

Therapeutic methods for diarrhoea in children

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Abstract

Acute diarrhoea may manifest as acute watery diarrhoea or dysentery. The key to the management of acute watery diarrhoea is correction of dehydration, proper feeding and appropriate use of antibiotic in selected cases. Correction of dehydration may be

done by oral route by using oral rehydration salts solution (ORS) recommended by WHO/UNICEF or by intravenous administration of fluid and electrolytes, the preferred solution being Ringer's lactate. Antibiotic is required for severe cholera and shigellosis. Antiparasitic drugs are required for amoebiasis or giardiasis. Use of various antidiarrhoeals is strongly discouraged. Feeding during diarrhoea is very important. It does not worsen diarrhoea rather hastens recovery and prevents malnutrition. Supplementation of zinc as an adjunct to rehydration therapy has also been suggested.

Key words: Diarrhea, infantile/therapy; Dehydration; Antibiotics; Infusion, intravenous; Water-electrolyte balance; Antidiarrheals; Nutritional requirements

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