

DIARRHOEA/ DYSENTERY

Diarrhoea is frequent passage of loose or watery unformed stools, commonly known as loose motions.

Large number of loose motions containing blood and mucus is called dysentery.

CAUSES

- 1) Infection, viral, bacterial or parasitic.
- 2) Consumption of contaminated or stale food.
- 3) Low socioeconomic status - because of the bad hygienic conditions.

DIARRHEA

- 1) Certain drugs - antibiotics, etc.
- 2) Food allergy.
- 3) Chronic, over consumption of alcohol.
- 4) Over eating especially a rich fatty food.
- 5) Malabsorption of various foodstuffs like - milk, coffee, wheat etc.
- 6) Ulcerative colitis
- 7) Irritable bowel syndrome
- 8) AIDS
- 9) Emotional disturbances.
- 10) Stress induced diarrhoea, nervous diarrhoea.
- 11) Cancer.

DYSENTERY

- 1) Infestation with bacteria - bacillary dysentery.
- 2) Infestation with amoeba - amoebic dysentery.
- 3) Person to person contact - if you share a towel/ food with the infected person.
- 4) Crowded places are source of infection.

SIGN AND SYMPTOMS

- 1) Diarrhoea:
 - Frequent passage of loose voluminous, watery stool.
 - Abdominal pain and flatulence.
 - Occasionally associated with vomiting and low-grade fever.
 - Later will have symptoms of dehydration - muscle cramps, decreased urination fatigue, disorientation, and fast pulse.
 - Dehydration in children occurs much faster.
- 2) Dysentery:
 - Can start with mild loose motions to about 20 stools per day.
 - Gripping pain in abdomen.
 - Blood and mucus in stools.
 - Fever.
 - Vomiting.
 - Weakness.
 - Other symptoms depend on the organs involved e.g. liver - jaundice; lungs - breathlessness, cough; etc.

DIETARY MANAGEMENT

- a. Drink plenty of fluids every 15-30 minutes.
 - i. Boiled water with sugar and salt.

- ii. Lemon water with sugar and salt,
- Butter milk, coconut water, barley water.
 - a. Foods high in potassium are important to restore the body's essential stores depleted during diarrhoea. Such foods include lentils, bananas, mangoes, pineapples, pawpaw, coconut milk and citrus fruits.
 - b. Take oral electrolyte solutions - dioralyte.
 - c. In case of infants start oral rehydration (the above measures) as soon as diarrhoea begins.
 - d. Continue breast-feeding and extra food supplement to the infant (if the child is being weaned), breast-feeding provides the immunity to the infant.
 - e. Avoid solid foods for at least 24 hrs. You can start with - light, bland food
 - i. Porridge, boiled rice, boiled vegetables, dry toast.
 - ii. Stewed apple, boiled potatoes.
 - iii. Consume plenty of vegetable soups and juices - as they are rich in minerals and salts and help to replace lost body fluids.
 - iv. Curds, kanji (starch prepared from boiled rice)
 - v. Pomegranate.
 - f. Avoid raw food, non-vegetarian, spicy and seasoned food.
 - g. Avoid milk and milk products.

NOTE

- a. Avoid eating stale food.
- b. Wash and cook food properly, make sure food is not half cooked.
- c. Maintain personal hygiene.
- d. Do not eat from the roadside vendors.
- e. Do not self medicate with drugs.
- f. Treat the cause - in case of bacterial, viral or parasitic infestation.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .