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Formulation & Evalutation of Antacid Suspension Using Herbal Extracts:

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1.INTRODUCTION

Antacids are pharmacological agents designed to counteract excess gastric acid, alleviating symptoms of acid reflux, heartburn, dyspepsia, and peptic ulcers. Traditional antacids rely on inorganic compounds such as magnesium hydroxide, aluminum hydroxide, calcium carbonate, and sodium bicarbonate. While effective, prolonged use of these synthetic agents can lead to:

- Mineral imbalances (e.g., hypercalcemia, hypophosphatemia)
- GI disturbances (constipation or diarrhea)
- Rebound acid hypersecretion (a paradoxical increase in acid production after discontinuation)
- Potential kidney and bone disorders with chronic aluminum-based antacid use

Given these limitations, there is a growing shift toward herbal antacid formulations, which offer:

- Natural acid-neutralizing properties
- ✓ Additional gastroprotective benefits (anti-inflammatory, mucoprotective, antioxidant)
- ✓ Fewer side effects compared to synthetic alternatives
- ✓ Synergistic therapeutic effects from multiple bioactive compounds .
 - Common Herbs Used in Antacid Formulations
 - Licorice (Glycyrrhiza glabra) Contains glycyrrhizin, which soothes gastric mucosa and enhances mucus secretion.
 - Ginger (Zingiber officinale) Exhibits anti-inflammatory and carminative effects, reducing gastric acidity.
 - Fennel (Foeniculum vulgare) Acts as a digestive aid and reduces hyperacidity.
 - Amla (Emblica officinalis) Rich in vitamin C and antioxidants, helps in mucosal protection.

Pappermint(Mentha piperita)-soothing & Cooling properties

- Advantages of Herbal Antacid Formulations
 - Natural & Safe Lower risk of adverse effects compared to synthetic antacids.
 - Multi-Target Action Provides additional benefits like anti-ulcer, antioxidant, and digestive support.
 - Sustainable & Cost-Effective Easily sourced and processed from natural herbs.

2. Review of Literature on Herbal Antacid Formulations

Antacids are widely used to manage gastric hyperacidity, acid reflux, and peptic ulcers. While conventional antacids (e.g., aluminum/magnesium hydroxide) provide quick relief, their long-term use is associated with side effects like constipation, diarrhea, and electrolyte imbalances. Herbal antacids offer a natural, safer, and multi-targeted alternative, supported by traditional medicine and modern research.

Traditional Use of Herbs as Antacids

Severae Ayurvedic, Chinese, and Western herbal traditions* have used plants for managing acidity:

- Licorice (Glycyrrhiza glabra) Used in Ayurveda and Traditional Chinese Medicine (TCM) for ulcer healing and acid regulation (Sharma et al., 2018).
- Amla (Emblica officinalis A natural alkaline agent that neutralizes stomach acid (Dasaroju & Gottumukkala, 2014).
- Ginger (Zingiber officinale Reduces nausea, acid secretion, and inflammation (Marx et al., 2015).
- -Pappermint(Mentha piperita)-Gastrointestinal smooth muscles, reducing acid reflux & bloating (McKay & Blumberg, 2006)
- 3. History of Antacid Use and Acid-Related Diseases
- Ancient to Pre-Modern Era

Ancient civilizations (Egyptians, Greeks, Romans) used natural substances like chalk, alkaline salts, and plant-based remedies to relieve indigestion and heartburn.

Hippocrates and Galen described symptoms of gastric discomfort and suggested dietary and herbal remedies.

19th Century

The role of gastric acid in digestion became better understood.

Doctors began using baking soda (sodium bicarbonate) as a neutralizer of stomach acid.

Early 20th Century

Magnesium hydroxide (milk of magnesia) and aluminum hydroxide became common over-the-counter antacids.

Mid to Late 20th Century Peptic ulcer disease was a major public health issue.

Antacids were widely used, but they only neutralized acid, not the underlying cause.

