CODEN [USA]: IAJPBB ISSN : 2349-7750

INDO AMERICAN JOURNAL OF
PHARMACEUTICAL SCIENCES

SJIF Impact Factor: 7.187

https://doi.org/10.5281/zenodo.17724950

Available online at: http://www.iajps.com *Review Article*

REVIEW ON SUSTAINED RELEASE DOSAGE FORMS IN THE MANAGEMENT OF PEPTIC ULCER DISEASE

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Abstract:

Peptic Ulcer Disease (PUD) is a common gastrointestinal problem caused by an imbalance between gastric acid secretion and mucosal protection. Conventional anti-ulcer drugs provide quick relief but require frequent dosing and may produce side effects. To overcome these issues, Sustained Release (SR) dosage forms are developed to maintain a steady drug level for a longer period, reduce dosing frequency, and improve patient compliance. Herbal medicines are gaining attention due to their safety and strong gastroprotective properties. Among them, Emblica officinalis (EO), commonly known as Amla, contains vitamin C, tannins, and flavonoids that show anti-ulcer, antioxidant, and mucosal-healing activity. This review highlights the role of EO in anti-ulcer therapy, its phytochemical profile, mechanisms of action, and its suitability for SR formulations. The paper also discusses formulation techniques, evaluation parameters, and previous research supporting the development of an effective herbal-based SR anti-ulcer dosage form.

Keywords: *Peptic Ulcer Disease (PUD); Sustained Release (SR) Formulation; Emblica officinalis (Amla); Anti-ulcer Activity; Herbal Medicine; Gastroprotective Agents; Phytochemicals.*

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Please cite this article in press ***Pooja D. Jadhav*** *et al.,* ***Review On Sustained Release Dosage Forms In The Management Of Peptic Ulcer Disease****, Indo Am. J. P. Sci, 2025; 12(11).*

INTRODUCTION:

Peptic Ulcer Disease (PUD) is one of the most common gastrointestinal disorders affecting people of all age groups in India and worldwide. It occurs when there is a break or erosion in the lining of the stomach or upper part of the small intestine due to excessive secretion of gastric acid, pepsin activity, and weakening of mucosal defence mechanisms. Factors like *Helicobacter pylori* (H. pylori) infection, long-term use of Non-Steroidal Anti-Inflammatory Drugs (NSAIDs), stress, smoking, alcohol consumption, and spicy food play an important role in ulcer formation.[1]Although modern anti-ulcer drugs such as Proton Pump Inhibitors (PPIs), H2-receptor blockers, antacids, and cytoprotective agents are widely used, they often show limitations like short biological half-life, frequent administration, rebound acidity, and side effects. Due to these drawbacks, there is a growing need for better treatment approaches that provide longer, safer, and more effective ulcer control.[2]

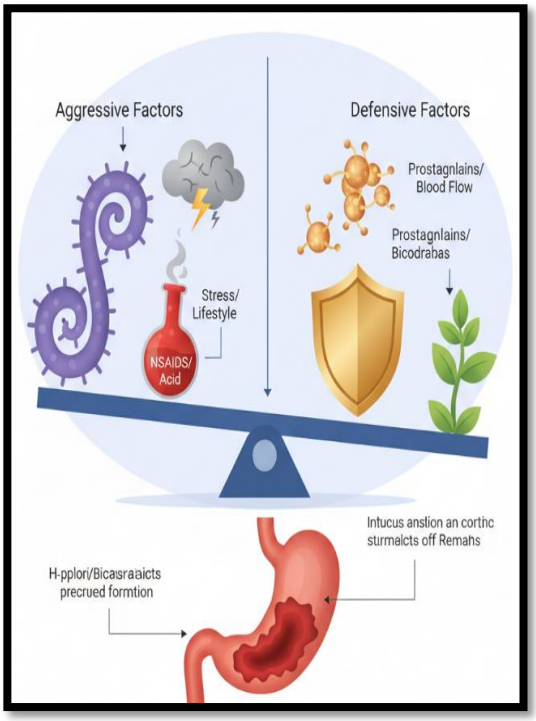

Figure 1: Pathophysiology of Peptic Ulcer Disease

The stomach maintains a delicate balance between aggressive factors (acid, pepsin, reactive oxygen species, and H. pylori toxins) and defensive factors (mucus layer, bicarbonate, prostaglandins, and mucosal blood flow). When this balance is disturbed, mucosal injury occurs, leading to ulcer formation. In recent years, oxidative stress and inflammation have also been recognized as major contributors to gastric mucosal damage. Therefore, agents that possess antioxidant, anti-inflammatory, and mucosal-healing properties are considered highly beneficial in ulcer management.[3]

