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Open lable single arm study on effect of milk decoction of *Liquorice* root in gastro-esophageal reflux disease

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Gastro-esophageal Reflux Disease (GERD) is a chronic disorder related to retrograde flow of gastroduodenal contents in to oesophagus or adjacent organs causing troublesome symptoms and complications. It is a highly prevalent condition and has a high impact on quality of life of patient. Reflux symptoms could be caused by oesophageal hypersensitivity as a result of visceral-neural pathway dysfunction. The cardinal symptoms of GERD are heart burn and regurgitation and other symptoms include nausea, globus sensations and odynophagia. GERD is a clinical manifestation occurring due to the excessive reflux of acidic gastric contents into the esophagus causing varying degree of symptomatic irritation or injury to the esophageal mucosa. Milk decoction of *Liquorice* root (*Yashtimadhu ksheerapaka*) is a formulation prepared by processing the milk with *Liquorice* root. The studies have shown that chemicals in *Liquorice* root (*Yashtimadhu*) decreases the swelling of mucous membrane in inflammatory gastric conditions and milk will act as a media and conveyor of medicinal properties to cells. Therapeutic attributes of *Liquorice* root (*Yashtimadhu*) buffer the excess acid secretion and will balance the normal physiology. In Ayurvedic literatures anti-inflammatory, antiulcer and antiemetic property of *Liquorice* root (*Yashtimadhu*) were also discussed. Here is a single group clinical study by 50 patients using milk decoction of *Liquorice* root (*Yashtimadhu ksheerapaka*) for a period of two months. It was successfully in treating symptoms of GERD and patients experienced reduction in heartburn, regurgitation and nausea.

Biography

Rajeshwari P N has completed her PhD from Sarvepalli Radhakrishnan Rajasthan Ayurveda University, Rajasthan, India and Post-graduation studies from Rajiv Gandhi University Bangalore, India. She is currently working as the Associate Professor and Ayurveda Consultant in Amrita School of Ayurveda and Hospital, Amrita Vishwa Vidyapeetam, India. She has published more than 15 papers in reputed journals and has been serving as Research Expert to Ayurveda One Pvt., limited Bangalore, India.

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