

To Study The Role Of Homoeopathy In Management Of Acute Summer Diarrhoea In Children

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Abstract: Background: In summer due to heat there may occur shortage of water so people try to get water from anywhere, even purification system is weak due to water shortage causing chance of water getting infected from various bacilli causing water borne diseases like Diarrhoea, Dysentery, Cholera, Typhoid etc. Some other factors like eating ice-creams, ice-gola, out-side unhygienic food, swimming in unclean swimming pool plays important role in development of acute diarrhoea. This study has been done in order to study role of homoeopathy in reducing duration, intensity and frequency of summer diarrhoea and arriving at a group of remedies indicated in such cases so that morbidity due to summer diarrhoea as well as general condition of the patients can be taken care of effectively, gently in a cost-effective manner. Material And Methods: This study is a prospective, clinical, interventional study. Sample of 30 cases had been selected by simple randomized method from Bhavnagar district from Swami Vivekananda homoeopathic medical college and hospital as well as my private OPD. Result: In this study age group of 0-3 and 3-6 are found more liable to get summer diarrhoea. As far as sex distribution is concern male: female is almost same. Cold food, cold drink, ice gola, out-side food, drinking impure water and swimming are found as major causative factors. As far as miasms are concern more cases (almost 60%) are found to have psora in background. A group of remedies like Arsenicum album, Bryonia, Podophyllum, Veratrum alb, Aloe socotrina, Croton tiglium, Camphora are Found to be effective in cases of summer diarrhoea. These remedies have found to improve almost 90% of cases by means of reducing intensity, duration and frequency of cases of acute summer diarrhoea. Conclusion: There is a better scope in Homoeopathic for the treatment of summer diarrhoea, since the treatment is based on holistic and individualistic approach. A homoeopathic remedy not only annihilates the disease but also prevents the complications associated with it. [Oza N Natl J Integr Res Med, 2020; 11(3):69-71]

Key Words: Summer diarrhoea, Arsenicum album, Bryonia, Podophyllum, Veratrum alb, Aloe socotrina, Croton tiglium, Camphora, psora

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Introduction: Diarrhoea is characterized by frequent loose or liquid evacuation from bowel. Acute diarrhoea is a common cause of death in developing countries and the second most common cause of infant deaths worldwide. The loss of fluids through diarrhoea can cause severe dehydration which is one of the cause of death in diarrhoea sufferers. Along with water, sufferers also lose dangerous amounts of important salts, electrolytes, and other nutrients. Diarrhoea commonly results from gastroenteritis caused by viral infections, parasites or bacterial toxins.

However, for ill or malnourished individuals diarrhoea can lead to severe dehydration and can become life-threatening without treatment. In summer due to heat there may occur shortage of water so people try to get water from anywhere, even purification system is weak due to water shortage causing chance of water getting infected from various bacilli causing water borne diseases like Diarrhoea, Dysentery, Cholera, Typhoid etc. Also, the children are fond of having ice-creams, ice-gola, other outside food as it is

easily available in summer and due to heat they would like to have these things due to which they may likely to get acute diarrhoea. One more common source of catching infection happens to be the swimming pool. While taking a bath before and after a swim is advocated everywhere, it is not religiously adhered to. There is also the possibility that the water may not be clean enough or may not have been changed for quite a few days. Through this study how homeopathic remedies can be useful in reducing duration, intensity and frequency of summer diarrhoea is observed and analysed. Also, a group of homoeopathic remedies indicated in acute summer diarrhoea are studied which can be useful for reducing morbidity due to acute summer diarrhoea.

Aim: To study the role of Homoeopathy in management of summer diarrhoea in children.

Objectives: To study the role of homoeopathic remedies in reducing the intensity, duration, and frequency of the acute summer diarrhoea in children.

To study miasmatic background in cases of acute summer diarrhoea in children. To study causative factors involved in acute summer diarrhoea in children. To arrive at a group of remedies indicated in cases of acute summer diarrhoea in children.

