



சித்தமருத்துவ மைய ஆராய்ச்சி நிலையம்
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KAZHICHAL NOI - DIARRHOEA

Definition

Diarrhoea is a major clinical conditions, which deprive the water content significantly from our body leaving us tired and sick. This is because of the extreme loss of vital nutrients, minerals and essential flora from our intestines.

The beauty of Siddha medicines lies in the holistic phenomenon of approaching the disease conditions as a whole and not on symptoms alone. Siddhars, the divine scientists have prescribed certain medicines along with adjuvant like buttermilk, curd made out of Buffalo's milk, which is enriched with intestinal friendly Lactobacilli.

Causes

- Water borne and ingestion of unhygienic foods
- Intake of putrified fish and vegetables
- Nunpuzhukkal (Worms/Parasitic infection)
- Oozhi Noi (Cholera)
- Mantham (Indigestion)
- Kudal Azharchi Noi (Irritable Bowel Syndrome, Crohn's Disease, etc.)

Preventive measures

- Always prefer boiled and cooled water
- Ensure clean hands by washing them with soap especially before a meal
- Maintain a clean living environment

Health promoting tips

a. Do's

- Drink plenty of water
- Follow bland and liquid vegetarian diet

- Have steam boiled vegetables
- Have adequate rest
- Have Oral Rehydration Salt [ORS]

b. Don'ts

- Avoid fried and spicy food substances
- Avoid Non-vegetarian food
- Avoid excessive greens, pulses and cereals
- Avoid strenuous work
- Avoid beverages including milk

Curative herbs

- Athividayam *Aconitum heterophyllum*
- Poduthalai *Phyla nodiflora*
- Kudasapaalai *Holorrhena antidysenterica*
- Vilva Pazham *Aegle marmelos*
- Kaichukatti *Acacia catechu*
- Saathikkai *Myristica fragrans*
- Maasikkai *Quercus infectoria*
- Vaazhai Poo *Musa paradisiaca*
- Chundai *Solanum torvum*
- Ganja *Cannabis sativa*
- Abin *Papaver somniferum*

Rehabilitation

The loss of fluids through diarrhoea cause severe dehydration and electrolyte imbalance, which lead to tiredness, fatigue etc., Though the prime aim of administering a drug is to control the loose stools, they should also act in such a way to energise the system by strengthening the seven Udal Kattugal [Seven Vital Strata], as told in Siddha system.