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DIARRHOEA, DIGESTION AND DEHYDRATION

Diarrhoea is a condition in which the sufferer has frequent and watery, chunky, or loose bowel. Micro-organisms cause diarrhoea by the production of toxins which interfere with the normal mechanisms for the absorption of water.

The result is a high concentration of unabsorbed substances in the lumen, which restrict the absorption of water from the gut into the blood because of the water potential gradient, is in a wrong direction. Diarrhoea is not normal because when it prevents the digestive system from absorbing the essential salts, nutrients and water from the food being eaten; instead they are lost from the body as runny or watery bowel motion. Dehydration occurs when these losses are not replaced adequately and a deficit of water and electrolytes develops.

Treating Diarrhoea

Although the toxins prevent the normal mechanisms uptake of essential salts they have very little effect on the co-transport proteins, therefore if these co-proteins work a little better we can be able to ensure that adequate amounts of glucose and sodium ions are taken which should go a long way towards clearing up the attack of diarrhoea. Therefore drinking measured amounts of glucose and mineral salts and then mixing with set volume of clean water will stimulate sodium and glucose uptake by the co-transport proteins. The solution is absorbed from the intestine and the attack of diarrhoea should be brought under control.

It is also likely that the understanding of the ways in which substances move in and out of cells is known and also diarrhoea is about water potential gradient moving in the wrong direction.