

## Homeopathic treatment of acute gastroenteritis

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### Diet and rehydration

Avoid : Milk, greens and fruits

Instead eat : Ric, ham, meat, fish, banana, apple, quince and blueberry.

Drink: rehydration solution (like :Picolite) or alternate baby bottle of salty water, sugar water and bicarbonate water.

### The three essential homeopathic remedies

Give three globules to be repeated after each abnormal bowel movement or vomiting of

- ARSENICUM ALBUM 15 CH

If vomiting and diarrheas start between 01h=03h or between 13h and 15h. (01am to 03am or 01pm to 03pm). Agitation, anxiety, fear of death, thirst for small quantities of water, preferably warm/hot.

- PHOSPHORUS 15 CH

Hunger is preserved, thirst for large quantities of fresh water in large intervals, ketosis, symptoms mainly during daylight, nights relatively quiet, and desire for company.

- VERATRUM ALBUM 7 CH

Constant diarrhea and vomiting, pallor, drop in blood pressure: malaise, cold extremities. Hiccups, odorless stools. In case of TOURISTA (turista) or CHOLERA alternate with CUPRUM METALLICUM 7 CH and CAMPHORA 7 CH.

### The other remedies for gastroenteritis

- IPECA 7CH : vomit with a clean tongue, diarrhea after eating acidic fruits.
- NUX VOMICA 7CH : gastroenteritis due to excess foods and alcohol, hangover, debauchery.
- AETHUSA CYNAPIUM 15CH : diarrhea without thirst, milk protein intolerance, diarrhea in summer.
- MERCURIUS CORROSIVUS 9CH : mucous stools and bacterial-bloody diarrhea, salmonellosis . Profuse sweating and salivation.
- COLOCYNTHIS 7 CH : gastroenteritis with severe colic forcing to fold it in half, suppressed anger.
- PODOPHYLLUM 7CH : diarrhea due to teething, red cheeks. Vomiting undigested food, rectal prolapse possible.
- RHEUM OFFICINALE 7CH : acid diarrhea: whole body smells sour.
- CROTON TIGLIUM 7 CH : explosive stools, spurting at the other end of the room, unexpressed anger, cysts. Eczema of the genitals.
- GAMBODGIA 7CH : explosive stools, diarrhea under warm weather, and aged patients.
- SULFUR 9CH : diarrhea after vaccination, infection with Staphylococcus aureus, dirty and neglected patient, greedy for sugar, stools waking up the patient early morning.
- ALOE 7CH : diarrhea with involuntary stools. Refusal of cleanliness.

- ZINCUM METALLICUM 9CH : diarrhea improves all symptoms: chronic diarrhea in a “Florida child” and easily sleepwalker. Agitation of the lower extremities.

### Diarrhea after ab lactation.

- ARGENTUM NITRICUM 7CH : Spinach green stools (Chamomilla in case of teething; Magnésia carbonica : diarrhea of the abandoned child) , desire for sugar, conjunctivitis.
- CHINA OFFICINALIS 7CH : chronic diarrhea, recurrent fever, fatigue, anemia, epistaxis.
- CHININUM ARSENICOSUM 15CH : severe anemia, bleeding and fear of death.

### Convalescence suite de gastroentérite

- CARBO VEGETALIS 30CH : 1 dose if the patient does not recover from diarrhea: blotchy skin, desire to be fanned, intestinal gas + + +
- PHOSPHORICUM ACIDUM 15CH : 1 dose si weight loss, hair loss, after grief, mourning, or geographical transplantation.
- PARATHYPHOIDINUM 15CH : following distant severe diarrhea, Salmonella, Campylobacter.