

From Distress to Balance: Homoeopathy in Diarrhoea Care

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Abstract- Acute diarrhea is a common gastrointestinal disorder characterized by the sudden onset of frequent, loose, or watery stools, often lasting less than 14 days. It remains a significant global health concern, particularly in developing regions, due to its association with infectious agents such as viruses, bacteria, and parasites. The condition can lead to dehydration and electrolyte imbalances, necessitating prompt management through fluid replacement, oral rehydration therapy, and targeted antimicrobial treatment when indicated. This study explores the etiology, pathophysiology, and evidence-based management strategies for acute diarrhea, emphasizing the role of homeopathy in symptom relief and recovery.

Keywords: Case, Therapeutic Medicine, Food Poisoning, Arsenic album

Case Study:

Preliminary Personal Data

Patient's Name: XYZ

Age/Sex: 35/M

Date: 18/9/24

Religion: Hindu

Nationality: Indian

Marital status: Married

Education: B.Com

Occupation: Accountant

Diet: Vegetarian

PRESENTING COMPLAINTS IN DETAIL

Complaints with duration:

- The patient reported that the symptoms began after consuming spoiled street food. Since then, he has experienced repeated loose stools with a

burning sensation in the anus.

- Frequent (6-7times), copious, chocolate-colored diarrhea with an offensive smell for the past two days.
- The stools are burning and cause great exhaustion after passing.
- The diarrhea is aggravated after eating and during the night.
- He also complains of severe restlessness and fear of death, feeling as though his condition is worsening rapidly.
- His appetite is low, and he avoids eating due to aggravation of diarrhea after meals.

ASSOCIATED COMPLAINTS:

- Mild nausea without vomiting.

PAST HISTORY:

- History of gastric sensitivity with occasional food poisoning episodes.
- No chronic illnesses reported.

FAMILY HISTORY:

- Father – Healthy.
- Mother – Healthy.
- Grandfather – Hypertension
- Maternal Grandmother – Hypertension

GYNAECOLOGICAL AND OBSTETRIC HISTORY:

- Not Applicable

PERSONAL HISTORY:

- Marital status: Married.

- Addiction: None.
- Habits & Hobbies: Playing chess
- Regular Medication: None.
- Vaccination: Up to date.
- Allergies: None known.

PHYSICAL GENERAL:

- Appetite: Decreased, afraid to eat due to aggravation
- Thirst: Drinks frequently in small quantities
- Perspiration: Normal
- Urine: 4 to 5 times in a day.
- Desire: Chilled juices
- Aversion: Meat
- Sleep: Disturbed due to frequent urges and night aggravation
- Temperature Sensitivity: Chilly. Prefers warmth, feels chilly even in a warm room

PHYSICAL EXAMINATION:

General Examination

Parameter	Observation
Pulse	78/min
Respiratory Rate	18/min
Blood Pressure	120/78 mmHg
Temperature	Afebrile
Height	5'6"
Weight	68 kg
Tongue	Dry and cracked
Skin	Dry, slightly cold to touch
Edema	NAD
General Appearance	Mildly dehydrated

SYSTEMIC EXAMINATION:

Gastro intestinal system	Mild distension with tenderness
Respiratory system	BLAE clear.
Cardio-vascular system	S1S2 audible.
Central Nervous system	Conscious/ oriented.
Muscular-skeletal system	NAD
Others	NAD

LIFE SKETCH INVESTIGATION / MENTAL GENERALS:

- Restless
- Fear of Death

LABORATORY INVESTIGATIONS:

- Not advised.

CASE PROCESSING:

- Provisional Diagnosis

- Food Poisoning
- Cholera
- Typhoid Fever

- Confirm Diagnosis
- Food poisoning.

ANALYSIS OF CASE:

CLASSIFICATION AND EVALUATION OF SYMPTOMS:

- Ailment from consuming spoiled street food. - Causation
- Frequent, copious, chocolate-colored diarrhea with an offensive smell. - Pathological General
- Burning in anus and great exhaustion after passing. – PQRS symptom
- Diarrhea < after eating, during the night. - Modality
- Increased thirst, Drinks frequently in small quantities- Physical General
- Restlessness – Mental General
- Fear of death, feeling as though his condition is worsening rapidly. – Mental General

TOTALITY OF SYMPTOMS:

- Ailment from consuming spoiled street food.
- Frequent, copious, chocolate-colored diarrhea with an offensive smell.
- Burning in anus and great exhaustion after passing.
- Diarrhea < after eating, during the night.
- Increased thirst, Drinks frequently in small quantities
- Restlessness
- Fear of death, feeling as though his condition is worsening rapidly.

