A woman wearing a purple sari with a colorful floral border is holding a baby. The woman is looking down at the baby, who is holding a blue bottle. The background is a textured, light-colored surface.

A GUIDE TO HOME MANAGEMENT OF DIARRHOEA



**DEPARTMENT OF FAMILY WELFARE
GOVERNMENT OF INDIA**

Dear Health Functionary,

As a concerned, hard working individual you are aware that, in our country, nearly one million children die due to diarrhoeal diseases, every year.

However, timely and correct home based action can prevent diarrhoea deaths. For this, the families and mothers need to be educated and motivated.

This simple visual aid has been designed to help you in your task of creating awareness and motivating families and mothers to observe the simple but vital rules of diarrhoea management, at home.

The aid can be held up by hand, or propped on a high table. Do ensure that the photographs face the audience; are seen clearly by every member, and, in the right order.

The easy text at the back of each visual will guide you in conducting the meeting. The question-answer style encourages audience participation and will provide you useful feedback.

You can build on it by using local terminology and situations suitable to your area.

While it is best to communicate in a friendly dialogue style, do ensure that you=

- Impart complete information
- Emphasize the key messages in the summary.

Diarrhoea management is an important and challenging task. Frequent and complete use of this aid will make your task simpler.

It will also ensure that deaths due to diarrhoea are prevented in your area.

H010



**Diarrhoea can be dangerous,
unless treated at home immediately.**

Diarrhoea can be dangerous, unless treated at home immediately.

Q. What do you see in this picture ?

Q. Have any of your children had diarrhoea ?

Q. Can you describe your experience with a child having diarrhoea ?

Q. How would you recognise that your child has diarrhoea ?

A child who passes three or more loose motions has diarrhoea. Sometimes, even **one big loose motion** can be considered as diarrhoea. If treatment is not started early, diarrhoea can be dangerous.

Q. How is diarrhoea dangerous ?

You have seen that the stool passed by a child with diarrhoea, contains a lot of water. This is water from the body. When the body fluid goes out, a lot of essential salts and nutrients also go out with it. This is very dangerous. Loss of fluids makes the body weak, and, if the fluids are not replaced immediately it can cause dehydration. Dehydration can happen to anyone, but it

is particularly dangerous in small children. Small children dehydrate very fast.

Q. How does diarrhoea kill a child?

If a young plant is deprived of water, it begins to dry up and lose its life. To prevent it from dying, you must water it in time, and water it enough.

So is it, with a child suffering from diarrhoea. A loose motion drains the fluids from the child's body. The child becomes weak and restless.

If the fluids are not replaced at once, the child suffers from dehydration.

Severe dehydration can kill the child.

Repeated episodes of diarrhoea also cause malnutrition. An under nourished child is easily susceptible to diseases, as well as, prone to further attacks of diarrhoea.

**Diarrhoea causes loss of body fluids, which must be replaced at once,
to prevent dehydration. Severe dehydration can lead to death.**



**Manage diarrhoea at home
by preventing dehydration**

Manage diarrhoea at home by preventing dehydration

Q. What do we see here ?

Q. Why is the mother looking worried ?

Her child has diarrhoea and is restless. She is worried because she does not know what to do.

Q. Can you tell us what you did when your child had diarrhoea ?

Q. Can diarrhoea be managed at home ?

Yes, diarrhoea can certainly be managed at home. An episode of diarrhoea may last 3-7 days. But, it is very important that treatment must begin as soon as the first loose motion starts. As you know, if the water lost by the body is not replaced quickly, it will lead to dehydration, which can even cause death. Therefore, the treatment must focus on preventing dehydration.

Two important rules are:

1. Immediately replace the fluids lost by the body.
2. Keep a regular and close watch for signs of dehydration, so that you will know when to take corrective action.

Now let us look in brief, at the four action points in the correct management of diarrhoea at home.

The Four Action Points are:

1. Immediately replace the fluids lost by the body, by giving fluids available at home.
2. Continue feeding during diarrhoea.
3. If diarrhoea increases immediately supplement the Home Available Fluids, by giving ORS.
4. Keep a regular watch for signs of dehydration.

We will look at each of the above action points in detail.

**Diarrhoea can be treated at home through simple steps,
if action is taken promptly and correctly.
The treatment must begin as soon as the first loose motion starts.
Prevention of dehydration is very important.**



Prevent dehydration. Give your child more fluids immediately after a loose motion.

Prevent dehydration. Give your child more fluids immediately after a loose motion.

Q. What is the mother in this picture, doing ?

She is feeding rice water to her child. She is feeding the child slowly, with the help of a glass.

Q. What do you give your children when they have diarrhoea ?

(Note: Appreciate the answers given by the mothers. Help them reach a decision about the fluids they can give, based on ingredients available at home).

Q. Why should we give fluids to a child with diarrhoea ?

To replace the fluids lost by the body. This will prevent dehydration.

