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Herbal Treatment of Peptic Ulcers: A Review

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ABSTRACT

Peptic ulcers, also known as PUD or peptic ulcer disease, are ulcers (defined as mucosal erosions greater than or equal to 0.5 cm) in the gastrointestinal tract that are often acidic and therefore very painful.

Symptoms such as severe abdominal pain during eating, approximately 3 hours after eating; bloating and abdominal fullness; nausea and vomiting; loss of appetite and weight loss etc. Many herbs, foods, and herbs have been found to prevent or help treat stomach ulcers and peptic ulcers. There are few human trials, but many show good potential in animal or in vitro studies.

The purpose of this study is to collect information about various medicinal plants used in the treatment of peptic diseases worldwide based on the information provided by different researchers..

Keywords: Peptic Ulcer, Helicobacter pylori, Gastrin, Herbs..

1. INTRODUCTION

Peptic ulcer, also known as PUD or peptic ulcer disease, is a disease that occurs in the gastrointestinal tract (in which mucosal erosion is equal to or greater than 0.5 cm). Diseases The stomach is usually acidic and therefore very painful. 1 Symptoms include abdominal pain, usually in the upper abdomen, with heaviness at the time of eating, about 3 hours after eating (Duodenal ulcers are usually relieved by eating,stomach ulcers are worsened by it); bloating and flatulence; splashing (inflammation of saliva after reflux to dilute the acid in the esophagus); nausea and vomiting; loss of appetite and weight loss; hematemesis (fox blood); this may be due to direct bleeding from a stomach ulcer or damage to the esophagus due to severe/persistent vomiting; melena (tarry, foul-smelling stools caused by oxidation of heme iron). Rarely, ulcers can affect the stomach or duodenum, causing peritonitis.He is very sick and needs surgery urgently.[1] A history of high blood pressure, gastroesophageal reflux disease (GERD), and use of certain medications may increase the risk of peptic ulcers.Drugs associated with peptic ulcers include NSAIDs (nonsteroidal anti-inflammatory drugs) and most glucocorticoids (such as dexamethasone and prednisolone), which inhibit cyclooxygenase.The incidence of pepticulcer is high enough to be urgently investigated by EGD[2,3].Signs of patients aged 45 years with symptoms for more than two weeks Time of appearance may differ in relation to food Stomach ulcers and duodenal ulcers: Stomach ulcers can cause pain in the upper stomach while eating because the production of stomach acid will increase when food enters the stomach. The following symptoms of a duodenal ulcer will begin to decrease with eating, because the closure of the pyloric sphincter causes disruption of the stomach contents so that acid does not reach the duodenum. Duodenal ulcer pain usually occurs 2-3 hours after eating, when the stomach begins to release digested food and acid into the duodenum. In addition, the symptoms of peptic disease may vary depending on the location of the stomach and the age of the patient. Additionally, injured cells tend to recover and heal, so pain may occur for a few days or two weeks and then decrease or disappear.Generally, symptoms do not develop in children and adults unless there is a problem.

2. Complications.[4,5]

Gastrointestinal bleeding is the most common problem. Sudden heavy bleeding can be life-threatening. This happens when the stomach erodes one of the arteries, such as the gastroduodenal artery.Punctures (holes in the wall) often cause serious damage. Gastrointestinal disorders cause the stomach or intestines to leak into the abdominal cavity. Perforation of the gastrointestinal tract causes peritonitis, first drug and subsequent peritonitis. The first symptoms are usually sudden and severe abdominal pain. Perforation of the posterior wall causes pancreatitis; The pain in this condition usually radiates to the back.Infiltration is the continuation of the wound into neighboring organs such as the liver and pancreas.Scarring and swelling

caused by ulcers lead to duodenal stenosis and obstruction of the stomach outlet.Most patients have a lot of vomiting. Cancer has a different diagnosis (clarified by biopsy), its cause is Helicobacter pylori, and it is 3 to 6 times more likely to progress from an ulcer to cancer.

