

Diarrhoea And Dysentery Home Remedies

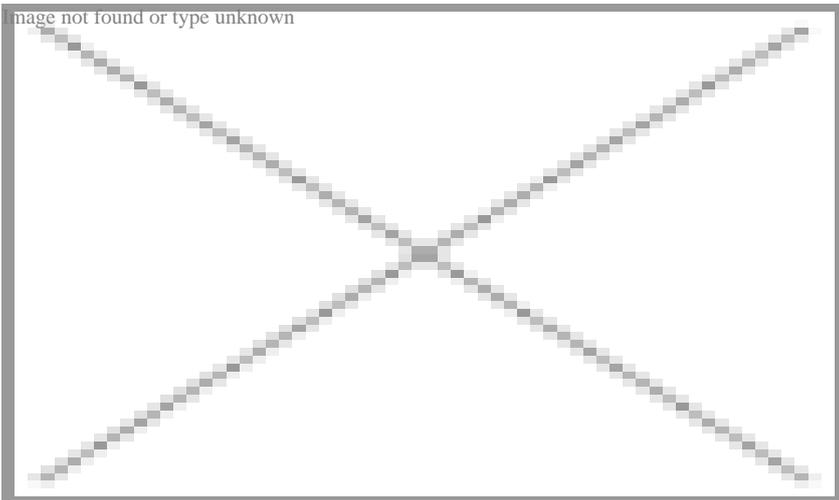
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HEALTH

Acute diarrhea is one of the body's defense mechanisms to throw out the waste materials out of the system, so it is advised to allow the discomfort to run its course for six to twelve hours before taking any drugs or medication. It can be caused by lactose intolerance, contaminated food or water or by food allergy, some antacids, antibiotics, or other medications, overindulgence in alcohol or caffeine-containing beverages, overuse of laxatives, extreme fatigue or „stress? or excessive consumption of sorbitol. Recurrent short bouts of diarrhea may be caused due to anxiety or nutritional deficiencies, which can be improved by a change in diet. If diarrhea continues to persist or if blood or mucus appears in the stools or in cases where there is fever associated with the diarrhea, it is advisable to obtain medical evaluation to rule out any serious disorders. Even in cases of diarrhea of teething children, wait for a day or two before starting off the treatment if they have no other troublesome symptoms.

„Dysentery?

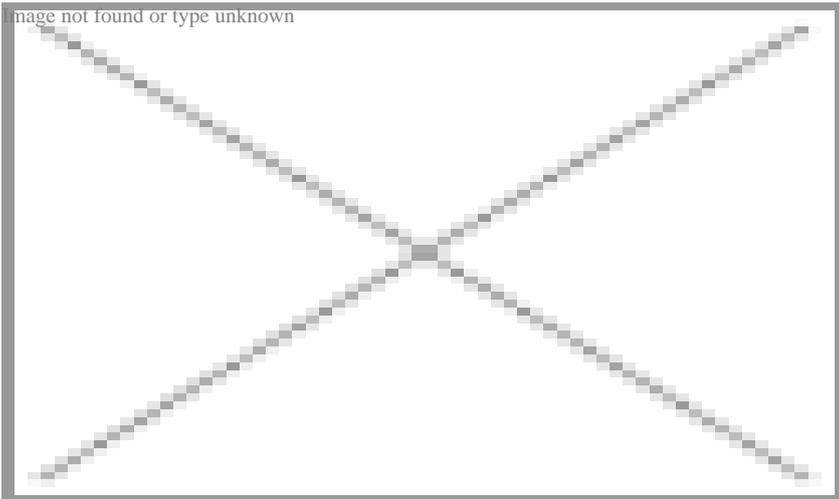


is an acute inflammation of the large intestines characterized by constant straining and a constant desire to pass stool with cutting, colicky pains in the abdomen before and during stools with passage of small, whitish, bloody mucus, but no real feces is discharged. The reappearance of feces in the stools is a sign of the patient getting better. The causative organisms are usually some protozoa and bacilli. When caused by

the former, the condition is generally known as „amoebic? dysentery and when caused by the latter, is known as „bacillary? dysentery. The patient feels a constant desire to evacuate, although there may be nothing to throw out except a little mucus and blood. In severe cases, it may be associated with fever.

Some home remedies

During an attack of diarrhea or dysentery, do not eat any solids; a fluid or semi-fluid low-roughage diet should be given depending on the severity of the disease. To replace the loss of fluids, add one teaspoonful of salt and one tablespoonful of sugar to a quart of boiled water and a pint of orange or lemon juice. Drink a pint of the mixture every hour until symptoms subside.