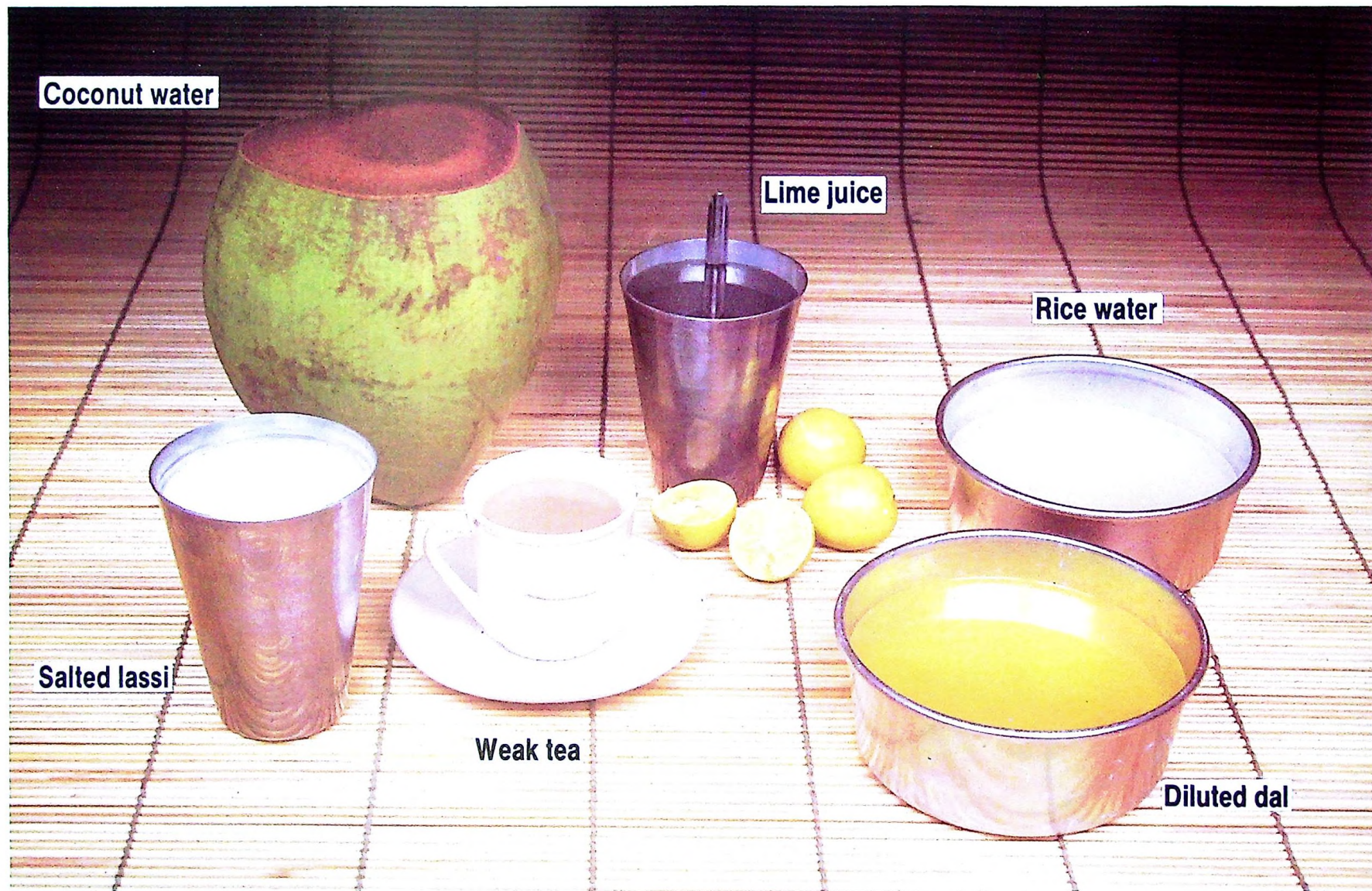
Q. When should you start giving the fluids ?

It is very important that you should start the child on fluids at the onset of the first loose motion.

Q. How often must you give fluids to the child ?

You must give fluids to the child regularly and frequently. You have to ensure that the volume of water lost by the body is replaced as quickly and completely as possible.

**As soon as the first loose motion starts,
begin feeding fluids to your child, to prevent dehydration.**



Coconut water

Lime juice

Rice water

Salted lassi

Weak tea

Diluted dal

**Prevent dehydration.
Give Home Available Fluids after every loose motion.**

Prevent dehydration. Give Home Available Fluids after every loose motion.

Q. Can you identify the fluids shown in the picture ?

This picture shows salted lassi, lime juice, rice water, diluted dal, weak tea and coconut water. These are all examples of fluids, which, when given to the child after every loose motion, help prevent dehydration.

Q. Are these fluids easy to prepare ? Are they used commonly ?

Yes. Most of these fluids are a part of our daily lives.

For eg: rice water or diluted dal.

These are all Home Available Fluids, and they are good for a child with diarrhoea. The benefits of giving them are:-

1. They replace the water and essential nutrients lost from the body. Thus, they prevent dehydration.
2. No special ingredients are required and they are easy to prepare quickly.
3. The child can be started on Home Available Fluids at once. (As we said earlier, this is very important).

The child should be given a drink of Home Available Fluids after every loose motion.

Now, we come to the question -

Q. How much of Home Available fluids should be given at a time ?

Starting with the first loose motion, and after every subsequent

loose motion that the child has, you should give

- a quarter to half a glass for children below 2 years.
- one full glass for older children.

Q. How long should Home Available Fluids be given ?

As long as the diarrhoea episode lasts.

Q. How should it be given ?

As your child would normally drink it — From a glass, or with a spoon. A sick child may not feel like drinking, so feed the child slowly. Give the fluid sip by sip.

