

Diarrhea

Symptoms

Following are the signs that indicate the presence of this ailment:

- Cramps
- Dehydration
- Wind and distention in the abdomen
- Weakness
- Mild fever

Causes

The augmentation of pitta in the body or weak digestive power causes diarrhea. Improper eating habits, fried food in oil or ghee (clarified butter), meats, vegetables like cauliflower, broccoli, beans, nuts and sweets, milk and citrus fruits simultaneously and impure food or water causes diarrhea.

Remedies

Water boiled with coriander seeds should be given (after straining). Pomegranate juice in small quantities can be also given frequently.

Decoction prepared from pomegranate skin is very useful in stopping diarrhea. To prepare the decoction, take 50 grams of fresh pomegranate skin. Soak it in 800 ml. of water for one hour. Boil until a quarter of the volume remains (200 ml). Store this mixture in a clean, dry bottle. A couple of tablespoons can be taken several times a day. If there is blood in the stools, add half a teaspoon of honey to the decoction.

Sugar and salt solution. Mix one teaspoon of sugar and half a teaspoon of common salt in a cup of water. Small doses of this mixture (around a quarter cup) can be given whenever the patient wants to drink.

A paste made of sesame seeds (1 teaspoon) and a few tablespoons of goats milk is also beneficial.

Dos and don'ts

- Yogurt
- Rice
- Banana
- Apple
- Pomegranate
- Boiled vegetables
- Boiled rice
- Khichadi
- Fruits

Spices like cumin, coriander, ginger, turmeric and cardamom should be used for cooking.

Liquids should be given in small quantities (3 or 4 sips) at one time

Fruit juices can also be taken in small quantities.

The mind should be relaxed and free from all kinds of tension. A gentle oil massage on the head is also helpful. Physical exertion of any kind like exercise, sexual activity, sports, singing, dancing etc. should be strictly avoided.