Dysentery: Dysentery is an intestinal inflammation, especially in the colon, that can lead to severe diarrhea with mucus or blood in the feces. [2]

The World Health Organization says there are two main types of dysentery:

**Bacillary dysentery:**
It is caused by Shigella, a bacterium. In Western Europe and the USA it is the most common type of dysentery among people who have not recently been to the tropics. [2]

**Amoebic dysentery:**
It is caused by Entamoeba histolytica.
**Amoebic dysentery (amoebiasis):** This is caused by Entamoeba histolytica, a type of amoeba, and is more common in the tropics. [2]

**Basic difference between Bacillary & Amoebic Dysentery [3]**
The World Health Organization estimates that shigellosis accounts for about 120 million cases of severe dysentery with blood and mucus in stools worldwide. The vast majority of cases occur in developing nations among children aged less than five years. [2]

**Common Symptoms of Dysentery: [4]**
- Abdominal bloating
- Abdominal pain
- Bloody diarrhoea
- Flatulence
- Nausea with or without vomiting

**Diagnosis of Dysentery: [2]**
- A stool sample may be ordered, especially if the patient has been abroad in the tropics.
- In rare cases, if symptoms are severe, other diagnostic tests may be recommended, such as an ultrasound scan or an endoscopy.
- Sigmoidoscopy is also advisable in some cases.

**Complications of dysentery: [2]**
- Dehydration - diarrhea and vomiting can quickly lead to dehydration. This can happen especially quickly with infants and young children. Dehydration can be life-threatening.
- Liver abscess - if the amoeba spreads to the liver.

**Usual Treatment: [2]**
- Rehydration therapy - Initially this is done using Oral Rehydration; the patient is encouraged to drink plenty of liquids. Diarrhea, as well as vomiting results in loss of fluids that have to be replaced to prevent dehydration. If the diarrhea and/or vomiting is profuse the medical team may recommend intravenous fluid replacement - the patient will be on a drip.

**Antibiotics and Amoebicidal drugs:**
- If symptoms are not severe and the doctor determines it is Bacillary dysentery (Shigella), the patient most likely will receive No Medication - in the vast majority of cases the illness will resolve within a week. Oral rehydration is important.
- If Amoebic dysentery is diagnosed the patient will probably start with a 10-day course of an antimicrobial medication, such as Flagyl (metronidazole). Diloxanide furoate, paromomycin (Humatin), or iodoquinol (Yodoxin) may also be prescribed to make sure the amoeba does not survive inside the body after symptoms have gone.
- Anti-inflammatory drug – Ridaura (Auranofin) may offer a cheap, low-dose treatment for the amoebic infections that cause dysentery in humans globally. The drug has only been tested in the laboratory and in animal studies, researchers from the University of California in San Diego and the University of California in San Francisco reported in Nature Medicine (May 2012 issue).

**Herbal Remedies for Dysentery: [10]**
- Yogurt – Yogurt is effective remedy and you can eat to get rid of this problem. Yogurt kills harmful bacteria which present in intestine. When your intestine get rid of those harmful bacteria you will feel recover. Eat yogurt especially in your breakfast.
Coriander – Coriander (Dhaana, Dhaniya) is available in every Indian home. Boil water and add coriander in it. Drinking this water will give relief from dysentery.

Ginger juice – Drink ginger (Aadu, Adrakh) juice to get rid of dysentery. It’s a best remedy to get relief from abdomen pain. Boil two pieces of ginger in water. Then cool it at room temperature. Add 1 spoon of honey in this ginger juice and drink two times in a day.

Pomegranate – Boil water and add pomegranate fruit in it and cool at room temp.

Drink this juice three times in a day.

Lemon juice - Lemon juice one of most effective remedy for curing loose motion. Mix 2 table spoon of lemon juice in warm water and drink it three times in a day. This juice gives you energy because when you are suffering from this disorder you feel yourself weak.

Kada Chhaal – 1 tablespoon powder of Kada Chhaal (Bark of Holarrhena) in a glass of buttermilk thrice a day is a very good remedy for dysentery. Kada Chhaal is available from local medicinal healers.

Bael (Bili) fruit – Bael fruit is a natural coolant which arrests Dysentery. Unripe or half ripe fruit is good for digestion. This fruit strengthens the stomach and promotes its action. One tablespoon of the pulp of the fruit mixed with enough amount of jaggery should be given thrice a day. In chronic cases, 15 gm of unripe fruit pulp should be roasted over the fire. Mix 250ml of water or buttermilk to this pulp. Add jaggery to sweeten the infusion. Drink this thrice a day. 15 gm of the pulp can be mixed with equal amount of dried ginger. Then 250ml of buttermilk can be mixed to it. The patient can drink this thrice day. [11]

Prevention of dysentery [2]

In most cases, dysentery is caused by poor hygiene.

Individuals can take measures to reduce their risk of infection by regularly washing their hands, especially before and after going to the toilet and preparing food.

If you are in an area where the risk of dysentery is higher, only drink water from reliable sources (bottled water).

If you drink from the bottle, make sure it is opened in front of you and clean the top of the rim.

Make sure the food you eat is thoroughly cooked and beware of ice cubes; you may not know what type of water was used to ake them. Use purified water to clean your teeth.
References:


12. Image of Ginger, Pomegranate, Lemon juice & Coriander. Available on: https://2.bp.blogspot.com/-o1X0b88GB8w/V1JWWC8qzC/AAAAAAABWU/CTkroopP1S8P3erPJYoLYDJDHTHbyswC1cB/s1600/Dysentery.jpg (Accessed on: 28.08.16)