

The Homoeopathic Approach for Treatment of Diarrhoea in Children

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Abstract: Diarrhoeal disease is a third leading cause of child morbidity & mortality and is responsible for fatality rate shooting approx 300000 children < 5 years every year in India. It may be infectious or non-infectious type; both types may be treatable and preventable with some common intervention like-adequate hydration, bland diet, regularly washing hands with soap, good sanitation etc. Homoeopathy offers a great scope in the treatment of various childhood diarrhoea.

Keywords: Diarrhoea, Homoeopathy

1. Introduction

Diarrhoea is the passage of liquids or watery stool more than three times a day. However, it is the recent change in the consistency of stools rather, than the number of stools that is the more important feature¹. Diarrhoea may be watery or contain blood, sometime associated with anorexia, nausea, vomiting, fever or abdominal cramp etc². A breastfed infant could normally pass several soft or mushy stools each day. In such cases the change in character or colour of stool will be important, as it may be yellow/green/ brown colour and/ or contain small curds depends on diet². Dehydration is the most common cause of death due to diarrhoea in younger children or babies. Even a significant number of deaths occur as a result of malnutrition consequent to a series of diarrhoea in children under five years³.

• Epidemiology

The National Family Health Survey shows that the prevalence of childhood diarrhoea has increased day by day in India due to poor hygiene. Each year diarrhoea kills around 300000 younger children in India⁴ and globally there are nearly 1.7 billion cases of childhood diarrhoeal disease occurs every year³.

• Causes

Diarrhoea may be infectious or non-infectious. Most infectious diarrhoeas are caused by viruses it increases in summer but can occur any time. In India, rotavirus & enterotoxigenic E. coli are the most common cause of acute infantile diarrhoea. Food poisoning, food allergies, contaminated water or worm etc. can also cause children diarrhoea as a result of poor hygiene⁵. Severe infantile diarrhoea may occur during dentition period, just after vaccination, during fever etc.

• Management

Breastfeeding should be continued during Infantile Diarrhoea. Animal milk must be replaced with curds or a lactose-free milk formula. If required, cooked rice can be mixed with milk/curd or dalia¹. And to prevent dehydration & nutritional damage & to reduce duration & severity of diarrhoeal episode, ORS should be provided along with

medicine. As supplementary at least, provide vitamin A (as a single large dose) & zinc as these have been shown to effect recovery from persistent diarrhoea⁶.

• Homoeopathic Therapeutics^{7, 8, 9, 10}

Homoeopathic treatment is effective in various children diarrhoea. Here are few examples of drugs with indication according to causation.

A. Diarrhoea from food poisoning

- Lumpy, watery, jelly-like stool which passes without effort immediately after eating, drinking, with soreness in rectum after stool. Cutting colicky pain before & during stool; pain ceases after stool & after stool extreme weakness, profuse sweating. - **Aloe socotrina**
- Diarrhoea, after eating or drinking cold fruit, ice-cream, ice-water, strong cheese etc. ; stool scanty, dark-coloured, offensive < 1-2 P. M. ; 12-2 A. M. & whether small or large followed by great prostration & cold sweat. Burning thirst for cold water, drinks often but little. - **Arsenic**
- Stool contains large quantities of white shredding particles; painless, involuntary, excoriating with griping colic & tenesmus. After stool the child feels so exhausted that it falls asleep, great thirst & aversion to smell of cocked food.

Colchicum autumnale

- Stool during night after nursing, undigested, small, bilious, frothy, frequent Jelly-like stool, preceded by severe colicky pain, coming on in paroxysm, causing child twist & double up with every stool; pain > by hard pressure & bending double. Dysenteric stool renewed each time by the least food or drink. - **Colocynthis**

B. Diarrhoea, after change of diet

- Diarrhoea after change of diet specially, indigestible food, even when taken by the nurse, causes diarrhoea of child who is very irritable, hypersensitive. Scanty stool with much ineffectual desire, or passing but small quantities at each attempt. Painful stool, stools relieve pains for a time with first half of tongue clean, posteriorly covered with deep fur, white yellow cracked edge. - **Nux vomica**

