

## Herbal Treatment for Diarrhoea



By : Mr. Devnarayan Sah , Supaul, Bihar

### Innovation Description

The traditional knowledge holder has suggested a treatment for diarrhoea.

**Disease symptoms:** Repeated vomiting, watery faeces, loose motion.

**Ingredients:** 5 no. of Bhela (*Semecarpus anacardium* L.f.), 100g Chohara fruit (*Phoenix dactylifera* L.)

**Preparation:** Grind both the ingredients and make two laddoo.

**Dosage/Application:** Consume one laddoo once a day for two days.

**Ingredient's availability:** The plants are available in nearby places.

### Suggested Reading(s):

Panda, S. K., Patra, N., Sahoo, G., Bastia, A. K., & Dutta, S. K. (2012). Anti-diarrheal activities of medicinal plants of Similipal Biosphere Reserve, Odisha, India. *International Journal of Medicinal and Aromatic Plants*, 2(1), 123-134.

Megbo, B. C., Samuel, A. M., & Dio, D. W. (2017). *Phoenix dactylifera* fruit: a nutraceutical agent in the treatment of diarrhea. *Innovat International Journal Of Medical & Pharmaceutical Sciences*, 2(3), 27-29.

For More Details Please Contact on [enquiry@nifindia.org](mailto:enquiry@nifindia.org)

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