One promising approach is the development of Sustained Release (SR) dosage forms, which are designed to release the drug slowly and uniformly over a prolonged period. SR formulations improve therapeutic efficacy by maintaining constant plasma drug concentration, reducing dosing frequency, and enhancing patient compliance. They also minimize fluctuations in drug levels, thereby preventing irritation of the gastric mucosa and reducing the chance of recurrence. For chronic conditions such as peptic ulcer, SR systems play an important role in long-term therapy.[4]

Herbal medicines have been used in Ayurveda and traditional systems of medicine for ulcer treatment for centuries. Unlike synthetic drugs, herbal extracts are rich in natural antioxidants, flavonoids, and tannins that strengthen mucosal defences and promote healing. Among various herbs, *Emblica officinalis* (Amla) has gained special attention due to its strong gastroprotective activity. Amla fruit contains vitamin C, gallic acid, ellagic acid, and tannins, which reduce gastric acidity, neutralize free radicals, enhance mucus secretion, and protect the stomach lining. Scientific studies also support its anti-ulcer, anti-inflammatory, and antioxidant properties, making it a suitable candidate for SR formulations.[5]

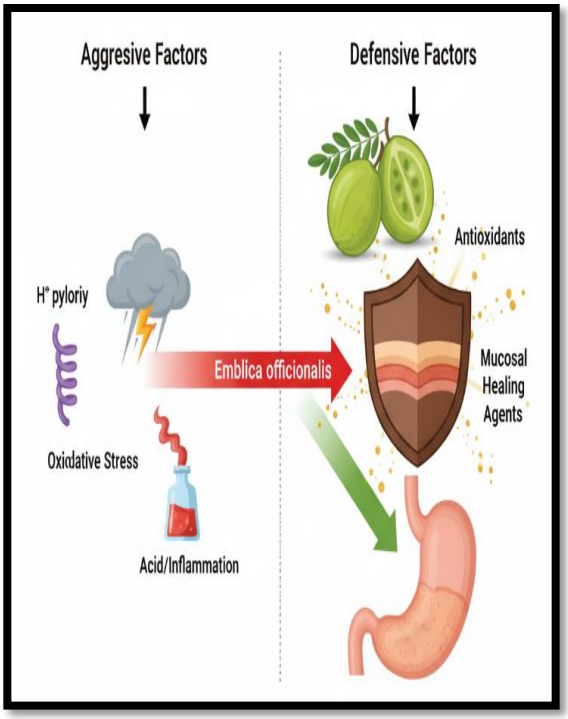

Figure 2: Mechanism of Anti-Ulcer Action of Emblica officinalis

The inclusion of natural plant extracts like Amla in SR tablets provides a dual advantage—long-term drug release and herbal therapeutic benefits. Since herbal extracts usually contain multiple active compounds, they can work through various mechanisms such as reducing gastric acid secretion,

improving mucosal defence, accelerating ulcer healing, and preventing oxidative damage. Moreover, herbal-based SR formulations may show fewer side effects and better tolerability compared to synthetic drugs.[6]

With increasing interest in natural therapies, the concept of integrating herbal extracts into modern pharmaceutical dosage forms has gained momentum. Sustained release herbal formulations combine traditional healing wisdom with advanced drug delivery technologies. Polymers such as Hydroxypropyl Methylcellulose (HPMC), natural gums, and other matrix-forming agents are commonly used to control drug release and ensure continuous availability of the active constituents. Proper evaluation of formulation parameters, dissolution behaviour, release kinetics, and stability ensures that the product is safe, effective, and pharmaceutically acceptable.[7]

This review paper focuses on the importance of sustained release dosage forms for anti-ulcer treatment and highlights the potential of *Emblica officinalis* as a key herbal agent. The paper discusses the pathophysiology of peptic ulcer, current treatment limitations, advantages of SR systems, phytochemical profile and medicinal benefits of Amla, formulation techniques, evaluation parameters, and a review of relevant scientific studies. The objective is to provide scientific insight into the development of a sustained-release herbal anti-ulcer formulation that ensures prolonged therapeutic action, improved patient compliance, and better ulcer management.[8]