3.Cause of Peptic Ulcer

A. Helicobacter pylori: The main cause of gastric ulcers (60% of gastric ulcers and up to 90% of duodenal ulcers) is a chronic disease resulting from colonization of the gastric antral mucosa by Helicobacter pylori. Despite the presence of antibiotics, the immune system cannot eliminate the virus. Therefore, these bacteria can cause gastritis (type B gastritis), causing illegal gastrin production in the stomach and causing (usually) decreased gastrin secretion. Hypochlorhydria, or absence or increase in stomach acid. Gastrin stimulates parietal cells to produce gastric acid and increases gastrin in the Helicobacter pylori colonization response.

B. NSAIDS: Another important cause is the use of non-steroidal anti-inflammatory drugs (see above). The gastric mucosa protects itself from stomach acid with a layer of mucus, the secretion of which is stimulated by certain prostaglandins. NSAIDs block the activity of cyclooxygenase-1 (cox-1), which is important for the production of prostaglandins. COX-2 selective inhibitors (such as celecoxib or after discontinuation of rofecoxib) tend to block COX-2, which is less important in gastritis and gastritis, by about half as much. Cheat As the number of infections caused by Helicobacter pylori decreases due to increased treatment in the Western world, many of the infections can be attributed to the use of nonsteroidal anti-inflammatory drugs in the development of patients and adults with arthritis. The incidence of duodenal ulcer has decreased over the past 30 years, while the incidence of gastric ulcer has increased slightly, mainly due to the increased use of NSAIDs. The decline in incidence is thought to be a generational phenomenon unrelated to advances in disease treatment. The outcome of the merger may be due toimprovement of lifestyle and reduction of incidence of Helicobacter pylori disease

C. Stress: Researchers still consider anxiety possible or at least a problem in the development of anxiety. ulcer. There is controversy about whether psychological stress affects the development of peptic ulcers. But it can cause burns and headaches, as well as ulcers, which have been reported in many patients using respirators.A group of experts consulted by the Ministry of Public Health concluded that the disease is not an infectious disease and psychological problems play an important role. Scientists are investigating how stress may promote Helicobacter pylori infection. For example, Helicobacter pylori thrives in an acidic environment, and stress has been shown to cause excess acid production. This is supported by studies showing that water in mice does not become stressed for long periods of time and that Helicobacter pylori infection is associated with the development of peptic ulcers.

D. Caffeine: Beverages and foods containing caffeine can increase stomach acid secretion. This can cause existing illnesses, but stomach acid irritation cannot be attributed to caffeine alone.

E. Alcohol: Although there is no link between alcohol consumption and stomach pain, it is more common in people with cirrhosis, a disease often associated with drinking too much water.br > Nutrition.

F. Genetic factors: People with blood type Oare more likely to develop peptic ulcers than people with other blood groups. Genetic influences appear to play a greater role in duodenal ulcers; this is demonstrated by their occurrence in families of monozygotic twins and their association with the HLB-B5 antigen.

4. Plants Used in Peptic Ulcer Treatment [6]

There are many plants, nutrients and plant products that have been found to prevent or help treat stomach and peptic ulcers. There are few human trials, but many show good potential in animal or in vitro studies. Many herbal products have been reported to have antiulcer activity, but most of the literature focuses on pharmacological effects in experimental animals. With the exception of a few plant-based compounds (e.g., aloe vera, licorice, and cayenne pepper), medical data supporting the use of medicinal plants as anti-inflammatory agents is limited and therefore efficacy and safety data are limited. However, there are many herbal products that have healing potential because they are effective and non-toxic. Finally, it is worth noting that many drugs with anti-inflammatory properties, such as flavonoids, aescin, aloe vera gel, are of special medical importance, since most of the anti-inflammatory drugs used in modern medicine are analgesic and ulcerogenic. Active ingredients with anti-inflammatory properties are flavonoids, terpenoids and tannins.

