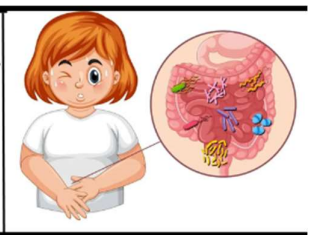
	<p align="center">STOMACH FLU: HOMEOPATHIC APPROACH</p> <p>DR. RONAK SHAH'S DIVINE HOMEOPATHY Restoring Vitality — M.D.(HOM.) SINCE 1991 9825050054 dr-ronakshah.com</p>	
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STOMACH FLU OR VIRAL GASTROENTERITIS: HOMEOPATHIC APPROACH

Viral gastroenteritis is commonly referred to as the 'stomach flu'. But it is not caused by influenza, the respiratory virus that causes the flu. The most common cause of stomach flu is the microorganisms spread in water and food that usually cause infections. This virus mostly infects the lining of the small intestine. The infection can also be transmitted from one person to another, but it is more likely to occur in a place where many people share places to stay or eat. Common symptoms such as watery, usually non-bloody diarrhea. Abdominal cramps and pain nausea, vomiting or both, occasional muscle aches or headaches, fever. etc. are seen.

Is gastroenteritis a serious problem?

For most people, it's not. People who suffer from viral gastroenteritis almost always recover completely without any long term problems. Gastroenteritis is a serious illness for individuals who lose water in vomiting and diarrhoea and are dangerous for those who cannot drink enough fluids. Electrolytes, especially sodium and potassium, are destroyed along with body fluids. Electrolyte imbalance, in particular, can cause fatal dehydration in the case of children and the elderly. The patient should be immediately shifted to the hospital if the stretch starts in the body.

What to do and what not to do ?

Always keep an Oral Rehydration Solution (ORS) at home and use it when the first symptoms appear. Wash hands with warm water and soap, especially after using the toilet. Use different personal items. If possible, avoid close contact with anyone who is infected with the virus. Clean the kitchen surface with a disinfectant. Keep raw meat, eggs and chickens away from raw foods.

Homeopathic first aid

In addition to oral rehydration therapy, a person should immediately start homeopathic treatment. The initial treatment can be done at home. Homeopathic medicines are considered to be very safe, natural without side effects and giving results. After conducting various surveys, it has been proved that homeopathic treatment is more effective than other types of medications for gastroenteritis. Arsenic Album, veratrum Album, Ipecac & Camphor are few useful medicines.