPTIC ULCERS AND COCONUT OIL:

##### **How Coconut Oil Kills Bacteria:**

Coconut oil is an excellent antibiotic. It destroys bacteria and fungi in contact. Coconut oil is composed of a variety of medium length saturated fatty acids. ItsThe main saturated acid is called lauric acid. Loric acid attacks the cells Bacterial wall to destroy them. Loric acid attacks the cells Bacterial wall to destroy them. Coconut oil helps treat and prevent ulcers, Without causing any harm to the body.

Ulcers can occur anywhere along your digestive tract and inside or near you

Unlike Mount East, a bacterium called Helicobacter pylori is now known Pylori causes peptic or stomach ulcers. Gastric ulcers are brought on Bacteria enter the stomach wall, sometimes with antibiotics live translation. Antibiotics prescribed to deal with ulcer. problem can cause health problems Even killing bacteria. Coconut oil provides naturally effective and completely Innocent approach. H. pylori, herpes and streptococcus are associated Different types of ulcers, and they are all usually killed by medium chain fatty acids Found in coconut oil. Coconut oil has anti-cancer properties This is because it helps the immune system to detect and destroy cancer cells.

##### **Role of lauric acid in coconut oil:**

The primary fatty acid in coconut oil is lauric acid, which is approximately present 45-53%. The metabolic and physiological properties of lauric acid are for many Properties of Coconut Oil. Coconut oil has a fast metabolism because it is easy

Is absorbed and lauric acid is easily carried away.



**CAUSES OF PEPTIC ULCER DISEASE:****1) Helicobacter pylori infection:**

Gram-negative, motile spiral rod found in with peptic ulcer disease.

**2) NSAIDs**

5 to 20 percent of patients who use NSAIDs over long periods develop peptic ulcer disease NSAID-induced ulcers and complications are More common in older patients, patients with a history of ulcer or gastrointestinal bleeding.

**H.pylori;**

Bacteria adhere to the gastric mucosa; Presence of external inflammatory factors Cytotoxin-related gene function in proteins and bacteria Chromosome enhances viral and possibly ulcerogenic potential. Co-patient Increased rest and meal-stimulated gastrin levels and H. pylori infection Decreased production of gastric mucus and secretion of mucous bicarbonate in the duodenum, all Which helps in the formation of ulcers.

**NSAIDs:** NSAIDs are the most common cause of peptic ulcer disease in patients Without H.pylori infection. Local effects of NSAIDs cause submucosal erosion. In addition, by inhibiting cyclooxygenase, NSAIDs prevent the formation of Prostaglandins and their protective cyclooxygenase-2-mediated effects. NSAID use is responsible for about half of perforated ulcers, which Commonly found in elderly patients taking aspirin or other NSAIDs Cardiovascular disease or arthropathy.

**A Bacterium:**

Ulcers can be caused by a bacterial infection called Helicobacter pylori. Found in the mucous membrane that protects the stomach and small linear tissues In the gut, these bacteria can cause inflammation of the lining of the stomach, as a result in an ulcer. Helicobacter pylori has been found to pass from person to person or person to person By food and water.

**Regular use of some painkillers -**

Some painkillers, including aspirin and ibuprofen, can be irritating Or bloating of the lining of the stomach and small intestine, resulting in one Ulcer.

**Signs and symptoms of peptic ulcer:**

- 1) Pain in the upper abdomen is the most common symptom in many people with peptic ulcer:
- 2) Extend from your navel to your chest bone
- 3) Feeling bad when your stomach is empty
- 4) Feels temporarily better when you eat certain foods or take antacids.
- 5) Getting worse at night.
- 6) Come and go for days or weeks.

**Other symptoms of peptic ulcer may include:**

- 1) Nausea.
- 2) Vomiting of red or dark blood
- 3) Emotion
- 4) Bloody, black or tar-like stools
- 5) Negative weight loss
- 6) Changes in your appetite

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**3. DIAGNOSIS****Laboratory tests for H. pylori:**

H.Pylori is a bacterium that lives in your stomach. He or she is utilising blood and faeces. Is able to identify pylori. A breath test is another option. The most accurate radioactive carbon test is the breath test. H. pylori degrades the substance in your stomach. Following the stomach, you blow into a bag and seal it. Your breathing pattern will be radioactive carbon in the form of carbon dioxide if you have H. pylori infection.

- Be sure to check if you are taking antacids before testing for H. pylori.

- To inform your doctor. Depending on which test is used, you may need to
- Antacids can cause the drug to stop for a while wrong -negative consequences.

#### Endoscopy:

Your doctor may use a scope to examine your upper digestive system (Endoscopy). During endoscopy, your doctor passes an equipped hollow tube. A lens (endoscope) under your throat and into your esophagus, stomach And small intestine. Using an endoscope, your doctor will look for ulcers. If your doctor finds an ulcer, a small tissue sample (biopsy) may be needed Removed for laboratory testing. Biopsy can also detect H. pylori infection. The pylori is in your stomach. Follow-up endoscopy should be performed after treatment to show that it has healed.

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#### 4. DIET:

##### Choose These Foods :

- Vegetables and fruits.
- Beef that is lean.
- Seafood and fish.
- Eggs.
- Kefir and yoghurt are examples of fermented dairy foods.
- Olive oil, avocados, and nuts are all good sources of healthy fats.
- Grains, both whole and cracked.
- Green tea is a type of tea that is used.
- Alcohol.

##### Avoid this food:

- A cup of coffee (regular, decaf).
- Caffeine-containing foods and beverages.
- Cream or milk.
- Meats that is fatty.
- Foods that are fried or heavy in fat.
- Dishes with a lot of spices.
- Foods that are salty.
- Fruits and liquids made from citrus. Tomatoes and tomato-based goods.
- Chocolate.

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