

# What is Oral Rehydration Therapy for Children?

[Oral rehydration therapy](#) or ORT is effective and low-cost treatment for dehydration that can be given to children. The basis cause of dehydration are diarrhea and vomiting, they can be severe and fatal for young children and developing bodies. ORT is a at home treatment and don't require any special training.

If intravenous fluid treatment isn't available, or you can't access them, then ORT is one of the best solution for rehydration. It addresses your child's fluid and electrolytes losses and help preventing hospitalization. Therefore you should consider having [Electrolyte Powders](#) to prevent your body from dehydration and various severe issues.



## What Is Oral Rehydration Therapy?

Oral rehydration from its name itself explains the treatment, this is a way to treat dehydration by mouth. This liquid or powdered form contains standard formula to provide, sodium, chloride, potassium, bicarbonate, and glucose to people including children.

Glucose is added to your body to absorb sodium and it's provide some energy. This formula is revised and improves most times but its most component are untouched.

If your child is suffering from diarrhea, ORT can't stop it but for this your doctor will prescribe some medicine. Moreover, the therapy restores the water and electrolyte loss in your body and eliminate severe conditions.

## What are the Dehydration Treatment?

Diarrhea takes a lot of fluid and electrolytes out of the body. Dehydration is a danger, if your child is continuously vomiting, too. Your body will lose water, electrolytes such as sodium, potassium, and chloride. Therefore, you should consider [best electrolyte supplement](#) for balanced electrolytes and fluid in your body.

During the dehydration, the loss of fluids reduces the volume of blood from your body. This can cause blood pressure drop, and tissue don't fulfil thier need. So you need ORT or ORS to regain required fluid balance in your body.

Mild/moderate dehydration can make your child irritable and thirsty, and you may even loose concentration and studying. Their eyes may be sunken and have no tears. They will refuses to eat, drink and passes dark color of urine, and feel weakened for whole day. It can be fatal if left untreated.

The treatment for dehydration was traditionally intravenous fluids. Also in with diarrhea, your body won't absorb fluids, electrolytes and nutrients through intestines, so treatment from mouth won't get sucess. However, oral rehydration therapy provides better relief, thus you should cosnider having a [rehydration drink](#).



### **How Does Oral Rehydration Therapy Work**

Oral rehydration therapy works by providing the required ammout of water and electrolytes in one preparation. Your doctor also evaluate oral rehydration treatment, and you can give it to your child.

**Ors Drink** are availabe as both sachets or powder and ready-to-use liquid. You are advised to mix them in 1 liter of water and then consume within 48 hours period after opening.

### **Conclusions**

If you are suffering from dirrhea or vomiting, you should consider having oral solution rehydration till you get proper treatment like oral rehydration therapy or intravenous.

Article Source : <https://www.articleapprove.com/what-is-oral-rehydration-therapy-for-children/>