Oral and External Ulcers

a. Mouth Ulcers (Aphthous Ulcers)

These are small, painful sores inside the mouth caused by stress, vitamin deficiency, injury, food sensitivity, or infections. Although usually harmless, they cause discomfort while eating or speaking.[9]

b. Genital Ulcers

These ulcers occur on the genital area due to infections, poor hygiene, or skin disorders. They may cause pain, itching, or discharge and require medical evaluation.

c. Pressure Ulcers (Bedsores)

Bedsores develop in bedridden or immobile patients when skin is continuously pressured. They commonly occur on heels, hips, and lower back. Proper care and frequent repositioning are essential for prevention.[10]

Stress-Related Ulcers

a. Stress Ulcers

Severe illness, trauma, burns, or surgery can drastically reduce blood flow to the stomach lining, leading to stress ulcers. They can develop quickly and often cause bleeding. Intensive care patients are at high risk.

These ulcer types differ in causes, symptoms, and severity, but all require timely diagnosis and proper treatment to prevent complications.[11]

Types of Ulcers

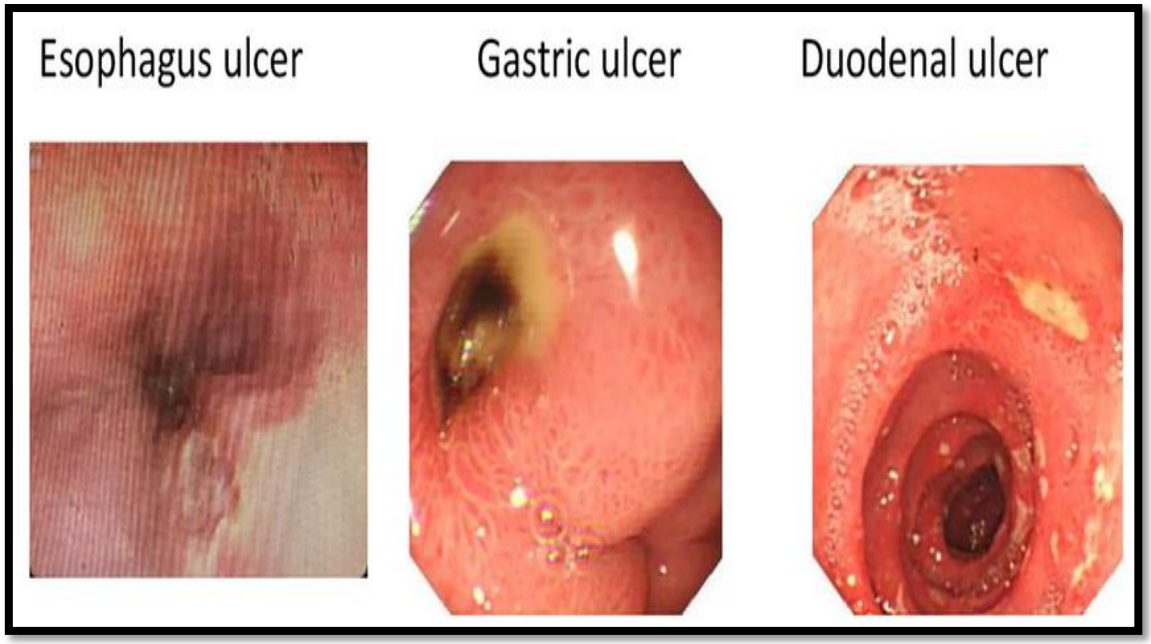

Figure 3: Classification of Different Types of Ulcers

Ulcers are open sores or breaks formed in the lining of different organs when the protective barrier becomes weak and cannot resist irritation, inflammation, or corrosive substances like acid and enzymes. They can occur in the digestive system, mouth, esophagus, skin, and even genitals. Understanding different types of ulcers is important because their causes, symptoms, and treatment approaches vary. Broadly, ulcers can be grouped into gastrointestinal ulcers, oral and external ulcers, and stress-related ulcers.[12]

Gastrointestinal (GI) Ulcers

Gastrointestinal ulcers are the most common and medically significant because they occur in organs involved in digestion, where strong acids and enzymes are present.