Q. What if the child vomits ?

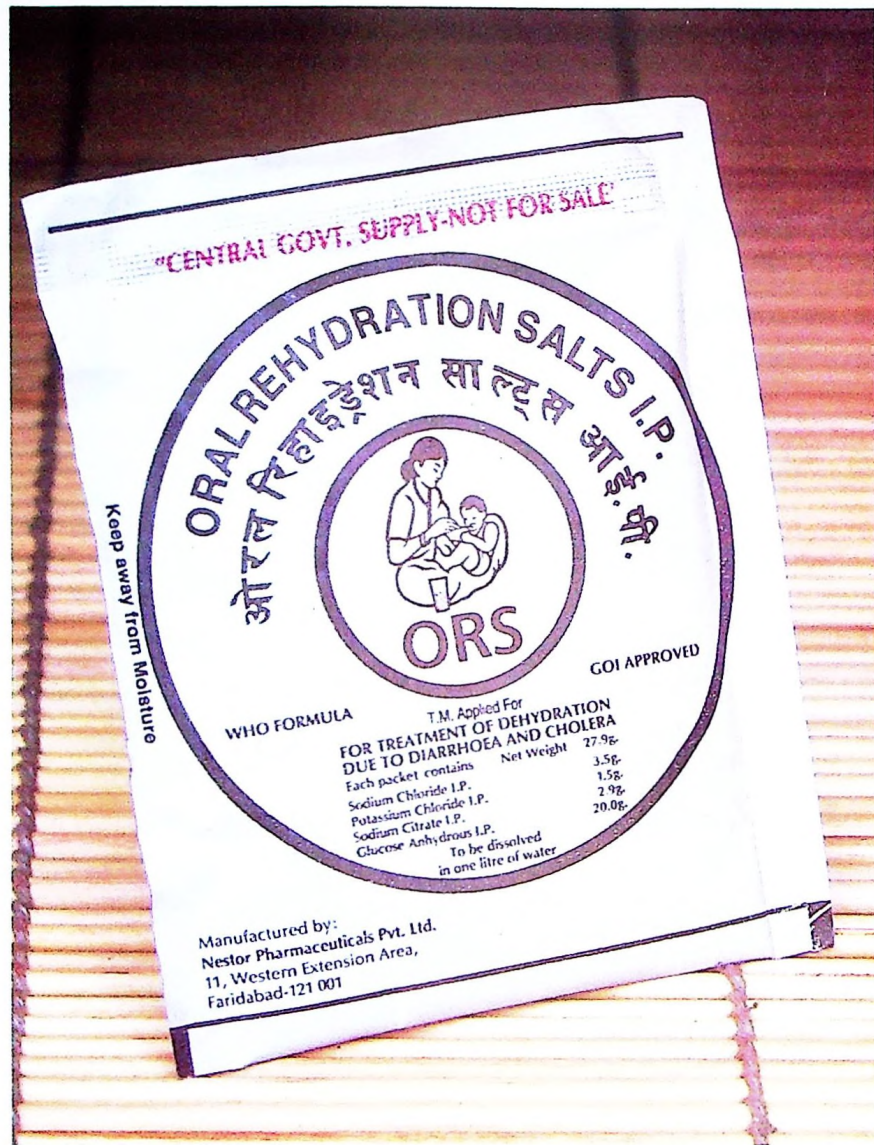
Even if the child vomits, some of the fluid is retained in the stomach. So, wait for about 10 minutes. Then, resume feeding Home Available Fluids in small quantities.

Q. Do you know of any fluids that must NOT be given to a child with diarrhoea ?

(Note - Appreciate the answers given by the mothers)

A child with diarrhoea must NOT be given very sweet tea, aerated drinks, or canned fruit juices. These fluids are all rich in sugar. The extra sugar in the drinks will only increase diarrhoea.

**To prevent dehydration,
give Home Available Fluids to your child after every loose motion.**



ORS - A Life Saving Drink.

ORS - A Life Saving Drink.

Q. What do you see in this picture ?

Q. Can anyone say what this is ? (Hold up ORS packet)

This is called ORS - Oral Rehydration Salts. The contents of this packet include those essential salts and nutrients which the body loses during a loose motion.

When this powder is mixed with water, it gives ORS solution, which is good for a child with diarrhoea. It rehydrates the body. Give the child Home Available Fluids. Supplement them with ORS.

Home Available Fluids and ORS will not stop diarrhoea. (After a few days the diarrhoea will stop on its own). But, Home Available Fluids and ORS will prevent dehydration.

If ORS is available at home, when the child has the first loose

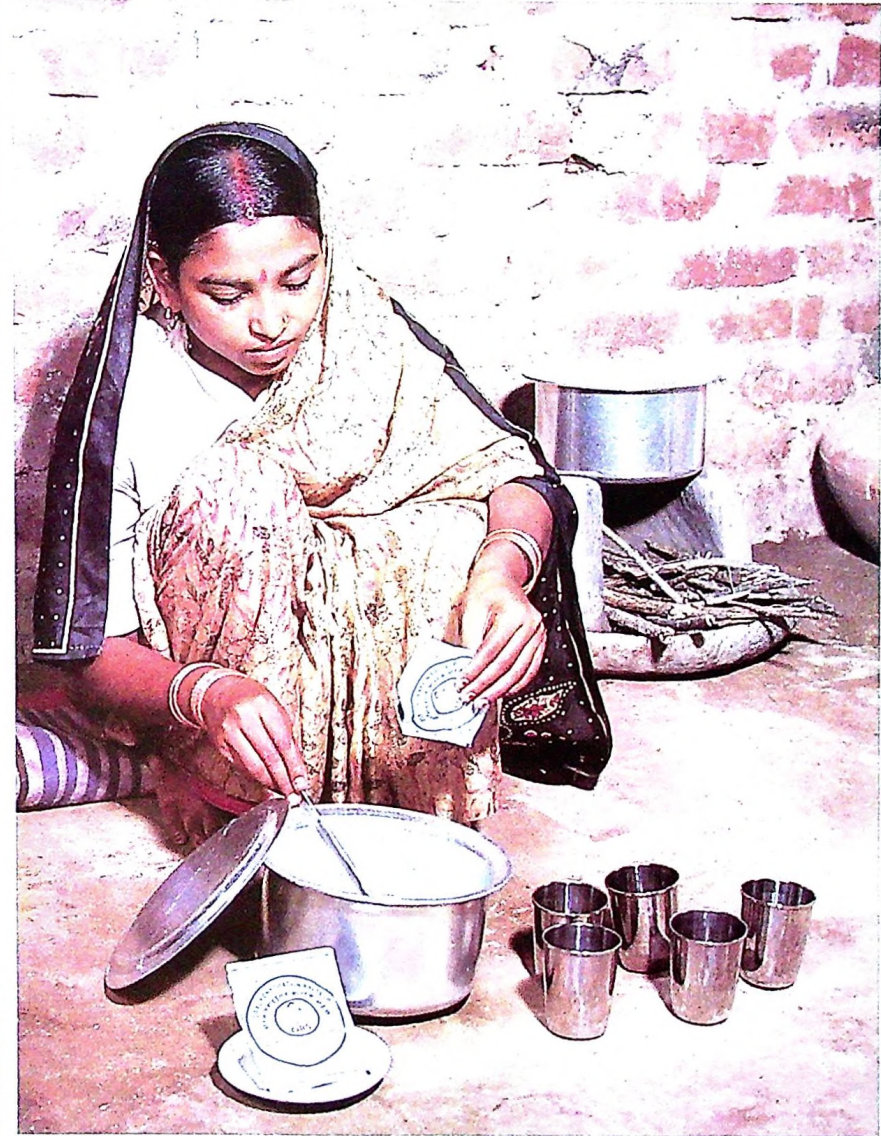
motion, then, start giving ORS solution to the child immediately. In case ORS is not available, do not wait. Start the child on Home Available Fluids at once; you may then go to the nearest health centre from where you can get ORS.

