Clinical Observations on Gasex in Gastrointestinal Complaints

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Gastrointestinal disorders such as flatulence, eructations, gaseous distension, epigastric pain, trapped wind, heartburn and hyperacidity have been found to be common in almost 30% of the patients attending the polyclinics and nursing homes. It is true that they are seemingly minor complaints, but left untreated, they lead to major digestive disorders and perhaps some psychosomatic complaints. Hence they cannot be ignored. As in respiratory or cardiac disease, excess of gas in the intestinal tract may increase the discomfort and aggravate the existing symptoms. The trapped gas may also produce angina-like pain or respiratory discomfort. Though seemingly minor, these are important problems of general medical practice.

During the process of digestion, carbohydrates, proteins and fats are acted upon by the various enzymes in the saliva, stomach, pancreatic secretion and bile in the duodenum and succus entericus in the small intestine. The digestive process depends on proper conversion of the ingested food into final products like glucose, fatty acids- bile complex or fatty acids and glycerine and amino acids. For this, correct composition of food, proper secretion of the different digestive juices and enzymes as well as motility of the intestinal tract are essential. Any disturbance in the digestive function leads to stasis and incomplete digestion, which may lead to putrefaction or fermentation by the action of the intestinal bacteria. The accumulation of gas in the intestinal tract to some extent is a physiological process. However when there is a disturbance or deficiency in the quality of one or a group of enzymes or when there is a meal disproportionately high in fat and/or carbohydrate and/or protein and when there is disturbance or poor function of the liver, then there is a tendency to gas formation in the intestinal tract. Gaseous distension of the abdomen produces a feeling of vague discomfort, flatulence, a feeling of fullness, indigestion, nausea, eructation and heartburn.

Trapped gas in the intestinal tract is a source of mild to severe discomfort, heaviness, pain in the epigastric region, hyperacidity, etc. This condition causes inconvenience to persons at work in vocations of all types. It may lead to lack of concentration, feeling of uneasiness and ill health, bringing about a loss of many working hours. These are the types of cases which crowd our dispensaries and consulting rooms, with symptoms like epigastric pain, distended abdomen, pain or discomfort in the mediastinum and belching.

Gasex (The Himalaya Drug Co.) has been favourably reported to be useful in expelling trapped wind, relieving flatulence and eructations, checking abdominal distension and releasing gas in the epigastric region and stopping heartburn and correcting hyperacidity. Its composition is as follows:

Each Gasex tablet contains:

- Aconitum palmatum: 65 mg
- Piper nigrum: 19 mg
- Embelia ribes: 22 mg
- Triphala: 22 mg
- Zingiber officinale: 22 mg
- Cowrie bhasma: 32 mg
- Shankh bhasma: 32 mg
Prepared in the juices and decoctions of Mentha arvensis, Moringa pterygosperma, Carica papaya, Citrus limon etc.

These ingredients are known to relieve these common gastrointestinal complaints and correct digestion.

A planned study was undertaken in 200 cases showing these complaints to evaluate the results of Gasex therapy. The complaints and symptomatology were very carefully recorded. Examinations were carried out to exclude other systemic disease of cardiac or respiratory origin. Two hundred cases whose complaints were primarily of gastrointestinal origin, were put on Gasex tablets 2 to 3 t.i.d. after meals. This administration ensured control of vague symptoms of gastrointestinal discomfort, abdominal distension and flatulence. Pain and discomfort were relieved, eructations were suppressed and the feeling of heartburn and acidity disappeared. Gasex was continued for a period of 2 to 8 weeks in different cases on a dose of 2 to 3 tablets t.i.d. after meals, when required. In most cases Gasex relieved the patients of their complaints and corrected the disturbed digestive process and functions.

It was observed that Gasex tablets gave swift relief of symptoms such as trapped wind, flatulence, abdominal distension, heartburn and hyperacidity. Above all, it was observed that on prolonged use of Gasex tablets in chronic digestive malfunction, the digestive functions also improved and were corrected. Later on, the patients did not need any treatment, as their digestive functions were corrected by the regular use of Gasex tablets.

Of the 200 patients, 190 were relieved of their various symptoms promptly. The digestive functions improved remarkably. This study clearly showed that Gasex is of immense value in the treatment of common gastrointestinal complaints originating in the digestive tract and when other systems are not involved.

SUMMARY
1. Gasex tablets were tried in 200 cases of flatulence and gastrointestinal complaints in the dosage of 2 to 3 tablets t.i.d. for 2 to 8 weeks.
2. The main complaints were flatulence, eructations, gaseous distension and epigastric pain.
3. There was marked subjective improvement in 190 patients (95%) and they were relieved of their complaints.
4. Digestive function improved in many cases.
5. There were no toxic effects.