a. Gastric Ulcer

A gastric ulcer develops in the lining of the stomach when the protective mucus layer becomes weak or damaged. This allows stomach acid and pepsin to attack the tissues, forming painful sores. Gastric ulcers commonly occur due to *H. pylori* infection, alcohol consumption, smoking, or long-term NSAID use such as aspirin or ibuprofen. Patients usually report pain immediately after meals, bloating, nausea, or a heavy feeling in the upper abdomen. If untreated, it can lead to bleeding or perforation.[13]

b. Duodenal Ulcer

A duodenal ulcer forms in the first part of the small intestine (duodenum). It is more common than gastric ulcer and is strongly associated with *H. pylori* infection. Pain typically appears two to three hours after eating or during the night, and eating food may temporarily relieve the pain. Although less likely to become cancerous compared to gastric ulcers, untreated duodenal ulcers can still cause bleeding or obstruction.

c. Esophageal Ulcer

Esophageal ulcers occur inside the food pipe and are mainly caused by chronic acid reflux, also known as gastroesophageal reflux disease (GERD). This happens when acidic stomach contents repeatedly flow back into the esophagus and damage its lining. Other causes include swallowing harmful chemicals, prolonged vomiting, or infections. Symptoms include chest pain, difficulty swallowing, burning sensation, and vomiting of blood in severe cases.[14]

d. Peptic Ulcer

"Peptic ulcer" is an umbrella term referring to both gastric and duodenal ulcers. These ulcers occur due to the corrosive action of gastric acid and pepsin on weakened mucosal tissues. Factors such as stress, spicy foods, caffeine, smoking, and irregular eating habits can worsen the condition. Peptic ulcers may cause burning abdominal pain, heartburn, weight loss, or dark stools due to bleeding.[15]

Oral and External Ulcers

These ulcers are located outside the digestive system but are still painful and require care.

a. Mouth Ulcers (Aphthous Ulcers)

Mouth ulcers appear inside the cheeks, lips, or tongue. They are usually small, round, and painful. Causes include stress, injury from biting, sharp teeth, vitamin B12 or iron deficiency, and certain foods. These ulcers are harmless but can affect eating and speaking.

b. Genital Ulcers

Genital ulcers occur on the private parts and may be caused by infections, allergic reactions, or skin conditions. They may cause itching, pain, or discharge and require medical care to determine the exact cause.[16]

c. Pressure Ulcers (Bedsores)

Pressure ulcers occur in bedridden or immobile patients when constant pressure reduces blood supply to the skin. They commonly appear on the back, heels, and hips. These ulcers can become infected if not treated properly, and prevention through frequent repositioning and good hygiene is essential.

Stress-Related Ulcers

a. Stress Ulcers

Stress ulcers develop suddenly in people who are critically ill, severely injured, or recovering from major surgery. Physical stress reduces blood flow to the stomach lining, making it highly vulnerable. These ulcers progress quickly and may cause bleeding. Patients in intensive care units are particularly at risk.

Overall, ulcers differ significantly in their causes, symptoms, and locations, but all require timely attention to prevent complications such as bleeding, infections, or perforation. Understanding these types helps in choosing the correct therapeutic approach and improving patient outcomes.[17]

Causes / Etiology of Ulcers

Ulcers develop when the protective barrier of the gastrointestinal lining becomes weak and cannot defend against the harmful effects of acid, enzymes, and irritants. Several biological, lifestyle-related, and medical factors contribute to the formation of ulcers. Understanding these causes helps in proper prevention and treatment.

Helicobacter pylori (H. pylori) Infection

H. pylori is the most common cause of peptic ulcers worldwide. This bacterium enters the stomach through contaminated food or water and settles in the acidic environment by producing an enzyme called urease. Urease reduces the acidity around the bacteria, helping them survive. Once colonized, they release toxins and cause inflammation, weakening the mucosal layer. This damaged lining becomes highly sensitive to acid and pepsin, leading to ulcer

formation. A majority of duodenal and gastric ulcers are associated with *H. pylori* infection.[18]

Use of NSAIDs (Non-Steroidal Anti-Inflammatory Drugs)

