

Dear Dharma Companions,

It is extremely common for people from abroad to fall sick in India with gastro-intestinal infections. During such instances it is best to have a stool test, both routine and culture, carried out to ascertain the cause of the dis-ease. Consultations with doctors are also recommended. In India besides doctors trained in modern medicine, others trained in the alternative systems of Homeopathy, Ayurveda and acupressure are also commonly encountered.

Basically gastro-intestinal afflictions fall into three broad categories viz. bacillary, protozoid and worm infections.

Local custom requires people to wash their hands before and after meals as also to rinse their mouth after having eaten. This is an essential part of personal hygiene in India adhering to which can help reduce the incidence of disease.

It is also recommended that one takes multivitamin supplements regularly particularly when sick, as also electrolyte powders, lacto bacillus and protein food supplements which are easily digested.

To name only a few, Revital is a generally accepted multivitamin capsule, Electral an electrolyte balancer and Vizylac for lactobacillus and acidophillus. Protein supplements such as Threptin biscuits and powder are also commonly available. It is also advisable to have a regular intake of alternative supplements with powerful healing properties such as Reishi and Liquid Chlorophyll which are selectively available.

Ayurvedic preparations available off the shelf are not necessarily efficacious. Neither does it pay to have a biased attitude against modern drugs and antibiotics which are actually life saving. For long term treatment, it is advisable to consult a qualified Tibetan, Indian Ayurvedic, Homeopathic or Acupressure physician. It needs to be emphasised that it is generally not possible to combine Homeopathic treatment with modern medicine or ayurvedic treatments.

For acute infections, there exists really no substitute for western medicines which are a must to control them, as experience has repeatedly proven. Simultaneously one must remember that western medicine has no remedy for viral infections generally encountered. Under such circumstances alternative systems are far more efficacious.

Bacillary infections are generally controlled by medications such as Entero Quinol - 2 tablets three times a day, Cirpofloxacin 500 mg tablets twice daily or for more severe infections, Chloramphenicol 500 mg capsules twice daily for adults for a minimum of five to seven consecutive days without interruption even if symptoms supposedly disappear. All these medicines are readily available anywhere throughout the country at various pharmacists or dispensaries under different brand names.

The necessity of controlling one's diet must be emphasised as well, depending on the nature of the disease. Common diarrhea's generally require the patient to take soft boiled or well cooked foods. During fevers, coughs and colds, rice, yogurt, raw fruits and vegetables tend to aggravate the sickness.

Protozoid infections are generally contained by taking the dazole group such as Ornidazole, Secnidazole and Tinidazole, 500 mg twice a day for five to seven days consecutively. During such infections, a normal diet may be taken.

Medications for worms are separate. Such infections are pernicious and insidious at the best of times. Homeopathic formulations such as Wormsol as also certain ayurvedic formulations are highly efficacious. Allopathic drugs tend to weaken the body temporarily! These medications generally need to be continued extendedly as the eggs in the intestines, immune to medications, keep on hatching regularly and it is these which need to be eliminated regularly, thus breaking the cycle of reinfection.

Typically for Wormsol, it is recommended that adults take 20 drops twice to thrice daily half an hour before food for seven to ten days. The course is to be repeated at an interval of a week giving eggs in the system the opportunity to hatch. This could need to be repeated over three to four cycles to ensure complete eradication.

All in all, India lies in the tropics hence diseases encountered here are tropical in nature many of which would not have been encountered in the cooler climes of Europe and North America. Most of the commonly encountered diseases are certainly curable given the correct diagnosis. It is important one remains alert to have any dis-ease treated promptly rather than wishing it away.

It is also recommended that visitors returning home take with them two to three phials of worm medicine such as Wormsol and use them as above upon their return to rid themselves of any such infestations.

We wish you the very best during your visit to India and Nepal.

Your Spiritual Friend,

Lama Shree