

## **Geranium maculatum and Cholera**

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Cholera is a bacterial disease that is acquired by ingesting contaminated water or food. From the time of infection, symptoms can begin to show within just a few hours or even up to five days. Most of the time, symptoms are mild or may even go unnoticed. However, about 5% of those infected may experience severe symptoms such as watery diarrhea, vomiting and leg cramps which can lead to dehydration. If left untreated, the loss of bodily fluids may force the body into shock, and even death can occur, all within a few hours! Luckily, thanks to modern water and sewage treatment in industrialized countries like the U.S., Cholera cases are few and far between.

According to the Center for Disease control, here in the U.S. there is an average of six cases per year. Those most at risk are people who recently traveled to third world countries such as Haiti, Africa or Southeast Asia.

If the symptoms are mild, or if no medical access can be acquired in a timely manner, I feel it'd be completely appropriate to use herbs and natural medicine to address Cholera. The treatment for Cholera is immediate replacement of lost fluids and salts to keep the body adequately hydrated. Despite not being a bactericidal herb, *Geranium maculatum* & *Geranium* spp. have many redeeming qualities to assist in this process.

Both the roots and aerial portions of *Geranium maculatum* aka: Cranesbills can be used medicinally. According to Lima, Silva and Leonardecz, "cranesbill (*Geranium maculatum*) root

produce tannins that bind the fluid in the colon, inhibiting the protective excretory function of diarrhea. “ (2011)

Geranium has an affinity for the GI tract and has been used historically to treat fever, malaria (caused by a parasite), abdominal and uterine disorders, and inflammatory conditions. In addition, Geranium has been used internally used to treat hemmoraging, hemmorhoids, peptic and duodenal ulcers and dysentery. (Williamson 2003)

Thanks to its astringent properties, which help to tighten and tone compromised tissues, Geranium makes for an excellent choice to assist in controlling the diarrhea and fluid loss associated with Cholera.

#### References:

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