REPERTORIAL TOTALITY:

1. [Special] [Diarrhoea]PATHOLOGICAL NAMES:Diarrhoea: (113)
2. [Special] [Diarrhoea]CHARACTER OF THE STOOLS: Colour: Chocolate like: (3)
3. [Special] [Diarrhoea]CHARACTER OF THE STOOLS: Copious: (47)
4. [Special] [Diarrhoea]CHARACTER OF THE STOOLS: Frequent: (52)
5. [Special] [Diarrhoea]CHARACTER OF THE STOOLS: Smell: Offensive: (36)

6. [Special] [Diarrhoea]AGGRAVATIONS: Eating: After (see also after meals): (36)
7. [Special] [Diarrhoea]AGGRAVATIONS: Night: At: (45)
8. [Special] [Diarrhoea]CONCOMITANTS (DURING STOOL): Anus: Burning or heat: (24)
9. [Special] [Diarrhoea]CONCOMITANTS (AFTER STOOL): Exhaustion: (20)
10. [Special] [Diarrhoea]CONCOMITANTS (MIND AND MOOD): Fear of: Death: (4)
11. [Special] [Diarrhoea]CONCOMITANTS (APPETITE): Thirst: Drinking small quantities often: (5)
12. [Special] [Diarrhoea]CONCOMITANTS (GENERAL SYMPTOMS): Restlessness: (14)

Symptoms : 12 Remedies : 134 Filters : Normal

Remedy	Ars	Ant-t	Chin	Aloe	Bry	Apis	Lach	Sec	Verat	Acon	Crato-t	Iris	Pod	Rhus-t	Colch	Coloc
Totally	24	12	11	10	10	9	9	9	9	9	9	9	9	8	8	8
Symptoms Covered	12	6	7	7	7	7	7	7	7	5	5	5	5	6	5	5
Kingdom	👤	👤	🌿	🌿	🌿	🐮	🐮	🐞	🌿	🌿	🌿	🌿	🌿	🌿	🌿	🌿
[Special] [Diarrhoea]PATHOLOGICAL NAMES:Diarrhoea: (113)	2	1	2	1	2	1	1	1	1	1	2	1	2	1		
[Special] [Diarrhoea]CHARACTER OF THE STOOLS:Colour, Chocolate like: (3)	2		1				2									
[Special] [Diarrhoea]CHARACTER OF THE STOOLS:Copious: (47)	1	1	3	1	3	1		1	2		2	1	2	1	3	
[Special] [Diarrhoea]CHARACTER OF THE STOOLS:Frequent: (52)	2	3	1		1	3	1	1	1	3		3	2	1	1	
[Special] [Diarrhoea]CHARACTER OF THE STOOLS:Smell :Offensive: (36)	2			3	1	1	2	2	1		1			2	1	
[Special] [Diarrhoea]AGGRAVATIONS:Eating:After (see also after meals): (36)	2			1	1	1	1	1	1		3					
[Special] [Diarrhoea]AGGRAVATIONS:Night:At: (45)	2	3	2	1	1		1		1	1		1	2	1	1	
[Special] [Diarrhoea]CONCOMITANTS (DURING STOOL):Anus:Burning or heat: (24)	3	1		2	1		1					3				
[Special] [Diarrhoea]CONCOMITANTS (AFTER STOOL):Exhaustion: (20)	1		1	1		1		2	2		1		1		2	
[Special] [Diarrhoea]CONCOMITANTS (MIND AND MOOD):Fear of:Death: (4)	2							1		2						

Differential Remedy:

1. Arsenicum Album
2. Ant-t
3. China

Final Prescription:

- ARSENICUM ALBUM 30C – Every 2 hours initially, then reduce frequency as improvement occurs

- SAC LAC TDS FOR 5 DAYS

AUXILLARY MEASURES:

- Oral rehydration therapy (ORS) to prevent dehydration.
- Avoid spicy and heavy food.
- Encourage light, easily digestible diet (rice, curd, and banana).
- Plenty of fluids (buttermilk, coconut water).

FOLLOW UP

Date	Complaints/Symptoms	Prescription
19/9/24	Chocolate-colored, offensive-smelling, profuse stools with exhaustion.	Arsenicum Album 30C every 2 hours.
20/9/24	Less frequent (2-3 times), burning reduced, improved energy. Vitally stable	Arsenicum Album 30C BD for 2 days
27/9/24	Stools well-formed, no burning, appetite improved. Only 2 times stool passed, no offensiveness.	SL BD for 3 days
7/10/24	Normal stools, complete recovery.	Stop medicine.

BRISTOL STOOL Chart: it shows improvement of patient.

Date	Comments (Volume, Blood, Mucous) (S - Small, M - Medium, L - Large)	Type 1 (Hard lumps)	Type 2 (Lumpy sausage)	Type 3 (Cracks on surface)	Type 4 (Smooth, soft)	Type 5 (Soft blobs)	Type 6 (Mushy, ragged edges)	Type 7 (Watery, no solid pieces)
19/9/24	L – Large, Chocolate-like, Offensive, Copious						<input checked="" type="checkbox"/> (Mushy stool, ragged edges)	
20/9/24	M – Medium, Less offensive, Night episodes continue					<input checked="" type="checkbox"/> (Soft blobs, passed easily)		
27/9/24	S – Small, Well- formed stool				<input checked="" type="checkbox"/> (Smooth and soft stool)			
7/10/24	S – Small, Normal consistency				<input checked="" type="checkbox"/> (Smooth and soft stool)			