



International Journal of Pharmacognosy and Chemistry

Open Access

Review Article

A detailed review of herbal formulations marketed and available in India for the treatment and management of gastric acidity

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Article History

Received on: 10-03-2022

Revised on: 28-03-2022

Accepted on: 04-05-2022

Keywords: *Ayurvedha, Sidha, Unani system.*

DOI:

<https://doi.org/10.46796/ijpc.v3i2.313>



Abstract

All of us have suffered from acidity at some point or other. Severe pain in the stomach, burning, bloating, hiccupping, flatulence, and acid reflux is the common symptoms. While our immediate and natural response is to reach for that antacid when suffering from acidity, it will not give you long-term relief. Instead, we suggest, opt for these Herbal treasures to cure and control acidity and boost your overall stomach health. We give you the most effective remedies for acidity, heartburn, and indigestion. The present article is an overall review of herbal formulations used in all different fields like Ayurvedha, Sidha, and the Unani system of medicine to educate people about the benefits of herbal formulations and their uses. Gastric acidity is a common clinical problem, affecting millions of people worldwide. patients are recognized by both classic and atypical symptoms. Here, we discuss a detailed review of herbal medicines marketed & available in India for the management of gastric acidity. You get detailed information about tablets, capsules & syrups for acidity and their combinations.

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Introduction

Peptic ulcer infection (gastric or duodenal) has been a significant danger to world populaces for additional than a century. It has caused huge dreariness and significant mortality. There is an inconsistency in the pathophysiology of peptic ulcer infection between defensive variables (bicarbonate, mucin, prostaglandin, nitric oxide, and different peptides and development factors) and forceful specialists (corrosive and pepsin) [1]. The development of peptic ulcers relies upon the presence of corrosive and peptic movement in gastric juice in addition to a breakdown in mucosal safeguards [2]. The treatment and

avoidance of these corrosive related messes are achieved either by diminishing the degree of gastric corrosiveness or by upgrading mucosal assurance. The appreciation that an irresistible specialist, *Helicobacter pylori*, assumes a vital part in the pathogenesis of corrosive peptic infections has invigorated new ways to deal with counteraction and therapy [3]. Various engineered drugs are accessible to treat ulcers. Yet, these medications are costly and are probably going to deliver more side results when contrasted with natural meds (Herbal formulations). The writing uncovered that numerous therapeutic plants and polyherbal details are utilized for the treatment of ulcer by different ayurvedic specialists and customary restorative professionals. The ideal points of treatment of peptic ulcer infection are to ease torment, recuperate the ulcer, and defer ulcer repeat.

In this advanced period likewise 75-80% of the world populaces still utilize natural medication for the most part in emerging nations, for essential medical services in light of better social worthiness, better similarity with the human body, and lesser side-impact [2].

The World Health Organization recognized that the objective of "Wellbeing for All" can't be achieved without natural meds. In a more extensive setting, interest in therapeutic plants, homegrown drugs, wellbeing items, drugs, food supplements, beauty care products, and so on, is filling in all regions of the planet, which demonstrates the prevalence and conviction of individuals in natural meds. This thusly has made incredible breadth for India to use its customary information on homegrown medication and storehouse of therapeutic plants in the help of world populace and for the financial development of India [4].

In, India home grown medication is viewed as one of the main science bases for both old and progressed clinical frameworks. The advancement of homegrown sedates exclusively relies upon conventional drugs which involve therapeutic plant arrangements for treatment. [5] In this article i.e., the management and treatment of marketed herbal formulations on gastric acidity having the herbal products with their brand name, composition, indications, and their manufacturer

Heartburn or acid reflux is a common condition caused by the excessive production of gastric acid and mimicry of the gastric mucosa or oesophagus due to this acid. It is usually felt as a burning sensation in the chest and abdomen after lying down, after eating, overeating, drinking alcohol, or due to stress. May last from a few minutes to a few hours Health conditions such as hiatus hernia (a condition where part of the stomach is pushed into the chest), gastroesophageal reflux disease (GERD), and peptic ulcer disease also cause heartburn [6].

Hyperacidity

Hyperacidity is a medical condition, in which the stomach secretes a lot of acids. If stomach acid flows back up into the food pipe, then one feels a burning pain (Heartburn), in the lower chest area, this condition is known as Acid Reflux [7]. While gastroesophageal reflux disease (GERD) is diagnosed when acid reflux occurs more than twice a week [8].