Some medicinal plants used in the treatment of ulcer:

SN	Family	Synonyms:
1	Alstonia Scholari	Azadirachta indica,
2	Asparagus racemosus,	Berberis asiatica
3	Bauhinia variegata	Aloe vera
4	Butea frondosa	Hibiscus rosa sinensis
5	Carica papaya	Astragalus membranaceus,
6	Annona squamoza,	Rheum emodi,
7	Benincasa hispida	Curcuma longa
8	Eruca sativa,	Uncaria tomentosa,

9	Angelica sinensis	Ulmus rubra
10	Emblica officinalis,	Althaea officinalis,

PLANT PROFILES

4.1 ASPARAGUS RACEMOSUS

Synonyms: Satavar ,Satavari, Shatamuli

Family:Asparagaceae

Origin: Available in Asia, Africa and Australia. It is found in India, in the Himalayas at an altitude of 1300 to 1400 m and in all tropical regions of India. It is found as a wild plant in the dry and deciduous forests of Maharashtra.

Morphology:. Satavar has small leaves like leaves, evergreen and bright green. Small white flowers bloom on short, pointed stems in July, and black-red bulbous fruits bloom in September.It has an adventitious root system with tuberous roots.Its length is about one meter,tapering at both ends and the number of each plant is about one hundred and seven.[7]

Chemical composition: Shatavari Root Contains 4 steroid saponins, Shatavarin I-IV (0.2%). Shatavarin I is an important glycoside with 3 glucose and rhamnose moiety attached to sarsapogenin, while Shatavarin IV has 2 glucose and 1 rhamnose moiety attached. The fruit contains quercetin, routine and hyperin. Its leaves contain diosgenin and hyperin, while its leaves contain diosgenin and quercetin.

AREAS OF USAGE: Asparagus bunch (Shatavari) is recommended in Ayurvedic texts for the prevention and treatment of stomach ulcers, indigestion and as a galactagogue.Most commonly, the roots are used to treat chronic colic and dysentery, as well as diarrhea. Its roots are boiled with a small amount of oil and used to treat many skin diseases. Its root is boiled in milk and drinking milk relieves bile indigestion, diarrhea and appetite; Its roots are also used in the treatment of rheumatism. The tubers are candied and served as dessert. Fresh juice along with honey is used as a sedative. Boiled leaves are coated with oil and used to cure boils, diseases, etc. It is used in treatment to prevent them from coming together. The juice of this plant taken with milk is effective against gonorrhea.[8]

4.2 TINOSPORA CORDIFOLIA [9]

Synonyms: Guduchi,Amrutobali

Family : Menispermaceae

Distribution: Guduchi is a climbing tree found in tropical regions of India. It is easy to spot as a strong climber in Himachal Pradesh, especially in Una, Panta, Hamirpur and Kangra districts. It climbs

through the tallest trees and puts out roots up to 30 feet long. It can grow to a height of 300 feet in India[10]

Morphology- It is a hairless climbing tree with teal, mushroom-gray mottled bark. It is a perennial deciduous plant with fleshy stems and papery bark. Its leaves are 10-20 cm in diameter, broadly oval, dark purple-red, with short pointed tips. The flowers are small and yellow-green on old wood. The panicles are 7.5-15 cm long; thin, mostly solitary in females and in groups in males. Its fruits are red and pea-shaped. [11]

ChemicalContents: [12] active adaptogenic ingredients are diterpenoid substances, including tinosporone, tinosporic Acid, cordifolicides A to E, syrin, yellow alkaloids, berberine, Giloin, crude Giloinand It is found in polysaccharide glycoside bitter components, including arabinogalactan polysaccharide (TSP). The plant also contains picrotene and petrosine.

Use: Tinospora cordifolia and similar species such as Tinospora crispa and Tinospora rumphii. They are used in Ayurveda and herbal medicines as hepatoprotectants to protect the liver from damage after exposure to toxins and in Thailand, the Philippines. Recent researchshows that T. Heart leaf extract and turmeric extract are effective in preventing hepatotoxicity, which is a side effect of treatment of diseases using isoniazid and rifampicin.

