



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
www.homoeopathicjournal.com
IJHS 2024; 8(2): 282-284
Received: 02-04-2024
Accepted: 10-05-2024

Dr. AK Dwivedi
Professor and HOD,
Department of Physiology and
Biochemistry, SKRP Gujrati
Medical College, Indore,
Madhya Pradesh, India

Homeopathy & general management for heat stroke / heat exhaustion

Dr. AK Dwivedi

DOI: <https://doi.org/10.33545/26164485.2024.v8.i2d.1148>

Abstract

Heat exhaustion or heat stroke occurs when your body becomes too hot. Usually, the body cool down itself by sweating. It happens when a person is exposed to high temperatures for a prolonged time and don't restore the fluids lost from the body due to sweating, As a result, body produces more heat than it can be release and requires instant care as it can become a life-threatening illness. In this paper we have discussed how homeopathy can prevent or cure heat stroke.

Keywords: Heat exhaustion, sun stroke, heat stroke, fluids, life-threatening illness, homeopathic medicines etc.

Introduction

Intense and unexpected fluctuations in temperature and experience to such environments can harm the body and lead to fall sick. When the body temperature rises beyond a critical temperature in to the range of 105 to 108 degree foreign heights heat stroke is likely to develop. The hyperpyrexia is also exceedingly damaging to the body tissues, specially the brain & is responsible for many after effects in fact even a few minutes of very high body temperature can sometimes be fatal. One of these illnesses caused by extreme temperatures is the heat headache, which is a result of continued heat experience. When there is extreme heat, the body can end up responding with heat strokes, dehydration, and headaches, among many other preconditions ^[1].

Symptoms of Heat Exhaustion & Heat Stroke ^[2, 3]

- Cramps in the arms, legs and stomach.
- Fast breathing or pulse.
- Cool, moist skin with goose bumps when in the heat.
- Being thirsty.
- A headache.
- Dizziness and confusion.
- Loss of appetite and feeling sick.
- Elevated or lowered blood pressure.
- Seizure.
- Fainting.
- Excessive sweating and pale, clammy skin.

Home remedies For Heat Exhaustion & Heat Stroke ^[4, 5]

- Wear loose, lightweight clothing.
- Drink more fluids than usual.
- Exercise or work outdoors during cooler times of day.
- Try to stay in cool or air-conditioned spaces on hot days.
- Keep away from alcohol.
- Drink water or sports drinks sweetened with natural juices.
- Drink water 30 minutes before exercising and drink water every 20 minutes during activity.
- Take baths with cold water.

In this paper we have discussed how homeopathy can prevent or cure heat strokes.

Corresponding Author:
Dr. AK Dwivedi
Professor and HOD,
Department of Physiology and
Biochemistry, SKRP Gujrati
Medical College, Indore,
Madhya Pradesh, India

Seek emergency medical care

- Put the person in a cool tub of water or a cool shower.
- Spray the person with a garden hose.
- Sponge the person with cool water.
- Fan the person while misting with cool water.
- Place ice packs or cool, wet towels on the neck, armpits and groin.
- Cover the person with cool, damp sheets

As a system with universal methodology, homoeopathy medicines may be selected based on the presenting signs and symptoms of each patient. Homoeopathic treatment prevents and treat the effects of heat-associated conditions. There are many remedies which are found helpful in this condition.

Following Homeopathy Medicines may be prescribed based on the basis of symptoms totality and on the condition of the individuals [6-14]