Regular or long-term use of NSAIDs such as aspirin, ibuprofen, diclofenac, and naproxen is a major cause of gastric and duodenal ulcers. These medicines reduce the production of prostaglandins, which play an important role in protecting the stomach. Prostaglandins stimulate the secretion of mucus and bicarbonate, which form a protective coat on the stomach wall. When this protection decreases, the acid directly irritates and damages the lining, resulting in ulcer formation. Elderly patients and individuals using NSAIDs for chronic conditions are more susceptible.[19]

Excess Acid Secretion

Some individuals naturally produce more stomach acid due to genetic factors or hormonal imbalance. Conditions like Zollinger–Ellison Syndrome cause excessive secretion of the hormone gastrin, which stimulates high amounts of acid. When acid production increases beyond normal levels, the duodenum and stomach become vulnerable to ulcer formation. Emotional stress and smoking can also indirectly increase acid secretion.

Lifestyle-Related Factors

Smoking

Smoking weakens the stomach's protective lining, reduces blood flow, and slows the healing of existing ulcers. It also increases the chances of ulcer recurrence.

Alcohol Consumption

Alcohol irritates and damages the stomach lining, leading to inflammation and erosion. Heavy or frequent drinking is strongly linked with gastritis and ulcer formation.

Spicy Foods, Caffeine, and Poor Diet

These factors do not directly cause ulcers but worsen symptoms and irritate the stomach, especially in individuals who already have digestive problems.[20]

Emotional and Physical Stress

Severe physical stress due to major surgery, accidents, burns, or long hospitalization can lead to stress ulcers. Emotional stress does not directly cause ulcers but contributes indirectly by increasing acid secretion and promoting unhealthy habits like smoking and alcohol intake.

Genetic and Other Factors

Family history of ulcer disease suggests a genetic tendency for high acid secretion or increased vulnerability to *H. pylori* infection. Other factors such as chronic illnesses (kidney failure, liver cirrhosis), viral or fungal infections, radiation therapy, chemotherapy, and accidental consumption of corrosive substances can also damage the mucosal lining and lead to ulcer formation.

Ulcers therefore develop from a combination of infection, drug use, lifestyle habits, excessive acid production, and weakened mucosal defences. Identifying the exact cause helps select the right treatment and prevent complications.[21]

Pathophysiology of Ulcer Formation

The pathophysiology of ulcer formation explains how the balance between aggressive and defensive factors in the stomach becomes disturbed. Normally, the stomach has strong protective mechanisms that prevent acid from damaging the mucosa. When these defence systems weaken and aggressive factors increase, ulcers develop.

Balance Between Aggressive and Defensive Factors

The stomach maintains a delicate equilibrium. Aggressive factors include hydrochloric acid, pepsin, bile salts, reactive oxygen species, and *H. pylori* toxins. Defensive factors include mucus secretion, bicarbonate, epithelial cell regeneration, prostaglandins, tight cell junctions, and good mucosal blood flow. When aggression exceeds protection, the mucosa becomes inflamed and eroded.[22]

Role of H. pylori in Pathogenesis

H. pylori plays a central role in many ulcers. After entering the stomach, the bacteria settle under the mucus layer. They release urease, converting urea into ammonia, which neutralizes stomach acid and allows the bacteria to survive. Ammonia and bacterial toxins irritate and damage epithelial cells. The immune response triggered by infection further increases inflammation. Over time, the mucosal barrier becomes weak, and acid easily penetrates, causing ulcer formation.

NSAID-Induced Mechanism

NSAIDs inhibit cyclooxygenase (COX) enzymes responsible for prostaglandin synthesis. Prostaglandins protect the stomach by increasing mucus and bicarbonate production and improving blood flow. When NSAIDs reduce prostaglandins, the stomach loses its natural defence system. Acid and pepsin directly attack the mucosa, resulting in erosion, bleeding, or perforation.[23]

Effect of Increased Acid and Pepsin

High levels of acid and pepsin overwhelm the mucosal defences. Excessive gastrin secretion, stress, or smoking can cause hyperacidity. Acid damages cells, while pepsin breaks down proteins in the mucosal tissue. Together, they deepen the injury and prevent healing.

Impaired Mucosal Protection

When the mucus layer thins or bicarbonate secretion decreases, the mucosa is exposed. Conditions like stress, alcohol use, and nutrient deficiencies reduce mucosal resistance. Reduced blood flow decreases oxygen supply, slowing cell repair and regeneration. As a result, small injuries progress to deeper ulcers.