4.3 ERUCA SATIVA

Synonyms: Rocket(roquette) or Arugula,

Family : Brassicaceae

Distribution: It is a species of Eruca native to the Mediterranean region, from Morocco and Eastern Portugal to Lebanon and Turkey.

Morphology: It is an annual plant with a height of 20-100 cm (8-39 inches). The leaves are pinnate-lobed, with four to ten small lateral lobes and a large upper lobe. The flowers are 2–4 cm (0.8–1.6 in) in diameter, arranged in corymbs, and have a typical cruciferous flower pattern; leaves beautiful bloody milky white, stamens yellow; flower Sepals fall. left shortly after opening. The fruits are pods (pods) 12-35 mm (0.5-1.4 in) long, with a beak at the top and a few (edible) seeds. [13]

Chemical Composition: A phytochemical study on the aqueous extract of fresh mustard leaves found nine natural flavonoid compounds isolated and identified as Kaempferol 3-O- (2"-O- malonide- β-D). -glucopyranoside)-4'-O-β-D-glucopyranoside (1), kaempferol 3,4'-O-diglucopyranoside Glycoside (2), rhamnoside 3-O-(2"- O-methylmalonyl -a-D-glucopyranoside)-4'-O-a-D-glucopyranoside (3), 3-O-glucopyranoside (4), 4'-glucopyranoside (5), rhamnoside 3-glucopyranoside (6)), 4'-O-glucopyranoside (7)), kaempferol (8) and rhamnoside (9). Compounds (1) and (3) appear to be new. In addition to chemical and physical analytical methods, the chemical structure of each component was determined by various spectroscopic methods. [14]

Usage: Arugula extract has anti-secretory, cell-protective and anti-ulcer activities against experimentally induced stomach damage. The antiulcer effect may result from prostaglandin-mediated activity and/or antisecretory and

antioxidant properties. It has a rich, peppery taste and an unusual taste for green leaves. It is often used in salads mixed with other vegetables, but in northern Italy and coastal Slovenia it can also be used as a vegetable or eaten raw with pasta or meat.[15]

4.4 PANAX GINSENG

Synonyms: Kanji,Hangul Ren Shen, Asiatic ginseng ,Red ginseng

Family : Araliaceae

Distribution: China, Korea, Vietnam, Japan.

Morphology. Ginseng plant grows best in cold regions of the northern hemisphere, reaching a height of one foot. Ginseng plant has yellow-green, umbrella-like flowers, straight stems joined at a point 5 small leaves , blooms in mid-summer. The fruit is a bright red berry containing 1-3 small pea-sized wrinkled seeds.

Chemical composition:The main active ingredient in the Panax notoginseng genus plant is a group of dammarane type triterpenoid glycosides. These are called saponins and ginsenosides. In Russia they are called ginsenosides. They are found in ginseng roots. There are more than 30 types of ginsenosides, one of which is an oleanolic acid derivative. The type and composition of ginsenosides give them different properties. There are 8 main types of ginsenosides, and their contents vary between the United States and Asia. There are many ginsenosides in American ginseng is more abundant than Asian ginseng. The most common ginsenoside of these two species is ginsenoside Rb1.It contains germanium, another compound that is a powerful antioxidant. [16]

Uses: Ginseng has anti-inflammatory properties due to the presence of ginsenoside Rb1. American ginseng (Panax quinquefolius) and Asian ginseng (Panax ginseng) roots are both taken orally as an adaptogen, aphrodisiac, nutritional stimulant, and in the treatment of type II diabetes, including sexually impaired men. Roots are usually found in dried form, whole or sliced. Ginseng leaves, although less valuable, are sometimes used; Like roots, it is usually found in dry form. These ingredients are also found in some popular energy drinks, mostly of the "tea" variety; Ginseng in these products is often found in subclinical doses and has no measurable effect. It can also be found in cosmetics, but has not been shown to be effective in treatment. [17]

