



CARMINATIVES

These are drugs which promote the expulsion of gases from the g.i.t. and give a feeling of warmth and comfort the epigastrium.

Commonly used drugs are:

Sodium bicarbonate

0.6--1.5 g Oil

Peppermint 0.06--0.1

ml Tincture Cardamom

Co. 1-2 ml Oil of dil

0.06--0.2 ml

Tincture ginger 0.6--1 ml

Sodium bicarbonate reacts with gastric HCl, which rapidly distends stomach, relaxes

The others are condiments and spices, contain volatile oils, which by their mild irritant action and flavour and increase g.i.t. motility. They give a feeling of warmth and comfort in the abdomen.

DIGESTANTS

These are substances intended to promote digestion of food. A number of proteolytic, amylolytic and lipolytic enzymes are marketed in combination formulations and more vigorously promoted for dyspeptic symptoms, and appetite stimulants or health tonics. Their routine use in tonics and appetite improving mixtures is irrational.

Hydrochloric acid It may be used in achlorhydria; 10 ml of dilute HCl (10%) should be further diluted to 100-200 ml with water and sipped with a straw (to prevent contact with teeth) during meals.

Pepsin May be used along with HCl due to atrophic gastritis, gastric carcinoma, pernicious anaemia, etc.

Papain It is a proteolytic enzyme obtained from raw papaya. Its efficacy after oral ingestion is doubtful.

Pancreatin It is a mixture of pancreatic enzymes obtained from hog and pig pancreas. It contains amylase, trypsin and lipase; indicated in chronic pancreatitis and other exocrine pancreatic deficiency states. Fat and nitrogen content of stools may be reduced and diarrhoea/steatorrhoea may be prevented. It has to be used as enteric coated tablets or capsules to protect the enzymes from being themselves digested in stomach by pepsin. Nausea, diarrhoea and hypen:ricaemia are the occasional side effects.

Diastase and Takadiastase These are amylolytic enzymes obtained from the fungus *Aspergillus*. They have been used in pancreatic insufficiency.