Symptoms

1. Long heartburn
- 2 Vomiting,
3. Coughing

4. Respiratory problems,
5. Stomach and chest pain.
6. Flatulence.
7. Bloating.
8. Stomach ulcers.
9. Pain in ears.
10. Gastro oesophageal reflux.
11. Inadequate weight and turning down food in infants are the symptoms of acidity [9].

Causes

1. Medications- various medications especially anti-inflammatory drugs when taken for a long time can develop chances of Hyperacidity [10].
2. Alcohol- drinking alcohol can not only damage your liver but also can give an invitation to hyperacidity problems [11].
3. Stress-stress is one of the important factors responsible for hyperacidity [12].
4. Eating habits-spicy, oils, and fried foods cause the problem of acidity [13].
5. Smoking-heavy smoking is considered to be the other most important cause of hyperacidity (14).

Gastric Acidity

Your stomach's job is to digest the food you eat. One way that it does this is through the use of stomach acid, also known as gastric acid. The main component of stomach acid is hydrochloric acid (HCL).The lining of your stomach naturally secretes stomach acid [15]. This secretion is controlled both by hormones (gastric) and your nervous system, Sometimes your stomach can produce too much stomach acid, which can lead to several unpleasant symptoms [16].

Causes of Gastric Acidity

1. Excess hormones gastric production,
2. Helicobacter pylori infection,
3. Obesity,
4. lack of physical activity(exercise),
5. Lots of food intake,
6. Smoking(active or passive) and
7. Some medications may cause acidity [17].

Symptoms of Gastric Acidity

1. abdominal discomfort(which may be worse on an empty stomach),
2. nausea or vomiting,
3. stomach bloating,
4. heartburn,

- 5. diarrhea,
- 6. decreased appetite,
- 7. constipation and
- 8. Unexplained weight loss etc.....

❖ Having high levels of stomach acid can increase your risk of developing other stomach-related health conditions. These include:

- Peptic ulcers: Peptic ulcers are sores that can develop when gastric acid begins to eat away at the lining of your stomach.
- Gastro esophageal reflux disease (GERD): GERD is a condition in which stomach acid backs up into your esophagus.
- Gastrointestinal bleeding: This involves bleeding anywhere in your digestive tract.(18)

❖ Best way to manage the gastric problem is changing life style, habits & using herbal medicines which give better development than drugs in allopathic.

❖ Any herbal medicines available in the market may composed of individual or mixtures of amla, coriander, Cumin, Fennel Seeds, coriander, Trikatu, WildMint, Turmeric, Vidanga, triphala, Sunthi, prativisha, Sankranti bhasma, Cowrie bhasma, maricha etc... [4, 19].

Treatment as per Ayurveda [20]

Marketed Formula-tion	Description	Indica-tions	Dose
Dhoota papeshwar Amlapitta Mishran Suspension	A proven remedy for Amlapitta with prompt relief being an excellent Pitahamak Effective in Agnimandya and Aruchi by regularizing Pitta secretion & enhancing action of Suspension Agni, It reduces	Amlapitta, Hrullass, Chhardi, Shirashoola, Udarshoola	1 to 2 tsf. 2-3 times a day preferably before food

	nausea, heart burns & epigastric pain. It strengthens Annavaha Srotas by Reestablishing metabolic activity.		
Bunimbadi Kadha	Bunimbadi Kadha is a very famous Ayurvedic medicine in liquid form for fever. This medicine is used more in northern part of India, as compared to South India.	Balances Pitta	12-24 ml, before food, at about 6 am and 6pm or as directed by Vaidya
Patoladi Kashayam	Patoladi Kashayam is an Ayurvedic medicine in liquid form. It is an herbal water decoction. It is mainly used for the treatment of skin diseases; This medicine is formulated based on Kerala Ayurvedha principles.	Skin diseases	10-30 ml, before food or on empty stomach, once or twice a day, or as directed by Vaidya
Maha Dhanwantharam Gulika	Ayurvedic medicine used to safeguard pregnancy during pregnancy care. This medicine is formulated	Anti-inflammatory Ayurvedic medicine, used to relieve arthritis pain	1-2 tablets 2-3 times a day or as directed by Vaidya

	baard on Kerala Ayurvedha practice		
Hingwastak Churna	Hingwastak Churna mainly contains very safe and easily available herbal spices	Balances Vats and Pita and increases Pitta	1-3g

Treatment as per Siddha

1. Banana

Bananas are extremely beneficial for gut and stomach health due to their high fiber content, which improves the digestive process. High in potassium, they increase mucus production in the stomach, which prevents excess acid build-up and also fights the harmful effects of hyperacidity Production. A ripe banana is a perfect antidote to severe heartburn [21].

