

Homoeopathy in Diarrhoea Care

Dr. Khyati Rajani¹, Dr. Prakash Joshi²

¹ PG scholar MD Part 2- Department of Case Taking & Homoeopathic Repertory, Rajkot Homoeopathic Medical Collage, Parul University, Gujarat, India

²Professor of Department of Case Taking & Homoeopathic Repertory, Rajkot Homoeopathic Medical Collage, Parul University, Gujarat, India

Definition: Diarrhoea is an alteration of normal bowel movement characterized by an increase in the water content, volume, or frequency of stools

Among children 0-59 months of age, diarrhoea is responsible for 1.236 million deaths annually and is the second leading cause of death in this age group. Though mortality rates among older children, adolescents, and adults are lower than those observed in children under five, diarrhoea still poses a substantial burden accounting for approximately 2.8 billion diarrhoea episodes among older children, adolescents, and adults

What are the causes of Diarrhoea?

- Bacteria
- Virus
- Parasites
- Drug/Antibiotics may lead to diarrhoea by reducing digestive flora or by allowing growth of pathogens.
- Dietary dysfunction due to raw sea food, raw egg, undercooked food/meat, street food Unpasteurised milk/juice, contaminated water or food etc.
- More than 90% of cases of acute diarrhoea are caused by infectious agent, this cause often accompanied by vomiting, fever and abdominal pain. Remaining 10% or so are caused by medications, toxic ingestion, food indiscretions and other diagnosis.

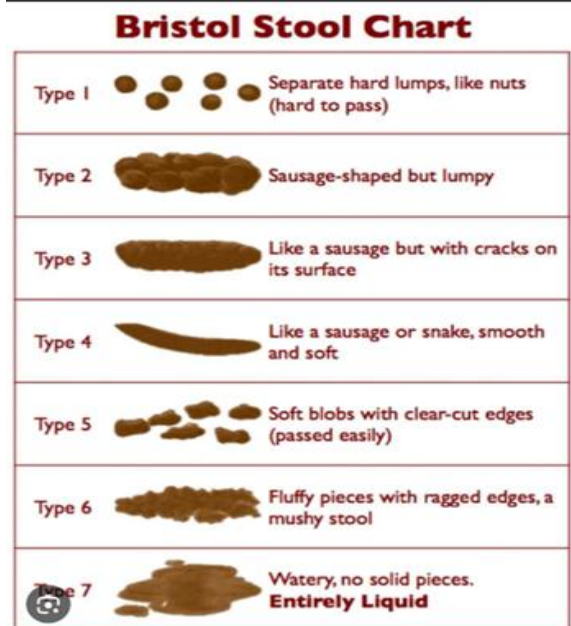
Pathophysiology:

Diarrhoea is increased water loss in the faeces, which turns implies either malabsorption or excess secretion of water from the intestine. Water movement across the epithelial membrane is a passive process link through the active absorption of cations like sodium or

solutes, e.g., glucose and amino acids. Any process that impairs the absorption of water and hence increases the liquidity of stool.

Evaluation Criteria for Diarrhoea with the help of Bristol Stool Chart

What is Bristol Stool Chart?



The Bristol Stool Chart is widely used as a research tool to evaluate the effectiveness of treatments for various diseases of the bowel. The chart is used to describe the shapes and types of stools. It is also used as a tool to diagnose constipation, diarrhoea and irritable bowel syndrome.

- Type 1-2 indicate constipation,
- Type 3-4 are ideal stools as they are easier to pass, and
- Type 5-7 may indicate diarrhoea and urgency.

Repertorial point of view:

The Homoeopathic Therapeutics of Diarrhoea written by James B. Bell, is an excellent book which deals with the medicine that can be used frequently for obstinate diarrhoea.

Book Plan:

The book is divided into two parts. The first part contains homoeopathic therapeutics and the second part contains the remedies and their indications and medicine part contain 141 remedies.

Repertorial Part:

- a) Pathological names
- b) Character of the stool
- c) Conditions of the stool and of the accompanying symptoms
- d) Accompaniments of the evacuation
- e) General accompaniments

Homoeopathic Management:

Homeopathy is a holistic system of medicine that works on the principle of "like cures like." It uses highly diluted substances to stimulate the body's own healing mechanisms.

Here are few commonly used homeopathic remedies for GI Disturbances:

1. Aethusa Cynapium

Stools: Bilioid, light yellow and greenish (liquid); Greenish-Gray; Green mucous; Bloody mucous; Undigested; Profuse; Inodorous (greenish stools); Watery, slimy.

Aggravation: In the morning (after rising) in children: In summer: During dentition: Shortly after a meal or at night (undigested).

Before Stool: Pinching and cutting pains in the abdomen.

During Stool: Tenesmus, ten violent: Painful contractions.

After Stool: Unsatisfied urging to stool: violent tenesmus: Exhaustion: Drowsiness.

2. Aloe socotrina

Homeopathic practitioners recommend aloe vera to ease diarrhoea accompanied by gas. Symptoms in these cases may include gurgling and rumbling in the abdomen before bowel movements along with involuntary stools while passing gas.