Q. Where else can you get ORS ?

ORS is easily available at the following places:-

- Sub centre
- Anganwadi centre
- Primary Health Centre
- ORS depots have been set up in some areas, under the supervision of a well known person in the community.
- You can also buy ORS from a chemist or a grocery shop.

**ORS prevents dehydration.
Give ORS to your child after every loose motion.**



Make ORS - The Right Way.

Make ORS - The Right Way.

Q. Have any of you prepared ORS in the past ?

Q. Do you know how it is prepared ?

This picture shows a woman preparing ORS solution.

You need—One packet of ORS, a clean vessel, clean drinking water, a lid, a ladle, a glass or any vessel of known volume (Eg: the measure used for measuring milk).

(Note - Make sure the mothers know how to measure out 1 litre)

1. Now, use the glass to measure out 1 litre of water. For instance, a glass of 200 ml capacity should be used 5 times.
2. Open the ORS packet. Empty the entire contents into the measured out volume of water.

3. Stir the contents till they are fully dissolved.

4. The ORS solution is ready. Keep the solution fully covered.

(Note - Demonstrate the right method of making ORS. Ask members from the audience to prepare the solution themselves, under your supervision. Ensure that everyone in the audience tastes the solution. Point out that the solution is not too sweet. (Therefore, it may not be very tasty). But, it has all the essential ingredients in the right proportion. Lay stress on this, while explaining to the mothers.

**ORS should be prepared the right way.
The solution should be kept covered.**



The Right Way of Feeding ORS.

The Right Way of Feeding ORS.

Q. What do you see in this picture ?

The mother is giving ORS to her child by using a glass. This is the right way.

After every loose motion, give the child ORS. Children below 2 years can be fed by teaspoon every 1-2 minutes.

Older children can drink frequent sips from a cup or a glass.

Q. How much ORS should be given at a time ?

You can give up to half a glass for a child below 2 years. For children between 2-10 years, give one full glass.

Q. What if the child refuses to drink ORS ?

A child with some dehydration will be very thirsty and will drink ORS and Home Available Fluids eagerly. But a child who has just started having diarrhoea may not readily accept the drink.

It is important that you must coax and persuade the child to drink ORS.

A child who is very sick may be unable to drink anything easily. The family must try and feed the child ORS frequently, even if it is in small quantities.

Q. What if the child vomits ?

Do not worry. Some of the ORS is still retained in the stomach. Infact, salts contained in ORS will also treat vomitting. Wait for about 10 minutes and resume feeding ORS to the child.

Q. How long should the solution be used after preparation ?

Do not keep the ORS solution for more than 24 hours after preparing it. Throw it away. If needed, make a fresh solution.

**Give ORS after every loose motion.
Prepare fresh ORS solution after 24 hours.**



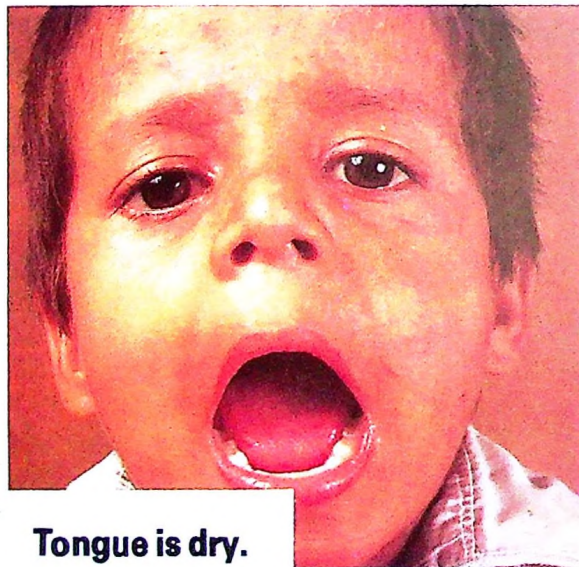
Irritable and restless.



Eyes are sunken.



No tears when the child cries.



Tongue is dry.



Child is thirsty.



Skin when pinched goes back slowly.