2. Cold milk

It is a known fact that milk contains a high amount of calcium which makes it a superfood for bone health. But did you know that calcium is also one of the main ingredients in your over-the-counter antacids? Calcium helps to maintain the Ph balance and aids in proper digestion. This is the reason cold milk can provide you with instant relief from the burning sensation one feels during acidity and acid reflux. The calcium in milk also curbs and prevents acid build-up and also absorbs the excess acid produced. Remember though that cold milk is more effective than hot milk and not to add any additives like sugar, or chocolate powder to the milk [22].

3. Butter milk

Cold butter milk is another useful antidote to acidity. To get relief from heartburn, drink up a glass of cold buttermilk. Buttermilk contains lactic acid that neutralizes the acidity in the stomach. The lactic acid further soothes the stomach by coating the stomach lining and reducing the irritation and acid reflux symptoms. Besides, buttermilk is a naturally occurring probiotic. Probiotics are extremely important for good digestion process and that's why many doctors recommend probiotic supple-

ments on a daily basis. The good bacteria present in Probiotics prevent the gas build-up and bloating that often causes acid reflux. It also allows the nutrients and foods to be digested and absorbed properly which ultimately eliminates and reduces the possibility of acidity occurrence and keeps your gastrointestinal health in good condition.

This is why Indian meals are followed by buttermilk or chaas as it is known in Indian households. Next time you have a spicy or heavy meal follow it up with buttermilk and sprinkle a dash of black pepper powder to make it even more beneficial [23].

4. Fennel Seeds

Fennel seeds contain a compound called Anethole which works as a soothing agent for the stomach and prevents spasms and flatulence. It is also loaded with vitamins, minerals, and dietary fiber that aid the process of good digestion. As it also contains anti-ulcer properties it cools the lining of the stomach and helps in relieving constipation as well. Fennel seeds also come in very handy for tackling indigestion and acidity in pregnant women. A lot of pregnant women suffer from severe indigestion during pregnancy, but they are prohibited from taking a lot of food items and medicines. Fennel seeds function as an effective natural remedy to tackle indigestion, acidity, and acid reflux. They are also beneficial for breastfeeding mothers as it is known to increase breast milk in nursing women. Chew a few fennel seeds to reduce the symptoms of acidity or soak a few fennel seeds in water and drink up the water and chew on the fennel seeds to get immediate relief [24].

5. Basil Leaves

Basil leaves or Tulasi, as we know them better, stimulate our stomach to produce more mucus which in turn helps to relieve heartburn and nausea that often occurs with acidity. Chew 2-3 basil leaves to minimize your stomach acid. Furthermore, basil leaves when consumed soothes the inflamed esophagus and stomach lining caused by excessive stomach acid production. Basil leaves also have anti-ulcer properties which reduce the effect of gastric acids and curb gas production. Basil leaf juice

and powder are also often used in Ayurvedic medicines for indigestion [25].

6. Pineapple Juice

Pineapple juice is another natural remedy to provide relief from acidity and heartburn. Drink a glass of pineapple juice if you have had a spicy meal and detect symptoms of acidity. Pineapple juice is a tried and tested remedy to prevent as well as reduce hyperacidity and heartburn. Pineapples also contain bromelain, which is an enzyme that helps control levels of hydrochloric acid in your stomach and works to prevent severe acid reflux. Besides pineapple juice, edible aloe Vera juice is also known to be a coolant and a natural remedy to relieve heartburn [26].

7. Raw Almonds

Another home remedy that works well to relieve acidity is raw almonds. Raw almonds are simply natural almonds that have not been soaked or tampered with in any way. In ancient times in the Middle Eastern countries, almonds were regarded as a natural remedy for ulcers and heartburn. Today, medical and natural therapy practitioners advocate the benefits of the nut in curing acidity. Almonds are rich in natural oils which soothe and neutralize the acid in the stomach. The high fiber content of the nut also helps in the digestion process. Besides raw almonds, you can also have almond milk to keep your stomach in good health. Almonds and bananas, when taken together, can be a perfect antidote to acidity. Next time you are suffering from severe heartburn, pop in a handful of almonds rather than over-the-counter pills [27].