Rectum. Constant bearing down in rectum; bleeding, sore, and hot; relieved by cold water. Feeling of weakness and loss of power of sphincter ani. Sense of insecurity in rectum (when passing flatus. Uncertain whether gas or stool will come. Stool passes without effort, almost unnoticed. Lumpy, watery stool Jelly-like stools, with soreness in rectum after stool. A lot of mucus, with pain in rectum after stool.) Haemorrhoids protrude like grapes; very sore and tender; better cold-water application. Burning in anus and rectum. Constipation, with heavy pressure in lower part of abdomen. Diarrhoea from beer.

3. Argentum nitricum

Stools: Green mucous, like chopped spinach in flakes; Turning green after remaining on diaper; Bright yellow; Greenish-yellow; Creamy; Dark, watery mucous; Bloody; Bloody mucous; Brown liquid; Slimy; Masses of epithelial substance, connected by muco-lymph, red, green, shreddy, thin, unshapely strips or shaggy lumps; Frequent; Fetid (green mucous and brown liquid); Sour; Like rotten eggs; Scanty (watery mucous); Painless (bloody mucous); Involuntary; Undigested; Excoriating; Alternating with constipation; Expelled forcibly with much spluttering

Diarrhoea immediately after eating or drinking.

4. Arsenic album

Cannot bear the sight or smell of food. Great thirst; drinks much, but little at a time. Nausea, retching, vomiting, after eating or drinking. Anxiety in pit of stomach. Burning pain. Craves acids and coffee. Vomiting of blood, bile, green mucus, or brown-black mixed with blood. Stomach extremely irritable; seems raw, as if torn. Gastralgia from slightest food or drink. Dyspepsia from vinegar, acids, ice-cream, ice-water, tobacco. Ill effects of vegetable diet, melons, and watery fruits generally. Craves milk.

Abdomen. Gnawing, burning pains like coals of fire; relieved by heat. Liver and spleen enlarged and painful. Ascites and anasarca. Abdomen swollen and painful. Pain as from a wound in abdomen on coughing.

Rectum. Painful, spasmodic protrusion of rectum. Tenesmus. Burning pain and pressure in rectum and anus.

Stool. Small, offensive, dark, with much prostration. Worse at night, and after eating and drinking; from

chilling stomach, alcoholic abuse, spoiled meat. Dysentery dark, bloody, very offensive. Cholera, with intense agony, prostration, and burning thirst. Body cold as ice. [Verat.] Haemorrhoids burn like fire; relieved by heat. Skin excoriated about anus.

5. Chamomilla Stomach. Eructation, foul. Nausea after coffee. Sweats after eating or drinking. Aversion to warm drinks. Tongue yellow; taste bitter. Biliary vomiting. Acid rising; regurgitation of food. Bitter, bilious vomiting. Pressive gastralgia, as from a stone. [Bry.; Abies n.]

Abdomen. Distended. Gripping in region of navel, and pain in small of back. Flatulent colic, after anger, with red cheeks and hot perspiration. Hepatic colic. Acute duodenitis.

Stool Hot, green, watery, fetid, slimy, with colic. Chopped white and yellow mucus like chopped eggs and spinach. Sore-ness of anus. Diarrhoea during dentition. Haemorrhoids, with painful fissures

6. Gelsemium

Stomach: Usually thirstless; but thirst with sweat. Little appetite but can take food or drink. Feeling of emptiness or weakness in the stomach, or bowels. Cramps in stomach, < riding or sitting erect. Hiccough, < evening.

Abdomen: Passive congestion of liver. Gripping in the gall bladder. Periodical colic. Copious yellow stools. Diarrhoea; painless; in nervous persons; after sudden emotions as grief, fright, bad news, anticipation of an unusual ordeal. Stools, cream coloured; tea-green. Paralysis of sphincter ani. Prolapse or rectal pains after labour. Involuntary stools.

7. Nux vomica (Nux-v.)

Diarrhoea: Especially seen in persons who have taken laxatives and aromatic remedies throughout their life. There is a frequent desire for stool. The stool is watery and offensive, passes little quantity at a time with temporary satisfaction. Urge for stool in the morning after rising or after mental exertion with an ineffectual desire for stool and urine.

8. Veratrum album

Stools: Greenish, watery, with flakes; Brownish, watery; Blackish, watery; Rice-water; Bloody; Frequent; Profuse (watery); Biliary; Mucous; Corrosive; Sometimes painless; Offensive; Involuntary (while passing flatus).

Aggravation: In hot weather: During or before menstruation: During typhoid fever: At night: By moving and drinking (vomiting): After fruit: After indigestible food: From taking cold.

Before Stool: Severe pinching colic; Rumbling in the abdomen.

During Stool: Paleness: Cold sweat on the forehead: Pinching colic: Nausea: Vomiting: Weakness: Chilliness and shuddering: Faintness. After Stool: Great sinking and empty feeling in the abdomen: Weakness: Faintness: Great exhaustion.

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