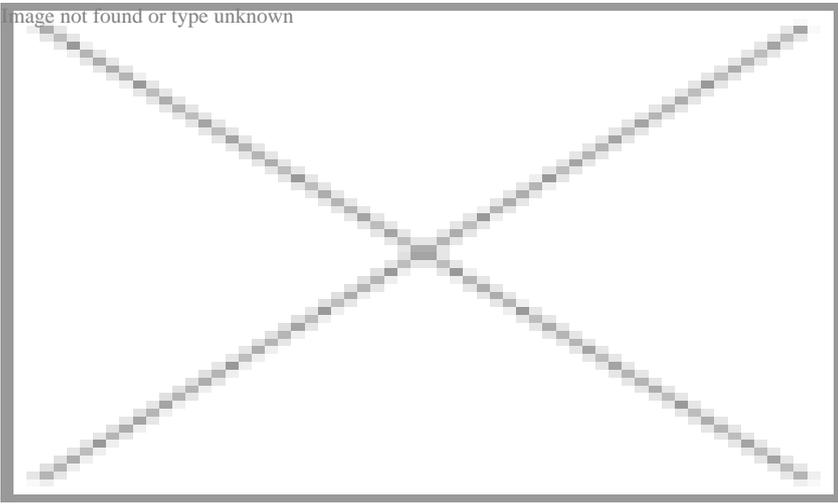
Avoid taking any spices, milk, eggs, meat, pickles, pulses, fried foods, tea, coffee, juicy fruits, salads, sour things, cabbage, beans, peas, too much of salt and fibrous vegetables. A low residue diet should be taken consisting of soup, banana, biscuits, rice, sago, arrowroot, skimmed milk, potato, eggs and minced meat. Green vegetables with a high residue should be restricted, except as purees.

Curd or buttermilk mixed with rice can be given to the patient with advantage.

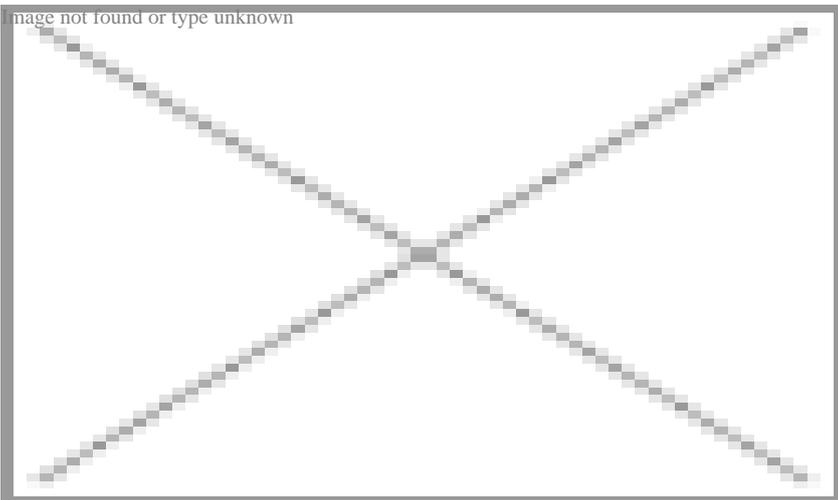
Have two bananas with a cup of curd for a few days.

Khichari or gruel prepared from moong dal and rice is very useful for this condition.

Fruit juices and especially apples, pomegranate (anar) and Bael fruit (Bel) are helpful. Exclude berries, dried fruits and nuts from the diet.



Muskmelon (Kharbooja) is useful especially for dysentery where there is a soft and mucilaginous secretion from the intestines.



Repeated small amounts of onion juice are given every few minutes.

Heat the juice of one lemon to lukewarm; add the freshly squeezed juice of one lemon and a pinch of black pepper. Drink at once.

Boil tender guavas leaves in water for five minutes and consume the water three to four times daily. Add a teaspoonful of honey in a glass of buttermilk and drink it two to three times daily.

Grated apple that has been left to go brown is an effective remedy for diarrhea or cooked or baked apples are good for diarrhea

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Master is an honorary fellow of the UK Homeopathic Medicine Association, and was awarded an honorary doctorate in homeopathy, conferred by the Center of Advanced Studies in Homeopathy, operated by Archibel, Belgium. The Bombay Parsee Association has awarded Master a "BPA Achievement Award". Master was invited to the United Kingdom House of Lords by Aaron Kenneth Ward Atherton, Lord of Witley and Hurcott (himself a practicing homeopath), to be honored with the title "Master of Homeopathy" on Sep 26th 2008, and is the first Indian to be so honored.