

Homeopathic Remedies for Traveler's Diarrhea

Homeopathic remedies are useful to take along with you when travelling. A common symptom when travelling, particularly to warmer climates is gastro-intestinal distress, such as diarrhea. Persistent, severe or bloody diarrhea should be evaluated immediately by a physician. Left untreated, severe dehydration and electrolyte loss can develop rapidly.

Potency

I recommend remedies be taken in a 30C potency. Take a dose every hour or two (depending on severity of symptoms) for up to 4 doses. If there is no response during this time (4 to 6 hours), a new remedy may be selected. If the symptoms are improving, stop the remedy and repeat only on relapse.

Aloe - Aloe may be used for diarrhea that is accompanied by gas. There may be gurgling and rumbling in the abdomen before bowel movements. The person may have involuntary stools while passing gas.

Arsenicum Album - Burning diarrhea accompanied by extreme tiredness, anxiety, restless, and nausea and vomiting suggest this remedy. Arsenicum album is the main homeopathic remedy for diarrhea caused by spoiled or tainted food and traveler's diarrhea, which also called "Montezuma's Revenge." The person may be thirsty for small sips of water and feel better with hot packs to the abdomen. The person may also have cramping abdominal pain and feel worse with cold drinks or food. The stools are watery.

Colocynthisis - Characterized by severe, griping pains, the stools are green and pasty. Worse after eating fruit and after eating.

Ipecacuanha - A homeopath may recommend Ipecacuanha for severe diarrhea accompanied by nausea or vomiting. There may also be sharp pains and frequent bowel movements with stools that may look slimy, frothy or green.

Phosphorus - This homeopathic remedy is often recommended for someone with diarrhea that leaves the person exhausted, but is usually not accompanied by pain. The rectum has a loose sensation. There is usually thirst and a marked weak and empty feeling in the abdomen. The person may feel better with sleep and cold drinks or food.

Podophyllum - Watery, urgent, profuse and explosive diarrhea accompanied by much gas. The person feels worse with heat, movement and after drinking and eating. After having a bowel movement, the severe cramping and rumbling may be relieved but the person is left feeling faint, weak, and empty until the next urging.

Sulfur - There is marked urgency that is usually worse in the morning. The person often has rectal burning, itchiness or soreness and passes stools that feel hot and may have a very offensive smell.

Note: This information was adapted from an article by Cathy Wong for

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