



HEB

Journal of Hospital Pharmacy
 An Official Publication of Bureau for Health & Education Status Upliftment
 (Constitutionally Entitled As Health-Education, Bureau)

JOHP

Gastric Ailments and It's Mystery to Get Relief

Biplab De¹, Leke Wangchu¹, Subhashis Debnath² and Hridoy Chakraborty^{3}*

1, Regional Institute of Pharmaceutical Science And Technology, Abhoynagar, Agartala, Tripura, India,

2, Bharat Pharmaceutical Technology, Amtali, Agartala, Tripura, India

3, State Drugs Testing Laboratory, Gurkhabasti, Agartala, Tripura, India, 799010

*Corresponding author: *Hridoy Chakraborty^{3*}*

Email Id: serviceheb@gmail.com, hridoychakraborty84@gmail.com

Abstract:

Gastric ailments, encompass a range of conditions affecting the digestive system, including the esophagus, stomach, small intestine, large intestine, rectum, and accessory organs like the liver, gallbladder, and pancreas. These ailments, such as gastritis, peptic ulcers, and gastroesophageal reflux disease (GERD), primarily manifest through symptoms like abdominal pain, bloating, nausea, and acid reflux. Despite medical advancements, many patients still struggle to find effective relief. Factors contributing to these conditions include *Helicobacter pylori* infection, long-term use of nonsteroidal anti-inflammatory drugs (NSAIDs), lifestyle choices, and genetic predispositions. The challenge of finding effective relief lies in the complex causes and the need for a multifaceted treatment approach. Conventional treatments, like proton pump inhibitors (PPIs), H₂ receptor antagonists, and antibiotics, provide symptomatic relief but often do not offer a permanent solution. This review delves into the complex nature of gastric disorders, current understanding of their pathophysiology, and holistic strategies for managing symptoms and promoting long-term gastrointestinal health. Key areas include dietary changes, pharmacological treatments, and the potential of emerging therapies. Recent research highlights the promise of probiotics, dietary modifications, and integrative medicine in managing these conditions. Additionally, advancements in understanding the gut-brain axis and the role of microbiota offer new treatment possibilities.

Keywords: GID, Diseases, Ulcer, NSAID.

Access this Article Online

Website: <http://www.journalofhospitalpharmacy.in> Quick Response Code:

Received on 28/05/2025
 Accepted on 09 /06/2025 © HEB All rights reserved

