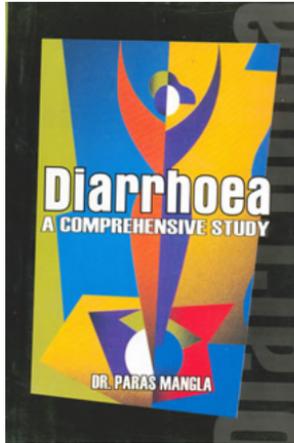


Paras Mangla Diarrhoea - a Comprehensive Study

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Chapter - 1

Diarrhoea

Defination:

Different people may have different bowel habit but the bowel frequency of the normal population ranges between three bowel movements per day to one bowel action every third day, and a normal stool consistency ranges from porridge like to hard and pellet like. People have different opinion for Diarrhoea, some think of Diarrhoea in term of increased stool frequency, and loose and watery stools. DIARRHOEA is vaguely defined as passage of abnormally liquid or unformed stools at an increased frequency. For adults on a typical western diet, stool weight exceeding 200g/d can generally be considered *Diarrhoeal*.

Diarrhoea may be further classified in to 2 major varieties:

- (a) Acute Diarrhoea
- (b) Chronic Diarrhoea

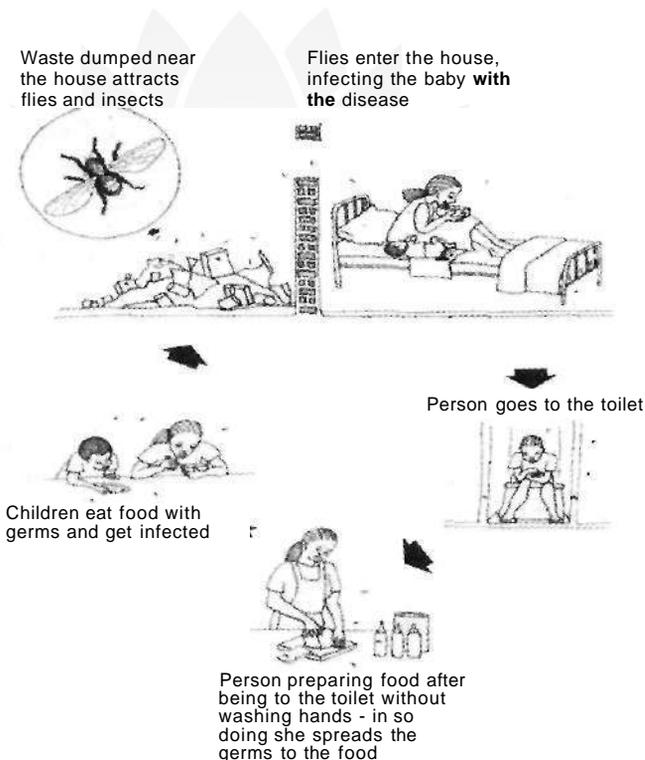
There is another term called *Pseudo Diarrhoea*, or the frequent passage of small volumes of stool, often is associated with rectal urgency and accompanies the irritable bowel syndrome or anorectal disorders like proctitis. *Fecal incontinence* is the involuntary discharge of rectal contents and is most often caused by neuromuscular disorders or structural anorectal problems. PseudoDiarrhoea and fecal incontinence occur at prevalence rates comparable to or higher than that of chronic Diarrhoea and should always be considered in patients complaining of "Diarrhoea." A careful history and physical exarnination generally allow us to discriminated these two from true Diarrhoea.

(a) Acute Diarrhoea:

Diarrhoea is defined as acute if <2 weeks, persist if 2 to 4 weeks duration. Acute Diarrhoea is extremely common **and** usually due to faecal-oral transmission of bacterial toxins, viruses, bacteria or protozoan organisms.

(b) Chronic Diarrhoea:

Diarrhoea is defined as chronic if >4 weeks in duration. In contrast to acute Diarrhoea, most of the many causes of chronic Diarrhoea are noninfectious. Chronic Diarrhoea can be categorized as disease of the colon, or small bowel, or malabsorption.

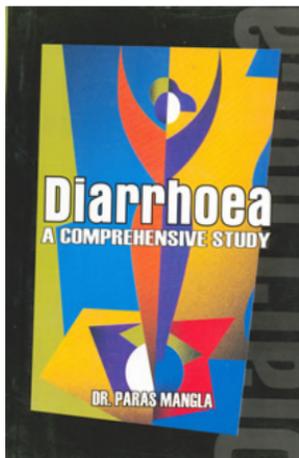
**Common Cyclic Representation of Spread of Diarrhoea**

Chapter - 2

Causes of Diarrhoea

A) Acute Diarrhoea:

- (a) **Drug Induced Diarrhoea:** Many medicine due cause Diarrhoea as a Side effect and it is probably the most common noninfectious cause of acute Diarrhoea. Although innumerable medications may produce Diarrhoea, some of the more frequent incriminated include antibiotics, cardiac antidysrhythmics, anti-hypertensives, nonsteroidal anti-inflammatory drugs (NSAID) , certain anti depressants, chemotherapeutic agents, bronchodilators, antacids and laxatives.
- (b) **Travelers:** Travelers Diarrhoea is a common and uncomfortable problem for travelers which frequently **disrupts an** otherwise well planned holiday. It is caused by eating or drinking food or water which has been contaminated with germs. Almost always, the illness lasts a couple of days only. Most common cause is due to enterotoxigenic *Escherichia coli* (*E.coli*), as well as to *Campylobacter*, *Shigella*, *Salmonella*.
- (c) **Consumers of Certain Food:** Diarrhoea closely following food consumption at picnic or restaurant may suggest infection with *salmonella*, *Campylobacter*, or *shigella* from chicken, *E.coli* from undercook hamburger, *Bacillus aureus* from fired rice; *Salmonella* from eggs.
- (d) **Immunodeficient Persons:** Patient with primary immunodeficiency (e.g.- IgA deficiency, chronic granulomatous disease) or the much more common secondary immunodeficiency state (e.g.- AIDS,



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