8. Mint Leaves

Mint leaves or pudina can also help when suffering from indigestion or acidity. Mint leaves are one of the best coolants available in nature and thus this property makes them reduce the burning and pain that often accompanies acidity and indigestion. Mint helps lower the acid content of the stomach and improves digestion. Chop or mint leaves to control and soothe acidity or boil a few leaves and drink the water once it cools to boost stomach and intestine health [28].

9. Clove

Cloves help to soothe inflamed and damaged stomach lining thus proving very beneficial for heartburns and stomach spasms. Clove since ancient times has been a part of Indian kitchens and this cooking staple which has alkaline and carminative properties also helps to ward off the effects of excess acid produced in the stomach and gastrointestinal tract which implies that it does not allow the formation of gas. Sprinkle crushed cloves and cardamom in your curries and Indian desserts to treat hyperacidity, prevent flatulence, and even get rid of bad breath [29].

10. Ginger

This is another kitchen staple that has myriad health benefits. Gingerols are the main ingredient found in ginger that gives it its healing properties whether for a normal cough and cold or various digestive and intestinal disorders. So here's how ginger helps in alleviating acidity. Ginger has properties that destroy the acidity triggering pylori bacteria, decrease inflammation, minimizes nausea, and calms the stomach muscles. Fresh ginger also helps in the treatment of nausea. Ginger is also an active ingredient in plenty of Ayurvedic medicines for indigestion. Ginger can be consumed raw, in tea or in cooking. When suffering from severe indigestion and acidity, combine 1 tbsp of ginger and lemon juice with 2 tbsp. of honey in warm water. This will help to reduce the symptoms of acidity, keep your metabolism strong and relieve weakness and pain associated with acidity [30].

11. Garlic

A lot of people feel surprised to know that garlic is a great natural remedy in the treatment of indigestion. Garlic is actually a powerhouse of antioxidants which obviously makes it a champion of heart health, but it is equally powerful as an antidote to acidity too. Raw garlic kills the pathogenic microorganism that is a major culprit in causing gastroenteritis. Including garlic in your everyday meals can actually stimulate your stomach health and prevent indigestion and consequently acidity. However, like most things, too much garlic in rare cases can lead to minor heartburn. In that case, one or two cloves can reverse this kind of heartburn [31].

12. Amla or Gooseberries

Amla in Ayurveda is considered a sattvik food which means it is a food that has an overall calming effect on our body, which makes it a natural deterrent for acidity. Amla also contains a high amount of vitamin c which helps in healing the injured stomach lining and oesophagus. Have one teaspoon of amla powder daily to prevent those annoying bouts of acidity. So, now that we have told you some super accessible kitchen ingredients to beat the acidity blues, try to opt for these natural remedies rather than the closest bottle of antacid available when you experience discomfort, nausea or burning due to acidity. We are also arming you with some other easy hacks to fight acidity [32].

Treatment as per Unani:

Usoole-e- Ilaj (Principles of Treatment) [32]

- Taskeen-e- Laza' (Neutralization of Irritation)
- Rad-e- Mawad-e- Faasida (Repulsion of causative bad matter)
- Taqwiyaat-e- Me'da (Toning up of stomach)
- **IlajBilDawa (Pharmacotherapy) [33]**
- Oral administration of the decoction of Tukhm-e- Turab (*Raphanus sativus Linn.*), common salt and honey for emesis, followed by oral administration of Sharbat-e- Anaarain 48 ml.
- Oral administration of powder of Gul-e- babool (*Acacia Arabica, Wild.*) 1 part, Namak-e- tabarzad (Rock salt) 1 part in the dose of 7 gm.
- Oral administration of mucilaginous decanted liquid prepared from Aspghol Musallam (Seed of *Plantago ovata, Forks*) 17.5 gm mixed with sugar.

Some Useful Compound Unani Drugs

- SikanjabinBuzoori 24 ml BD
- Murabba Amla daily one piece after washing with water
- Murabba Halaila 1- 2 piece after washing with water at bed time
- Namak Sulaimani 3 gm after meal
- Jawarish Mastagi 5-9 gm with Arq-e- Badiyaan 144 ml
- Sikanja beenUnsuli 12- 24 ml (34).

