

Loose Motions

Diarrhea or loose motion occurs when the intestines are unable to absorb nutrients. When this happens, food is passed through the body without being properly digested.

Loose motions or Diarrhea is one of the most common ailments across every age group – from infants and mothers to the elderly. Diarrhea is the frequent passage of watery or loose stools across irregular intervals. There are many possible causes of Diarrhea. These include [allergies](#), food poisoning, infections, and stress. As such, Diarrhea is merely a symptom of one of many possible causes. Most of the time, loose motions are not a serious problem and can be treated at home.

Diarrhea can result in liquid and electrolyte loss, dehydration, blood clots, and various other symptoms. However, the main reason for loose motion is when your gut loses its good bacteria because of some diet changes or an ill-timed antibiotic treatment.

People often wonder how to stop loose motion. Luckily, diarrhea is short-lived and usually subsides within a day or two. It can, however, become a serious condition in severe cases. So, if home remedies for loose motion aren't working for you, you must consult a doctor.

Most Effective Home Remedies for Loose Motions

1. Bananas, Ghee, Nutmeg, and Cardamom

Peel and mash bananas into a paste. Then, add half a tablespoon of ghee to this paste. This mixture, along with a dash of nutmeg and cardamom powder, should be consumed twice a day.

2. Rice along with Yogurt and Ghee

Mix some rice with warm yogurt and ghee. This home remedy will help you relieve diarrhea.

3. Consume Yogurt with Ginger and Water

Mix an equal amount of yoghurt and water and add some grated ginger to it. Drink this home remedy twice a day to ease the symptoms of diarrhea.

4. Ginger, Sugar, and Warm Water can prevent diarrhea

Take one tablespoon of grated ginger in a cup. Add warm water with sugar to it. Drink this mixture to treat diarrhea and loose motion.

5. Ghee, Ginger, and Sugar are the perfect solution

Take a small amount of ghee in a bowl. Add some grated ginger, powdered nutmeg, and natural sugar to it. Mix well and have this mixture twice or thrice a day.

6. Fennel and Ginger Powder

Fennel and ginger powder are very effective. You can easily chew the powders once or twice a day to relieve diarrhea.

7. Drink Black Tea with Lemon Juice, and Cardamom or Nutmeg

A cup of strong black tea will help prevent diarrhea. Add lemon juice and some freshly grounded cardamom or nutmeg to it. Drink this mixture whenever you have loose motion.

8. Apple, Nutmeg, Cardamom, and Ghee

Apple has many health benefits. So take an apple and cook it in ghee. You can make it more effective by adding to it nutmeg and cardamom. Consume it and keep loose motion at bay.

Other Effective Home Remedies to Stop Loose Motion

Below, we've outlined **simple homemade cures** that can help you overcome your loose motions without seeing a doctor.

1. Yogurt

One of the most well-known and effective foods containing probiotics is yogurt. Yogurt is abundant in probiotic-rich strains of bacteria which help combat the infective bacteria in your digestive tract that [causes diarrhea](#). If you suffer from loose motions, you should eat yogurt throughout the day. Eating yogurt does not cause [gastric problem](#) or acidity.

2. Buttermilk

Buttermilk contains the live cultures of lactic acid bacteria called lactobacillus that helps maintain a balance between harmful and useful gut bacteria. It supports the immune system and acts as an excellent probiotic. One tall glass or two small glasses of buttermilk per day are recommended for a healthy body. Excessive consumption of buttermilk can worsen your cold and fever, so moderation is the key.

3. Kefir Lime Leaves

Kefir lime leaves, which are extensively used in Thai cuisine, have a galore of health benefits, including probiotic properties. These leaves contain certain antibacterial agents that effectively fight against the staphylococcus bacteria, a common culprit for food poisoning and loose motions. Excess to good substances is bad, so ensure you consume them in moderation.

4. Kimchi (A Korean dish)

Prepared by fermentation of cabbage, kimchi is an excellent probiotic. Fermented foods, such as yoghurt and kimchi, contain the same lactobacilli as buttermilk. Consuming kimchi increases the levels of good bacteria in your guts and helps maintain healthy digestion and prevents loose motions. One serving of 100 gms of kimchi daily is recommended to derive maximum probiotic benefits. Do not overeat it, though! Excessive consumption may lead to side effects like bloating, gas, and nausea.