Inflammation and Oxidative Stress

Inflammatory cells release reactive oxygen species (ROS), which further damage epithelial cells. ROS weaken cell membranes and reduce mucosal

healing. Herbal agents with antioxidant properties are useful because they neutralize free radicals and reduce tissue damage.

Ulcer Progression and Complications

Continuous exposure to acid delays healing and causes deeper penetration into muscle layers. This may lead to bleeding, perforation, or gastric outlet obstruction. Without treatment, chronic ulcers can scar and deform surrounding tissues.[24]

Treatment of Ulcers

The treatment of ulcers aims to relieve symptoms, promote healing of the damaged mucosa, prevent complications, and stop ulcer recurrence. The approach depends on the underlying cause, severity of symptoms, and presence of *Helicobacter pylori* infection. The most important goal is to reduce gastric acid secretion and improve the protective mechanisms of the stomach.

The primary treatment includes Proton Pump Inhibitors (PPIs) such as omeprazole, pantoprazole, rabeprazole, and esomeprazole. These medicines strongly suppress gastric acid production, giving the mucosa time to heal. H2-receptor blockers like ranitidine and famotidine also reduce acid secretion but are less potent than PPIs. Antacids (magnesium hydroxide, aluminium hydroxide) provide quick and short-term relief by neutralizing acid. Cytoprotective agents, including sucralfate, misoprostol, and bismuth subsalicylate, strengthen the mucosal barrier and help in healing.

When ulcers are caused by *H. pylori*, combination therapy known as Triple Therapy is used. It includes two antibiotics (commonly clarithromycin with amoxicillin or metronidazole) and one PPI for 10–14 days. This therapy eliminates the infection and prevents recurrence. For NSAID-induced ulcers, stopping or reducing NSAID use and starting PPIs or sucralfate is recommended. Patients who need long-term NSAIDs may require protective treatment using PPIs.[25]

Lifestyle modifications also play an important role. Avoidance of smoking, alcohol, spicy food, and heavy meals helps in quicker healing. Stress reduction, proper sleep, and balanced diet assist in maintaining gastric health. In rare cases, when ulcers cause severe bleeding, perforation, or obstruction, surgical interventions such as vagotomy or gastrojejunostomy may be required.

Overall, ulcer treatment combines medicines, infection control, lifestyle improvement, and in some cases, herbal therapies to ensure long-lasting healing and prevention.

Mechanism of Anti-Ulcer Action

The mechanism of ulcer formation involves an imbalance between harmful factors like acid, pepsin, bacteria, and protective mechanisms such as mucus, bicarbonate, prostaglandins, and mucosal blood flow. Anti-ulcer agents work by restoring this balance. Depending on their nature—synthetic drugs or herbal medicines—they act through several pathways, including reducing acid secretion, improving mucosal protection, controlling inflammation, and enhancing healing.[26]

Reduction of Gastric Acid Secretion

Many anti-ulcer medicines primarily act by reducing the secretion of hydrochloric acid. PPIs block the proton pump (H^+/K^+ ATPase) in gastric parietal cells, leading to powerful acid suppression. H2-receptor antagonists block histamine-mediated acid release. Herbal extracts like *Emblica officinalis*, licorice, and tulsi also mildly reduce acid output by controlling gastrin levels, reducing oxidative stress, and enhancing mucosal secretion.

Enhancement of Mucosal Defence

Mucus and bicarbonate form the first line of defence against acid. Sucralfate forms a protective coating over the ulcer surface, while misoprostol increases mucus and bicarbonate secretion through prostaglandin stimulation. Herbal compounds such as tannins, flavonoids, and polyphenols create a protective layer, increase mucus production, and maintain the integrity of epithelial cells.

Antioxidant and Free Radical Scavenging Activity

Oxidative stress plays a major role in mucosal injury. Reactive oxygen species damage epithelial cells and delay healing. Antioxidants found in herbal medicines such as *Emblica officinalis*, ginger, aloe vera, and turmeric neutralize free radicals, repair oxidative damage, and reduce inflammation. Vitamin C in Amla significantly enhances free-radical scavenging and accelerates mucosal regeneration.[28]

Anti-Inflammatory Effects

Inflammation triggered by *H. pylori* or NSAIDs causes mucosal swelling, pain, and further erosion. Herbal plants rich in flavonoids and phenolic compounds reduce inflammation by inhibiting COX, LOX, and cytokine release. This helps in reducing ulcer size and promoting early healing.