IlajBilTadbeer (Regimenal Therapy)

- Fasd-e- Usaylim (Salvatellaveneseccion/ Blood-letting through Usaylim Vein)
- Qai (Emesis/ Vomitting) [35].

Dietary Recommendations

- Ma' al- Sha'ir (Barley water)
- Aghziya Nashifa
- Aghziya Lateefa (Light diet)
- Ma' ul- Jubn (Whey (of Paneer)) (36).

Dietary Restriction

- Aghziya Ghaleeza
- Diets that may produce black bile

Dietary and lifestyle changes for acidity patients:





Do's

- Consume foods like barley, patola, green gram, mammals, bitter gourd, green veggies, kapitthe (wood apple), wheat pomegranate, honey, cane root, meat broth, cold water, banana, raw sugar, and white gourd melon
- Drink cold water
- Perform therapeutic purgation, therapeutic enema, and therapeutic emesis under the guidance of an Ayurvedic physician (37).
- Follow a healthy routine including a balanced Chet and timely meals
- Perform yogaasanas




Don'ts




- Don't eat chickpea flour, nice, brinjain, black gram, potato, spicy and salty food, fast food, sour vinegar and rock salt
- Do not drink coffee, alcohol or tea. Do not sleep during the day
- Do not suppress natural urges like urinating or bowel movement.
- Do not eat incompatible food combinations
- Do not eat sesame seeds, kutattha (horsegram), black beans, wine, goat's milk curd, and oily foods [38].




Herbal formulations available in market of India for the management and treatment of gastric acidity or problems


Sno.	Type of herbal formulations	Brand name	Composition /ingredients	Indication /uses	manufac-ture	Ref.no
1.	Tablets	Himalaya gasex 	Prativisha (aconitupal-matum) Cownie bhasma Shankh bhasma Maricha (piper nigrum)	-relives gas -helps with relief from nau-sea, as well as dyspepsia _contains prokinetic agents that help reduce acid re-flux	Himalaya drug com-pany	39
2.	Powder	Sanjeevani 	Acid mukthi: Mukta ,shalmaliresin, trikatu, dalchini, Aqueous extract	-GERD -acidity -constipi-tation -bowel unlease, IBS etc.,	Sanjeevani pharmacy	40
3.	capsules	Kudos acidos 	Nagar motha, vidanga , tvakpatra, jatamansi, arni, shankhbhasma	Hypera-cidity and indiges-tion	Kudos Ayurve-dha	41
4.	syrup	Ulsotin 		dyspep-sia, acid-ity and gastric ul-cers	Jaffman pharma-ceuticals	42
5.	suspen-sion	Himcocid-sf	Cowrie shell ash (va-ratika) Indian gooseberry (amalaki)	-relives gastroin-testinal discom-fort		43

				-combat ulcer and gastritis -gastro protective	Himalaya wellness company	
6	tablet	Bio gas rid 	Amla or Gooseberry, Ajmoda or Celery, Dhanyaka or Coriander, Giloy (Heart-Leaved Moonseed), Haritaki, Jeera or Cumin Seeds, Lemon or Nimbu, Mulethi or Licorice, Nagarmotha (Nut Grass), Nishoth or Turpeth, Pippali or Long pepper, SajjiKshar or Baking Soda, Sounth or Dry Ginger, Usira or Vetiver, Vidanga (False black pepper), Vibhitaki (Belliric Myrobalan)	For gas relief and digestive strength	Bio Ayurvedha	44
7.	Ayucid tablets	Baidyanath 	Avipathikar, kamdudha, dhatri lou Mukta shukti Excipients;-gum acacia ,lactose	Helps to combat acid reflux (or) hyper acidity	Shree Baidyanath	45
8	Avipattikar churan	Baidyanath 	Sonth, papal , Haritaki, amla	Hyper acidity	Shree baidyanath, ayurvedhawan pvt ltd	46
9	Amalakai churna	Amalakai 	Amalaki (emblica officinalis)	Duodenal ulcers	ayurvedanth	47