Material & Methods:

1. Area Of Research- Bhavnagar District.
 - a. Cases from Swami Vivekananda Homoeopathic Medical College, sidsar road, Bhavnagar.
 - b. Cases from my private clinic opd (9,upnishad complex, ghogha circle, Bhavnagar)
2. Sampling :
 - a. Number of cases- Representative 30 cases had selected from area of research.
 - b. Sampling method: Researcher had used the random probability method for the sampling.
3. Type Of Study: Clinical, Prospective And Interventional.
4. Inclusion Criteria: Subjects from 0-12 years and of both the sexes, presenting with symptoms and signs of diarrhoea like loose watery stool ,an urgent need to use the bathroom ,cramping, loss of control of bowel movements ,nausea, pain in the abdomen for 3-5 days had taken for the study.
5. Exclusion Criteria: Immuno-compromised patient ,cases requiring surgical intervention and/or emergency medical management, cases of inflammatory bowel diseases(ulcerative colitis, chron’s disease),irritable bowel syndrome, drug induced diarrhoea ,diarrhoea of carcinoma of colon, are excluded. Patients having blood in the stool had excluded.
6. Method Of Data Collection: Data had collected by personal interview according to homoeopathic case taking (with reference to aphorism 83-104).
7. Method Of Data Assessment: Cases would be assessed on the intensity of symptoms and frequency of episodes. Also the general

condition of the patients on both mental & physical level had considered.

Assessment tool (symptoms score) is developed through literature review in order to evaluate the result which is as follows;

Genral Appearance	Normal	0
	Restless/irritable	2
	Lethargic/unconscious	4
Tears	Normal	0
	Decreased	1
	Absent	2
Skin Pinch	Normal	0
	Slow	2
	Very slow	4
Respiration	Normal	0
	Deep	2

Observation And Analysis: A sample of thirty cases from patients attended the outpatient department of Swami Vivekanand homoeopathic college and research centre as well as my private opd(vrushti homoeopathic clinic) were taken for the study. All the thirty cases were followed up for the period of three months. These cases were subjected to statistical study. The following tables reveal the observation and result of the study.

Table No 1: Age-Wise Distribution Of The Cases

Age (In Years)	No. Of Patients	Percentage %
0-3	11	36.7%
4-6	10	33.3%
7-9	5	16.6%
10-12	4	13.4%
Total	30	100%

Table No 2: Sex-Wise Distribution Of The Cases

Sr. No.	Sex	No. Of Patients	Percentage %
1	Male	14	46.6%
2	Female	16	53.4%
	Total	30	100%

Table No 3: Common Causative Factors

Sr. No.	Sex	No. Of Patients	Percentage %
1	Cold Food	3	10.2%
2	Cold Drink	4	13.3%
3	Ice -Gola	7	23.3%
4	Out-Side Food	5	16.6%

5	Impure Water	10	33.3%
6	Swimming	1	3.3%

Table No 4: Common Miasms

Sr. No	Miasm Involved	No. Of Cases	Percentage %
1.	Psora	18	60%
2.	Psora-Sycosis	5	16.6%
3	Sycotic-Syphilis	4	13.3%
4	Psora-Sycotic-Syphilis	3	10%

Table No 5: Most Commonly Used Remedies

Sr. No.	Sex	No. Of Patients	Percentage %
1	Arsenicum Album	5	16.6%
2	Podophyllum	6	20%
3	Bryonia	5	16.6 %
4	Veratrum Alb	3	10.2%
5	Aloe Socotrina	2	6.6%
6	Croton Tiglium	5	16.6%
7	Camphora	4	13.4%

Table No 6: Result Of Treatment

Sr. No.	Result	No. of Patients	Percentage %
1	Improved	27	90
2	Poor Recovery	03	10
	Total	30	100

Discussion: In this study it is observed that the cases of summer diarrhoea is more in age group of 0-3 years of age, then 4-6 years of age then after it is decrease in the age group of 10-12 years. Gender wise differentiation is not much but in this study 16 were the female children and 14 were the male children. The common causative factors found in this study were outside food and drinks especially cold food and drink. Among 30 cases in this study 27 cases were improved very well while only 3 cases had poor recovery.

Conclusion: The valid conclusion can be drawn from the study: There is a better scope in Homoeopathic for the treatment of summer diarrhoea, since the treatment is based on holistic and individualistic approach. A homoeopathic remedy not only annihilates the disease but also prevents the complications associated with it. Homoeopathic remedies reduces duration, intensity, and frequency of

diarrhoea and they also found to be effective in improving general condition of patients. Eating cold food, ice-creams, ice-gola, out-side food, drinking impure water, swimming in impure water is found as causative factor / triggers. A group of the remedies like Arsenicum album, Bryonia, Podophyllum, Veratrum Alb, croton tig are found to annihilate the disease and helps to reduce the intensity and frequency of the episode summer diarrhoea.

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