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Formulation and Evaluation Effervescent Tablet for Constipation

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Abstract: Effervescent tablets were designed to produce solutions that release carbon dioxide simultaneously. Usually, these tablets are prepared by compressing the active ingredients. The main advantages of effervescent tablets are quick production of solution. Thus, it is faster and better to absorb. Effervescent tablets are produced and controlled same as conventional tablets. These controls are included physicochemical properties such as hardness, weight variation, friability, solution time, pH and content uniformity.

The formulation and evaluation of herbal effervescent tablets for constipation were conducted to develop a natural, effective, and patient-friendly treatment option. Four formulations were prepared using Indian Senna, Psyllium husk, Bael fruit pulp, and other excipients. The tablets were assessed for weight variation, hardness, friability, effervescence time, and disintegration time. All formulations met the weight variation limit, indicating uniformity in dosage. Tablet hardness ranged from 5.8 to 8.3 N, ensuring appropriate mechanical strength. Friability values were below 1%, signifying tablet durability during handling and transportation. Effervescence times ranged from 2.10 to 5.58 minutes, indicating rapid release of gas upon dissolution.

Keywords: Aegle marmelos, Beal, gastrointestinal, GRDDS, GIT, peptic ulcer, pylori, effervescent, herbal medicine, fruit



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