10	Amlant and triphala for acidity tablets	<p>Amlant</p> 	Amlaberry, haritaki, bibhitaki, triphala	Maintain acid balance naturally	maharishi	48
11.	Active antacid syrup	<p>Dabour</p> 	Trivrit, Bhringaraja, Guruchi, Yashti, and Khatika	Improve digestion, helps in acidity and bloating, helps in addressing flatulence and discomfort caused due to gastrointestinal spasms.	Dabour company	49
12.	Acid soothe capsules	<p>Enzymedica</p> 	contains enzymes, papaya leaf and other botanicals to support optimal Zinc Carnosine	Quickly Relieves Occasional Acid Discomfort Dietary Supplement	enzymedica	50,51
13	Gaisantakbati tablets	Baidyanath	Amla, ginger, Lemon extract and kalmegha etc....	Reduce acidity and gas formation,	Baidyanath company	52

				Im- proves dige- sion.		
14	Acidio- cid syrup	Yamuna 	Acidocid syrup com- prises natural herbs Like Patol, patra, Parpat, Giloya, Haritki, Vibhitak, Vasa, Mulethi, Bhan- gra, Chirayta, Jata- mansa, Brahmi and Nimbachhal etc.	Hyper acid- ity, gastri- tis, gastric ulcers, duode- nal ul- cers	Yamuna phar- macy	53
15	Bio ant- acid tab- lets	Bio Ayurvedha 	Mulethi, sounth, sounf, anala	Calms and soothes Inflamma- tion in the gullet and gut, curbs the dis- comfort of gas and reduces nausea	Bio Ayur- vedha drug com- pany	54
16	Bio gas- trind tab- lets	Bio Ayurvedha	Amla or Gooseberry, Ajmoda or Celery, Dhanyaka or Corian- der, Giloy (Heart- Leaved Moonseed), Haritaki, Jeera or Cumin Seeds, Lemon or Nimbu, Mulethi or Licorice, Nagar- motha (Nut Grass), Nishoth or Turpeth, Pippali or Long pep- per, SajjiKshar or Baking Soda, Sounth or Dry Ginger, Usira or Vetiver, Vidanga (False black pepper), Vibhitaki	Con- trol acidity and flatu- lence ,gas re- live	Bio Ayur- vedha drug com- pany	55

17	Amrita Bindu syrup	 <p>Amrita bindu</p>	Malayalam, chukku ,thippali, elakka, kadaladi, konna, ayamodakam,sathavari,kajiram,pachakarpooram,wava-saram,elayarngom	Ulcer control ,nausea Relief , flatulence Relief , bloating	Shankar pharmacy	56
18	Neutral chewable antacid tablets	Nagarjuna		This medication is used to treat symptoms caused by too much stomach acid .such as Upset stomach, It is an antacid that works by lowering the amount of acid in the stomach.	Nagarjuna Ayurvedic herbal	57
19	Muktashukti bhasma	 <p>Muktashu</p>	Muktashuki, Nimburas, Ghritkumari	Treat hyper acidity, relieves gastric pain	Rajiv Digits drug company	57
20	Amla pittantak Syrup	 <p>Baidyanath</p>	Guduchi, Neem, Chirayata, Bhringaraja, Mulethi, Vasaka, Pittapapra, Parwal, Nishoth, Sajjikshar, Muktashukti bhasma etc....	Useful in hyperacidity, gastritis, dyspepsia, so or belching,	Baidyanath drug company	58

				heart-burn, nausea, Vomiting.		
21	Aci kill capsules	<p>Aci kill</p> 	<p>Cinnamomum Tamala, Zingiber, Soda Khurdani, Foeniculum Vulgare, Mentha piperiata Extract and Populus Euphratica Extract. Etc....</p>	<p>-controlling Acidity, -Indigestion, -Belching and -Flatulence. -preventing Stomach infections. -treat the ulcers.</p>	Hashmi Unani Pharmacy	59
22	Divy agashar churna	<p>Patanjali</p> 	<p>Amla, ginger, hing, Jeera, harad, kali mirch, Kalnamak and coriander etc....</p>	<p>Improves digestion, Great for Constipation, Reduce acidity and gas formation in stomach.</p>	Pathanjali drug company	60
23	Acidity Rakshak Tablets	<p>Arogya Ayurvedha</p> 	<p>ayurvedic herbs such as Mulethi, kalmegha, ginger, Haritaki, turmeric,</p>	<p>Cures acid reflux, burning sensation, and ulcers due to its cooling potency</p>	Arogyam Ayurvedha	61
24	Flexibility tablets	<p>Organic India</p> 	<p>Organic Motha Rhizome (Cyperus Rotundus), Ashwagandha (Withania Somnifera), Guruchi (Tinospora Cordifolia</p>	<p>- a natural anti-inflammation supplement -provides joint pain relief without causing any kind</p>	Big basket company	62