Homeopathic Management of Heat Stroke

Sr. No.	Name of medicine	Indication / Symptoms
1	<i>Aconitum napellus</i>	<ul style="list-style-type: none"> ▪ For great heat seems to have a paralyzing influence on the circulation, both in congestive and collapse stages. ▪ Intenseness, acuteness, and rapidity of appearance of symptoms. ▪ Restlessness, anxiety, and fear of death. ▪ Burning heat with burning dryness of the skin; nausea, vertigo, and headache. < by warmth. ▪ Great thirst. Frequent, tense hard pulse. ▪ Bad effects of checked perspiration, especially exposure to sun. Sunstroke especially from sleeping under the sun.
2	<i>Apis mell</i>	<ul style="list-style-type: none"> ▪ Whole brain feels very tired ▪ Vertigo with sneezing ▪ Heat, throbbing distensive pain ▪ Bores head into pillow & screams out ▪ Burning & soreness while urinating ▪ Thirstlessness
3	<i>Belladonna</i>	<ul style="list-style-type: none"> ▪ For the first stage of sunstroke with suddenness and violence. ▪ Intense rush of blood to brain, congestion with convulsion and delirium. ▪ Face bright red, puffed; ringing in the ears as a result of congestion with deafness. ▪ Constant headache, with feeling of fullness, throbbing of carotids, and sensation as if everything would issue through the forehead, < stooping, least jar; > covering head. ▪ Full bounding pulse. High fever with suppressed urine.
4	<i>Carbo vegetabilis</i>	<ul style="list-style-type: none"> ▪ Ailments from getting overheated ▪ Blood stagnates in capillaries, surface cold and blue, air hunger. ▪ Pale, greenish face, cold with cold sweat. ▪ Vital force nearly exhausted complete collapse. ▪ Great weakness, vertigo, heaviness of head; faints easily. ▪ Breath is cold, breathing is short and labored as if not enough energy left to draw air, wants to be constantly fanned. ▪ Dyspepsia and indigestion; tympanites; frequent eructation of wind
5	<i>Gelsemium</i>	<ul style="list-style-type: none"> • Functional paralysis and paresis of motor nerves, in coordination of the muscular system with marked prostration and languor. ○ Dull occipital headache due to passive congestion of the brain, settles over the eyes, > by copious urination. ○ Dullness, dizziness, drowsiness. • • Vertigo, dilatation of pupils, dimness of sight. Thirstlessness and no appetite. Pulse is large, full, and quick
6	<i>Glonoine</i>	<ul style="list-style-type: none"> • Sudden irregularity of circulation with sensation of expansion, bursting and throbbing. ○ Brain feels too large, full and bursting. ○ Congestive headaches with deathly sickness; increases and decreases with sun; > uncovering the head. ○ Summer headache that begins with the warm weather and lasts all the summer, headache from working under the gaslight. ○ Audible pulsations, throbbing makes even the pillow pulsate. ○ Convulsions due to cerebral congestion. • • Suitable for after-effects of sunstroke (Nat-c.)
7	<i>Lachesis</i>	<ul style="list-style-type: none"> • Chronic sequelae of heatstroke. ○ Paralysis depending on the apoplectic condition of the brain, talkative delirium. ○ Face dark red, bluish; rush of blood to head, pressure on vertex. ○ Sleeps into aggravation, worse from sleep. ○ Great sensitiveness to touch and light pressure, especially throat and abdomen. ○ Headache on exposure to sun. • • Hemorrhagic diathesis, small wounds bleed profusely and easily.
8	<i>Natrum carbonicum</i>	<ul style="list-style-type: none"> • Acute and Chronic effects of sunstroke. ○ Head feels too large as if it would burst; feels stupefied and aches when in sun. ○ Great debility from heat of summer, least exertion. ○ Inability to think, comprehension slow, difficult. • • Weak digestion, dyspepsia, aversion to and worse from milk.

9	<i>Natrum muriaticum</i>	<ul style="list-style-type: none"> ▪ Sunstroke, heat in head, with red face, nausea and vomiting. ▪ Hot weather fatigues, makes him languid, dizzy and fatigue. ▪ No desire for work, feels dull and sleepy. ▪ Rush of blood to head; headache as if head would burst. ▪ Blinding of eyes; unsteadiness of vision. Worse sun, summer season, seaside.
10	<i>Veratrum album</i>	<ul style="list-style-type: none"> ▪ A perfect picture of collapse with extreme coldness, blueness and weakness. ▪ Vomiting, purging and cramps in extremities; < drinking, least motion. ▪ Excessive dryness of all mucus surfaces. ▪ Cold sweat on forehead, neck too weak to hold head up. ▪ Diarrhea, very painful, watery, copious followed by great prostration.
11	<i>Veratrum viride</i>	<ul style="list-style-type: none"> ▪ Suddenness in the onset of complaint. ▪ Intense congestion, with nausea and vomiting, congestive headache, apoplexy, constriction of the chest. ▪ Cold, blue, pinched and hippocratic appearance of the face. ▪ Red streak in the middle of tongue. ▪ Double or partial vision, dilated pupils, ringing in ears, bloodshot eyes; thick speech. ▪ Slow, full pulse, hard as iron. ▪ Hot sweat with scanty urine. Postural hypotension in early stage.
12	<i>Camphora</i>	<ul style="list-style-type: none"> ▪ Severe headache ▪ Fainting ▪ Congestion of brain ▪ Delirium ▪ Convulsions ▪ Skin icy cold ▪ Sinking of vital force

