

EVALUATION OF ANTI-INFLAMMATORY ACTIVITY OF NARAYAN GHRITA W.S.R.T. GASTRIC ULCER (IN VITRO)

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ABSTRACT

Background: Inflammation plays a significant role in the pathogenesis of gastric ulcers through the release of inflammatory mediators and disruption of gastric mucosal defense. Owing to the limitations and adverse effects associated with prolonged use of synthetic anti-inflammatory drugs, there is growing interest in safer herbal alternatives. Narayan Ghrita, an Ayurvedic formulation described in the *Amlapitta Adhyaya* of Bhaishajya Ratnavali, is traditionally indicated in gastric inflammatory disorders and may possess anti-inflammatory potential.

KEYWORDS: *Amlapitta, Anti-inflammatory, Ayurveda, Hyperacidity, Gastric ulcer.*

Aim: To evaluate the in-vitro anti-inflammatory activity of Narayan Ghrita.

MATERIALS AND METHODS

Narayan Ghrita was prepared according to the classical reference using authenticated raw materials and subjected to physicochemical and organoleptic analysis as per Ayurvedic Pharmacopoeial standards. The anti-inflammatory activity was assessed using the Bovine Serum Albumin (BSA) denaturation assay. Different concentrations of the formulation were tested, and diclofenac was used as the reference standard. Percent inhibition of protein denaturation and IC_{50} value were calculated.

RESULTS

Narayan Ghrita demonstrated concentration-dependent inhibition of protein denaturation. Maximum inhibition of 67.18% was observed at 1800 μ l concentration. The IC_{50} value was found to be 354.6 μ l, indicating moderate to good anti-inflammatory activity. Analytical parameters confirmed the quality, stability, and standardization of the formulation.

CONCLUSION

The study establishes significant in-vitro anti-inflammatory activity of Narayan Ghrita and scientifically supports its traditional use in gastric inflammatory conditions such as Amlapitta and gastric ulcer.