**Keep a regular watch
for the signs and symptoms of dehydration.**

Keep a regular watch for the signs and symptoms of dehydration.

So far we have learnt that the first steps in the management of diarrhoea at home, must aim at preventing dehydration.

Q. What is dehydration ?

Q. What are the two steps you must take to prevent dehydration ?

- Start giving Home Available Fluids at once, and after every loose motion.
- Supplement with ORS

At the same time you must also keep a close and regular watch for signs of dehydration.

As we have said earlier, dehydration is dangerous, and it can take place very fast in small children.

You must be vigilant in watching for the signs, to prevent it from becoming severe. Therefore, the third step in the management of diarrhoea at home, is - Watch regularly for the signs of

dehydration so that you can take corrective action immediately.

The signs of dehydration are-

- 1) The child is VERY THIRSTY
- 2) The child is RESTLESS and IRRITABLE
- 3) SKIN when PINCHED goes back slowly
(Note - Demonstrate Skin Pinch Test)
- 4) TONGUE IS DRY
- 5) NO TEARS when the child cries
- 6) EYES are SUNKEN

Q. What must you do when you observe signs of dehydration in your child ?

- If you have not already given ORS along with Home Available Fluids, you should start giving ORS immediately.
- Then, you must take the child to the ANM, at once.

**Keep a regular and close watch for the signs of dehydration.
If you observe any signs, continue giving ORS, and take the child to the ANM, at once.**



Child is lethargic.



Skin when pinched goes back very, very slowly.



**When you see these danger signs
seek medical help immediately.**

When you see these danger signs seek medical help immediately.

Q. What do you see in these pictures?

You see children who are very, very ill.

The children are almost unconscious and lethargic. Their skin when pinched goes back very, very slowly. They have severe dehydration.

What we discussed in the last page were signs and symptoms of DEHYDRATION. However, if your child shows any of the following symptoms, of SEVERE DEHYDRATION, take the child to the doctor or nearest Health Centre without delay.

- **LETHARGIC or UNCONSCIOUS**
- **DRINKS POORLY or NOT able to drink**
- No tears
- Mouth and tongue VERY DRY

- SKIN when PINCHED goes back VERY SLOWLY.
(Note - Demonstrate Skin Pinch Test).

- Very sunken and DRY EYES

Any of the above signs are indicative of danger. The child must be taken to the doctor at once.

In addition to these, if the child shows any of the following symptoms

- Fever
- Fast Breathing
- Blood in stool
- Repeated vomiting

the child must be taken to the doctor immediately.

While taking the child to the doctor, continue giving ORS.

**Do not try to manage a very sick child at home.
If the child has severe dehydration,
take the child to the nearest Primary Health Centre,
Hospital or Doctor immediately.**



**Along with increased fluids,
a child with diarrhoea needs to be fed regularly.**

Alongwith increased fluids, a child with diarrhoea needs to be fed regularly.

Q. What do you see in this picture?

The mother is feeding mashed bananas to the child.

Q. Do you usually give normal food to a child during diarrhoea? If not, why?

It is a common misconception that a child with diarrhoea must not be fed, because the system needs rest, and more food will lead to more motions.

Another common misconception is that diarrhoea is normal during the teething phase of infants. But, teething is not what causes diarrhoea.

Let us look at the real reason, why and how an infant gets diarrhoea during the teething phase.

The teething process causes pain and irritation in the gums. To find relief from this pain, the child chews any and every object

lying around. Many of these objects are unclean. They have germs. Sometimes flies sit on them. Therefore when the infant puts an unclean object into the mouth, germs pass on into the stomach and cause diarrhoea.

Starving a child with diarrhoea is **WRONG**, because you deny essential food and strength to the child's body.

A child with diarrhoea must not be deprived of food. An infant who has diarrhoea must be breast fed frequently.

As we said before, during diarrhoea the body loses water **AND** several essential nutrients.

Diarrhoea causes a child to lose weight and grow weak. Lack of food and calories can cause malnutrition.

Hence, food must be given to the child. Feeding will help to

- Provide energy to recover from diarrhoea.
- Provide strength to fight future episodes.

During diarrhoea, the child loses weight and grows weak. To give strength back to the child, it is important that, along with giving fluids, the child is fed regularly during the episode.

Feeding has a two fold benefit. It is good for the treatment as well as, for the prevention of malnutrition due to diarrhoea.



Suitable diet for a child with diarrhoea.

Suitable diet for a child with diarrhoea.

Q. What do you see in this picture? Can you name the foods you see ?

Dalia, curd, mashed potatoes, bananas, soft well cooked rice, khitcheri, soft mashed dal, cooked and mashed vegetables.

With all these, you can add one or two teaspoons of vegetable oil to give extra calories to the child.

All these foods have one thing in common. They are soft and easy to swallow. They are easily digestible, and very nutritious. Therefore, they are suitable foods for a child with diarrhoea. They are safe and good for a child with diarrhoea. If the child is still on breast milk, along with these foods, breast feeding should be continued during the diarrhoea episode.

Q. What is the best food for babies below four months, with diarrhoea?

A baby below four months is normally on mother's milk exclusively. During an episode of diarrhoea, breast feeding **MUST** be continued. Make sure that you do not give

anything else (not even boiled water) to an infant below six months.

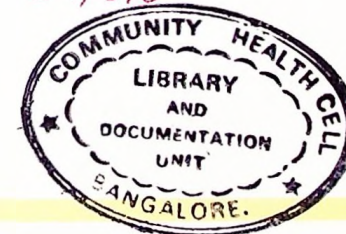
Q. How frequently must you feed a child with diarrhoea ?

You must feed the child every 3-4 hours. That means you must feed the child 4-5 times a day.

