
	HEATSTROKE (LOO): HOMEOPATHIC APPROACH		
	DR. RONAK SHAH'S DIVINE HOMEOPATHY Restoring Vitality SINCE 1991 M.D.(HOM.)	It helps to stabilize the various stages of heat and sun exposure and overcoming mild overheating. Also helps to prevent & treat associated symptoms of dehydration.	

HEATSTROKE (LOO): HOMEOPATHIC APPROACH

Exposure to excessive heat, causing loss of fluids and a rise in body temperature. This may occur at any age but most common in babies and elderly people. Prolonged exposure to high atmospheric temperature. Brief exposure to very high atmospheric temperature. (direct exposure to sun is not necessary). Heavy manual work in high temperature, high humidity. Pre-existing chronic diseases and alcoholism are some of the predisposing factors.

In a hot environment, the body loses heat by diverting blood to the skin and by sweating. Profuse sweating may lead to an excessive loss of fluids and salts, resulting in heat exhaustion. This condition is rarely serious, but, if exposure to heat continues, heat stroke may occur as the body normal cooling mechanisms break down and the temperature of the body rises. Heat stroke is a life-threatening medical emergency.

Heat exhaustion and heat stroke most commonly occur above 104⁰ F (40⁰ C).

The body's cooling mechanisms are less efficient in babies and elderly People, making them more susceptible to heat exhaustion and heat stroke. Obesity, diabetes mellitus, alcohol dependence, and chronic heart failure all decrease the body's ability to lose heat. Diarrhoea may contribute to dehydration and increase the risk of development heat exhaustion and heat stroke.

Symptoms

Profuse Sweating, Fatigue, Muscle cramps, Nausea and vomiting, Faintness and unsteadiness, Headache

If exposure to heat continues, the body temperature rises and heatstroke may develop, causing symptoms such as: Fast, shallow breathing, Confusion and disorientation, Seizure
 Left untreated, heat stroke may progress to coma in minutes. Death may be due to kidney failure, acute heart failure, or direct heat –induced damage to the brain.

Management:

The affected person should rest in a cool place or AC room, and sip cool, salty drinks until he or she feels comfortable. If heat stroke is suspected, he or she should be admitted to the hospital as soon as possible.

Prevention

Heat-related disorders can be largely prevented by avoiding strenuous exertion in the heat of the day, spending as much time as possible in the shade, consuming large quantities of liquids, and avoiding alcoholic beverages.

Homoeopathic approach

Sunstroke is a serious condition needing immediate medical intervention. Even with taking sensible sun precautions we sometimes need some extra help. Homeopathic remedies for the various stages of heat and sun exposure maybe helpful in stabilizing an individual and overcoming mild overheating. Also helps to prevent & treat associated symptoms of dehydration. The following medicines are the best treatment for sunstroke. Glonoinum, Bryonia Alb, Belladonna, Gelsemium, Lachesis and Natrum Carb etc.