Antimicrobial Action Against H. pylori

Certain herbal agents have natural antibacterial effects. Amla, tulsi, ginger, and licorice inhibit the growth of *H. pylori* by interfering with bacterial enzymes and reducing adhesion to the gastric mucosa. This reduces infection-induced inflammation and prevents recurrence.

Promotion of Ulcer Healing

Some compounds enhance cell regeneration. Prostaglandins improve blood flow and accelerate epithelial repair. Herbal extracts stimulate fibroblast growth, collagen formation, and angiogenesis, all of which help in quick healing of ulcer wounds.[29]

Table 1: Mechanisms of Anti-Ulcer Action of Herbal Plants

Herbal Plant	Key Constituents	Mechanism of Action
Emblica officinalis (Amla)	Vitamin C, tannins, gallic acid	Antioxidant, mucosal protection, reduces acid, heals epithelium
Glycyrrhiza glabra (Licorice)	Glycyrrhizin, flavonoids	Increases mucus, reduces pepsin, anti-inflammatory
Aloe vera	Polysaccharides, anthraquinones	Anti-inflammatory, promotes healing
Zingiber officinale (Ginger)	Gingerols, shogaols	Antioxidant, reduces acid, protects mucosa
Ocimum sanctum (Tulsi)	Eugenol, flavonoids	Anti-ulcerogenic, antimicrobial, antioxidant
Turmeric	Curcumin	Anti-inflammatory, antioxidant

Formulation and Evaluation of Sustained Release Anti-Ulcer Tablets

The formulation of sustained release (SR) tablets aims to provide prolonged drug release, reduce dosing frequency, and improve therapeutic action in peptic ulcer treatment. Herbal extracts such as *Emblica officinalis* (Amla) are now widely used because they offer safer and more holistic gastric protection. The formulation process includes selecting excipients, optimizing polymers, understanding drug–excipient behaviour, and carrying out detailed evaluation to ensure stability and effectiveness.[30]

Formulation Development

Sustained release matrix tablets are commonly prepared using hydrophilic polymers such as Hydroxypropyl Methylcellulose (HPMC). These polymers swell in contact with gastric fluid and slowly release the drug over several hours. For herbal SR tablets, wet granulation is often preferred because herbal extracts usually require better flow and compressibility.

Selection of Drug and Excipients

Emblica officinalis extract is chosen for its antioxidant, anti-inflammatory, and gastroprotective activities. HPMC acts as the primary sustaining polymer. Microcrystalline cellulose (MCC) improves binding and compressibility, lactose works as filler, magnesium stearate is used as lubricant, and talc serves as glidant. The ratios of polymer and extract play a crucial role in controlling the release pattern.[31]

Preformulation Studies

Before preparing tablets, preformulation testing ensures that the herbal extract is stable, compatible, and suitable for compression. This includes solubility studies, moisture content, drug–excipient compatibility (FTIR analysis), and powder flow characteristics. These results help in selecting the right formulation method, polymer grade, and granulation technique.[32]

Table 2: Preformulation Parameters and Their Purpose

Parameter	Purpose	Relevance in SR Formulation
Solubility	Determines dissolution behaviour	Helps decide polymer level and release control
Moisture Content	Checks stability of extract	Prevents degradation of herbal constituents
Drug–Excipient Compatibility (FTIR)	Ensures no interaction	Maintains stability and therapeutic activity
Bulk Density	Measures packing of powder	Important for tablet weight consistency
Tapped Density	Indicates compressibility	Helps in granule size adjustment
Flow Property (Angle of Repose)	Indicates flow behaviour	Ensures uniform die filling during compression

Tablet Preparation (Wet Granulation Method)

Wet granulation provides uniform mixing of extract and excipients, improves compressibility, and ensures sustained release. The steps include blending the herbal extract with diluents, adding HPMC polymer, preparing binder solution, granulation, drying, lubricating, and compressing into tablets.[33]