It is important that you do not over-eat probiotic-containing foods. Though helpful in small quantities, if ingested in large amounts they can lead to acidity. Other foods that contain probiotics are buttermilk, kefir lime leaves, and Kimchi (A Korean cabbage dish).

5. Bananas

Fruits and Vegetables such as bananas and potatoes are high in potassium. They also contain pectin - a water-soluble fiber that helps to absorb excess water in the intestines. In addition to this, bananas contain important electrolytes that your body loses if suffering from loose motions. They also provide your dehydrated and tired body with much-needed energy.

Eat a ripe banana every two hours. If you prefer something slightly more savory, you can mash a banana and have it with rock salt or have mashed potatoes with chives.

6. Potatoes

Potatoes are rich in potassium. In fact, they are one of the best available dietary sources of potassium. A large (300 gm) baked potato contains around 1600 mg of potassium. It is best to consume them unpeeled as the potassium is found both in the flesh and the skin of the potato.

For loose motion, boiled potatoes are considered good as they are easily digestible and provide adequate energy due to their high carbohydrate content.

7. Avocados

Avocados have great health benefits. Not only are they an excellent source of potassium, but they are also rich in healthy fats, vitamin K, and folate. Sixty-eight grams of avocado contains about 345 mg of potassium, about 7% of your total DV for potassium.

Notably, Avocados contain substances called sorbitol or polyols (carbohydrates) that might affect people with sensitive stomachs. Overeating Avocados in one go can cause bloating, diarrhoea, or intense pain.

8. Spinach

Spinach is a very nutrient-dense vegetable. It is highly dense in potassium, with 1 cup or 190 grams of spinach providing about 12% of the potassium DV. While having spinach in moderate amounts is great for your gut health, consuming it in excess may increase your risk of developing kidney stones.

9. Watermelon

Did you think watermelon contains only a high water content? Well, no! It does have quite a good amount of potassium as well. Just two wedges of watermelon, about 572 grams, provide nearly 14% of the potassium DV.

It is a great source of dietary fibre and water which keeps you hydrated during motions. However, consuming too much watermelons can cause gas, bloating, diarrhoea, and other stomach troubles.

10. Lemon

With its anti-inflammatory properties, lemon is a great home remedy for stopping loose motions. You can consume it as juice or squeeze a good amount of juice on your fruits and veggies. Please avoid over-intake of it! Consuming lemons in excess over time can damage your teeth and lead to heartburn.

11. Gooseberry

Also known as amla, Gooseberry has powerful laxative properties and is a great food product to cure loose motions. Take about 10 grams of dried amla, grind it and make a fine powder. Take 1 gram of this powder with one glass of water every morning and evening whenever you have loose motions.

12. Grapefruit

They are rich in fibres that ease the flow of bowels. However, grapefruit's high amount of sugar, fibre, and antioxidants promote bowel movements and worsen diarrhoea. So, while it is a healthy food choice, consuming it in excess may cause bloating, gas, and diarrhoea.

13. Sweet Lime

Sweet lime or mosambi juice contains acids that are great for combating the toxins in bowel tracts. It helps improve bowel movements and helps to flush out the toxins from the gut, relieving loose

motions. You can drink sweet lime juice with lukewarm water and consume it 1-2 times daily. Add a little honey for improved taste and enhanced health benefits.

If you blend Indian gooseberry with a very small amount of sugar, the resulting drink can help to calm your stomach. Alternatively, a little bit of lemon in a cup with warm water is a simple and soothing homemade remedy.

Tips to Prevent Loose Motions

1. Rehydrating

The best home remedy to prevent loose motion is to drink plenty of water. Eating fruits and vegetables that contain natural electrolytes like bananas and salted cucumber will also help you stay away from diarrhea.

2. Eating a recovery diet (Follow B.R.A.T Diet)

You can prevent diarrhea by following a recovery diet or the B.R.A.T diet, which stands for bananas, rice, apple, and toast. This diet helps in relaxing your gut and reducing water content in the stool.

3. Avoiding certain foods

Caffeine, alcohol, and carbonated drinks will all increase the chance of you being struck by diarrhea. So, it is wise to limit your consumption of such drinks, especially if you are prone to loose motion.

