

Exploring Herbal Remedies for the Management of Functional Gastrointestinal Disorders and Infections: A Comprehensive Review

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Abstract: *People and society are negatively affected by functional dyspepsia (FD), a prevalent gastrointestinal condition. We searched PubMed using specific keywords for this research to examine clinical papers on conventional and herbal dyspepsia treatments and their adverse effects. Dyspepsia may be treated with H2 blockers, antacids, and PPIs. Tegaserod, a 5-HT4 receptor partial agonist, is also discussed in regard to prokinetic medicines. We review the evidence for non-herbal dyspepsia treatments, taking into consideration factors other than acid reduction, such as the placebo effect and symptom variance, which are discussed in the proton pump inhibitor (PPI) therapy section. Unlike most medications, herbal therapies generally include many active ingredients that target multiple signaling pathways. Literature mentions licorice, ginger, fennel, cumin, and aloe vera. Herbal treatments, whether single-plant or blended, may treat numerous conditions. So, the same scientific criteria used to assess chemically specific drugs should be utilized to evaluate herbal treatment throughout development.*

Keywords: Herbal treatment, Functional gastrointestinal disorders, Infection.

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