

Diarrhea - signs and symptoms, useful and dangerous products, folk remedies

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Abstract. Diarrhea is a symptom of an intestinal disorder (diarrhea), which is characterized by frequent loose stools.

Key words: Diarrhea, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

Causes of acute diarrhea:

consumption of contaminated unboiled water, allergies [1] to medications or food, lactose intolerance [2] or other foods, bacterial, parasitic or viral intestinal infection (amoebiasis, food poisoning, stomach flu), emotional disorders and stress [3].

Causes of chronic diarrhea:

Crohn's disease, irritable bowel syndrome, chronic inflammation, ulcerative colitis, rectal and colon ulcers [4], malabsorption syndrome, rectal cancer.

Symptoms of diarrhea:

frequent bowel movements, high body temperature, nausea, vomiting, blood in the stool, severe constant pain in the abdomen, dehydration (feeling thirsty, dry tongue and lips, infrequent urination, rapid breathing).

Healthy foods for diarrhea

A diet for diarrhea aims to restore the intestinal microflora and resume its function of absorbing excess fluid. Diet No. 4 is usually recommended, which aims to calm the mucous membrane and reduce fermentation processes in the intestines. Food should be steamed or boiled and pureed. The diet must include warm semi-liquid and liquid foods. Thus, limiting the effects on the intestines of chemical, mechanical and thermal irritants.

In the first few hours of the development of diarrhea, special attention should be paid to the drinking regime, since the disease severely dehydrates the body and “washes out” minerals and salts. Drinks with beneficial properties for diarrhea include: apple juice [5], black tea with lemon juice [6], herbal tea, raspberry [7] leaf tea, salt solutions “Regidron”, “Gastrolit”, warm alkaline non-carbonated mineral water, decoctions of raisins, blueberries, rose hips [8].

Among the products, the most useful are:

- boiled white rice [9] (poor in fiber [10] and has “binding” properties), eat half a cup once every two hours;

- banana [11] (rich in potassium [12], which is “washed out” from the body during diarrhea), eat two bananas every 4 hours;
- liquid porridge with water (buckwheat [13], rice, oatmeal [14], semolina);
- white bread in the form of crackers;
- soft-boiled eggs [15], steam omelet, pureed cottage cheese [16] – to replenish proteins [17];
- boiled, grated, baked apples [18] (contain pectin, tannin [19] and organic acids [20], which binds toxins and helps restore intestinal microflora [21]);
- grated carrots [22] and carrot puree (contains vitamin A [23], which improves the condition of the intestinal mucosa and has adsorbing effects);
- “slimy” soups with meatballs in low-fat fish/meat broth;
- lean fish and meat without bones, tendons and skin (for example, steamed cutlets);
- vegetable decoctions and purees;
- jelly and jelly from blueberries, pears [24], bird cherry and quince.

Sample one-day menu for diarrhea

Early breakfast : oatmeal, unsweetened green tea.

Late breakfast : quince compote.

Lunch : rice meat broth, buckwheat porridge with water, steamed meatballs, jelly.

Afternoon snack : rosehip decoction [25].

Dinner : steam omelette and tea.

At night : jelly.

Traditional recipes for diarrhea

- To replenish the water-salt balance of the body, you can use the following “cocktail”: half a liter of water, one quarter teaspoon of salt, one quarter teaspoon of soda, two tbsp. spoons of honey [26], take 1.5 liters per day;
- for bacterial diarrhea: half a teaspoon of garlic juice [27] every two hours;
- canned or fresh aloe juice - take two spoons three times a day half an hour before meals;
- birch tincture (pour half a bottle of birch buds with vodka, seal tightly, leave for a month in a warm place, shaking occasionally) take 40 drops three times a day;
- juice from shepherd's purse grass, take 40 drops per fifty grams of vodka in two doses;
- fresh bird cherry juice;
- Bird cherry decoction (15 grams of bird cherry per 200 milliliters of water, boil for 5 minutes, leave) take in two doses.

Dangerous and harmful foods for diarrhea

Limit intake of citrus, pineapple or tomato juice [28-29], which additionally cause intestinal irritation. And also, foods that increase the symptoms of diarrhea: processed foods, fatty foods, sweets, sugar, chewing gum, drinks with sorbitol, coffee, milk, legumes, brown bread and baked goods, beets [30], sauerkraut [31], cucumbers [32], radishes [33], plums [34], radishes, fruit juices, grapes [35], yoghurts [36], cream, fermented baked milk [37], cottage cheese, kefir, cheese, fatty meats, poultry, fish, caviar, concentrated fish and meat broths, alcohol, pasta, millet and barley groats, pickled, smoked, salted and canned foods (sausages, sausage, brisket, pickled cucumbers and tomatoes, olives), honey, jam, chocolate, raw fruits, fried or hard-boiled eggs, sauces, herbs and spices.

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