Conclusion

From the study conducted we have gathered the sufficient evidence that the Homoeopathic medicine shows excellent results in the treatment of Heat stroke, Homeopathic treatment also helps in reducing the reoccurrence frequency of heat stroke and further reduce any chances of complications when prescribed by the homeopathic physicians.

Conflict of Interest

Not available

Financial Support

Not available

Reference

1. Ferri FF. Heat exhaustion and heat stroke. In: Ferri's Clinical Advisor. Philadelphia, PA: Elsevier Mosby; 2015. p. 532-533.e1.
2. Grubenhoff J, du Ford K, Roosevelt G. Heat-related illness. Clin Pediatr Emerg Med. 2007;8(1):59-64.
3. Von Duvillard SP, Braun WA, Markofski M, Beneke R, Leithauser R. Fluids and hydration in prolonged endurance performance. Nutrition. 2004;20(7-8):651-656.
4. Becker J, Stewart L. Heat-related illness. Am Fam Physician. 2011;83(11):1325-1330.
5. Grove AJ, Gomez J. Environmental illness. In: Miller MD, Thompson SR, editors. DeLee and Drez's Orthopaedic Sports Medicine. 4th ed. Philadelphia, PA: Elsevier Saunders; c2014. p. 272-284.e3.
6. Fauci AS, Braunwald E, Kasper DL, Hauser SL, Longo DL, Jameson JL, et al., editors. Harrison's Principles of Internal Medicine. 17th ed. New York, NY: McGraw-Hill Education; c2008.
7. Ralston SH, Penman ID, Strachan MWJ, Hobson RP, editors. Davidson's Principles and Practice of Medicine. 23rd ed. Edinburgh: Elsevier; c2018.
8. Kent JT. Repertory of the Homeopathic Materia Medica. 6th ed. New Delhi: B Jain Publishers; c2004.
9. Dubey SK. Textbook of Materia Medica. New Delhi: B Jain Publishers; c2005.
10. Choudhuri NM. A Study on Materia Medica. Kolkata: Hahnemann Publishing House; c1997.
11. Boericke W. Pocket Manual of Homeopathic Materia Medica & Repertory. 9th ed. New Delhi: B Jain Publishers; c2007.
12. Allen HC. Keynotes & Characteristics with Comparisons of Some Leading Remedies of The Materia Medica with Bowel Nosodes. 8th ed. New Delhi: B Jain Publishers; c2007.
13. Uniyal P. Materia Medica for Students. New Delhi: B Jain Publishers; c2012.
14. Kinra R. Materia Medica for Students. New Delhi: B Jain Publishers; c2013.
15. Hall JE, Guyton AC. Textbook of Medical Physiology. 3rd South Asia ed. New Delhi: Elsevier; c2016.
16. Central Council for Research in Homoeopathy (CCRH). Guidelines for Heat Strokes (Therapeutic Indications of Drugs for Heat Stroke). New Delhi: CCRH; c2010.
17. Lilienthal S. Homeopathic Therapeutics. 19th Impression. New Delhi: B Jain Publishers; c2010.

How to Cite This Article

Dwivedi AK. Homeopathy & general management for heat stroke / heat exhaustion. International Journal of Homoeopathic Sciences. 2024; 8(2): 282-284.

Creative Commons (CC) License

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.