4. Taking probiotics

Probiotics are essential to maintain a healthy gut. If there are some changes in your diet or routine, then it is strongly recommended that you consume some dietary probiotics to balance gut health and prevent loose motion.

5. Trying medicines

Home remedies for loose motion may not help in all cases. So it is always good to consult a doctor at a leading hospital like BLK Max or others and take medicines if needed.

Conclusion

Although there are several home remedies for loose motion, they aren't as effective for some people as they are for others. Therefore, you should consult a doctor and take medications if you don't know how to stop loose motion with home remedies.

Frequently Asked Questions

1. How can I stop loose motion instantly?

It is advisable to consume fewer foods during loose motion and let the stomach relax. However, if the motions are severe, having the following foods can provide relief for a certain time - ginger tea, lemon and salt, carom seeds with water, and coriander and lemon water.

2. Can I drink milk in loose motion?

The gut enzyme that digests milk is washed away during loose motions or diarrhoea. Hence, milk and milk products should be avoided during loose motions for at least three-four days. Even after the loose motions have stopped, you should not consume milk till you are completely fit and fine.

3. Can I drink tea in loose motion?

Teas, especially herbal tea, cure flu, and the common cold. Teas contain compounds that ease the symptoms of loose motion and diarrhoea. Hence, consuming teas within limits can help you feel better during loose motions.

4. What is the best drink for loose motion?

Water, fresh juices, and caffeine-free drinks will help relax the bowels in loose motions. Have a glass of any of the drinks to stay hydrated during loose motions. Add a pinch of salt or sugar to the drinks to make them more effective.

Diarrhea means having a loose, watery stool during a bowel movement. It's common in both children and adults and usually goes away on its own within a few days. If it doesn't improve or if you're experiencing other symptoms like a fever or bloody stool, reach out to a provider to get the treatment (and relief) you need.

What is diarrhea?

Diarrhea means having a loose or watery stool (poop). It's so common that most people flinch when they hear the word. The thought of thin, sickly-looking poop in the toilet bowl never stops feeling unpleasant. If you have diarrhea, not knowing what's causing it or how long it'll last only adds stress to the unpleasant feelings.

The good news is that diarrhea is usually mild (only a few bathroom trips a day) and goes away within a few days.

Sometimes, though, diarrhea is a sign of a serious condition. It can cause you to lose too much fluid (dehydration) or prevent you from getting enough nutrients. It's important to know what to look out for so you know when to see a healthcare provider about diarrhea and when to wait it out.

Types of diarrhea

Diarrhea goes by different names depending on how long it lasts:

- **Acute diarrhea:** Acute diarrhea is loose, watery diarrhea that lasts one to two days. It's the most common type and usually goes away without treatment.
- **Persistent diarrhea:** Persistent diarrhea lasts about two to four weeks.
- **Chronic diarrhea:** Chronic diarrhea lasts more than four weeks or comes and goes regularly over a long period. Diarrhea that lasts this long may indicate a more serious condition that warrants a visit with your healthcare provider.

How common is diarrhea?

It's incredibly common and affects people of all ages. Most adults get acute diarrhea once a year, while children tend to get it twice a year.

Symptoms and Causes

What causes diarrhea?

The main cause of diarrhea is a virus that infects your gut ([gastroenteritis](#)). Some call it the “stomach flu” or a “stomach bug.” But diarrhea can have lots of causes.

