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***YASTIMADHU KSHEERAPAKA***

**Gopika**

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Recently there was an interesting article published in [www.journals.plos.org](http://www.journals.plos.org) entitled “Proton pump inhibitor (PPI) usage and the risk of myocardial infarction (MI) in the general population” in which the author concludes as “Consistent with our pre-clinical findings that PPIs may adversely impact vascular function, our data-mining study supports the association of PPI exposure with risk for MI in the general population”. So, the need of the hour is to shift back to basic principles of *Ayurveda* and prescribe some basic medicines which are effective and at the same time SAFE without any untoward effects for gastro esophageal reflux disease (GERD).

*Ksheerapaka* (medicated milk) is a unique and patient friendly formulation of *Ayurveda*. It is one of the distinct preparations, specially incorporated to minimize the irritant property of the drug to be administered. *Yastimadhu* (*Glycyrrhiza glabra*) is a drug having the property to mitigate *Pitta dosha*. *Yastimadhu ksheerapaka* is a suitable formulation and clinically successful remedy for *Pitta* predominant diseases like GERD. When 40ml of *Yastimadhu ksheerapaka* was advised to patients of GERD, early morning in empty stomach for a period of 3 weeks, promising relief in signs & symptoms was observed in a week, which proves its efficacy. So, advice to your patients and bring smile in their life.

*Yastimadhu* (*Glycyrrhiza glabra*) in excessive dose causes vomiting but when it is processed with milk and water with a quantity of 1 to 3g, it gives the therapeutic benefits. *Glycyrrhizin*, is a major water soluble constituent & *Glycyrrhetic acid* is used to treat peptic ulcer and duodenal ulcer. Traditionally this drug is recommended as a prophylaxis and curative drug for dyspepsia, gastric & duodenal ulcers.

**Ingredients**

*Yastimadhu* (*Glycyrrhiza glabra*): 1 part; Milk: 8 parts; Water: 32 parts

Reduce the total content to the quantity of milk.

Dose: 40ml early morning on empty stomach for 3 weeks.

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