

## HOMOEOPATHIC DRUGS IN DIARRHOEA, NAUSEA AND VOMITING

Nausea and vomiting especially when the tongue is clean	Ip. 30 every 2 hours
Thirst for small quantities but very frequent and when the above remedy does not work	Ars. 30 every 2 hours
In case of gastro-enteritis, when vomiting and diarrhoea occur, either of the above remedies may be indicated and also if no indication of one remedy is clear	Ip 30 every 1 to 3 hours depending upon severity of disease
Vomiting after over eating, especially spicy food. Diarrhoea after rich spicy food.	Nux 30 every 2 hours
Diarrhoea after rich, greasy food, pastry, cocoa etc.	Puls. 30 every 6 hours.
Diarrhoea with involuntary passage of stools while passing flatus	Aloe 30 every 2 hours
Diarrhoea, effensive stools or even otherwise with insecurity or rectum (it may also be given when no definite indication of the above drugs are available)	Cyn-d. 30 every 2 hours  (give mother tincture 5 drops a dose, if 30 does not help)
Abdominal colic due to wind and patient presses the abdomen or bends forward for relief.	Coloc. 30 every half an hour
If patient is relieved by hot water bag and pressure	Mag-p 30 in warm water every half an hour.

Naturopathy and yoga systems provide various ways to keep the gastro-intestinal tract in a good condition. Naturopathy teaches us to take the foods, which are natural, easy to digest, absorb and eliminate. According to naturopathy, nutritious and harmless food should be taken for proper digestion, absorption and elimination. Hydrotherapy, mud therapy and massage therapy helps to strengthen the digestive system and to eliminate the toxins from the digestive system.