- **Infections.** Pathogens ([viruses](#), [bacteria](#) and [parasites](#)) can all cause infections that lead to diarrhea. The most common cause of diarrhea in adults is the [norovirus](#) that causes gastroenteritis. [Rotavirus](#) is the most common cause of acute diarrhea in children.
- **Food poisoning.** You can ingest harmful toxins and pathogens from contaminated foods or drinks. Once they’re in your gut, the toxins or germs can cause diarrhea. “[Traveler’s diarrhea](#)” is when you get diarrhea while traveling in a new environment with poor hygiene or sanitation. Usually, it’s exposure to bacteria that gives you diarrhea.
- **Medications.** Diarrhea is a common medication side effect. For example, [antibiotics](#) kill harmful bacteria that make you sick, but they can destroy helpful bacteria in the process. Not having enough good bacteria can lead to diarrhea. Diarrhea is also a side effect of [antacids](#) with magnesium and some cancer drugs and treatments. Overusing laxatives can also cause diarrhea.
- **Foods that upset your digestive system.** If you’re [lactose intolerant](#), you get diarrhea because your body struggles to digest lactose, the sugar in dairy. Some people have trouble digesting fructose, a sugar in honey and fruits that’s added as a sweetener to some foods. With [celiac disease](#), you get diarrhea because your body has trouble breaking down gluten, a protein in wheat.
- **Diseases affecting your bowels.** Diarrhea is a common symptom of conditions that cause irritation and inflammation in your bowels (intestines). [Crohn’s disease](#), [ulcerative colitis](#) and [irritable bowel syndrome](#) (IBS) can all cause diarrhea. Stress and anxiety can worsen symptoms if you have a condition like IBS.
- **Procedures on your bowels.** Many people have diarrhea after surgery on their bowels. It may take a while for your digestive tract to absorb nutrients from the foods you’re eating and create firm stools from the waste.

What are the symptoms of diarrhea?

The main sign of diarrhea is loose or watery stool. Other common symptoms include:

- [Bloating](#) or [cramps in your belly](#).
- A strong and urgent need to poop.
- [Nausea](#) (upset stomach).

These symptoms usually don’t require a provider visit, especially if they only last a few days.

Signs and symptoms of severe diarrhea

Severe cases of diarrhea may signal a medical condition, like a serious infection, that won’t get better without treatment from a healthcare provider.

Contact your provider if you have diarrhea with:

- [Fever](#).
- Severe pain.

- [Vomiting](#).
- [Blood](#) or mucus in your stool.
- Weight loss (this can be a sign that your body's not absorbing enough nutrients).

Contact a provider if you're experiencing symptoms of [dehydration](#) or noticing signs of dehydration in your child, including:

- [Headache](#).
- Flushed, dry skin.
- Irritability and confusion.
- Severe nausea and vomiting.
- Light-headedness and [dizziness](#).
- [Fatigue](#) (tiredness that doesn't improve with rest).
- Dark pee, small amounts of pee or no peeing at all.
- Fewer than six wet diapers a day (infants).
- No wet diapers or peeing for eight hours (toddlers).
- No tears when crying (infants and toddlers).

What are the complications of diarrhea?

Dehydration is one of the biggest concerns with diarrhea. This is especially true among vulnerable populations (infants, people 65 and older and people with compromised immune systems). Without treatment, dehydration can lead to [kidney failure](#), [stroke](#), [heart attack](#) or even [death](#).

Diagnosis and Tests

How is diarrhea diagnosed?

Most cases of diarrhea don't require a diagnosis or treatment. In more severe cases, your provider will work to determine the cause. They'll ask about your medical history, family medical history, travel history and any sick contacts you may have.

They may order tests, including:

- [Blood tests](#) to rule out certain conditions that cause diarrhea.
- A stool test to check for blood, bacterial infections and parasites.
- A [hydrogen breath test](#) to check for lactose or fructose intolerance and bacterial overgrowth.
- An [endoscopy](#) of your upper and lower digestive tract to rule out growths or other structural issues that can cause diarrhea, like ulcers or tumors.

Management and Treatment

How is diarrhea treated?

Usually, you can get rid of diarrhea at home. Over-the-counter (OTC) medicines for diarrhea, like [bismuth subsalicylate](#) (Pepto-Bismol® or Kaopectate®), often help people feel better quickly. You'll need to see a healthcare provider for diarrhea that doesn't improve or that happens alongside symptoms of severe diarrhea.

Your provider may recommend treatments like:

- **Antibiotics or antiparasitics.** These drugs kill infection-causing [germs](#).
- **Medications that treat chronic conditions.** Treating underlying conditions that cause diarrhea, like [inflammatory bowel disease](#) (IBD) and IBS, can help.
- **Probiotics.** [Probiotics](#) introduce good bacteria into your gut to combat diarrhea. Your healthcare provider may suggest you try them. Always talk to your provider before starting a probiotic or any supplement.

Can I stop diarrhea without taking anti-diarrhea medicine?

