

Acute infective Gastroenteritis: An Ayurvedic (Indian) Approach

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Commentary

Acute infective gastroenteritis is common health problem, especially in childhood, which may lead to serious complications if left untreated or not addressed promptly and properly. It is christened as Atisara in Ayurveda [1]. As we all are aware, resistance to antibiotics and their limitations are the emerging medical concerns. That further makes management of infections with safer, bio friendly drugs, with broad therapeutic utility are better options [2]. Hence cases of acute infective diarrhea are treated with Ayurvedic management by dietary food stuffs (medicated water, soup), decoction prepared from spices (ginger and coriander seeds) and their powders. The cases of acute infective diarrhea occur due to consumption of unhygienic food and water coupled with and or provoked by faulty dietary and routine practices. They are being successfully treated with Ayurvedic formulations of Ginger and Coriander seeds [3].

As per Ayurvedic concepts, Agnimandya, vitiation of few liquid body components and production of Ama are main pathological events.

Treatment of Ama is indicated with:

- langhana (fasting or consumption of limited, easy to digest, liquid to semi liquid diet),
- Deepana and pachana--administration of appetizers-- like Ginger and Coriander seeds which reduce frequency of diarrhea by correction of indigestion,
- shulaghna (antispasmodic, analgesic) and Jwaraghna (antipyretic) medicines.

Both the drugs and their extracts or isolated chemical contents have been proven medicines for these problems. These drugs act as Antidiarrheal, Antimicrobial, antibacterial, antiviral, paraciticidal, amoebicidal, antiemetic antispasmodic, antipyretic, anti-inflammatory, Analgesic, Digestive stimulant (antidyspeptic) and Gastrointestinal tract modulatory (stimulant) as well as inhibitory actions on gastrointestinal secretions and gut motility) properties through contemporary evidence based researches [4]. Although extracts, isolated chemical contents of both the drugs are known to affect (increase and retard) gastric and intestinal transit time, gut secretions, still when they are administered as whole drug, they exhibit good control in acute diarrhea, indigestion and associated signs and symptoms probably due to their associated actions like hinderance of microbial invasion to mucosal tissue by changing host cell metabolism, balancing gastrointestinal secretions, antispasmodic, anti-inflammatory, antioxidant, antiemetic properties besides their antimicrobial property, which is their combined effect overall Antimicrobial agents (antibiotics) are frequently administered in practice and often without precise diagnosis which may lead to antibiotic

resistance which is emerging problem. Acute infective diarrhea may be associated with different clinical complex situations where option of use of medicines may be limited like cases of nephropathy, pregnancy, pediatric age, old age etc. Besides antimicrobial property, Ginger and coriander seeds possess several other beneficial properties needed for the management of Acute infective Diarrhea besides their broad spectrum therapeutic utility which facilitates their use in different clinical conditions [5].

Gastroenteritis is an inflammatory condition of the alimentary canal, specifically stomach and intestine Symptoms of Stomach Flu

Bacteria (E.coli, Salmonella) and viruses(rotavirus, norovirus) are the cause of gastroenteritis. These organisms enter the body through contaminated food and water, uncooked meat or seafoods.

Persons with weak immunity and following poor hygiene practice like sharing utensils of infected person, improper hand washing after visiting toilet, etc are commonly affected.

The symptoms are :

- Indigestion.
- Nausea and vomiting.
- Abdominal cramps.
- Loose watery stools.
- Mild rise in your body temperature.
- Dehydration.

Dos and Donts :

- Drink buttermilk to replenish your body fluid.
- Take proper rest.
- Avoid heavy / complex food items.
- Eat light and easily digestible foods like soup/ softly cooked rice. You can add pepper and cumin to improve your digestion.
- Don't take anti diarrhoeal or anti emetic medicines immediately. Few bouts will help to clear the microorganisms from your digestive system.
- Avoid dairy ,bakery and caffeine products.
- Take fluids in small and frequent sips. Avoid taking large quantity at a time. It may trigger vomiting or diarrhoea again.
- You can boil musta (Cyperus rotundus), coriander seeds and dry ginger powder in drinking water and sip it frequently.
- You can chew jeera (cumin seeds) and dry ginger powder with pinch of salt to prevent nausea and improve your digestion.

- Drink pomegranate juice with elaichi (cardamom) and sugar candy to reduce vomiting.

Ayurvedic Remedies for Stomach Flu

The following Ayurvedic medicines are beneficial in the treatment of stomach flu.

- Vilwadi gulika
- Dadimashtaka churna
- Ushiradi kashayam
- Mustharishtam
- Kutaja

Prevention of Stomach Flu

- Avoid sharing others' utensils, towels, etc.
- Wash your hands well before having food.
- Avoid roadside foods.
- Drink boiled and cooled water only.
- Wash vegetables and fruits well in running water before consumption.
- Cook meat and other sea foods well.

Vilwadi Gulika

Benefits: Cures Allergies used in the treatments of insect bites and poisoning treats gastro enteritis, dyspepsia and recurrent fever effective in treating herpes zoster and warts.

Dosage:

Internal use : 1 – 2 tablets once or twice a day, before food or as directed by Ayurvedic doctor.

Adjuvant

warm water, Honey or any other medicated decoction

Most of the stomach viral infections can be treated naturally with Ayurvedic herbal medicines if treated properly. There are many herbal medicines which are very good in the treatment of Stomach Flu.

List of Ayurvedic medicine to treat stomach flu:

- **Kutaja Avleha Uses Details For Chronic Stomach Problems:** This medicine is very good for all type of stomach problems. This come in the form of semi liquid as it is made from extract of many herbs. Kutaj(wrightia

antidysentrica) Tree bark is the main ingredient of this medicine. Take 1 to 2 teaspoonful 2 to 3 times a day with water.

- **Kutaja Parpati Vati:** This medicine is useful in treating diarrhea due to various reasons. This medicine comes in the form of tablet. Take 1 to 2 tablets twice-thrice a day with Kutajarishtha or lukewarm Water.
- **Tab Diarex** (by Himalaya pharma)for Diarrhoea
- **2 tab thrice daily:** Useful in the treatment of acute and chronic diarrhea. Take 2 tablets three times a day for 7 days after meals.
- **Gangadhar Churna for Diarrhoea:** It is polyherbal Ayurvedic medicine in powder form. It is used in the treatment of diarrhea and dysentery. Take ½ to 1 teaspoonful (3 to 6 gm) twice a day with honey or rice water.

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