Q. But diarrhoea causes loss of appetite. What do you do then ?

Yes, diarrhoea does cause loss of appetite. Therefore, feed the child small quantities of any of the above mentioned foods at regular intervals of 3-4 hours. The mother must keep trying to cajole the child to eat a little, every now and then.

Once a child recovers from an episode of diarrhoea, the body is still weak. The child also feels very hungry. So, you must ensure that you feed the child, at least one extra meal every day for a week.



Feed your child regularly during diarrhoea.
For infants on breast milk, breast feeding should be continued.
To older children give normal, nutritious, easily digestible food.



Give Home Available Fluids immediately.



Supplement with ORS



Continue feeding during the diarrhoea episode.



Watch for signs of dehydration.

Four Action Points of Diarrhoea Management.

Four Action Points of Diarrhoea Management.

Let us take one look at what we have discussed.

Q. What is the primary danger during diarrhoea, that you must prevent ?

You must prevent dehydration.

Q. How do you prevent dehydration ?

By replacing the lost fluids.

Q. What are the ways of doing this ?

There are two ways

- Give Home Available Fluids immediately.
- Supplement with ORS.

Q. What else must you do to prevent dehydration ?

Watch for signs of dehydration.

These are 3 steps for correct management of diarrhoea. There is a fourth one. What is it ?

The fourth step is that you must continue breast feeding for the child who is still on mother's milk, and feed normal, nutritious food to an older child.

The four golden Rules of diarrhoea management are:

- 1. Give Home Available Fluids immediately.**
- 2. Supplement Home Available Fluids with ORS.**
- 3. Continue normal feeding during the diarrhoea episode.**
- 4. Watch for signs of dehydration.**

PREVENTION OF DIARRHOEA AT HOME

PART-II



Prevent diarrhoea by exclusive breast feeding.

Prevent diarrhoea by exclusive breast feeding.

In the earlier section we learnt the 4 Golden Rules of the correct & easy Management of Diarrhoea at Home.

Now, let us take a look at the simple preventive steps which will help in preventing diarrhoea episodes in your child.

Q. What is the mother in this picture doing ?

Q. Why is breast milk good for a baby ?

- A baby who is exclusively breast fed has lesser chances of getting diarrhoea. Exclusive breast feeding means that the infant takes only mother's milk and nothing else like gripe water, honey or even plain, boiled water.
- Breast milk is clean, safe and nutritious.
- It is a complete diet.

- Exclusive breast feeding of an infant upto the age of 4-6 months is very good, as it protects the baby from diarrhoea and other diseases, too.

Q. Does breast milk help a child with diarrhoea ?

We have already discussed this, and seen that when a breast fed child has diarrhoea it is important to continue breast feeding during the episode.

An infant recovering from diarrhoea should be breast fed more frequently.

This will help in speeding up recovery, as well as, preventing another episode.

**Exclusive breast feeding prevents diarrhoea.
It also provides much needed nutrition during diarrhoea.**



Ensure measles immunization to prevent diarrhoea.

Ensure measles immunization to prevent diarrhoea.

Q. What do you see here ? Why is measles injection necessary ?

Diarrhoea is a common complication of measles. This is particularly dangerous for the child's health.

Q. Why is such a situation dangerous ?

An attack of measles leaves the child's body in a weakened

state. In such a state the child is prone to diarrhoea. As the body is already very weak, an episode of diarrhoea can become very severe, which endangers the child's life.

Therefore, it is important that you prevent measles by vaccinating the child against measles. Ensure that the measles vaccine is given when the baby completes 9 months. This must be duly noted in the immunization card.

**Ensure that your child is vaccinated against measles.
This will also prevent diarrhoea.**



Prevent diarrhoea by making washing hands with soap or ash, a habit.

Prevent diarrhoea by making washing hands with soap or ash, a habit.

Q. What is this family doing ?

Yes, they are all washing their hands with soap. It is important that hands must be washed with soap or ash before handling, preparing and feeding food. Washing hands with soap or ash after defecating, is a MUST.

Q. Why is washing hands so important ?

It helps in preventing diarrhoea. Diarrhoea is caused by the dirt and filth in our hands and finger nails, which in turn passes to our mouth, when we eat.

Washing hands thoroughly with soap or ash, gets rid of the dirt.

The habit of washing hands with soap or ash prevents diarrhoea.



Prevent diarrhoea by keeping food and water clean.

Prevent diarrhoea by keeping food and water clean.

Q. What do you see in this picture ?

Q. Why is it important to keep food and water, clean and free of flies ?

Flies are carriers of dirt and disease. They are attracted by filth and refuse. When flies sit on food or get into drinking water, they become a source of diarrhoeal infection.