				of side effects		
25	Amlapit-tari Vati	<p>Sri sri</p> 	Amalaki Yastimadhu Guduchisatva Dhanyaka Shankhabhasma	useful to reduce/ nullify acid secretion in stomach.	Sri sri manufactures	63
26	Zeo malt	<p>Amala earth</p> 	Triphala, Ajwain, Mar-ich, and Sounth	treating hyperacidity, heartburn, indigestion and flatulence	Amala earth	64
27	An-ardhana goli	<p>Dilbahars</p> 	Pomegranate Seeds Cumin Seeds Black Pepper Pepper Dry Ginger Dry Mango Rose Petals Pepper Long Neembu (Lemon) Black Salt Sugar – Saccharum of- ficinarum Stem	Cure Indi- gestion Relives Acidity Improve Appetite	Natural consumer care mar- keting pvt ltd.	65
28	Aram herbo tab- lets	<p>Way 2 herbal</p> 	Senna leaves, Amla, Ajwain, Himej, Jethi- madh, Nisot & Black salt.	Effective relief from gastric and acid- ity prob- lems aris- ing from constipa- tion.	Ayurvedic online store	66
29	Plant acid suspen- sion	<p>Salamis</p> 	an effective and safe herbo-mineral formu- lation	Treatment of Acid- Peptic Disorders. Benefits: Neutral- izes exces- sive acid Relieves heartburn & epigas- tric dis- comfort Promotes healing of gastric mucus	Solumiks herbaceu- ticals	67, 68

30	Ulcer package	<p>Shuddhi</p> 	<p>Suddhi powder Amalpiti nashak Dr.immne 32 herbs tea</p>	<p>Helps in providing relief from ulcers. Beneficial in Gastric problems. Beneficial in Gas, Acidity. Helps in digestion. Boost Immunity.</p>	Shuddhi Ayurvedha	69
31	Vatsakadi churna	<p>Planet Ayurvedha</p> 	<p>Kutaz bark ,bilva fruit pulp</p>	<p>Helps to maintain healthy intestines Supports the overall digestive system</p>	Planet ayurvedic	70
32	Alsarex tablets	<p>Alsarex</p> 	<p>Yashad Bhasma Kapardi Bhasma ahar Mohra Pishti Apamargkshar (Cassia fistula) Cumin (<i>Cuminum cyminum Fr</i>) Jatamansi / Spikenard (<i>Nardostachys jatamansi Rt</i>) Sonageru / Saindhasva lavana (Red ochre) Mukta Shukti Bhasma (Pearl oyster shell calyx) Shankha bhasma (Conch shell calyx) Shankha bhasma (Conch shell calyx)</p>	<p>Helps to soothe the gastro-intestinal lining, helps to maintain normal acid levels in the stomach, and reduces nausea. It is helpful for digestive and acidity issues.</p>	Charka ayurvedic	71
34	Siditi acid syrup	<p>Suayu</p>	<p>Yastimadhu, Nagarmotha, saunf</p>	<p>treatment of acidity neutralizes gastric acidity offers relief from the heartburn due to hyper acidity</p>	Suayu	72

35	wiucid power	A&A Ayurvedhic	Giloye, triphala, dalchini, kanchbecz, chireta, malbur nut	acidity gastric troubles	A & A ayurvedic	73
36	Trigua Ayurvedhic Am-lantak Tablets	Maharishi Ayurvedha	Chirchita, kalmegh, Trivirt, bhrin-hirchita, kalmegh, Trivirt, Bhringaraja	anti-ulcerant that offers multi-pronged approach in the treatment of hyperacidity and acid peptic disorders duodenal ulcers, bloated stomach	Maharshi ayurvedic	74

Conclusion

From this study, we conclude that there are so many herbal formulations of different brands available in India or all over the world which provides more efficacy and safety in treating gastrointestinal disorders like acidity, ulcers, GRRDs, etc., over the medically engineered drug products. All of the remedies presented here had adequate evidence from traditional or scientific sources for their safety, accuracy, and efficacy in the management and treatment of gastric acidity and other gastric problems

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