

## Review Article

### Acute Diarrhoea in Children: Homoeopathic Management

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#### ABSTRACT

Acute diarrhea is very common complaint in childhood and every children are suffered by that complaints. There are several causes behind the suffering of acute diarrhoea in children. Several types of infection caused by several microorganisms are responsible for causing acute diarrhea in children. By educating the children regarding well hygienic life style is necessary avoid infection due to microorganism for prevention of diarrhoea. Homoeopathy offers a cost effective treatment for acute diarrhoea in children, without any side effect. There are several remedies in Homoeopathy for treating acute diarrhoea. In this article we are trying to introduce most promising and most efficient remedies for acute diarrhoea.

**Keywords:** Acute diarrhoea, Homoeopathy, Hygiene, Infection, Microorganism



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#### INTRODUCTION

In children acute diarrhoea is a very common condition. In every family, parents are worried about the suffering of acute diarrhea in their children. The frequency of diarrhoea increases especially during teething. If not treated, it may cause some serious health problems and even death, especially in summer and autumn.

#### Types

Diarrhoea has been described under numerous headings:

**Simple:** In simple diarrhea the stool character are sudden, profuse, and frequent, becomes choleraic.

**Catarrhal Non-inflammatory:** With Mucus from the large intestine accompanies the bowel-discharge

**Dysenteric:** When it becomes inflammatory; and if straining be superadded, it is termed dysenteric.

#### Etiology

The symptom of diarrhea can have many causes.

- Eating too much fruit or fiber

Improper food intake

Sour milk etc.

**Acute diarrhea:** Acute diarrhea is often caused by a virus, a condition known as viral gastroenteritis. Examples of virus include Rotavirus & Norovirus.

Acute diarrhea also caused by a bacteria or parasitic disease. C difficile, E coli, salmonella, shigella and campylobacter are causative organisms.

#### Signs & Symptoms:

Increased frequency of bowel movements

Abdominal cramps

Urgency to defecations

Passage of stools in clothing

Presence of loose and watery stools.

If the diarrhea is caused due to an infection, the sign and symptom of acute diarrhoea is with nausea, vomiting, sometimes fever, chills may be present, bloody stools when it became inflammatory

In acute diarrhea sometimes causes dehydration which is one of the dangers associated complaints with diarrhea. In dehydration the body is lacking adequate

amounts of fluids and electrolytes. If that dehydration condition is untreated, then result in some serious health problems and even death. In small infants, illnesses related with heart, liver, etc.

In young children, the sign and symptoms with dehydration are:

Dryness of mouth

More thirsty

Scanty micturition

Darkness of urine

Dryness of skin associated with fatigue

Dizziness

In infant, the sign & symptoms with dehydration are:

Dryness of tongue with dryness of mouth

If child crying, there are absence of or few tears

Scanty urination with decreasing the frequency of urination

Becoming a thirstier.

Eyes & cheeks of child are sunken

Dryness of skin

Lack of energy associated with fever and dizziness

The most important thing to do in diarrhea is child has adequately hydrated. That means child who is suffered by diarrhoea taking more fluids than normal. Fluids include:

Fresh soups and broths

Fresh fruit juices

Coconut water

An electrolyte drinks

The food and drinks which should be avoided are:

Milk and milk products

Fatty & greasy foods

Drinks like coffee, tea and soft drinks.

#### **Prevention:**

The best way to deal with acute diarrhea by Washing hand with soap and water is very effective for preventing infection.

Avoid any use of, or drinking of tap water and avoiding all raw meats, fish, fruits, vegetables, and dairy products.

#### **Homoeopathic Management:**

Homoeopathy is the therapeutic method of medicine which is discovered by Dr. Samuel Hahnemann. And based on the principle of "Similia Similibus Curenter" means likes to

be cured by like.

In Homoeopathy there are several drugs which work brilliantly on acute diarrhoea but Homoeopaths selected only one which is most similar to the patient's symptoms totality.

#### **Chamomilla**

Persons, especially children, with light brown hair, nervous, excitable temperament; oversensitive from use or abuse of coffee or narcotics.

Children, new-born and during period of dentition. Peevish, irritable, oversensitive to pain, driven to despair; snappish, cannot return a civil answer.