To prevent flies and dirt

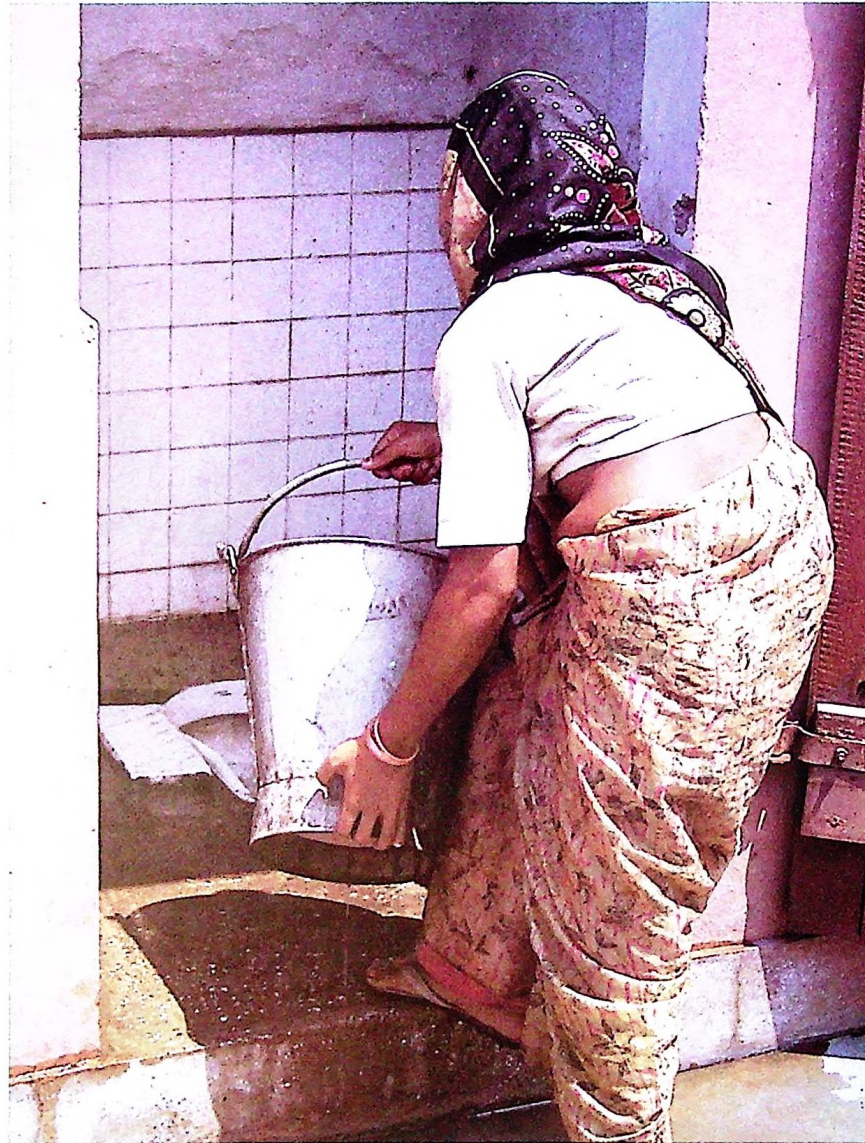
1. Keep the refuse in a covered bin.
2. Keep food and water covered.

3. Use a long handle spoon to take water. Do not dip hands into vessel containing water.

In addition-

- Remember to wash all fruits and vegetables thoroughly before eating.
- Use clean water for drinking and cooking, ie. water from deep hand pumps, deep covered wells and such clean sources.

Prevent diarrhoea by keeping food and water clean.



Always use a latrine. Keep it clean.

Always use a latrine. Keep it clean.

This picture shows a woman cleaning the latrine after use. Using a latrine prevents spread of disease, particularly diarrhoea. The latrine should be kept clean, and washed with water, after every use.

Q. Where do you usually take your children for passing stool ?

(Note - Listen to the responses)

Q. What do you do if your child passes stool at home ?

(Note - Listen to the responses & ask why do they do, what they do)

There is a notion that children's stool is not harmful. This is a wrong belief. Each and every stool is harmful.

If there are no latrines, then you must ensure that your children do not defecate close to the house or near a drinking water source. Ensure that the child defecates far from the house. Throw mud over the faecal matter, after the child defecates.

If the child defecates inside the house, remove the dirt at once, wrap it in paper or a big leaf and dispose it off far away from the house. Clean the spot thoroughly. Wash it with water.

Prevent diarrhoea by using a latrine.
Prevent diarrhoea by keeping your immediate surroundings clean.



Lay the foundation of good health for your child.

Lay the foundation of your child's good health.

See this picture. How happy the mother and child are!

Every mother's world is centred around her child. The child's first smile, the first step, the first word.... These are some of the precious moments of pride and joy that make motherhood so fulfilling. Every mother's greatest dream is to see her child grow healthy and strong.

Yet, these early years of a child's life are also the most delicate ones. It is now that the child needs extra care and protection from childhood illnesses, such as diarrhoea.

As a mother, you may have had several occasions in the past, when your child was sick. Do you recall the feeling of anxiety and helplessness with which you saw your child suffer?

Henceforth, your child need never go through such suffering again. Today, we have learnt some simple, but important ways of ensuring this.

Your child's health and future is in your hands. By observing these few, easy rules of correct management and prevention of diarrhoea at home, you will lay the foundation of your child's good health.

You will see your child grow healthier, day by day.

Do remember that I am always there to assist you in ensuring a healthy childhood for your children.

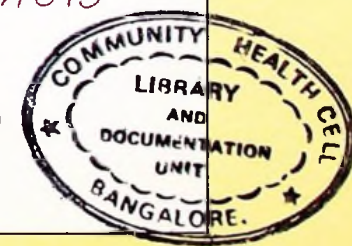
Come, let us all join hands to protect our children from the dangers of diarrhoea.