4.5 CARICA PAPAYA

Synonym: Papaya, Melon tree, Pawpaw, papaya, Tree melon

Family : Caricaceae

Distribution.. Although its origin is unclear, the papaya is thought to be native to tropical America, perhaps southern Mexico and neighboring Central America. According to records, the seeds were brought to Panama and from there to the Dominican Republic before 1525, where they were grown in South and Central America, Southern Mexico, the West Indies and the hottest regions of the Bahamas, and in 1616 they were brought to Bermuda. or had reached. Around 1550, the Spanish brought the seeds to the Philippines, and from there the papaya spread

to Malacca and India. In 1626, seeds were sent from India to Naples. Papayas are now found in almost all tropical regions of the Old World and the Pacific Islands and have become native to many regions. The seeds were brought to Florida from the Bahamas. Until 1959, pawpaws were grown mostly on homes and small farms in south and central Florida.[18]

Morphology [19]: Often mistakenly called a "tree", this plant is a large plant that first grows to 1.8-3 m (6 to 10 feet) in height. br > one year, Reaching heights of 20 or even 30 feet (6-9 m), with hollow green or dark purple stems 12 to 16 inches (30-40 cm) or thicker The base is rough. from leaf scars. The leaves grow directly from the top of the stem in a spiral on a nearly horizontal petiole, 1 to 3 1/2 feet (30–105 cm) long, hollow, succulent, green or more or dark purple. little. The blade is deeply divided into 5 to 9 elements, each irregularly subdivided, ranging from 30 to 60 cm (1 to 2 feet) in width, with a significant amount of tawny ribs and veins. The lifespan of a leaf is 4 to 6 months. Both the stems and leaves are rich in white latex.

Chemical Composition : Enzymes: Papaya is rich in enzymes called papain. In addition, carotenoids such as carotene, cryptoxanthin and corn are found in its fruit, and carpine and carpine alkaloids are found in its leaves. Monoterpenes include 4-terpineol, linalool, and linalool oxide. Flavonoids show their presence in flowers through quercetin, myricetin and kaempferol. The fruit also contains potassium, calcium, magnesium, copper, zinc, iron.[19]

Uses : Papaya is used to treat digestive problems. This product should not be used for intestinal infections as it will not be effective. The effects of papaya on exogenous ulcers and histamine-induced gastric acid secretion in rats were investigated. Latex from the unripe papaya fruit is used to prevent exogenous ulcers. It reduces gastric acid secretion caused by intravenous histamine infusion in rats with gastric fistula. Crystalline papain is also effective in preventing exogenous infection and reducing histamine-induced gastric acid secretion in rats. Conclusion: Papain is a substance found in papaya that increases immunity.Papaya is grown for its ripe fruit and is loved by people in tropical countries as a breakfast fruit and as an ingredient in jellies, preserves, or when cooked in bulk. fruit juice is a popular drink; small leaves, sprouts. and fruits cooked as vegetables. Latex is used to remove freckles. Its bark can be used as rope.[20]

4.6 EMBILICA OFFICINALIS

Synonyms :Indian goosber, Arab. Amlaj.; Assam. Amluki.; Ayurvedic: Amalaki; Beng. Amia, Amlaki, Amla, Arnloki.

Family : Euphorbiaceae

Distribution [21]: Deccan, coast and Kashmir [Nadkarni and Nadkarni]. [Dey] is found in tropical and subtropical regions of India and also in Myanmar, where it is abundant in the deciduous forests of Madhya Pradesh. It grows in tropical and subtropical regions of Ceylon, the Malay Peninsula and China.In Ceylon, it is very common in the exposed areas of the patana region, in moist areas at an altitude of 4000 feet.

Morphology: Tree; leaves alternate, bisexual,pinnate, flower-bearing; leaflets numerous,

alternate, linearly obtuse, entire; petiole striped,rounded; calyx with 6 deep lobes; Male flowers are abundant in the axils of the lower leaves and around the petiole below the leaves; female three, solitary, stemless, mixed with some males outside the flower axil; stamp 3; The drupe is spherical, fleshy, smooth and 6. striped; The fruit is obovate and triangular in shape and has 3 cells; There are 2 genes in each cell; The flowers are small and yellow-green. It blooms in October.