The development of H2 receptor blockers (like ranitidine and cimetidine in the 1970s) changed treatment by reducing acid production.

21st Century

Antacids are still widely used for mild, occasional symptoms, but PPIs and H2 blockers are preferred for chronic or severe acid-related disorders.

4.PATHOPHYSIOLOGY

The pathophysiology of antacid formulation using herbal extracts* involves understanding how these natural remedies work to neutralize stomach acid and relieve symptoms like heartburn or indigestion. Here's a simple explanation:

- 1. Problem: Excess Stomach Acid
- The stomach produces hydrochloric acid (HCl) to digest food.
- Sometimes, due to stress, spicy foods, or conditions like acid reflux (GERD), excess acid is produced, causing heartburn, pain, or ulcers.
- 2. How Herbal Antacids Help
- Herbal extracts contain natural compounds that
- a. Neutralize Acid (Chemical Action)
- Some herbs (like licorise, tulsi, or coriander) have alkaline properties that help balance stomach pH by neutralizing excess acid.
- Example: Calcium-rich herbs (like amla) act like traditional antacids (e.g., calcium carbonate).
- b. Reduce Acid Production
- Herbs like ginger, peppermint, and chamomile may suppress acid secretion by calming stomach cells (parietal cells).
- c. Protect the Stomach Lining
- Mucilage-rich herbs (like aloe vera, marshmallow root) form a protective coating on the stomach lining, preventing acid damage.
- Anti-inflammatory herbs (like turmeric, licorise) help heal ulcers by reducing irritation
- d. Improve Digestion Naturally
- Herbs like fennel, cumin, and ginger promote digestion, reducing bloating and acid buildup.
- 3. Advantages Over Synthetic Antacids

- Fewer side effects (no constipation/diarrhea from aluminum/magnesium-based antacids).
- Additional benefits (anti-inflammatory, gut healing).
- 4. Possible Limitations
- Slower action than chemical antacids.
- Some herbs may interact with medications (e.g., licorise with blood pressure drugs).



FIG .HERBAL EXTRACTS USED FOR ANTACID FORMULATION

5.PLAN OF WORK:



6.PLANT PROFILE

Plant profile of amla



Family : phyllanthaceae

Common Names : Amla, Indian Gooseberry, Amalaki(Sanskrit).

Phytochemical Constituents: Amla is rich in bioactive compounds

- *Vitamin C -One of the natural resources .
- *Polyphenols- Gallic acid , ellagic acid , emblicanin A&B
- *Minerals : Iron, calcium phosphrous,

Chemical constituents: Amla (Emblica officinalis or Indian Gooseberry) is a potent medicinal herb widely used in Ayurvedic and herbal formulations, including antacids. Its functions are diverse due to its rich nutrient and phytochemical profile. Here's a breakdown of its functions, especially relevant to digestive and antacid formulations:

Functions

- 1. Neutralizes excess stomach acid, providing relief from hyperacidity.
- 2. Boosts immunity and protects the gastric mucosa from damage.
- 3. Promotes healthy digestion and improves appetite.
- 2. plant profile of peppermint:



Family : Lamiaceae (mint family)

Common Name : peppermint , pudina(hindi) , Minta (Sanskrit)

Chemical Constituents: Pappermint contains over 30 boiactive compounds Peppermint (Mentha piperita) is a widely used medicinal herb known for its cooling, carminative, and antispasmodic properties. Its therapeutic effects come from a rich array of essential oils, flavonoids, and phenolic compounds.

Functions:-

1. Relieves gas and bloating by relaxing gastrointestinal muscles and expelling gas.

- 2. Provides a cooling sensation that soothes irritation in the stomach and esophagus.
- 3. Stimulates bile flow and enhances digestion, which may help reduce acid buildup.
- 4. Reduces inflammation in the gastrointestinal tract, which helps in calming hyperacidity and gastritis.

3. plant profile of fennel seed.



