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Heat stroke and its homoeopathic management

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Abstract

Heat stroke is one of the most serious condition due to high temperatures. In this condition body mechanism fails to cool down by itself and causes severe damage to brain and other vital organs in the body. Although heat stroke mainly affects people over age 50, it also takes a toll on healthy young adults.

Keywords: heatstroke, dehydration, severe health issues due to heat stroke, complications, prevention

Introduction

It is a condition caused due to overheating of body, usually as a result of prolonged exposure and physical exertion in high temperature.

Types

Non exertional heat stroke: it affects the people who cannot adapt themselves with environment and water intake. Usually affects infants, elderly people, chronically ill people
Exertional heat stroke: effects young, healthy individuals who engage in strenuous physical activity.

For example: Athletes, firefighters, military personnel.

Causes

1. Dehydration
2. Prolong exposure to sun or high temperature
3. Physical excursion in sun

Signs and symptoms

1. Dizziness
2. Vertigo
3. Light-headedness
4. Headache
5. Profuse weakness,
6. Tachycardia
7. Tachypnoea
8. Muscle cramps
9. Increased body temperature
10. Tiredness
11. Hot dry skin
12. Dilated pupils
13. Syncope and loss of consciousness

Table 1: Physical examination

| | |
|------------------------|--|
| Vitals | Temperature – May exceed 41 degree Celsius Pulse – Tachycardia to rate exceeding 130 beats per minute, Blood pressure- Hypotension |
| Central nervous system | Delirium, Confusion, Delusions, Convulsions, Hallucinations, Seizers may occur |
| Cardiovascular system | Tachycardia |
| Eyes | Dilated pupils, fixed pupils |
| Respiratory system | Tachypnoea, Hypoxia |
| Gastrointestinal track | Nausea, Vomiting |
| Musculoskeletal | Muscle tenderness, Muscle Cramping |
| Renal system | Oliguria, Change in the colour of urine |

Prevention

1. Drink plenty of water
2. Prefer loose clothing
3. Avoid exercising in outdoors
4. Avoid going out from 11:00 AM to 3:00 AM

Complications

1. Renal failure
2. Heart dysfunction
3. Intravascular congestion
4. Dementia
5. Coma
6. Death

Homeopathic therapeutics**Aconite**

Burning heat in head and face associated with dry skin, redness of eyes and cheek, patient will be having fear of death and anxiety, complaint of nausea and vertigo, severe headache. rapid heart beat especially when the person is exposed to high temperature.

Amyl nitrate

Dull confusion along with headache, desire for fresh air, severe anxiety, profuse weakness of lower limbs, extreme tiredness, Congestive stage of sunstroke, eyes are blood shot red, red face, difficulty in swallowing, cramping type of pain in epigastric region.

Arnica

Exhaustion and torpor from continued effect of sleep. Extreme anguish, vertigo, dull headache, congestion in the cardiac region, feels as if stone is been hanging to heart, violent palpitations, dilated pupils. Involuntary urination.

Belladonna

Headache, with feeling of fullness and sensation as if everything would issue through the forehead, great anguish and restlessness, range great irritation of cerebral nerves, disposition to weep and scream. First stage of heatstroke.

Cactus

Vertigo from sanguineous congestion of the head, excessive pain in the head, with great prostration and weakness. Icy cold skin covered with sweat. Feels as if his chest wear been constricted with iron hand.

Camphora

Patient will come up with headache, congestion of brain, he has delirium and fainting. He will be totally confused and have icy cold sweating all over the body. And also accompanied with tremors and cramps in the muscles.

Gelsemium

Patient comes with dull headache, dilated pupils, dimness of sight. Great confusion. There will be complete absences of thirst and appetite.

Glonoinum

Patient tend to lose all his senses and have sinking sensation. There will be violent headache associated with vertigo and nausea. Patient will have deadly fainting sensation at the pit of stomach. Eyes are blood shot.

Silicea

Patient develop gastric complaints due excessive heat exposure. Tend to have indigestion, nausea and vomiting. Unsteady and confused mind. patient may have delusions and delirium along with gloominess and vertigo.

Teridion

Sunstroke, first and second stage. Unbearable headache with nausea and vomiting. Throbbing type of headache which is aggravated by least noise, worse on waking up from lying position.

Conclusion

Heat stroke is very common condition in day-to-day life. it is not life threatening when the treatment is given at the correct time and can be avoided many complications by approaching physician immediately. Heatstroke can be prevented with few basic precautions such as keep hydrating us, by avoiding going out in much sunny time.

Conflict of Interest

Not available

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Not available

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