Chemical Composition : According to most if not almost all information, the fruit is rich in vitamin C, but it may not be. Some people have cited the benefits of the substance "vitamin C", which is mistakenly thought to be a more efficient and effective antioxidant than tannins, which resemble vitamins. Repeated experiments show that every 100 grams of fresh fruit provides 470 - 680 mg of vitamin C. The vitamin value of Amla is added after extracting the juice of the fruit. Dried fruits provide 2428 - 3470 mg of vitamin C per 100 g. Mineral and vitamin content includes calcium, phosphorus, iron, carotene, thiamine, riboflavin and niacin. Indian gooseberry seeds contain stable oil, phospholipids and essential oils. The fruits, bark and leaves of this tree are rich in tannin. Fruit, leaves and bark are rich in tannin.

Uses: Indian gooseberry has been used as a valuable ingredient in various medicines in India and the Middle East since ancient times. Laxative Green fruits are pickled and kept for eating. Antibacterial, Antifungal, Antiviral Medical studies on Indian gooseberry fruit have shown that it has antiviral properties and works as an antibacterial and antifungal agent.Antioxidants The use of Phyllanthus emblica as an antioxidant has been studied by many authors. Experiments conducted by the Niwa Institute of Immunology in Japan have shown that Indian gooseberry is a free radical scavenger. Studies have shown in experimental studies that amla preparations contain high levels of free radical scavenger superoxide dismutase (SOD). The aphrodisiac Amla is believed to increase potency and is considered one of the most powerful herbs in Ayurvedic medicine. This is the main ingredient used in one of the famous Ayurvedic herbs called Chayavanprasha and is actually a tonic. Skin photoaging is a biological process that affects all layers of the skin, with major changes in the connective tissue in the dermis. Phyllanthus emblica has been shown to reduce UV-induced erythema and has good free radical quenching ability, chelating ability for iron and copper, and MMP-1 and MMP-3 inhibitory activity.[22]

4.7 ALOE VERA

Synonyms: Aloe, Musabber, kumara

family : Liliaceae

Distribution [23]:The natural variety of aloe vera is unknown because the species is widely cultivated worldwide. Naturalized forests of this species are found in the southern half of the Arabian Peninsula, North Africa (Morocco, Mauritania, Egypt) and Sudan, and in neighboring countries such as the Canary Islands, Cape Verde and Madeira. This distribution is similar toEuphorbia balsam, Pistacia chinensis and other plants, indicating that dry sclerophyll forest once covered large areas, but due to the Sahara desert, Leave them alone. . Several

closely related species (or sometimes the same species) can be found at the edge of the Sahara Desert: Dragon Tree and Aeium are the best examples.

Morphology. The species was introduced to China and many parts of Southern Europe in the 17th century. The species is common in Australia, Barbados, Belize, Nigeria, Paraguay, and elsewhere, occurring in temperate and tropical regions of the United States. Some people believe that the correct type of distribution is the result of human breeding, and classification is also questionable. -100 cm (24-39 in) high, spread with offset. The leaves are thick, hairy, green to gray-green and some species have white spots on the upper and upper sides of the leaves. The edges are serrated and have small teeth. The flowers grow on spikes in summer to a height of 90 cm (35 in), each flower is drooping and has a yellow tubular corolla 2-3 cm (0.8-1.2 in) long. Like other aloe species, aloe vera forms an arbuscular mycorrhiza, a symbiotic relationship that allows the plant better access to nutrients in the soil.

