

CHOLERA

What is Cholera?

An acute intestinal infection caused by eating or drinking food / water contaminated by vibrio cholera bacteria.

What are the symptoms?

- ✓ Consuming contaminated water / food, the bacteria produces an enterotoxin that causes diarrhea.
- ✓ Rice - water stool
- ✓ Accompanied with vomiting, fatigue, fever & body pain. This can lead to severe dehydration & death.

How does it affect the body?

Not everyone who consumes contaminated water/food will fall ill. Some persons infected with the bacterium may not become ill, although the bacterium will be present in their faeces for 7-14 days. In others, bacteria multiplies rapidly. Toxin from the bacteria penetrates cells of the intestinal wall & prevents it from absorbing water from digested food.

How is it tested?

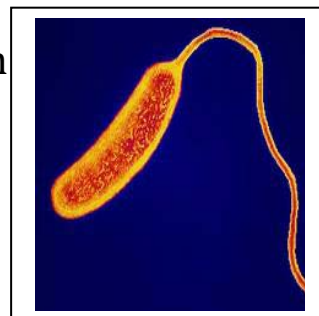
Hanging drop test: Stool samples are examined under microscope. World Health Organisation recommends a culture of the fecal sample.

Does it require Hospitalization?

About 80-90% of cholera cases are of mild or moderate severity. These are difficult to distinguish clinically from acute diarrhea. Less than 20% of patients develop acute cholera with severe dehydration.

How vibrio cholera grows?

- It is a bacterium that is naturally present in water bodies such as wetlands, estuaries & stagnant water.
- Human & animal waste contaminating water bodies can provide the nutrients to the bacteria.



- Passes into human digestive system through food contaminated with the bacteria.

Homoeopathic treatment:

➤ **Arsenic.alb:**

- Cholera with intense agony, prostration and burning thirst.
- Body cold as ice.
- Stool-small, offensive, dark, with much prostration
- Complaints worse at night, after eating and drinking.
- Can't bear the sight or smell of food.
- Great thirst, drinks much but little at a time.
- Nausea, retching, vomiting after eating or drinking.

➤ **Camphora:**

- Asiatic cholera with cramps in calves.
- Coldness of body, anguish, great weakness, collapse.
- Tongue and mouth cold; tongue-cold, flabby, trembling.
- Stool- blackish and involuntary.
- Icy coldness of whole body but they don't want to cover.

➤ **Cuprum.met:**

- Cholera with cramps in abdomen & calves.
- Stool- black, painful, bloody, with tenesmus & weakness.
- Strong metallic, slimy taste, with flow of saliva.
- Constant protrusion & retraction of tongue like a snake.
- Nausea, vomiting relieved by drinking cold water.

➤ **Verat.alb:**

- Cholera morbus, when vomiting associated with purging.
- Stool- painful, watery, copious, forcibly evacuated followed by great prostration.
- Vomiting, purging, and cramps in extremities.
- Thirst for cold water, but is vomited as soon as swallowed.

➤ **Gambogia:**

- Diarrhea, with sudden & forcible ejection of bilious stools.
- Tenesmus after, with burning at anus.

- Pain & distention of abdomen from flatulence, after stool.
- Rumbling & rolling sensation.
- **Jatropha:**
- Sudden, profuse, watery, like rice-water.
- Diarrhea; forced discharge: loud noise in abdomen like gurgling of water coming out of a bung-hole.
- Associated with coldness, cramps, nausea & vomiting.

General management:

 Patient with mild symptoms of cholera are given ORS (oral rehydration salts).

Prophylaxis:

Verat.alb 30 4 – 0 – 4 pills for 5 days.

General precaution:

- ❖ Avoid drinking water outside.
- ❖ Drink acidified water [Water + Lemon] to prevent cholera attack when you are going to crowded place.