

## Review Article

### Homoeopathic Management of Acute Diarrhoea in Children

Ranjana Deshmukh, Shafi Khan\*, Neha Gare

Foster Development Homoeopathic Medical College, CIDCO, Aurangabad, Maharashtra (India)

#### ABSTRACT

Acute diarrhea is very common complaint in childhood and every child are suffered by that complaints, there are several causes behind the suffering of acute diarrhoea in children, there are several type of infection cause by several microorganisms which are responsible for causing acute diarrhea in children. And it is very essential to everyone to protect our child. By educating the child well hygienic life style to avoid infection due to microorganism for prevention of diarrhoea. It is very essential to parents to maintain diet habits to our child, because children are easily attracted to outside food which is responsible for infection. Teach your child to avoid that kind of food for the prevention of diarrhoea. Because prevention is always better than cure. In baby child complaints of teething diarrhoea is very common. Seen in clinical practice parents are very much worried for that suffering of our child, because child are very much irritable on that period, and cries continuously, most restless, with altered digestion. And parents give our child to best of treatment. But irritability continues, my article is for those parents, because 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. And are selected by proper case taking for Individuals. In that article trying to introduce most promising and most efficient remedies for Acute diarrhoea. Like Chamomilla is one of the first choice when it matches for teething children. Ipecacuanha, Iris versicolor, Rheum palmatum, Mercurius, Veratrum album, Arsenicum album, Podophyllum is very promising and effective remedies for diarrhoea in children.

**Keywords:** Acute diarrhoea, Homoeopathy, Chamomilla, Ipecacuanha, Rheum palmatum

#### Address for Correspondence:

**Dr. Shafi Khan**

33-Yogendra Nagar, Narmada Layout,  
Nagpur, Maharashtra (India)

**Conflict of Interest:** None Declared!

*(Received 15 March 2019; Accepted 30 March 2019; Published 23 April 2019) ISSN: 2347-8136 ©2018 JMPI*

#### INTRODUCTION:

In children Acute Diarrhoea is a very common condition, and at every home parents are worried about the suffering of acute diarrhea in our children. The frequency of Diarrhoea in especially during teething children. If that Diarrheas are not treated with proper treatment, then it's dangerous and may be causes some serious health problems and even death, especially in summer and autumn.

Varieties :

Diarrhoea has been described under numerous headings –

1. Simple - In simple diarrhea the stool character are sudden, profuse, and frequent, becomes choleraic.
2. Catarrhal Non-inflammatory – with Mucus

from the large intestine accompanies the bowel-discharge

3. Dysenteric – when it becomes inflammatory; and if straining be superadded, it is termed dysenteric.

#### Causation:

The symptom of diarrhea can have many causes.

- simply from eating too much fruit or fiber, Improper food, especially the food which containing starch., which is often most in a way that shows poor judgment given almost as soon as the child is able to swallow.
- Sour milk is a frequent cause, so is an inferior quality of mother's milk.
- Sugar is also upsetting, particularly when given too freely.

### Acute diarrhea

Acute diarrhea is often caused by a virus, a condition known as viral gastroenteritis. Examples of viral infections include

- Rotavirus, the most common form to affect children.

- Norovirus, sometimes called "cruise ship diarrhea."

Acute diarrhea also caused by a bacteria or parasitic disease.

- Bacterial infections often come from consuming contaminated food or water, and include *C. difficile*, *E. coli*, salmonella, shigella and campylobacter.

- Parasites also caused through contaminated food and water.

### Signs & Symptoms of Diarrhoea :

The primary sign and symptoms of acute diarrhea is the.

- Presence of loose and watery stools.
- Increased frequency of bowel movements
- Sometimes abdominal cramps
- Urgency to defecations
- passage of stools in clothing

If the diarrhea is cause due to an infection the sign and symptom of acute diarrhoea is

- with nausea
- And vomiting
- Sometimes fever
- Chills may be present
- bloody stools when it become 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 micturation
- Darkness of urine
  - Dryness of skin
  - Associated with fatigue
  - And 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 more thirsty.
- Eyes & cheeks of child are sunken
- Dryness of skin
- Lack of energy
- Associated with Fever and dizziness
- With irritability is well marked

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

- Fresh soups and broths
- Fresh fruit juices
- Coconut water
- An electrolyte drinks

The food and drinks are avoiding to child who is suffered by diarrhoea include:

- Milk and milk products
- Fatty & greasy foods
- Drinks - such as coffee, tea and soft drinks.

The child has eat foods that are soft and bland until the symptoms improve. Food choices are

- Bananas, toast
- Cooked carrots, potatoes, and rice.

### Prevention:

The best way to deal with acute diarrhea by

- Washing hand with soap and water is very effective for preventing infection.
- Tour is especially essential when cooking, after toilet.
- Avoid any use of, or drinking of tap water and avoiding all raw meats, fish, fruits, vegetables, and dairy products.

Child who are at higher risk for getting seriously sick if exposed to a disease-causing organism need to be more careful to avoid getting sick.

Foods for child avoided in these groups include:

- Under-cooked meats and unheated cold cuts
- Unpasteurized milk, dairy products, soft cheeses also.
- Cooked foods should only be given to child, if food are hot.

### Treatment :

Chamomilla, Cina, Ipecacuanha, Iris versicolor, Rheum palmatum, Mercurius , Veratrum album, Arsenicum album, Podophyllum

The best way to treating the complaints of acute diarrhoea, is to prevent your child, suffered by them, because according to Dr. Samuel Hanhmann the prevention is always better than cure. So further talk about educating child about well hygienic life style for free from any infection.

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.

### 1. 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 tabacco; 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.

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.

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.

### 2. 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.

### 3. 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.

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

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

Antidotes: Camph; Cham.

Complementary: Mag carb.

#### 4. **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.

#### 5. **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.

#### 6. **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.

#### 7. **Arsenicum album :**

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

The disposition is:

a - Depressing, melancholic, disparing, 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.

#### 8. **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.

#### **REFERENCES**

1. Keynotes And Characteristics With Comparisons of some of the Leading Remedies of the Materia Medica By H. C. Allen, M. D.
2. Davidson's Principles and Practice of Medicine 23rd Edition.
3. Organon of Medicine 6th Edition By Dr. William Boericke.
4. Homoeopathic Materia Medica By Dr. William Boericke.