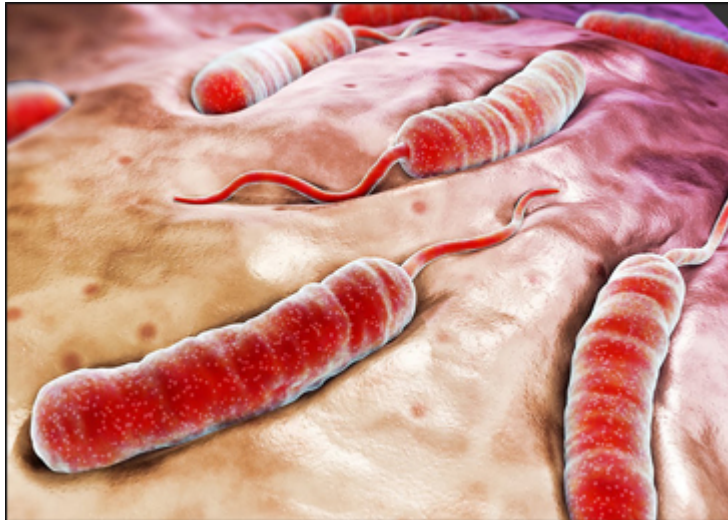


Herbal Remedies for Cholera

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Herbal Remedies



About Cholera

Cholera is an infectious illness that is often caused by infection of the small intestine by a Gram negative bacteria named *Vibrio cholera*. This bacterium is found in salty water, plants, stone shells etc.

Causes of Cholera

The main cause of this particular problem is the cholera bacteria that enter the body through infected food or water intake.

Inadequate cooking and contamination by raw sea food are also considered as the main contribution factors. Cholera can be transmitted through some foods, including fruits (except sour fruits), poultry, meat, and dairy products. Fish, shellfish, crabs, oysters and clams, have all been implicated in several outbreaks.

To diminish the risk of food-borne transmission of cholera, it is highly recommended that food should be properly cooked before eating, and don't forget to wash your hands with soap and safe water before eating to reduce the risk of infection.

Symptoms of Cholera

- Rice water stools
- Leg cramps
- Vomiting
- Loose skin
- Sunken eyes

- Fast heart beat
- Low blood pressure
- Massive weight loss
- Dry mouth
- Collapse of circulatory system

Precautions for Cholera

- Avoid street food
- Only eat peeled fruits and vegetables
- Avoid salad, raw fish, and uncooked vegetables
- Always consume boiled or filtered water
- People working in healthcare should take proper precautions
- Always consume plenty of water and keep the body hydrated

Diagnosis of Cholera

- Severe diarrhea is the main symptom of cholera.
- Cholera can be identified by observing the organism during microscopic examination of the feces. Immunofluorescence, polymerase chain reaction (PCR) assay and stool sample test can also be taken to diagnose the cholera.

Herbal Remedies for Cholera by Planet Ayurveda

Planet Ayurveda provides wonderful herbal remedies like Digestion Support, Kutajghan Vati, Vatsakadi Churna and Pitta Balance for ayurvedic treatment of cholera. These herbal remedies are free from any kind of side effects as there are no chemicals or preservatives used in these herbal remedies. So let's have a look on these herbal remedies that are formulated by Planet Ayurveda to treat the problem of cholera.

1. Digestion Support

Digestion Support is the remedy formulated from herbs like Amla, Haritaki, Bahera, Sounf, Dhania, Pippali and Jeerak.

These herbs have very essential properties which improves the working of the digestive system. The problem of cholera is also related to the digestive system. Food is not digested properly, it can cause formulation of some acids in the body and can cause many problems that can further complicate the problem of cholera. These herbal remedies can get rid of constipation and poor digestion. The herb sounf can help in getting rid of the gas related problem which is again a digestive problem. So these herbs are considered really helpful to get rid of cholera problem and control this problem by stopping it from spreading further.

Dose:- One to two capsules twice daily with plain water after meals.

2. Kutaj Ghan Vati

This is a tablet form herbal remedy which is specially formulated to cure the problem of dysentery, diarrhea, intestinal infections and bleeding disorders. This herbal remedy is formulated using herbs kutaj and ativisha. These herbs help to extrude certain microorganisms from the body that causes harm to the body and lead to certain infections. This herbal remedy also helps in getting rid of loose stools and accelerates the absorption of nutrients in the body. These ayurvedic herbs have been known since ages to cure the problem of abdominal pain, fever, chills, nausea, vomiting, mucus or pus. Not only in this particular problem, is this herbal remedy also helpful in other life threatening diseases such as ulcerative colitis and rectal bleeding. This herbal remedy of Planet Ayurveda is free from any kind of added chemicals and preservatives and does not contain any side effects.

Dose:- Two to three tablets three times a day with plain water after meals.

3. Vatsakadi Churna

This churna is especially known for its anti-dysentery properties. This churna is an amazing blend of six major herbs namely saunf, bilva, dhania, anar, chhoti elaichi, jaiphal. The pure extracts of these herbs have many such properties that help to get rid of problems like cholera and dehydration. This churna helps to regulate the digestive system and ensures proper functioning. Also, this herbal remedy is helpful in any kind of intestinal issues as it prevents fermentation in the intestine and do not let the formation of gas. The herbs are pure and collected from the cleanest environment.

Dose:- One to two teaspoon with plain water after meals on daily basis (for adults). For children one teaspoon with plain water after meals on daily basis.

4. Pitta Balance

This is an herbal remedy that is formulated to balance the pita dosha. This controls the burning sensation and inflammation, which is also an another cause of chest pain. This herbal remedy also helps to control the emotions such as anger, aggression and negative emotions. This herbal remedy is rich in natural calcium that helps in repairing of injured bones. This will provide strength to the body and help to fight weakness that arises due to dehydration. This herbal remedy is formulated with a blend of many herbs such as praval pishti, akik pishti, jahar mohra pishti, kamdudha ras, mukta pishti and giloy satva. These are some of the major herbs used in the formulation that have many properties that reduce burning sensation in the heart and helps to get relief from any kind of pain.

Dose:- One capsule once or twice is recommended daily with plain water after meals

So, these are the benefits and properties of herbal remedies.