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C. Diarrhoea, Milk after

- Children who cannot bear milk in any form; and results in undigested thin greenish stool, then great weakness, prostration & sleepiness. Complete absence of thirst in idiotic children, incapacity to think, confused who is very restless & irritable with well-marked linea nasalis. - **Aethusa cynapium**
- Involuntary foetid sour diarrhoea with ravenous appetite < at evening. Milk sours on stomach & is either thrown up/ passes downward in white curded lumps. Grey clay like frothy stool with great thirst at night in flabby child with longing for egg, open fontanelles, head sweats so as wet pillow and take cold readily in consequence. - **Calcarea carb**
- Milk passes undigested in nursing child who had sour smell of the whole body. Stool green, watery, frothy like a frog-pond's scum proceeded by gripping colicky pain, very much sour smelling & often with curds of milk. Great straining during stool with tenesmus, during which child does not want to be touched. Profuse night sweat with extreme & rapid emaciation. Child of irritable disposition & nervous temperament with inordinate craving for meat. - **Magnesia carb**
- Sudden call to stool, escapes with haste & noise. Diarrhoea from milk, yellow substance like pulp of orange in discharge. Anaemic child had very weak digestion, caused by slightest error of diet & aversion to milk. - **Natrum carb**

D. Dentitional diarrhoea

- Hot, green, slimy, watery stool / chopped white/ yellow mucus like chopped egg during dentition. Very offensive like rotten egg & are excoriating with colic. Child exceedingly irritable, fretful quite only when carried, impatient, wants this or that becomes angry when refused or when offered, petulantly rejects it. Child moaning in sleep. Milk thrown up cheesy < towards evening. - **Chammomila**
- Diarrhoea in nursing infants during painful dentition, very offensive, dark brown, bloody/ green stool with nausea, dry skin & exhaustion etc. in old looking children who have wrinkled & scrofulous affection with rapid emaciation. - **Kreosotum**
- In difficult dentition, long standing painless diarrhoea in early morning continues through forenoon, followed by natural stool in evening; along with sinking sensation in abdomen/ rectum. Sometime chalk-like, jelly-like, undigested, yellow milk like sediment along with violent cramp of the feet, calves, thigh. Thirst of large quantity cold water. Child lies upon the mother's lap or on pillow with half closed eyes, constantly moaning & rolling his head side to side. - **Podophyllum**
- Brown, pasty, sour smelling stool during dentition with shivering & tenesmus, burning in anus. Child smells sour even after washing or bathing, milk tastes bitter & the baby rejects the breast with vomiting & great debility. Sweat on hairy scalp, constant & profuse. Impatient & vehement; desire many things & cries but soon tries of all. Colic with every sour stool < uncovering an arm/ leg, standing not > by stool. - **Rheum**

E. Diarrhoea after suppressed eruption -

- Offensive & painless, involuntary, mucoid stool passed with every motion diarrhoea in eruptive disease/ especially if eruption suppressed. Stool preceded by much rumbling of flatus & sudden darting pain in rectum with great urging followed by rawness in anus. No appetite, no thirst along with fiery red tongue, urine frequent, scanty/ suppressed, strangury. - **Apis mel**
- Suppressed eruption often causes stool brown, fluid, mixed with undigested substances & of intolerable odour which excoriating anus; followed by great but transient prostration. Very frequent & small stool with eruption on skin from which oozes a gelatinous fluid. Children impudent, teasing, laugh at reprimand. - **Graphites**
- Diarrhoea sudden, imperative, stool watery, dark-brown, involuntary, foetid smells like carrion, great weakness, debility < 1-4 A. M. Dirty, sallow, greasy skin with developed eruption on chest & forehead & body has a filthy smell even after bath. Child is good, plays all day, restless, troublesome, and screaming all night. Profuse perspiration after acute diseases with relief of all suffering. - **Psorinum**

F. Diarrhoea, vaccination after

- Watery slimy, bloody/ offensive stool preceded by spasmodic colic & much flatus. Child will not be touched without whining. Coated pasty, thick white tongue with red edges with extraordinary craving for apples & thirst for cold water. Cold blue pale face covered with cold sweat. - **Antim tart**
- Diarrhoea of cadaverous odour. Child very much emaciated by continuance of diarrhoea, it nurses well, but the food passes through it undigested, loss of appetite, open fontanelles, intolerable sour, carrion-like odour of feet, with perspiration & great thirst. Children are obstinate, headstrong, cry when spoken kindly to; aversion to milk, refuse to nurse. - **Silicea**