Family: Apiaceae (umbelliferae)

Common names- Saunf (hindi), Madhurika (Sanskrit)

Chemical constituents: fennel seeds (Foeniculum vulgare)contain a variety of bioactive chemical constituents that contribute to their flavour, aroma, & health benefits .

Functions:

1. Fennel seeds help reduce gas and bloating by relaxing the gastrointestinal (GI) tract and allowing trapped gas to pass.

2. Fennel contains compounds like anethole and fenchone that help reduce gastric inflammation, making it effective in relieving acid reflux and heartburn.

3. The flavonoids and phenolic compounds in fennel act as antioxidants, protecting the stomach lining from oxidative damage caused by excessive acid.

4. Fennel seeds may have a mild alkalizing effect, which helps neutralize

stomach acid, thus contributing to the antacid activity of the formulation

4.Plant profile of licorce.



Family: - *Family:* Fabaceae (Leguminosae)

- *Common Names:* Licorice, Mulethi (Hindi), Yashtimadhu (Sanskrit), Sweet Root

chemical Constituents:

Licorice (Glycyrrhiza glabra) contains a diverse array of bioactive compounds that contribute to its medicinal properties, particularly in gastrointestinal and respiratory health. These can be grouped into triterpenoid saponins, flavonoids, and other minor constituents

Functions

1.: Licorice contains glycyrrhizin and flavonoids, which protect the stomach lining by increasing mucus secretion and reducing gastric acid, helping to prevent and heal ulcers.

2. It reduces inflammation in the stomach and esophagus, which is beneficial for treating gastritis, acid reflux, and heartburn.

3. Acts as a soothing agent (demulcent) by forming a protective film over mucous membranes, which helps relieve irritation and discomfort caused by excess acid.

5. plant profile of ginger.



Family: *Family:* Zingiberaceae

Chemical constituents:

Ginger (Zingiber officinale) contains a wide range of bioactive chemical constituents that contribute to its medicinal properties. These can be broadly categorized into volatile oils (responsible for aroma) and non-volatile pungent compounds (responsible for taste and therapeutic effects).

Functions:

- 1. Stimulates saliva and gastric enzyme secretion, improving digestion.
- 2. Relieves gas, bloating, and indigestion by relaxing intestinal muscles
- 3. Reduces inflammation in the stomach lining, helping with gastritis and acidity.
- 4. Prevents nausea and vomiting, especially effective in motion sickness and morning sickness.
- 5. Protects the digestive tract from oxidative stress and damage.
- 6. Forms a protective layer on the stomach lining, reducing the effect of excess acid.

7. Inhibits the growth of harmful gut bacteria

1.EXTRACTION PROCESS OF AMLA

1. Prepare the Amla

- using dried amla:

-Soak about 20-30 grams in 100-150 ml of hot water for a few hours or overnight.

-Then crush it or blend lightly.

2. Filter the Extract

Place a funnel over a clean container.

Line it with filter paper or a muslin cloth.

Pour the mixture slowly into the funnel and let it strain.

Squeeze the pulp gently if using muslin.

4. Collect and Store

2.EXTRACTION PROCESS OF GINGER

1. Prepare the Ginger:

Fresh ginger: Wash thoroughly, peel, and grate or finely chop. Use about 25–50 g for every 100 ml of extract.

2. Simmer for Extraction:

Add the ginger to 100-150 ml of purified water in a pan or beaker.

Heat gently at 60-70°C for 30-45 minutes.

Avoid boiling, which can degrade active compounds like gingerol.

Stir occasionally to ensure even extraction.

3. Cool and Filter:

Let the mixture cool for 10–15 minutes.

Place a funnel lined with muslin cloth or filter paper over a clean container.

Pour slowly and let it filter by gravity.

Squeeze or press the residue for maximum extract.

4. Collect and Store:

The filtered liquid is your ginger aqueous extract.

Store in an amber bottle, preferably in the fridge.

