



General Instructions while taking Homoeopathic Treatment

Medicines as indicated in this handout should be taken if the symptoms mentioned against each medicine match those of the patient.

Medicine to be taken - 3 globules of size 40 every 3 hours dry on the tongue or in plain drinking water.

Medicine should be taken after cleaning the mouth and preferably on an empty stomach.

If improvement occurs within 24 hours, then medicine should be stopped.

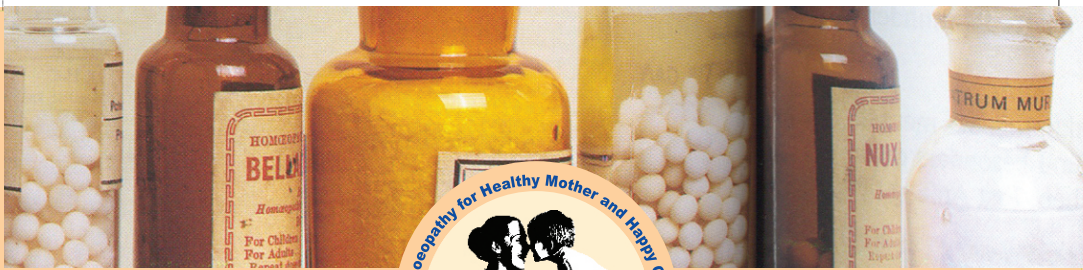
While taking the medicine, if the patient does not get any relief within 24 hours or becomes worse at any time, then consult the nearest homoeopathic doctor.

Medicines must be kept away from strong smelling substances like camphor, menthol etc.

Medicines should be kept in a cool, dry place away from direct exposure to sunlight.

Medicines should be kept away from the reach of children.



Central Council for Research in Homoeopathy
(An Autonomous Organization of the Department of AYUSH,
Ministry of Health and Family Welfare)
61-65, Institutional area (opp. 'D' Block) Janak Puri, Delhi- 110058
Tel: 91-11-28525523 Fax: 91-11-28521060
Email: ccrh@del3.vsnl.net.in Website: www.ccrhindia.org



National Campaign
on Homoeopathy
for Mother and Child Care

Diarrhoea in Children and Homoeopathic Management


Department of Ayurveda, Yoga &
Naturopathy, Unani, Siddha
and Homoeopathy (AYUSH)
Ministry of Health and Family Welfare
Government of India


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Diarrhoea in Children

Diarrhoea is loose, watery, and frequent stools.

It occurs due to:
Infection – (viral, bacterial, parasitic infections such as worms)
Sensitivity to certain foods
Reaction to certain medicines
If not managed properly, it may lead to **'Dehydration'**. **Dehydration means your body doesn't have enough water and other fluids to carry out its normal functions.** Severe dehydration is a medical emergency and if not treated may cause permanent brain damage or death.



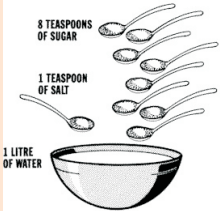
A dehydrated child:
is irritable and restless.
has dry, sunken eyes.
is thirsty, drinks eagerly.
if pinched, skin takes long time to go back.



Prevention:
Wash hands with soap after passing stool.
Drink safe clean water.
Wash hands before eating.
Wash fruits and vegetables.
Keep food covered.

Do's
Rehydrate the child.
Continue breast feeding.
Give child ORS or home made sugar and salt solution frequently.
Slowly start soft, light food like bananas, rice, boiled potatoes, toast, curd, soups, etc.

Dont's
Don't give child milk or milk products.
Don't give drinks that have caffeine such as colas, coffee, etc.
Don't give foods that are greasy (oily), high in fiber or are very sweet.



How to make sugar and salt solution at home?
Add 1 level teaspoon of salt and 8 level teaspoons of sugar in 1 litre or 5 cupfuls of boiled and cooled water and stir well to dissolve. Solution should be consumed within 24 hours of its preparation. **Discard the leftover solution.**



Consult a physician if
Diarrhoea is severe, or lasts longer than 2-3 days.
Stool contains blood or mucus.
Diarrhoea keeps returning, or the child is losing weight.
The child has signs of dehydration.
Child has vomiting, fever, cramps in abdomen.

How can Homoeopathy help?
Following are some of the commonly used homoeopathic medicines for 'Diarrhoea in children' which can be taken as a first line treatment as per instructions. However **it is advised that a qualified homoeopathic doctor should be consulted.**



Symptoms	Medicine
Stool-undigested, thin, greenish Stool preceded by colic and cramps Stool followed by exhaustion and drowsiness	Aethusa cynapium 30
Diarrhoea after taking juicy fruits or cider Green, slimy, hot, undigested stool with offensive flatus	Calcarea phosphorica 30
Child is extremely irritable and peevish One cheek red and other pale Slimy, greenish offensive diarrhoea Profuse sweat on head	Chamomilla 30
Early morning painless diarrhoea; after taking acid fruits Green, watery, offensive, profuse, gushing stool	Podophyllum 30
Sour smelling diarrhoea Whole body of child smells sour Pain in abdomen with tenesmus (painful urge for stool)	Rheum 30
Child is unable to digest milk Pain in stomach due to milk Undigested sour smelling stool	Magnesia carbonicum 30

Follow the instructions overleaf