



DIARRHOEA

Lets learn #07 things about it



#01. What is Diarrhoea?

Diarrhoea is a common digestive problem characterized by loose, watery stools that occur more frequently than usual.



#02. What are the Symptoms of Diarrhoea?

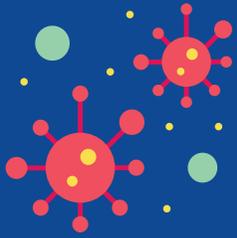
- Watery stools
- Abdominal cramps
- Nausea
- Vomiting
- Fever



#03. How long does diarrhoea last?

Acute diarrhoea typically lasts for a short period, usually a few days to a week, while chronic diarrhoea can persist for weeks or even months and may indicate an underlying health issue.





Infections

- Caused by viral, bacterial, or parasitic infections.
- These infections can spread through contaminated food, water, or direct contact with an infected person.



Common allergens

- That trigger diarrhoea are include dairy products, gluten, and nuts.

Food Poisoning

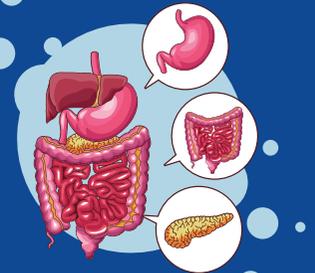
- By consuming contaminated or spoiled food



CAUSES OF DIARRHOEA #04

Medications

- Particularly antibiotics, can disrupt the balance of bacteria in the gut, leading to antibiotic-associated diarrhoea.
- Certain laxatives and antacids can also cause diarrhoea as a side effect.



Digestive Disorders

- Like irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), and celiac disease can cause chronic diarrhoea.

Identifying the underlying cause is important for appropriate treatment.



Nervous Diarrhoea

- High levels of stress or anxiety can affect the gut and lead to diarrhoea



Lactose Intolerance

- People with lactose intolerance lack the enzyme needed to digest lactose, a sugar found in dairy products.

Traveller's Diarrhoea

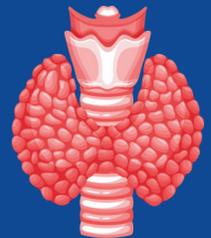
- Due to different sanitation standards, exposure to unfamiliar bacteria or parasites found in food and water.



Food



- Excessive consumption of caffeine, alcohol, or artificial sweeteners can sometimes lead to diarrhoea.
- Additionally, some people may be sensitive to high-fiber foods, leading to loose stools.



Diseases

- Conditions such as diabetes, hyperthyroidism, and certain autoimmune diseases can affect the digestive system and lead to diarrhoea



CAUSES OF DIARRHOEA #04

Identifying the underlying cause is important for appropriate treatment.

#05 COMPLICATIONS



DEHYDRATION

Due to rapid water and electrolyte loss, dehydration is the most common and significant complication of diarrhoea. Dehydration can range from mild to severe and can result in symptoms like dry mouth, sunken eyes, dark urine, rapid heartbeat, dizziness, and confusion. Severe dehydration can be life-threatening, especially in infants, young children, and the elderly.



ELECTROLYTE IMBALANCE

An imbalance in electrolytes like potassium can lead to irregular heart rhythms and muscle weakness.



MALABSORPTION

Chronic diarrhoea can impair the body's ability to absorb nutrients. This can lead to malnutrition, weight loss, deficiencies in essential nutrients and eventually a weakened immune system.

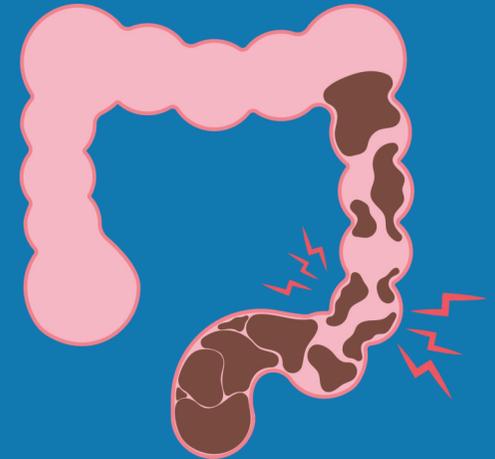
#06 TREATMENT



Dietary Modifications

- During acute diarrhoea, you can take light diet, like daal-rice, khichdi, fruits, poha curd etc. These foods are bland and less likely to irritate the stomach.
- Stay away from foods and beverages that can worsen diarrhoea, such as caffeine, alcohol, dairy products (if lactose intolerant), fatty foods, and high-fiber foods

Treatment depends on the cause of diarrhoea. Acute diarrhoea often resolves on its own, while chronic diarrhoea may require more extensive evaluation and treatment. In cases of severe dehydration, hospitalization and intravenous (IV) fluids may be necessary.



Underlying Conditions

If chronic diarrhoea is due to irritable bowel syndrome (IBS) or inflammatory bowel disease (IBD), treatment will focus on managing the underlying condition. This may involve dietary changes, lifestyle modifications, and medications prescribed by a gastroenterologist.



#06 TREATMENT



Hygiene

- If diarrhoea is caused by an infection, it's important to practice good hygiene to prevent its spread to others. Wash your hands thoroughly with soap and water, and avoid preparing food for others until you're symptom-free.

Rest

- Give your body time to recover. Resting can help reduce stress on your digestive system.



Medications

Depending on the cause of diarrhoea, your doctor may recommend medications:

- Antidiarrheal Medications like loperamide can help reduce diarrhoea by slowing down bowel movements. However, these should not be used if you have a fever or blood in your stool, as they can make the underlying infection worse.
- Antibiotics if bacterial infections are the cause.
- Anti-parasitic medications for parasitic infections.
- Medication adjustments if diarrhoea is a side effect of a medication you're taking.
- Also speak to your doctor if you are on medication for diabetes or hypertension; your medicines may need to be temporarily decreased.



#07 PREVENTION

Wash your hands with soap and clean water before eating, after using the restroom, and after touching potentially contaminated surfaces.



Be cautious about food preparation and consumption:



Keep perishable foods refrigerated



Avoid cross-contamination by using separate cutting boards and utensils for raw and cooked foods



If you have known food allergies or intolerances, avoid trigger foods to prevent diarrhea.



Taking probiotic supplements can help maintain a healthy balance of gut bacteria and reduce the risk of diarrhoea, especially when taking antibiotics.

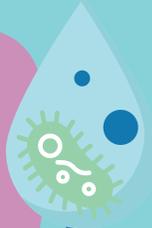


Practicing stress-reduction techniques such as meditation, exercise, and deep breathing can be helpful.



#07 PREVENTION

Avoid consuming raw fruits and vegetables that may have been washed with contaminated water.



Stick to reputable restaurants and eateries. Choose fully cooked and hot foods



Vaccinations against cholera and typhoid can help prevent those diseases.



Ensure that the water you drink and use for cooking or brushing teeth is safe or use bottled water. Avoid iced drinks



Carry hand sanitizer for situations where soap and water are not readily available.

Use toilet seat covers or clean the seat before sitting down