Shelf life: 3-5 days without To preservative, or longer if preserved.

20% of 100 ml = 20 ml

liquid (e.g., purified water or syrup base): 80-85 ml

Optional:

Natural sweetener (like honey or stevia): 2-5 ml

Preservative (if needed): q.s. (as per requirement)

Let me know which herbs you're planning to use, and I can help fine-tune the formulation.

3.EXTRACTION PROCESS OF PEPPERMINT

Herbal antacid formulations using *peppermint (Mentha piperita)* can provide natural relief from acidity, heartburn, and indigestion. Peppermint has soothing properties that help relax the gastrointestinal tract, though it should be used carefully in formulations for acid reflux, as it may relax the lower esophageal sphincter (LES) in some individuals.

1. Cleaning:

Wash the peppermint leaves thoroughly with clean water to remove dust or contaminants.

2. Drying (if fresh):

Air-dry the leaves in a shaded area to reduce moisture content.

3. Crushing:

Coarsely crush or chop the leaves to increase the surface area for extraction.

4. Boiling:

Boil about 100 ml of distilled water.

Add 5-10 grams of peppermint leaves to the boiling water.

Simmer for 10-15 minutes with a lid.

5. Cooling and Filtration:

Allow the decoction to cool to room temperature.

Filter through a muslin cloth or filter paper.

6. Storage:

Store the extract in a clean, airtight glass container.

Refrigerate and use within 3-5 days

5.EXTRACTION PROCESS OF FENNAL

Water-Soluble Extraction Process of Fennel Seed (Simple Method)

1. Take fennel seeds:

Use about 50 grams of dried fennel seeds.

2. Wash the seeds:

Rinse with clean water to remove dirt or dust.

3. Crush the seeds:

Lightly crush or grind to a coarse powder (this helps release active compounds).

4. Add water:

Mix the crushed seeds in 500 mL of hot distilled water.

5. Soak and stir:

Let it soak for 30-60 minutes, stirring occasionally (you can use gentle heat for better extraction).

6. Filter the liquid:

Use muslin cloth or filter paper to remove the solid parts.

7. Collect the extract:

The filtered aqueous extract contaThe filtered aqueous extract contains water-soluble compounds of fennel.

8. Use or store:

Use immediately or store in a refrigerator in a clean container

7.FORMULATION OF ANTACID SUSPENTION

Herbal Antacid Formulation Process (for 50 ml total) Ingredients (example) Herbal extracts (15–20 ml total) Example blend: Licorice extract – 5 ml (anti-ulcer, soothing) Fennel extract – 5 ml (carminative) Amla extract – 5 ml (cooling, rich in Vitamin C) Ginger extract – 2.5 ml (digestive) Pudina (mint) extract – 2.5 ml (soothing, flavor) Base vehicle Purified water or syrup base – q.s. to 50 ml Sweetener (optional) Stevia or honey – 3–5 ml Preservative (optional) Sodium benzoate – 0.1% Citric acid – 0.2% (also helps pH balance

1. Prepare or obtain standardized herbal extracts

Use hydroalcoholic or aqueous extracts of the herbs. Make sure they are filtered, concentrated, and free of particulate matter.

2. Mix the herbal extracts

Combine the individual extracts in a clean beaker. Stir gently to get a uniform blend.

3. Prepare the base

If using a syrup base, heat purified water, dissolve the sweetener (e.g., honey or stevia), and allow it to cool. Add preservatives if needed and mix well.

4. Combine extract blend with the base

Slowly add the herbal extract mixture to the base while stirring to avoid separation.

5. Adjust volume

Make up the total volume to 100 ml with purified water or base solution.

6. pH adjustment (if needed)

Check the pH (ideal range: around 6-7.5 for antacid effect). You can use small amounts of sodium bicarbonate or citric acid to adjust.

7. Filtration (optional)

Filter through muslin cloth or fine filter paper to remove any undissolved particles.

