

Herbal Treatment for Diarrhoea



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Innovation Description

The traditional knowledge holder has suggested treatment for diarrhoea.

Disease symptoms: Frequent and loose motion, abdominal pain.

Ingredients: Tea leaves (*Camellia sinensis* (L.) Kuntze).

Preparation: Collect and boil the leaves with water to make a decoction.

Dosage/Application: Consume 1 cup decoction twice daily until relief.

Ingredient's availability: The plant is available in nearby places.

Suggested Reading(s):

Besra, S., Gomes, A., Ganguly, D., & Vedasiromoni, J. (2003). Antidiarrhoeal activity of hot water extract of black tea (*Camellia sinensis*). *Phytotherapy Research*, 17(4), 380-384. doi: 10.1002/ptr.1171

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