Child exceedingly irritable, fretful; quiet only when carried; impatient, wants tour or that and becomes angry when refused, or when offered, petulantly rejects it; "too ugly to live;" cross, spiteful.

Piteous moaning of child because he cannot have what he wants; whining restlessness.

Patient cannot endure any one near him; is cross, cannot bear to be spoken to; averse to talking, answers peevishly.

Complaints from anger, especially chill and fever.

Pain: seems unendurable, drives to despair; < by heat; < evening before midnight; with heat, thirst and fainting; with numbness of affected part; eructations <.

One cheek red and hot, the other pale and cold.

Oversensitive to open air; great aversion to wind, especially about ears.

Diarrhoea: from cold, anger or chagrin; during dentition; after tobacco; in child-bed; from downward motion.

Stool green, watery, corroding, like chopped eggs and spinach; hot, very offensive, like rotten eggs.

Convulsions of children from nursing, after a fit of anger in mother

Burning of soles at night, puts feet out of bed Relations. - Complementary: Bell. in diseases of children, cranial nerves; Cham., abdominal nerves.

In cases spoiled by the use of opium or morphine in complaints of children.

Compare: Bell., Bor., Bry., Coff., Puls.,

Sulph.

Mental calmness contra-indicates

Chamomilla.

Aggravation. - By heat; anger; evening, before midnight; open air; in the wind; eructations.

Amelioration. - From being carried; fasting; warm, wet weather.

### **Ipecacuanha**

Adapted to cases where the gastric symptoms predominate; tongue clean or slightly coated.

In all diseases with constant and continual nausea.

Stomach: feels relaxed, as if hanging down; clutching, squeezing, griping, as from a hand, each finger sharply pressing into intestines; worse from motion.

Flatulent, cutting colic about umbilicus.

Stool: grassy-green; of white mucus; bloody; fermented, foamy, slimy, like frothy molasses.

Autumnal dysentery; cold nights, after hot days.

Asiatic cholera, first symptoms, where nausea and vomiting predominate.

Haemorrhage: active or passive, bright-red from all the orifices of the body; uterine, profuse, clotted; heavy, oppressed breathing during; stitches from navel to uterus.

Cutting pains across abdomen from left to right.

Intermittent fever: in beginning of irregular cases; with nausea, or from gastric disturbance; after abuse of, or suppression from quinine.

Intermittent dyspepsia, every other day at same hour; fever, with persistent nausea.

Oversensitive to heat and cold.

**Relations.** - Complementary: Cuprum.

Is followed well: by, Ars. in cholera infantum.

Similar: to, Puls., Ant. c., in gastric troubles.

**Aggravation.** - Winter and dry weather; warm, moist, south winds (Euph.); slightest motion.

### **Rheum palmatum**

Of frequent use in children with sour diarrhoea; difficult dentition. Whole child smells sour.

Impatient and vehement; desires many things and cries.

Much saliva. Sensation of coolness in teeth. Difficult teething; restless and irritable. Breath smells sour.

Desire for various kinds of food, but soon tires of all. Throbbing in pit. Feels full.

Colicky pain about navel. Colic when uncovering. Wind seems to rise up to chest.

Before stool, unsuccessful urging to urinate. Stools smell sour, pasty, with shivering and tenesmus, and burning in anus. Sour diarrhoea during dentition. Colicky, even ineffectual urging to evacuate altered fecal stools.

Modalities. -Worse, uncovering, after eating, moving about.

Relationship. -Compare: Mag phos; Hep; Pod; Cham; Ipec.

Antidotes: Camph; Cham.

Complementary: Mag carb.

### **Mercurius dulcis**

Diarrhoea, with soreness of anus.

Otitis media; closure of Eustachian tube; ear troubles of scrofulous children; membrana tympani retracted, thickened and immovable.

Offensive breath; salivation; sore gums.

Ulcers. Tongue black. Constant flow of dark, putrid saliva; very offensive. Ulceration of throat, with dysphagia. Granular pharyngitis.

Stomach. -Nausea and vomiting. Cyclic vomiting of infants.

Stool. -Scanty, bloody mucus, with bile, and constant desire, without tenesmus. Dark-green, watery, with griping. Anus sore and burning. Dysentery; small stools of mucus and blood, covered with bile.