COMMONLY USED TERMS FOR “DIARRHOEA”, FREQUENTLY USED HOME-AVAILABLE FLUIDS AND APPROPRIATE FOODS USED DURING AND AFTER DIARRHOEA—BY STATE

| State | Names for Diarrhoea | Foods to give | Fluids to give |
|------------------|---|--|---|
| Andhra Pradesh | Bedulu Virochanalu | Godhuma Rava = Rava Porridge Paalu Biyyam = Milk Rice | Saggu Biyyam Neeru Uppu = Sago water Barley Neeru Uppu = Barley water with salt Ganji Uppu = Rice water with salt |
| Assam | Pet Chala Bimar Asukh | Bhat = Rice Biskuit Pani = Biscuits soaked in water Alu = Potatoes | Barley Nimakh Pani = Barley water with salt Nimu sarbat = Lemon juice in water & salt Garurgakhir = Cows milk |
| Bihar | Dast Thala Patla Paykh Peta Jharri Pet Jharra | Cha-Ur = Rice Soft Rice Gruel Biscuit with milk Beaten rice Green Plantain | Rice Gruel Milk Breast milk |
| Haryana | Peele Dast Garmi ke Dast Hare Dast Sardi ke Dast Dant ke Dast | Kheer Dalias Khichri Sabudana Khichri | Lassi = Butter Milk Nimbu Pani with salt |
| Himachal Pradesh | Dast Peele Dast Hare Dast | Kala = Banana Dahi = Curd Gahu Ki Roti = Wheat Bread Makka Ki Roti = Maize Bread Dalia = Porridge Khichri Sabudana Khichri | Mitha Namkin Pani = Sugar Salt Water Dudh = Milk Chach = Butter Milk Maa Ka Dudh = Breast Milk |

| State | Names for Diarrhoea | Foods to give | Fluids to give |
|----------------|--|--|--|
| Karnataka | Mala Bhedi | Mosaru = Curd Kanaka = Soft Wheat Pearl Rotti = Jawar Bread Allaka Ahara = Semi-solid meal from starch water Akki Haagu Bele = Rice & Pulse Mudde Batate Bale Hannu = Banana | Halu = Milk Majjige = Butter Milk Kittale Rasa = Orange Juice Yella Neru = Tender Coconut Water |
| Kerala | Vayarkadi | Pazham = Banana Dosa Idli Urulakizhagu = Potato Kora Kanji = Ragi Porridge Ari = Rice Sago Milk Porridge Maracheeni (Kappa) = Tapioca | Pal = Milk Uppitta Kanji = Kanji Ilaneer = Coconut Water Glucose Vellam Uppittathu = Glucose Water With Salt |
| Madhya Pradesh | Marda Dast Peele Dast Hare Dast | Khichri = Bland Khichri Bread Rice Seweya = Sago Porridge Dalia, Sanja = Porridge Bhat = Puffed Rice Chawal & Dal = Rice & Lentil | Lassi = Butter Milk Dudh = Milk Nimbu Pani = Sugar & Lemon with water Glucose Pani Namak Ka Sath = Glucose Water with Salt |
| Maharashtra | Patal Sandaas/ Julabh Hagvan Patal Parsakade | Kela = Banana Barlichi Pej = Barley Gruel Biscuits Ukadlele Batate = Boiled Potatoes Pav = Bread Groundnut Soaked In Milk Gur & Shengdane = Jaggery & Groundnuts Masur Ani Bhat = Lentil and Rice Dali Ani Bhat = Pulses & Rice Bhat Ani Harbhara = Rice & Green Gram Sabudana = Sago Gavhachya Kankechi Pej = Wheat Flour Gruel | Arararotche Dhudh = Arraroot Paniya Phalanche Ras = Fruit Juice Glucoseche Pani Mithan Banarbar = Glucose Water with Salt Dhudh = Milk Khimat Maubhat Gurgutya Bhat = Narambhat Kanji Bhijgancha Raj = Vegetable Soup Dhayachi Nivali = Whey |

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| State | Names for Diarrhoea | Foods to give | Fluids to give |
|---------------|---|--|---|
| Orissa | Pania Jhada Dhoda Patla Jhada | Biscuit Chaula = Rice Sago Kancha Kadali = Green Amruta Bhandra = Papaya | Ma Khira = Breast Milk Khira = Milk Akhurasha Luna Sahita = Sugarcane Candy Water Bali-O-Pani = Barley Water Nadia Pani = Coconut Water |
| Punjab | Peele Dast Garmi Ke Dast Hare Dast Sardi Ke Dast Dant Ke Dast | Dahi = Curd Chana-Di-Roti = Gram Flour Bread Atta-Di-Roti = Wheat Bread Dalia = Porridge Sooji = Semolina | Lassi = Butter Milk Dudh = Milk |
| Rajasthan | Dast/Tattiyani Peele Dast Neele Dast | Raberi Biscuit Roti = Wheat Bread Makka Ki Roti = Maize Bread Dalia = Porridge Khichri | Dudh = Milk |
| Tamil Nadu | Vayattotam | Thayer = Curd Kelvaragu = Ragi Porridge Arricy = Rice Javvaricy = Sago Valai Palam = Banana Oottasathu, Urunda | Moor = Butter Milk Yela Neer = Coconut Water Glucose Neer Uppudan = Glucose Water with Salt Sakarai Upputhaneer = Sugar Water with Salt Uppu Kanji = Kanji With Salt |
| Uttar Pradesh | Dast Tattiyani Jhagwale Dast Pakharia Peele Dast Hare Dast Hare Tatti | Dahi = Curd Gahu Ki Roti = Wheat Bread Methi = Fenugreek Chawal Aur Dal Ki Khichri = Rice & Lentil Khichri Dalia = Porridge | Dudh = Milk Ubla Pani = Boiled Water Mattha = Butter Milk Chini Namak Pani = Sugar Salt Water Mishri-Namak Pani = Water & Sugar Candy With Salt |
| West Bengal | Diri or Olaotha Patla Paykhana Antrik or Udoramoy | Bhat = Soft Rice Kala = Plantain Pnepey = Papaya Sagoo = Sago Fenugreek In Curds | Barley Sarbat = Barley water Miehhir Sarbat = Water & Sugarcane Candy Daber Jal = Coconut Water Sagu Jal = Sago Water Lebur Sarbat = Lemon Juice Buker Dhudh = Breast Milk Gorur Dhudh = Cow's Milk |



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