

To Study The Role Of Zingiber 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 Zingiber in reducing duration, intensity and frequency of summer diarrhoea. 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 at Vrushti Homoeopathic clinic, Jail Road, Bhavnagar. 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. Zingiber was used in various potencies in diarrhoea cases and assessment was done on the basis of improvement in terms of reducing intensity, duration and frequency of cases of acute summer diarrhoea. Purposive Sampling for research purpose has been done. Selection of the medicine is according to totality of symptoms. Selection of the potency and repetition was based on laws of Homeopathic Posology which is described in Organon of medicine. Cases were followed for 6 months. 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 Zingiber not only annihilates the disease but also prevents the complications associated with it. [Oza N Natl J Integr Res Med, 2022; 13(6): 27-29, Published on Dated: 15/11/2022]

Key Words: Upper Respiratory Tract infection, Knerr Repertory

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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^{3,5}. 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 treatment³. 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 pool⁴.

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. Zingiber is our common ginger. It is a native of Asia and is used very extensively in cooking as a condiment¹.

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Zingiber is reputed to be a good remedy in diarrhoea when caused by drinking impure water, melons and bread.¹ Its action on the intestinal canal is from direct irritation of the solar plexus².

Through this study how homeopathic remedy Zingiber can be useful in reducing duration, intensity and frequency of summer diarrhoea is observed and analyzed.

Material & Methods: It is as follows.

Area of Research: Bhavnagar District Cases from Swami Vivekananda Homoeopathic Medical College, sidsar road, Bhavnagar.

Cases from my private clinic opd (9, upnishad complex, Ghogha circle, Bhavnagar)

Sampling: Number of cases- Representative 30 cases had selected from area of research.

Sampling Method: Researcher had used the random probability method for the sampling.

Type of Study: Clinical, Prospective and Interventional.

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, and pain in the abdomen for 3-5 days had taken for the study.

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.

Method Of Data Collection: Data had collected by personal interview according to homoeopathic case taking (with reference to aphorism 83-104).

Method of Data Assessment: Cases had been 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;

Table 1: Assessment Tool

General 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

Results: 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 2: 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 3: 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 4: 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 5: 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 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 out- side 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: 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 Zingiber not only annihilates the disease but also prevents the complications associated with it. It is mainly indicated for diarrhoea occurring after eating melon and drinking impure water.

It has reduced duration, intensity, and frequency of diarrhoea and 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.

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