

# CHARCOAL

## CONCERNING YOUR HEALTH



### CHARCOAL AS MEDICINE

For simple ailments—such as gas and bloating, diarrhoea and vomiting, simply:

Mix 1 to 2 large spoonfuls of charcoal powder with a small amount of water. Then finish filling the glass with more water and stir well. Drink the mixture and then drink some clean water afterwards.

Repeat the charcoal dose after each loose or watery stool, and after each vomiting experience. The best time to take charcoal is between meals. It is best to take charcoal 2 hours after eating or drinking medicine, but charcoal can be taken any time that it is needed

How can we use charcoal to treat poisoning?

Charcoal can treat poisoning in children, as well as adults. Always keep a container of charcoal powder in your home for use in an emergency.

As a general rule, treat children with one half of the amount that we would give a grown person.

If someone has drunk poison or taken too much medicine, the best thing to do is to quickly give that person some charcoal (within 30 minutes) and then take the person to the local health worker.

Here is what to do for poisoning:

Immediately drink 4 to 10 large spoonfuls of charcoal powder mixed with a small amount of water. (Take the larger amount if the person has eaten in the past 2 hours)

Then refill the same glass with water and drink it down

Repeat the charcoal dosage in 10 minutes, and any time later if the person starts feeling worse.

Be careful: Do not give charcoal by mouth if the person is sleepy, unconscious, or may be unable to swallow. In such cases, take the person to the clinic or hospital immediately.

Just as we have learned how charcoal can be used inside the body, there are also many conditions where we can use charcoal externally or on the outside the body.

Infections or inflammation of the skin and joints

- ⇒ Eye and ear infections
- ⇒ Wounds from poisonous plants
- ⇒ Bee stings and other insect bites
- ⇒ Spider and snake bites
- ⇒



The charcoal plaster is useful for treating smaller body areas. Here are directions for preparing and applying a plaster:

- Mix charcoal powder and a little water and make a wet charcoal paste.
- Spread the paste on one half of a thin, folded piece of cloth. Then cover the paste with the other half of the cloth.
- Place the charcoal plaster on the affected body part—making sure it completely covers the area.
- Wrap the charcoal plaster with plastic—to keep it from drying out.
- Bandage or tape the plaster securely in place.
- Then apply the charcoal plaster and leave it on for several hours or overnight.
- Prepare a new plaster and put it on the skin. You can continue this for several days or until all of the swelling is gone.

For snakebite

- ⇒ Apply a large charcoal plaster as soon as possible, while you are waiting for medical help or while you are on your way to the clinic or hospital.
- ⇒ Give 2 tablespoons of charcoal mixed with water, for the person to drink if he or she is not sleepy or unconscious.
- ⇒ If available, put some ice on the wound, both above and below the charcoal plaster. If it becomes too painful remove the ice.
- ⇒ Send someone to get medical help quickly.