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## A review article on lactose intolerance in children's

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### Abstract

Lactose intolerance is a most common disorder seen more than 10 million cases per year. It occurs because of deficiency of an enzyme called lactase in body which is characterised by diarrhoea, gas, bloating after eating or drinking dairy products. These article gives basic information of lactose intolerance and which can be managed through homeopathic medicines.

**Keywords:** Lactose intolerance, lactase deficiency, homeopathy

### Introduction

Human milk contains lactose which is a sugar present in human milk, which provides energy for infants and plays an important role in growth and development. Lactose is normally digested to glucose and galactose by the brush border enzymes which are present in small intestine <sup>[2]</sup>. Lactose prior to absorption. In most populations lactose activity declines throughout childhood <sup>[1]</sup>.

### What is lactose Intolerance?

Lactose Intolerance is disorder seen when our body is not producing enough amount of enzyme called lactase, produced by small intestine which is responsible for digestion of lactose(sugar) present in dairy products <sup>[2]</sup>. As a result, patient with lactose intolerance have diarrhoea, gas, bloating <sup>[1]</sup>.

### Who are at high risk of developing lactose intolerance?

- Runs in families <sup>[2]</sup>.
- Persons who are suffering from chronic diarrhoea <sup>[3]</sup>.
- Persons with diseases like Crohn's disease, Ulcerative colitis, inflammatory bowel disease <sup>[3]</sup>.
- Premature babies are more prone for developing lactose intolerance <sup>[2]</sup>.
- It increases with age <sup>[1]</sup>.
- Seen in persons who are having small intestine diseases <sup>[2]</sup>.
- Persons with stomach cancer <sup>[2]</sup>.
- When amount of lactose is more in diet <sup>[2]</sup>.
- When gastric emptying occurs too quickly <sup>[2]</sup>.

### How the lactase enzyme is produced?

Lactase, an enzyme located in brush borders membranes of small intestinal cells, which helps to breakdown the complex sugar called lactose into simple sugars glucose and galactose which is utilised by body for energy and functions of cells <sup>[2]</sup>.

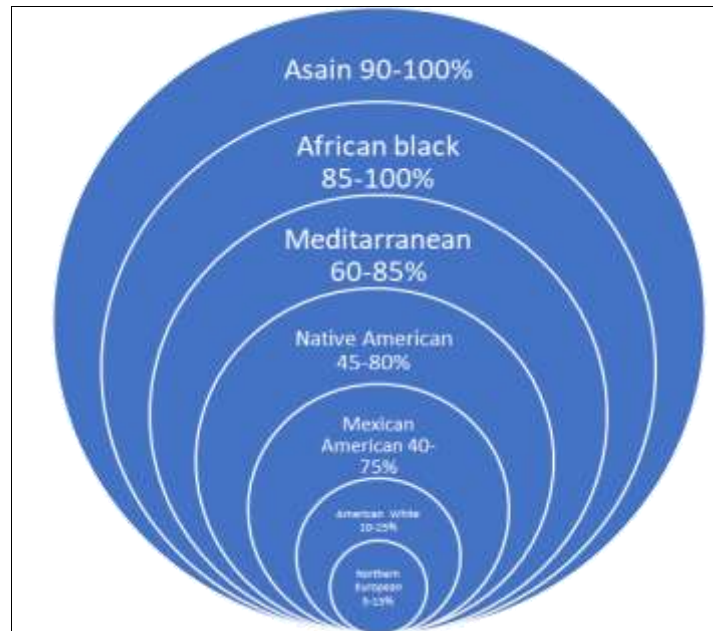
### What are the types of lactase deficiency?

#### Congenital lactase deficiency

It is a rare condition, associated with symptoms occurring on exposure to lactose in milk. Defect in Sodium/glucose transporter protein (SGLT1) that is transmitted from the SLC5A1 causes congenital deficiency <sup>[3]</sup>.

#### Primary lactase deficiency

It is a genetically determined decrease or absence of lactase enzyme, in spite of normal intestinal absorption and brush border enzymes <sup>[2]</sup>.

**Who are more prone to develop Lactose deficiency [2]?****Secondary lactase deficiency**

Persons with small intestinal mucosal disease (like Coeliac diseases, Crohn's disease), with abnormalities in both structural and functions of other brush border enzymes [2].

**What are the symptoms of Lactase deficiency [2]?**

- Diarrhoea
- Abdominal pain
- Cramps
- Flatus

**How to diagnose lactose deficiency?**

- **Hydrogen breath test:** This test is used to diagnose levels of hydrogen in your breath after intake of lactose [3].
- **Lactose tolerance test:** This test is used to measure blood sugar after ingestion of lactose [3].
- **Genetic test:** This is used to check genetic causes of lactose intolerance, persons with secondary lactose intolerance may receive a false negative [2].
- **Stool acidity test:** This test is to measure stool acid levels, who has lower PH in cases of lactose intolerance [3].

**What are Homeopathic therapeutics for lactose Intolerance?*****Aethusa cynapium***

Aethusa children or rarely adults had inability to digest milk, there is violent vomiting as large curds after they drink milk [4]. Again, they will have hunger and vomit again i.e., nibbling appetite [8]. Vomiting which is yellowish or greenish curds Vomiting accompanying with thin, yellow greenish, slimy stool, and also accompanying with sweat, prostration, anxiety and distress<sup>4</sup>. Sleepiness followed by vomiting [8, 6]. Regurgitation of food about an hour after eating [4, 6]. Stomach feels upside and down with heartburn [4, 6]. Tearing pains in the stomach extending to oesophagus.

**Natrum carbonicum**

Nat carb has diarrhoea from milk with undigested and

lienteric stool [6]. Indigestion increased from milk [4]. Children cannot tolerate to milk. Complaints of stomach from milk [4].

**Calcarea carbonica**

Milk disagrees [4, 6], sour eructation [5], sour vomiting [4] as large curds or pass bowel in same manner [6] and also digestion is slow and feeble [8]. In infants after drinking milk, the milk passes in an undigested form and the stool is sour i.e. pungent which excoriates the parts [8].

**Magnesium Muriaticum**

Inability to digest milk [4]. Milk causes pain in stomach and passes undigested lienteric stool. Children during difficult dentition are unable to digest milk [4].

**Magnesium Carbonicum**

Milk passes undigested in nursing children, during dentition. Cannot tolerate milk [7, 4]. If they take milk, causes pain instomach, vomits the undigested milk and the stool is in the form of white potter's clay or putty like un digest milk [8]. Acid dyspepsia from milk. Marasmus and will not thrive in spite of feeding [8].

**Conclusion**

Lactose Intolerance is becoming upcoming common disorder now a days in children, outcome of symptoms can be managed through homeopathy medications. It is important to note that selection of remedies is based on presentation of symptoms, mental and emotional state of the patient, and on all over constitution.

**Conflict of Interest**

Not available

**Financial Support**

Not available

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