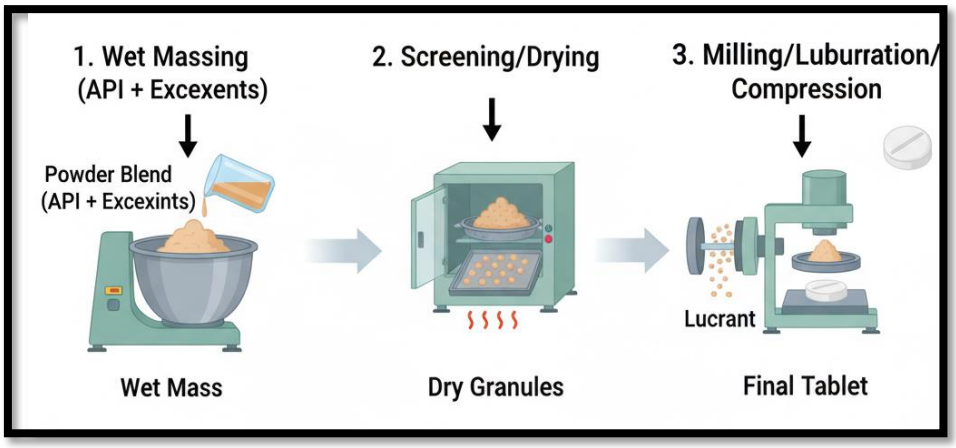

Figure 4: Steps of Wet Granulation Used in SR Tablet Preparation

After granules are dried and lubricated, they are compressed into tablets using a rotary tablet punching machine. Small adjustments in HPMC concentration allow fine control of drug release. Higher polymer levels slow down drug diffusion, whereas lower levels promote faster release.

Evaluation of Sustained Release Tablets

Evaluation is essential to ensure that the prepared tablets are strong, uniform, stable, and capable of releasing the drug in a controlled manner. As per your requirement, all evaluation parameters are shown in tables.[34]

Table 3: Evaluation Parameters for Sustained Release Tablets

Category	Evaluation Parameter	Purpose / Importance
Pre-Compression	Angle of Repose	Indicates powder flow behaviour
	Bulk Density	Helps in uniform packing of granules
	Tapped Density	Used to calculate compressibility
	Carr's Index	Shows compressibility of granules
	Hausner Ratio	Indicates friction and flow character
Post-Compression	Weight Variation	Ensures uniformity in tablet weight
	Hardness	Measures strength to resist breaking
	Thickness	Ensures dimensional uniformity
	Friability	Ensures tablets do not crumble during handling
	Drug Content	Confirms each tablet contains correct dose
In-Vitro Studies	Dissolution Test (USP II)	Determines SR behaviour over hours
	Release Kinetics	Identifies mechanism—diffusion, erosion, etc.
Stability Studies	Accelerated Stability Testing	Checks changes in hardness, appearance, dissolution, and drug content

In-Vitro Dissolution and Release Kinetics

In-vitro release studies are conducted using USP Type II (Paddle) apparatus at 37°C. Sampling is done at fixed intervals (1, 2, 4, 8, 12 hours) to determine the sustained release profile. The drug release data is fitted into various kinetic models such as Zero Order, First Order, Higuchi, and Korsmeyer–Peppas models. These models help identify whether the mechanism is diffusion-controlled, erosion-controlled, or a combination.[35]

Stability testing is carried out at 40°C ± 2°C / 75% ± 5% RH for 3 months to ensure the formulation remains intact in terms of hardness, appearance, weight, and dissolution profile.

SUMMARY AND CONCLUSION:

Peptic ulcer disease remains a major gastrointestinal disorder caused by an imbalance between aggressive gastric factors and weakened mucosal defences. Conventional anti-ulcer drugs provide quick relief but require frequent dosing, leading to poor patient compliance. Sustained release (SR) formulations

offer a major advantage by maintaining prolonged drug levels, reducing dosing frequency, and improving therapeutic outcomes. Herbal medicines, particularly *Emblica officinalis*, have gained attention due to their antioxidant, anti-inflammatory, and gastroprotective activities. Incorporating Amla extract into SR tablets provides dual benefits—natural healing and controlled drug release. Proper formulation through preformulation studies, polymer selection, and wet granulation ensures stability and predictable release profiles. Evaluation through dissolution, kinetics, and stability studies confirms the suitability of SR herbal tablets for long-term ulcer management. Overall, SR herbal formulations represent a promising, safer, and patient-friendly approach for effective anti-ulcer therapy

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