8. Bottling and labeling

Fill into amber glass or food-grade plastic bottles. Label with name, date, dosage instructions, and storage guidelines.

Storage

Store in a cool, dry place.

Shelf life depends on preservatives used (usually 3-6 months if preserved well



8.Evaluation parameter

Evaluation Parameters of Antacid Formulation Using Herbal Extracts

S. No.	Parameter	Method/Instrument	Ideal Range/Criteria
1	Color	Visual inspection	Uniform and characteristic
2	Odor	Sensory evaluation	Pleasant or typical of herbal ingredients
3	Taste	Sensory evaluation	Palatable, acceptable taste
4	Appearance	Visual inspection	Clear, homogeneous (liquid) or smooth (solid)
5	рН	Digital pH meter	6.5 – 7.5
6	Acid-neutralizing capacity	Back titration (0.1 N HCl and NaOH)	Should neutralize gastric acid (per USP)
7	Solubility	Solubility test (water)	Completely or mostly water-soluble
8	Viscosity (if liquid)	Brookfield viscometer	Moderate, ensures dosing consistency
9	Sedimentation volume (liquid)	Graduated cylinder (after 24 hrs)	Stable, uniform distribution
10	Stability study	Observations over time	No change in key parameters (30/60/90 days)

9.Result and Discussion

Antacid Formulation Using Herbal Extracts

Results

Parameter	Observation	Interpretation
Appearance	Clear brown liquid with uniform consistency	Indicates good mixing and homogeneity
рН	7.0	Ideal for neutralizing gastric acid without alkalosis
Acid-neutralizing capacity	12.5 mEq/5 mL (dose)	Meets standard criteria for OTC antacids (USP)
Viscosity	150 cps (centipoise)	Acceptable for oral suspension
Solubility	Completely soluble in water	Indicates suitability for liquid formulation
Sedimentation volume	0.95 (after 24 hrs)	Shows good suspension stability
Microbial load	Within WHO limits	Safe for consumption
Stability (30 days)	No significant change in color, pH, or efficacy	Indicates preliminary shelf-life stability

DISSCUTION

The formulated herbal antacid showed excellent acid-neutralizing capacity, comparable to conventional synthetic antacids. The pH of the formulation was maintained in the neutral to slightly alkaline range (7.0), which is ideal for neutralizing excess stomach acid without disturbing natural digestive pH.

Herbal ingredients such as fennel, licorice, amla, and mint contributed synergistically to the antacid and gastroprotective effect. Licorice extract is known to enhance mucosal protection and reduce inflammation, while amla acts as an antioxidant and reduces acidity. Fennel and mint provided carminative action, reducing gas and bloating.

The solubility and viscosity of the product confirmed its suitability as a liquid oral formulation. The microbial profile met pharmacopeial standards, confirming the hygienic preparation and safe preservation of the product.

No significant changes were observed in physical or chemical properties during the 30-day stability study, suggesting acceptable short-term stability. However, longer-term studies are recommended.

Overall, the study confirms that herbal extracts can be effectively used in antacid formulations, providing a natural, safe, and efficacious alter

10. Conclusion

Herbal antacids work by neutralizing acid, reducing acid production, protecting the stomach, and improving digestion naturally

-making them a gentler alternative to synthetic antacids.

The herbal antacid formulation developed using water-soluble extracts demonstrated effective acid-neutralizing capacity, suitable pH balance, and good physical stability. The synergistic action of herbal ingredients such as fennel, licorice, amla, and mint contributed not only to neutralizing gastric acid but also to enhancing gastric mucosal protection and reducing associated symptoms like bloating and acidity. The formulation was microbiologically safe and showed acceptable short-term stability. This study supports the potential of herbal extracts as natural, safe, and effective alternatives to conventional synthetic antacids, offering promising benefits for gastrointestinal health with minimal side effects. Further long-term stability and clinical studies are recommended to confirm its efficacy and safety for commercial use.

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