G. Summer diarrhea

- Slimy, flatulent stool, hard lump mixed with watery discharge, contains undigested food, foul flatus after overheating, cold baths etc. Desire for acids, pickles. Milky white coated tongue. Diarrhoea after nursing. Peevish & fretful child; inclined to grow fat. Baby cries when washed with cold water; can't bear to be touched. - **Antim crud**
- When Bryonia seems indicate but fails; rawness & chafing in children during hot weather. Flatus hot, moist, offensive with involuntary cadaverous smelling stool; burning in anus. Body becomes blue, icy-cold. - **Carbo veg**
- It is a valuable remedy for summer diarrhoea. Copious watery stool, with much urging; always forcibly shot out, with gurgling in intestines; worse, drinking the least quantity or even while eating. Constant urging to stool, followed by sudden evacuation of offensive pasty stool. Very little prostration, passage every half hour, from morning till evening, not at night. - **Croton tig**

J. Diarrhoea from fright

- From fear painless diarrhoea, not debilitating, white or yellow, watery; from acids, involuntary with flatus in weakly, delicate, rachitic child. Bloating abdomen with voracious appetite & great thirst for cold milk. - **Acid phos**
- Great physical & mental restlessness with acute, sudden violent invasion after fright. Frequent, small stool with tenesmus; green, chopped like herbs. Watery diarrhoea in children with colic, which no position relieves. Child

- cries & complain much, sleepless & restless. White coated tongue with thirst for cold water. - **Aconite**
- Painless or involuntary stool after fright, emotional excitement, bad news etc. Cream coloured stool. Child starts and grasps the nurse, and screams as if afraid of falling. - **Gelsemium**
- Involuntary stool especially after fright; painless, black & offensive, watery stool accompanied by heavy, stupid sleep, stertorous breathing, sweaty skin, dark mehogony-brown face of child. Dry tongue, no desire to eat. - **Opium**

2.A Case of Childhood Diarrhoea

No. 4938 GENERAL Rs. 2/-

PRATAP CHANDRA MEMORIAL HOMOEOPATHIC HOSPITAL & COLLEGE
14/1, MAHANAMBARATA SARANI (N.N. ROAD), KOLKATA-700 011
Out Patient Department

No. in Register: G/May/27/2862 Date: 10.5.23
Name: Raju Dava
Address: 21, N.5 Road, Cat-11
Age: 3yrs Sex: M Caste: H
Disease: Diarrhoea

Date	Case Note	Treatment
P/c	Loose stool with pain abdomen, vomiting since last night - Causation - after eating cake Character of stool - yellowish-green, offensive foamy, 3 times in night since 11 PM. Character of pain - colicky pain associated with 2 time vomiting on episode tongue - moist, clean thirst - poor urine - clear sleep - disturbed Adv - Taking O.P.S., low fiber diet	R ① Ipecac 30/2D OD x 2 days ② PL 20y G D TDS x 2 days Rajin 10.5.23

Followup - 12/5/23

Start - normal in consistency
no episode of pain & vomiting reported.
Tongue - clear
Thirst - moderate
urine - clear
sleep - sound.

R
① Nivolum 20/4D
OD x 7 days

Rajin
12.5.23

নতুন টিকিট লইবার সময়ঃ সকাল ৯টা হইতে ১০-৩০ টা বৈকাল ৪টা হইতে ৫-৩০ টা।
বিস্তারিতঃ - এখানে মল, মূত্র, রক্ত, খুঁচু, চক্ষু, দন্ত, নাক, কান গলা পরীক্ষা, ই সি জি, এনআর, ইউ, এস, জি ও ফিজিওথারাপী করা হয়।

3.Conclusion

After going through this study we came to conclusion that we can effectively cure childhood diarrhoea after individualisation of each case. During treatment the aim is not only to stop the diarrhea, but also improve the general wellbeing of the child rapidly. If acute prescription failed to cure, then we have to look the miasm behind it & prescribe some antimiasmatic remedy for complete cure.

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