

## SUNSTROKE AND HOMOEOPATHY

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### > WHAT IS SUNSTROKE/HEATSTROKE?

Sunstroke or heat stroke is a condition caused by heat, usually as a result of prolonged exposure to or physical exertion in high temperatures. This is most serious form of heat injury, heatstroke can occur if your body temperature rises to 104 F (40 C) or higher. The condition is most common in summer months.

### > WHAT CAUSES HEATSTROKE / SUNSTROKE?

Exposure to hot, humid weather, especially for prolonged periods (hot environment). Being in a hot environment leads to a rise in core body temperature. It occurs most common in older adults and in people with chronic illness. This type of heat stroke is known as *NON EXERTIONAL (CLASSIC) HEATSTROKE*.

-Strenuous activity increase in core body temperature brought on by intense physical activity in hot weather is called *EXERTIONAL HEAT STROKE*.

It can happen to anyone exercising in hot weather or mostly to people who are not used to high temperature.

-Wearing excessive clothing that prevent sweat from evaporating easily and cooling your body.

-Drinking alcohol which can affect your body's ability to regulate your temperature.

-Becoming dehydrated by not taking enough water to replenish fluid lost through sweating.

### > SIGN AND SYMPTOMS OF HEATSTROKE/SUNSTROKE

-High body temperature or core body temperature of 104 F (40 C) or higher, main sign of heat stroke

- Altered mental state or behavior.
- Confusion disorientation or staggering agitation slurred speech , irritability, delirium, seizures and coma can all result from heatstroke.
- Alteration in sweating.
- in heatstroke brought on by hot weather skin will feel and dry to touch.
- however , in heat stroke brought on by hot Strenuous exercise, skin may feel dry or slightly moist.
- Nausea and vomiting feel sick to your stomach
- Flushed skin. Skin may turn red as your body temperature increases. (hot and dry skin).
- Muscle weakness or cramps.
- Rapid breathing. May become rapid and shallow.
- Racing heart rate . pulse may significantly increase because heat stress places a tremendous burden on your heart to help cool your body.
- Headache head may throb.
- Unconsciousness

#### ➤ PREVENTION OF HEATSTROKE/ SUNSTROKE.

When the heat index is high, it is best to stay in an air-conditioned environment if it is necessary to go out you can prevent heat stroke by some precautionary measures.

1. Wear light weight, light colored, lode fitting clothing and head cap.
2. Use a sunscreen with a sun protection factor of 30 or more. More is better
3. Drink plenty of water by taking small sip, frequent interval.

#### ➤ SUNSTROKE FIRST AID CARE:

- move the patient to a cold environment.
- maintain an open air way.
- Remove as much as clothing as possible.
- Use cold application on the head and the body.

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- move the patient to a cold environment.
- maintain an open air way.
- Remove as much as clothing as possible.
- Use cold application on the head and the body.

- Immerse in cool bath if possible.
- Wrap in a cool sheet, use a fan if possible.
- Get the victim to medical help as quickly as possible.
- Watch the individual for relapse and repeated elevated.

❖ HOMOEOPATHIC REMEDIES FOR SUNSTROKE

- (1) Glonoine
- (2) Veretrum alb
- (3) Amyl nitrosum
- (4) Belladonna
- (5) Aconite
- (6) Camphora
- (7) Gelsemium
- (8) Lachesis
- (9) Natrum mur
- (10) Natrum carb

(1) Glonoine

- severe agonizing congestive headache with waves of terrible pounding headache
- Throbbing and bursting headache
- > sleep
- Face became hot and red
- irritability and confusion of mind.

(2) Veretrum alb

- faint and collapse due to hot weather.
- face is pale with profuse and clammy sweat.
- extreme coldness, especially of hands and feet is also experienced, skin is cold as death.

(3) Belladonna

- vascular headache
- Throbbing hammering headache especially on temples

- < from motion
- > by letting hair down, lying the head on hand, bandling the head backward
- face is bright red glassy eyes and pupils are dilated.
- the pulse is strong and fast
- no thirst but has a dry mouth
- Skin is bright red, hot and dry
- Sometimes person may faint due to a weakness

#### (4) Amyl nitrosum

- It is prescribe where surging of blood to head and face occur with fiery red face,
- sensation as if blood would start through skin with heat and redness.
- Violent beating of the heart and carotids.
- The person has great anxiety as if something bad might happen

#### (5) Camphora

- inflammation of the brain
- pulsation and sensation of constriction in the brain
- after sunstroke throbbing head like beats of a hammer
- spasmodically head turns to the side or backward
- > lying down, thinking of it.
- throbbing in cerebellum synchronous with the beats of heart.
- feeling intense chilliness and fever
- feel faint and dizzy
- muscle cramps in the arms leg or abdomen might be present.
- < movement, cold air

#### (6) Aconite

- It is a very first medicine to be thought of when sudden effect of sun exposure with full, heavy,

bursting sensation in head.

- sudden rise in temperature
- Face become flushed, red, and hot.
- Intense unquenchable thirst for cold water
- Highly restless, fearful and anxious.

(7) Gelsemium

- dullness, drowsiness and confusion due to heatstroke.
- changes in vision and sore muscle
- Headache in back of head
- Vertigo
- band feeling around head with heaviness of eyelid
- weakness and trembling of the body
- thirst less
- good for preventive for heat of sun

(5) Lachesis

- heatstroke with headache especially on the left side
- < after waking up from sleep
- Patient is dizzy and may faint.
- hot water

(9) Natrum Mur.

- useful in chronic effect of sunstroke greatly fatigue
- headache returning of hot weather
- Person experience debility and headache by sun heat

(10) Natrum Carb.

- Also useful in chronic affection of heatstroke
- extreme weakness due to hot weather.
- > least exertion.