Chemical Composition [24]: Scientists have discovered more than 150 nutrients in aloe vera.There seems to be no single magic ingredient.They work together synergistically to improve and provide health benefits. The ten major compounds of aloe vera include: amino acids, anthraquinones, enzymes, minerals, vitamins, lignin, monosaccharides, polysaccharides, salicylic acid, saponins and sterols. 33Amino acids in aloe vera form proteins and affect our brain function. Humans need 22 amino acids, The body produces all of them except the eight essential amino acids that our body gets from the food/drinks we drink. All the essential amino acids found in aloe vera include isoleucine, leucine, lysine, methionine, phenylalanine, threonine, valine and tryptophan. Some other non-essential amino acids found in aloe include alanine, arginine, asparagine, cysteine, glutamic acid, glycine, histidine, proline, serine, tyrosine acid, glutamine, and aspartic acid.

Usage : Aloe vera juice is used to drink and reduce digestive problems such as high blood pressure and upset stomach. Other uses of aloe vera extract include diluting sperm for insemination of sheep, using it as a new food preservative, and conserving water on small farms. Medicinal uses of aloe vera are not specific to this species and can be found to a greater or lesser extent in the gel of all aloe vera and, in fact, includes many plants in the class Asphodelaceae. For example, Bulbine frutescens is widely used in the treatment of burns and various skin conditions.

4.8 WITHANIA SOMNIFERA

Synonyms: Ashwagandha, Indian ginseng, Winter cherry, Ajagandha, Kanaje Hindi, Amukkara in Tamil .

Family : Solanaceae

Distribution: Withania somnifera grows widely in India (especially Madhya Pradesh), Pakistan, Bangladesh, Sri Lanka and parts of North Africa.

Morphology:[25]**.** Height: Usually 30-60 cm, but it can grow up to170 cm. Quality: Upright, sturdy bush with medium stem.Branches: Branches are like stars; legs beautiful hair.Leaves: alternate, oval, up to 10

cm long and 5 cm wide.Flowers: Yellow flowers inside, green outside. Fruit: red fruits within a papery protective layer (calyx).root: long and fleshy tuber.

Chemical Composition :

The main components of Ashwagandha are alkaloids and steroidal lactones. Among many alkaloids, solanine is the main component. Other alkaloids are somniferine, somniferine, somniferine, withananine, pseudowithanine, tropine, pseudo-tropine, cuscohygrine, anferine and anhirin. Dihydroxysteylglucoside trace. Cytoindocyte VII and cytoindocyte VIII were isolated from the roots. The leaves contain steroid lactones, commonly known as withanolides. Withanolide has a C28 steroid core and a C9 side chain with a six-lactone ring.

Usese [26]: Ashwagandha is considered one of the most effective agents in Ayurveda. Its roots, seeds and leaves are used in Ayurvedic and Unani medicine. Ashwagandha root medicine plays an important role in the treatment of rheumatic diseases, joint pain, mental illnesses and epilepsy. Dried roots are used as a tonic in the treatment of hiccup, cold, cough, gynecological diseases, senile ailments, ulcers, etc. It is used as a sedative in the treatment of Leaves are used to treat carbuncles, swelling and inflammation. The juice of the leaves can be used to treat conjunctivitis. A decoction of the bark is used to treat asthma and applied topically to bedsores. Ashwagandha and its extracts are used in the preparation of herbal teas, powders, tablets and syrups.

4.9 MUSA PARADISCA

Synonym : Banana, Kela

Family: Musaceae

Distribution [27]: Bananas are believed to originate from India and Malaya. Fruits and its plants are very well accepted in all religious and social rituals in India. In Europe's legendary age, it was called "Paradise". Greek and Arab writers called it the good fruit of India. Malayan warriors probably brought them to Madagascar around the 5th century AD, and from there they spread to the east coast and the African continent. It was later introduced to Western countries and other parts of the world. There are three major banana producing areas in India from Bihar to Assam in South India, West India and East India.

Morphology [28]:Musa paradisiaca is a tall, stolonal, cylindrical plant up to 25 feet tall. The oblong, green leaves are 8 feet long and 2 feet wide, with drooping flower clusters up to 4 feet tall. Male flowers and bracts are not persistent. Its fruit is cylindrical, in the form of several groups of fruits, golden yellow or yellow-green in color when ripe, and resembles pulp.

