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Overview of peptic ulcer disease: what you need to know

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Abstract:

In 1982 people believed that peptic ulcers were caused due to lifestyle choices. This could have included consuming a diet rich in spicy foods and an inability to properly manage emotional and personal stress. Clinicians thought that these lifestyle factors resulted in an overproduction of gastric acid, leading to the formation of ulcers. Because of this, treatment for peptic ulcers at that time was limited to adopting a bland diet, bed rest, and taking medications that blocked new acid production and neutralized existing acid. In the late 19th century, the Polish clinical researcher Professor W. Jaworski and the Italian medical researcher Giulio Bizzozero both observed spiral-shape micro-organisms in the gastric mucosa of humans and dogs. Again in 1982, two physicians from Perth, Australia, Dr. Robin Warren, and Dr. Barry Marshall observed bacteria associated with ulcerated and inflamed regions of the human gut and began investigating its role in disease. These scientists isolated the bacteria from stomach biopsies and named the organism *Helicobacter pylori*. Due to their discovery now many Academic and industry scientists are actively pursuing vaccine against *Helicobacter Pylori* in order to address this world-wide concern.

Peptic ulcer is a common digestive disorder. Peptic ulcer is found to be due to imbalance between aggressive factors such as Hydrochloric acid (HCL), Pepsin, *Helicobacter Pylori* (H. Pylori), NSAIDs and Defensive factor such as Mucus, Bicarbonate ions, Prostaglandin, mucosal blood flow. The formation of peptic ulcer depends on the presence of gastric juice pH and decrease in mucosal defence. Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) and *Helicobacter Pylori* (H. Pylori) infection are the two major factors disrupting the mucosal resistance to injury. The idea behind treating ulcer is to digestive disorder lower the amount of acid that our stomach makes, to neutralize the acid that is made and to protect the injured area so it can have time to heal.

Keywords:

Peptic ulcer, digestive disorder, Steroidal Anti-Inflammatory Drugs, gastric acid, Hydrochloric acid