Relationship. --Compare: Kali mur.

### **Mercurius corrosivus**

Dysentery and summer complaints of intestinal canal, occurring from May to November.

Tenesmus: of rectum, not > by stool (< by stool, Nux); incessant, persistent; stool hot, scanty, bloody, slimy, offensive; shreds of mucous membrane and terrible cutting; colicky pains.

### **Veratrum album**

For children and old people; the extremes of life; persons who are habitually cold and

deficient in vital reaction; young people of a nervous sanguine temperament.

Face: pale, blue, collapsed; features sunkden, hippocratic; red while lying, becomes pale on rising up.

Thirst: intense, unquenchable, for large quantities of very cold water and acid drinks; wants everything cold.

Craving for acids or refreshing things.

Violent vomiting with profuse diarrhoea.

Vomiting: excessive with nausea and great prostration: < by drinking (Ars.); by least motion (Tab.); great weakness after.

Cutting pain in abdomen as from knives.

Cholera: vomiting and purging; stool, profuse, watery, gushing, prostrating; after fright

Diarrhoea: frequent, greenish, watery, gushing; mixed with flakes: cutting colic, with cramps commencing in hands and feet and spreading all over; prostrating, after fright; < least movement; with vomiting, cold sweat on forehead during and prostration after.

In congestive or pernicious intermittent fever, with extreme coldness, thirst, face cold and collapsed; skin cold and clammy, great prostration; cold sweat on forehead and deathly pallor on face.

Relations. - After: Ars., Arn., Cinch., Cup., Ipec.

After Camph. in cholera and cholera morbus.

Aggravation. - From least motion; after drinking; before and during menses; during stool; when perspiring; after fright.

#### **Arsenicum album:**

Great prostration, with rapid sinking of the vital forces; fainting:

The disposition is:

a - Depressing, melancholic, despairing, indifferent.

b - Anxious, fearful, restless, full of anguish.

c - Irritable, sensitive, peevish, easily vexed.

The greater the suffering, the greater the anguish, restlessness and fear of death.

Gastric derangements; after cold fruits; ice cream; ice water; sour beer; bad sausage; alcoholic drinks; strong cheese.

Teething children are pale, weak, fretful, and want to be carried rapidly.

Diarrhoea, after eating or drinking; stool scanty, dark-colored, offensive, and whether small or large, followed by great prostration.

Haemorrhoids: with stitching pain when walking or sitting, not at stool; preventing sitting or sleep; burning pain < by heat; fissures make voiding urine difficult.

Relation. - Complementary: Allium s., Carbo. v., Phos., Pyr.

Aggravation. - After midnight (1 to 2 a. m. or p. m.); from cold; cold drinks or food; when lying on affected side or with the head low.

Amelioration. - From heat in general except headache, which is temporarily > by cold bathing; burning pain > by heat

#### **Podophyllum:**

Is especially adapted to persons of bilious temperament. It affects chiefly the duodenum, small intestines, liver, and rectum The Podophyllum disease is a gastro-enteritis with colicky pain and bilious vomiting. Stool is watery with jelly-like mucus, painless, profuse. Gushing and offensive.

Mind. -Loquacity and delirium from eating acid fruits. Depression of spirits.

Vertigo, with tendency to fall forward. Headache, dull pressure, worse morning, with heated face and bitter taste; alternating with diarrhoea. Rolling of head from side to side, moaning and vomiting and eyelids half closed. Child perspires on head during sleep.

Grinding the teeth at night; intense desire to press the gums together. Difficult dentition. Tongue broad, large, moist. Foul, putrid taste. Burning sensation of tongue.

Cholera infantum and morbus. Diarrhoea of long standing; early in morning; during teething, with hot, glowing cheeks while being bathed or washed; in hot weather after acid fruits. Morning, painless diarrhoea when not due to venous stasis or intestinal ulceration. Green, watery, fetid, profuse, gushing. Prolapse of rectum before or with stool. Constipation; clay-colored, hard, dry, difficult. Constipation alternating with diarrhoea. Internal and external piles.

Modalities. -Worse, in early morning, in hot weather, during dentition.

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