

## RESEARCH ARTICLE

**Views about *Helicobacter pylori* infection among the students of Institute of Molecular Biology and Biotechnology****Muhammad Imran Qadir<sup>1</sup>, Maria Mehmood\***<sup>1</sup>*Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan***Received on: 30/09/2018, Revised on: 20/10/2018, Accepted on: 25/11/2018****ABSTRACT**

We took views about *Helicobacter pylori* infection about cure, cause and symptoms from 78 students. The students were part of institute of molecular biology and biotechnology. In this study, we discussed *H. pylori* infection. The bacterium infects our stomach. *H. pylori* are a spiral shaped. It usually occurs due to unsanitary living condition, living in crowded condition and drink unclean water. Symptoms of *H. pylori* infection is burning pain in abdomen, loss of appetite, bloating, nausea, frequent burping, and unintentional weight loss. We must take medicine if we are affected by *H. pylori* and used probiotics food such as miso, sauerkraut, kimchi and yogurt. If we don't treat it then it can causes serious stomach problems.

**Key words:** *H. pylori*, unhygienic condition**INTRODUCTION**

At most two-third of the world human infected by *H. pylori*. It is spiral shaped bacteria. It generally occurs when we live in stress life style condition, and also it is spread by drink unclean water and food. These bacteria attach on stomach and some time causes peptic ulcer, gastritis and stomach. When infection occurred it breaks down the inner protective coating in stomach and makes inflammation. When we suffered peptic ulcer we feel dull or burning pain in our stomach. This disease is treated with antibiotics and acid reducing medicine. <sup>[1]</sup> *H. pylori* has many symptoms like aching or burning pain in the abdomen, nausea, increased burping, and decreased appetite, bloating, unexplained weight loss. In start our stomach also protects itself by releasing a strong acid which is died the bacteria. It is also transmitted by saliva. We also treated this disease by ginger, broccoli, thyme, licorice, curcumin, garlic, green tea and probiotics. We keep prevent from *H. pylori* if we follow those condition like must washed our hand after using bathroom, eat properly prepared food, drink clean water from clean source. <sup>[2]</sup>

Objective of present study was to know the views about *H. pylori* infection.

**MATERIAL AND METHOD**

There were 78 students that took part in the study. All students had age limit 18 to 22 years. All were the students of Bahauddin Zakariya University Multan. This data collected from department of Institute of molecular biology and biotechnology. A questionnaire was prepared that about the *H. pylori*. The question was that how unhygienic condition cause *H. pylori*?

**Statistical Analysis**

Statistical analysis was performed by used MS excel.

**RESULTS AND DISCUSSION**

The result of study about *H. pylori* is show below the table. In table 1<sup>st</sup> we take views of 77 students about *H. pylori* is a disease is viral, bacterial etc. This result showed that *H. pylori* is a bacterial disease. In table 2 was collected data about *H. pylori* ever suffered from you and relative etc? The most percentage we get about suffering *H. pylori* is your neighbor and least % about your friend and it is only 5.1%. In table 3, we discussed about *H. pylori* how was transmitted like by blood contact or from parents to off spring. Result showed that *H. pylori* transmitted by blood contact. We also discussed *H. pylori* may be treated by medicine or surgery or no need to treatment? Results showed that 77% said yes for medicine treatment. 5% student said yes for

surgery and 10% said yes for no need of treatment for *H. pylori*.

**Table No.1: Questionnaire to evaluate awareness about etiology of *H. pylori* infection**

Sr. No	<i>H. pylori</i> infection	Yes%	No%
1	Viral disease	9.0%	90%
2	Bacterial disease	88%	11%
3	Fungal disease	3.8%	96%
4	Genetic disease	3.8%	96%
5	Metabolic disease	61%	38%

**Table No. 2: Questionnaire to evaluate views about *H. pylori***

Sr. No	Ever suffered from	Yes%	No%
1	You	7.7%	92%
2	Your family member	7.7%	92%
3	Your Relative	9.09%	90%
4	Your neighbor	11%	88%
5	Your friend	5.1%	94%

**Table No.3: Questionnaire to evaluate views about transmission of *H. pylori***

Sr. No.	<i>H.pylori</i> is transmitted by	Yes%	No%
1	Contact or blood transfusion	18.18%	81%
2	From parents to offspring	7.7%	92%

Questionnaire based study give important outcomes. [3-10] In current research many result found about the *H. pylori*. Safaei et al (2011) concluded that *H. pylori* transmitted by cow's milk and facial contamination and inappropriate management process could transfer *H.pylori* to human. [11]

## CONCLUSION

The study concluded that students of Institute of Molecular Biology and Biotechnology know little about *H. pylori* infection.

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