Chemical composition [29]: The plant contains glycosides cytoindoside IV, 14-methyl-9Beta, 19-cyclo-5-ergost-24(28)-en-3Beta-ol(I). Flowers contain disaccharide glycosides of delphinidin and anthocyanins. Unripe fruit contains starch. Fruit contains sugar, protein, albumin and globulin. The pulp of the ripe fruit contains tannins containing dopamine and an unknown catecholamine, as well as serotonin and norepinephrine. Bark contains tannin

Uses - Roots and stems have astringent andrepellent properties. Its juice and sap are used to treat tinnitus and hemoptysis. Ripe fruits have relaxing, healthy and mild laxative effects. The fruit is a very beneficial food and when fully ripe it is used to treat constipation and treat bleeding disorders, the unripe fruit is used medicinally for diabetes among other things, its flowers are used in menorrhagia, the root juice is used in neurological diseases. like seizures.It is used for some tumors.

4.10.RHEUM EMODI

Synonyms : Variyattu, Rhubarb, Tursak, amla-vetasa, Rhubarb de Perse, Rheuchini, aml parni, Rhabarber, revand-chini, Reval-chini, archu, Nattu ireval-chinni

Family : Poligonaceae

Distribution [30]**:** Rhubarb is sold commercially under many names: Russian, Turkish, East Indian, and Chinese; but the geographical origin of each species is the same, and the trade name of the drug only indicates that it came to Europe in the past. Before 1842Guangzhou was the only port for direct communication between China and Europe, and rhubarb was transported by land: Russia Rhubarb was once brought to Europe from the China Russia border. Kiachta city; Türkiye Rhubarb gets its name from the fact that it came to us from Asian Turkey, on the opposite side of the Levant; from Singapore and other East Indies ports from the East Indies, and from Canton from Chinese rhubarb. Now almost all of the goods are sent to Europe from Shangha

Morphology: The drug about to be produced is called flat or round. Round pills are barrel-shaped, cylindrical and conical, 8-10 cm long and 4 cm thick. Its flat shape is 7 cm, its length is -10 cm, and its thickness in the middle is 3-6 cm. Its surface is covered with yellow powder and its color is light brown to red. Objects have also been shown to have holes through which they can pass.

Chemical components derived from anthraquinone such as Radin C, chrysophanol, sennosides A-E, emodin, emodin, gluco-emodin; glucosanthin and other O-glycosides, emodin methyl ether, rhein tos. Rhubarb contains goroyl, coumaroyl, cinnamoyl, fructose and glucoside, as well as epicatechin gallate and D-catechin; tannins.Stilbene glycosides can also exist in other forms, including stilbene derivatives;Others: calcium oxalate, fatty acids, routine, ferulic acid, cinnamic acid, etc. containing essential oil; phthalates Diisobutyl formate etc.

Uses: This herb is widely used for its ability to relieve constipation, stimulate metabolism, increase blood circulation, treat stomach ailments, and eliminate intestinal infections. It is also used in the treatment of diarrhea, dysentery, hepatitis and jaundice.Rhubarb root has laxative properties and can be used to treat constipation, but it also has astringent properties. Therefore, it has a real cleansing effect on the intestines, removing waste, and then it has antibacterial properties and is astringent. Rhubarb is widely known for its ability to cleanse the intestines and fight problems associated with constipation, fever, infection, and stomach pain. It is also considered a good remedy for diarrhea. Plants also provide protection against diseases.

Conclusion

This study focuses on medicinal plants for the treatment of abdominal pain. Some have been reported to be anti-inflammatory, but others have not worked and are only used naturally. Now is the time to make efforts to introduce the various ethnopharmacological knowledge available from our traditional healers and to develop safe herbal preparations for non-toxic and non-toxic herbal medicines. It is cheaper than traditional medicine. .Considering the increasing popularity of alternative medicine, it is necessary to conduct research to support medical treatment and to ensure that plants are valued according to their therapeutic values. Safety is not a concern for this facility, as proven by years of use. One of the issues that requires further research is the development of methods for modeling plants.

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