AN INVESTIGATION ON THE COMPARISON OF THE EFFECTIVENESS OF VARIOUS NATURAL REMEDIES SUCH AS FRUITS AND VEGETABLES VERSUS ARTIFICIAL MEDICINAL ANTACIDS ON CURING HYPERACIDITY

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ABSTRACT

During a visit to my native place, I found that, natural vegetable juices are used for curing hyperacidity over there. This fascinated me, since I have always thought antacids are the only cure for hyperacidity. Hence, this investigation is based on the effectiveness of fruits and vegetables versus antacids, on curing hyperacidity.

This investigation aims to answer the research question “How does the effectiveness of various natural remedies like fruits and vegetables compare against artificial medicinal antacids when neutralizing the excess hydrochloric acid present in the stomach and curing hyperacidity?”

In order to compare the alkalinizing ability of natural fruits and vegetables, a fixed volume and concentration of hydrochloric acid was titrated with juices of 1 fruit and 4 vegetables - Spinaciaoleracea, Momordicacharantia, Cucumissativus, Brassicaoleracea var. italic and Cucumismelo var. inodorus. The effectiveness of these vegetables and fruit at neutralizing hydrochloric acid was compared with the neutralizing ability of an antacid. The same volume and concentration of hydrochloric acid was titrated with the antacid solution. Enoantacid was chosen for this investigation since its active ingredient is sodium bicarbonate which is soluble in water.

It was found that, the antacid was more effective as a remedy for curing hyperacidity, as compared to the 5 natural remedies. Amongst the fruit and vegetables, Spinaciaoleracea was most effective at neutralizing the hydrochloric acid. It required 1.32 cm³ of the antacid solution, to neutralize the hydrochloric acid. 2.12 cm³ of the Spinaciaoleracea juice was required to neutralize the same volume and concentration of hydrochloric acid. The small difference of 0.80 cm³ proved that, Spinaciaoleracea can serve as a substitute for various antacids, since it offers other benefits to the human body, whereas antacids can have side effects on the body.

KEYWORDS: Spinaciaoleracea, Momordicacharantia, Cucumissativus, Brassicaoleracea Var. Italian and Cucumismelo var. Inodorus

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