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SCIENTIFIC STUDIES OF THE INGREDIENTS OF DIARRHOL (PILL)

PAPAVER SOMNIFERUM (AHIPHENA)

An article published in Current Gastroenterology Reports (Springer) in 2017 by LR Schiller suggested that Mu and delta opioid agonists inhibit the release of acetylcholine in the myenteric plexus and block distension-induced peristaltic contractions by reducing neuronal excitability. This results in a delay of transit and more time for intestinal transport processes to absorb fluid.

CYPERUS ROTUNDUS (NAGAR MOTHA)

A study conducted by SJ Uddin, *et al.* (2005) indicated that the methanol extract of *Cyperus rotundus* rhizome, given orally at the doses of 250 and 500 mg/kg b.w., showed significant antidiarrhoeal activity in castor oil induced diarrhoea in mice.

MYRISTICA FRAGRANS (JAIPHAL)

- Antidiarrheal study was done by JK Grover, et al. (2002) on crude suspension and petroleum ether extract of Nutmeg. It
 showed a decrease in the mean number of loose stools and increased in the latency period. The crude suspension of
 nutmeg showed a good anti-diarrhoeal effect.
- In another study, which was done by Gupta S, et al. (1992) on hexane soluble fraction of ethanol extract of the dried fruits and flowers of Myristica fragrans showed anti-secretory properties in the ileum of rabbit and guinea pig against E. coli enterotoxins.

HOLARRHENA ANTIDYSENTERICA SEED (INDRAJAO BEEJ)

A study by Sharma DK (2015) showed decrease in the severity of castor oil induced diarrhoea (p<0.05) with *H. antidysenterica* seeds extract at 200 and 400 mg/kg body wt. which demonstrated equivalent effectiveness like that of Loperamide treated groups.

HOLARRHENA ANTIDYSENTERICA BARK (INDRAJAO CHAL)

- In a study by Mamatha B, et al. (2001) on the alcoholic and aqueous extracts of the Holarrhena antidysenterica stem bark were found to have antibacterial activity against enteric pathogens like Vibrio cholerae 01, V. cholerae 0139, species of Shigella, Salmonella typhimurium, S. enteriditis, Klebsiella spp, Proteus mirabilis, enteropathogenic and enteroinvasive E. coli, Aeromonas spp, Citrobacter freundii, Staphylococcus aureus and Pseudomonas aeruginosa.
- Gilani AH, et al. (2010) demonstrated that Holarrhena antidysenterica stem bark has spasmogenic and spasmolytic actions, which are mediated via histaminergic receptor activation and Ca++ antagonist pathways, respectively.

PEEL OF PUNICA GRANATUM (ANAR CHILKA)

- Qnais E, et al. (2008) evaluated the anti-diarrheal effects of the aqueous extract of Punica granatum peels in rats. The
 studies were carried out on the isolated rat ileum, gastrointestinal motility in vivo and on castor oil-induced diarrhea in
 rats. The results revealed that the extract exhibited a concentration-dependent inhibition of the spontaneous movement
 of the isolated rat ileum and attenuated acetylcholine-induced contractions. The extract (100, 200, 300, and 400 mg/kg)
 also caused a dose-dependent decrease of gastrointestinal transit and markedly protected rats against castor
 oil-induced diarrhea enteropooling.
- Antibacterial activity was studied against *Escherichia coli, Pseudomonas aeruginosa, Staphylococcus aureus* and Salmonella typhii; Antifungal activity against *Aspergillus niger* and *Aspergillus flavus* by Arvind Bharani RS & Selvaraj KRN (2016). Antimicrobial study reveals that all the tested bacterial and fungal strains were susceptible to aqueous peel extract at dose dependent manner.

BORAX (SUHAGA)

Novak M and Taylar WI (1951) showed that boric acid in concentrations higher than 2 per cent inhibits phagocytosis at 40°F. No inhibition was demonstrated by boric acid in concentrations below 2 per cent at these same temperatures. Several suggestions and recommendations relative to the clinical use of boric acid are based on these findings.

CINNAMOMUM CAMPHORA (KAPOOR)

Wang L, *et al.* (2020) evaluated that *C. camphora* essential oil (CCEO) was active against *E. coli* in suspension and biofilms, two states that are common in living organisms. *E. coli*, one of the most frequent microbial pathogens, is mainly responsible for biofilm-associated opportunistic illnesses like diarrhea, endometritis, and mastitis.

AEGLE MARMELOS (BELGIRI)

A study by Brijesh S, *et al.* (2009) demonstrated that the decoction of unripe fruit of *Aegle marmelos* exhibited cidal activity against *Giardia* and *rotavirus*. It significantly reduced bacterial adherence to and invasion of HEp-2 cells. The extract also affected production of cholera toxin (CT) and binding of both labile toxin (LT) and CT to ganglioside monosialic acid receptor (Gm1).