You can often get rid of acute diarrhea through lifestyle changes you can make at home.

- **Drink plenty of water and other [electrolyte](#)-balanced fluids.** These include diluted and pulp-free fruit juices, broths, sports drinks (Gatorade®) and caffeine-free sodas. These drinks replace lost water and electrolytes you're losing with diarrhea. Electrolytes are substances that help with important processes, like maintaining the balance of fluids in your body.
- **Choose foods that can firm your stools.** Certain low-fiber foods make stools more solid. Try the [BRAT diet](#): (B)ananas, white (R)ice, (A)pplesauce and (T)oast. Potatoes, noodles, lean beef, fish and chicken or turkey without the skin are also good options. [Changing your diet](#) can make a huge difference when it comes to getting relief.
- **Avoid caffeine and alcohol.** Caffeinated foods and drinks can have a mild laxative effect that worsens diarrhea. Steer clear of coffee, sodas, strong tea/green tea and chocolate. Avoid alcohol, which can lead to dehydration.
- **Avoid foods and drinks that give you gas.** Avoid beans, cabbage, brussels sprouts, beer and carbonated beverages to prevent stomach cramps. Sometimes, diarrhea can make you temporarily lactose intolerant. Avoiding dairy until your diarrhea clears is a good idea.

How can I relieve discomfort caused by diarrhea?

Diarrhea can cause your anus (butthole) to feel sore, itchy or like it's burning. It may hurt to poop. You can ease the pain by sitting in lukewarm water in the bathtub or trying a [sitz bath](#). Pat your anus dry instead of rubbing it when you get out of the water. Applying petroleum jelly or a hemorrhoid cream to your anus can keep it from getting too raw.

What do I do if my baby or young child has diarrhea?

Call your child's pediatrician if they have severe diarrhea. Treatments for [diarrhea in children](#) are different from treatments for adults. Over-the-counter medications may be dangerous.

Children are also at a higher risk of dehydration than adults. Your provider will help you determine the best way to keep them hydrated, but options include:

- Breast (chest) milk.

- Formula.
- Electrolyte drinks (Pedialyte®) for older children. (Providers don't recommend this for babies.)

The best option to keep your child hydrated might change as the child gets older. Always check with a provider before giving your child a new liquid or treatment of any kind.

Prevention

Can diarrhea be prevented?

You can't always prevent diarrhea, but you can reduce your risk of getting it because of infections or food contamination.

- **Practice good hygiene:** [Wash your hands](#) with soap and water after using the bathroom or preparing and eating food. Another option is to use hand sanitizer.
- **Get vaccinated:** The rotavirus vaccine prevents rotavirus, a common cause of diarrhea. The vaccine for [COVID-19](#) can reduce your risk of getting COVID and experiencing COVID symptoms, including diarrhea.
- **Store food properly:** Store food at the correct temperatures, and cook all foods until they reach the recommended temperatures. Don't take chances by consuming foods or drinks past their expiration dates.
- **Watch what you drink when you travel:** Don't drink untreated water when you travel. Avoid tap water, ice cubes or brushing your teeth with tap water. Steer clear of unpasteurized milk or juice products. Pasteurization is a process that kills germs in certain drinks. When in doubt, drink bottled water or something that's been boiled first (coffee or tea).
- **Watch what you eat when you travel.** Avoid raw or undercooked meats (and shellfish), as well as raw fruits and vegetables. Fruits and veggies are usually healthy options, but the skin may contain contaminants that can make you sick.

Living With

When should I call my doctor about diarrhea?

Call your healthcare provider if you have diarrhea that doesn't improve or go away within a few days. Reach out if you have a fever, severe pain and a bloody stool in addition to diarrhea.

See a healthcare provider if you're experiencing symptoms of dehydration, which can be serious without treatment.

What causes diarrhoea, and can home remedies treat it?

Diarrhea can be caused by infections (viral, bacterial, or parasitic), food intolerances, digestive disorders, or even stress. Home remedies are effective in treating mild to moderate diarrhoea by calming the digestive system, replenishing lost fluids, and improving gut health. However, severe or persistent diarrhoea requires medical attention.

How does the BRAT diet help with diarrhoea?

