

# New Frontiers in Peptic Ulcer Prevention: Exploring Probiotics and Alternative Therapies

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## Abstract

Peptic ulcers are a common gastrointestinal condition characterized by sores on the lining of the stomach or the first part of the small intestine. These ulcers are often caused by the bacterium *Helicobacter pylori* and the use of non-steroidal anti-inflammatory drugs (NSAIDs). The pathogenesis involves a complex interplay of factors, including gastric acid production, mucosal defense mechanisms, and host immune responses. This review explores the latest research on probiotics and alternative therapies, such as herbal medicine and acupuncture, in the prevention and treatment of peptic ulcers. Probiotics, particularly strains like *Lactobacillus* and *Bifidobacterium*, have shown promise in reducing gastric acid levels and promoting mucosal healing. Herbal remedies like licorice root and ginger, along with acupuncture, offer potential non-pharmaceutical approaches to managing this condition. Further research is needed to fully understand the mechanisms and efficacy of these alternative therapies.

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ulcer prevention. Chronic stress is a well-known exacerbating factor for ulcers, leading to increased gastric acid secretion and impaired mucosal defense. Stress reduction techniques such as mindfulness,