

## RESEARCH ARTICLE

### **Apprehension of facts of causes and prevention of the peptic ulcer in Bahauddin Zakariya University, Multan, Pakistan**

Muhammad Imran Qadir, Maryam Saba\*

*Department of Biology, Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan*

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#### ABSTRACT

The objective of the present study was peptic ulcer. There were total of 76 students who participated in this project. Moreover, there were 15 questions which all were marked by all the students. A questionnaire was prepared about peptic ulcer in which there are different percentages of all the questions and the outcome is that peptic ulcer is a bacterial disease and it occurs most in females than in males. Peptic ulcer can be controlled by medicines.

**Keywords:** Peptic ulcer, Stomach ulcer, NSAID, Bacteria

#### INTRODUCTION

A peptic ulcer is a type of sore which forms in the digestive system. The term peptic ulcer is a prior era. All the three kinds of peptic ulcer are here. One is the gastric ulcer which occurs inside the stomach.<sup>[1]</sup> Second, the ulcer which occurs in small intestine is duodenal ulcer.<sup>[2]</sup> Third, esophageal ulcer occurs in esophagus. The main causes of peptic ulcer are *Helicobacter pylori* which are bacteria that are effective on stomach and others are nonsteroidal anti-inflammatory drugs (NSAIDs). The symptoms of peptic ulcer are abdominal pain, vomiting with blood, and weight loss. It can be cured by antibiotics. Antacids can also be used to neutralize the acidity and pain in stomach. Proton-pump inhibitor finishes the production of acid. People with peptic ulcer should take proper diet and should also adopt some home remedies which are very useful for those persons. There are specific foods due to which ulcer becomes worse. It is well known that milk can act as preventer for the patients of ulcers. The other main thing is that smoking is the main cause of ulcer. The frequent use of NSAIDs can also cause ulcer. The objective of the present study was to evaluate the views about peptic ulcer among the students [Table 1].

#### \*Corresponding Author:

Maryam Saba,  
 E-mail: [maryamsababzu@gmail.com](mailto:maryamsababzu@gmail.com)

#### MATERIALS AND METHODS

A questionnaire was prepared about peptic ulcer. We wrote my project on a paper and gave to all the students. There were 15 questions which were answered by the students. In this project, every student marked on it according to their knowledge. A total of 76 students participated in this project. According to those answers, we counted the yes and no and made the percentage to evaluate awareness about etiology, views about prevalence, transmission, and hope of peptic ulcer [Tables 2-4].

#### RESULTS AND DISCUSSION

A questionnaire was prepared about peptic ulcer. There is the result of project in which there are 6.57% who said that it is a viral disease, 97.36% said that it is a bacterial disease, 10.52% said that it is a fungal disease, 6.57% said that it is a genetic disease, and 2.63% said that it is a metabolic disease in the etiology of peptic ulcer [Table 5]. The second thing is the prevalence of it in which 11.84% said that they had suffered by this disease, 15.78% said that their family member had suffered by it, 25% said that their relative had suffered by it, 22.36% said that their neighbor had suffered by it, and 21.05% said that their friend had also suffered from it. In the transmission of this disease, 5.26% said that this disease comes from contacts and blood transfusion and 6.57% said that it comes from parents to the offspring. 27.63% said that

**Table 1:** Questionnaire to evaluate awareness about etiology of peptic ulcer

Peptic ulcer is a	Yes (%)	No (%)
Viral disease	6.57	93.42
Bacterial disease	97.36	2.63
Fungal disease	10.52	89.47
Genetic disease	6.57	93.42
Metabolic disease	11.84	57.89

**Table 2:** Questionnaire to evaluate views about the prevalence of peptic ulcer

Any time suffered from peptic ulcer	Yes (%)	No (%)
You	11.84	88.15
Your family member	15.78	84.21
Your relative	25	75
Your neighbor	22.36	78.94
Your friend	21.05	88.15

**Table 3:** Questionnaire to evaluate views about transmission of peptic ulcer

Peptic ulcer is transmitted by	Yes (%)	No (%)
Contacts or blood transfusion	5.26	94.73
From parents to offspring	6.57	93.42

**Table 4:** Questionnaire to evaluate views about hope for peptic ulcer

Peptic ulcer may be cured by	Yes (%)	No (%)
Medicines	27.63	72.36
Surgery	10.52	90.78
No need of treatment	6.57	88.15

**Table 5:** Questionnaire about etiology of peptic ulcer. Views of postgraduate students

Questions	Male (%)		Female (%)	
	Yes	No	Yes	No
Viral disease	1.31	18.42	5.26	75
Bacterial disease	19.73	0	77.63	2.63
Fungal disease	0	19.73	10.52	69.73
Genetic disease	0	19.73	6.57	73.68
Metabolic disease	5.26	14.47	36.84	43.42

it can be cured by antibiotics, 10.52% said that surgery is best for it, and 5.26% said that there is no need of treatment, it can be cured itself.

Questionnaire-based studies were given important in the current researches.<sup>[3-10]</sup> Vergara *et al.*

studied about the peptic ulcer. They concluded that *H. pylori* eradication reduces the incidence of peptic ulcer in the overall population receiving NSAIDs.<sup>[11]</sup>

## CONCLUSION

It was concluded from the study that it is a bacterial disease and it is also concluded from this study that somehow it is also a metabolic disease. This disease mostly occurs in females than males.

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