The BRAT diet (Bananas, Rice, Applesauce, Toast) consists of bland, low-fiber foods that are easy to digest and help firm up stools. Bananas contain pectin and potassium, which reduce stool frequency and replenish electrolytes, while rice and toast provide energy without irritating the stomach.

Can I use herbal teas for diarrhoea relief?

Yes, herbal teas like ginger, chamomile, and fennel tea are highly effective. These teas have anti-inflammatory, antispasmodic, and antibacterial properties that soothe the digestive system, reduce cramps, and combat infections. They also provide hydration, which is essential during diarrhoea.

How does yoghurt help with diarrhoea?

Yoghurt, especially those containing live probiotics like Lactobacillus, helps restore the natural balance of gut bacteria. Probiotics reduce harmful bacteria, improve digestion, and firm up stools. Consuming unsweetened yoghurt with added sugars is best to avoid aggravating diarrhoea.

Is it safe to use apple cider vinegar (ACV) for diarrhoea?

Yes, diluted ACV is safe for adults with diarrhoea. Its antimicrobial properties combat harmful bacteria, while pectin soothes the intestines. Mix one tablespoon of ACV in a glass of water and drink it once or twice a day. Avoid undiluted ACV, as it can irritate the stomach.

How does rice water help with diarrhoea?

Rice water is rich in starch, which helps firm up stools by absorbing excess water in the intestines. It is easy to prepare—simply boil rice in water and strain the liquid. Drinking rice water also replenishes lost nutrients and soothes the stomach lining.

Can honey help with diarrhoea?

Yes, honey is a natural antibacterial agent that helps soothe the digestive tract and combat infections. When mixed with warm water or tea, it reduces inflammation, restores hydration, and provides energy. Avoid giving honey to children under one year due to the risk of botulism.

Are there any side effects of using home remedies?

Most home remedies are safe, but excessive use of some ingredients like ginger, nutmeg, or apple cider vinegar may irritate the stomach or cause mild side effects. Always follow recommended

dosages, and consult a doctor if symptoms worsen or persist beyond 48 hours.

Can I use green bananas to stop diarrhoea?

Yes, green bananas are effective due to their high resistant starch content, which helps firm stools and restore gut health. Peel and mash a green banana and consume it plain or with yoghurt. Avoid overripe bananas, as their sugar content may aggravate diarrhoea.

Is pomegranate juice good for diarrhoea?

Yes, pomegranate juice has astringent properties that help reduce stool frequency and calm intestinal inflammation. It is also rich in antioxidants and vitamin C, which boost immunity. For best results, drink freshly extracted pomegranate juice without added sugar.

How does turmeric help with diarrhoea?

Turmeric has anti-inflammatory and antibacterial properties that soothe the digestive tract and combat infections. Adding turmeric to warm milk or water can reduce inflammation in the gut, promote healing, and provide essential nutrients to aid recovery.

Can I give herbal remedies to elderly people with diarrhoea?

Yes, mild herbal remedies like chamomile, ginger, or fennel tea are generally safe for elderly individuals. However, ensure they remain hydrated and avoid remedies that may interact with existing medications. Consult a doctor for persistent diarrhoea in older adults.

How long does it take for home remedies to work?

The effectiveness of home remedies varies based on the cause of diarrhoea. Mild cases often improve within 24-48 hours with consistent use of remedies like the BRAT diet, rice water, or herbal teas. Persistent symptoms require medical evaluation.

Can stress cause diarrhoea, and how can home remedies help?

Yes, stress can trigger diarrhoea by affecting the gut-brain connection and altering digestion. Remedies like chamomile or mint tea help relax the digestive system and reduce stress. Incorporating mindfulness practices alongside home remedies can further improve symptoms.

What is the role of hydration in treating diarrhoea?

Hydration is crucial as diarrhoea causes significant fluid and electrolyte loss. Drinking water, coconut water, or ORS helps prevent dehydration, restores balance and supports overall recovery. Avoid caffeine, alcohol, and sugary drinks, which can worsen dehydration.

When should I consult a doctor for diarrhoea?

Consult a doctor if diarrhea persists for more than 48 hours, causes severe dehydration, high fever, blood in stools, or if it occurs in young children, elderly individuals, or people with weakened immune systems. Medical attention is essential for chronic or severe cases.