

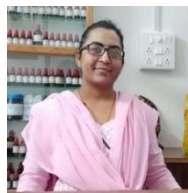


TITLE: Highlights of Scope of Homoeopathic Therapeutics in Sunstroke.

Author details:

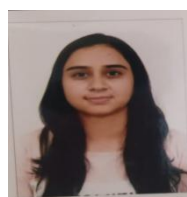
Dr. Neha Patel MD.(Hom.)

PG Coordinator, Professor,
HOD Department of Repetory and
Case Taking, Smt A.J. Savla
Homoeopathic Medical College &
R.I., Mehsana - 384001, Gujarat.
Email: drnehpatel13@gmail.com



Dr. Anita v prajapati

PG Scholar MD in HMM (PART-1)
Batch 2022-25 department of Materia
Medica.
Smt. A. J. Savala Homoeopathic
Medical College & Research Institute,
Mehsana.
Email: anitavp123@gmail.com



ABSTRACT: Sunstroke, also known as heatstroke, is a potentially life-threatening condition that occurs when the body is exposed to high temperatures and prolonged sun exposure. Homeopathy for sunstroke is helpful for people who tends to get frequent episodes.

- ❖ **KEYWORDS:** Sunstroke, thermic fever , dehydration , sever health issue due to sun stroke, Homoeopathy.
- ❖ **INTRODUCTION:** Nowadays gradually rising of temperature lends a common condition known as sunstroke or heat stroke. In which extreme high temperature up to 47°C (104°F) with scanty sweating and profuse fluid loss due to diarrhoea& vomiting is common.



CAUSE :

- Sunstroke is caused by prolonged exposure to high temperatures, usually in combination with dehydration and inadequate fluid intake. It can occur in any setting where the body is exposed to high temperatures, including outdoor activities such as sports, hiking, and gardening.
- Age: Infants, young children, and older adults are more susceptible to sunstroke due to their decreased ability to regulate body temperature.
- Medications: Certain medications, such as diuretics and antihistamines, can affect the body's ability to regulate temperature and increase the risk of sunstroke.
- Medical conditions: Certain medical conditions, such as heart disease and diabetes, can increase the risk of sunstroke.
- The symptoms of sunstroke can range from mild to severe, and they can develop rapidly. Some of the common symptoms of sunstroke include:

SYMPTOMS ⁽²⁾

- Headache: A severe headache is a common symptom of sunstroke.
- High body temperature: The body temperature can rise to 104°F (40°C) or higher in sunstroke
- Dizziness or lightheadedness: Feeling dizzy or lightheaded is another common symptom of sunstroke.
- Nausea or vomiting
- Rapid heartbeat: The heartbeat can become faster than normal in sunstroke.
- Rapid breathing: Breathing may become faster than normal in sunstroke.
- Confusion or disorientation: Feeling confused or disoriented is a common symptom of sunstroke.

Diagnosis:



A. J. SAVLA HOMOEOPATHIC NATIONAL JOURNAL

The diagnosis of sunstroke is usually based on the symptoms and physical examination. The doctor may check the body temperature, blood pressure, and heart rate, and may order some blood tests to rule out other medical conditions. In severe cases, additional tests such as a CT scan or MRI may be required to evaluate the extent of organ damage.

Primary management of sun stroke :

- Cooling the body and lowering the body temperature as quickly as possible. This can be achieved through the following measures:
- If possible, move the person to a cool and shaded area as soon as sunstroke is suspected.
- Remove any excess clothing or accessories to help cool the body. Apply cool water or ice packs to the neck, armpits, and groin areas to help lower the body temperature.
- Use a fan or air conditioning to promote evaporation and cooling.
- Encourage the person to drink cool water or sports drinks: Rehydration is important in sunstroke, and the person should be encouraged to drink cool water or sports drinks to replace fluids lost through sweating.
- Monitor vital signs: Monitor the person's vital signs, such as heart rate and breathing, and seek medical attention immediately if the symptoms worsen or do not improve.

Prevention:

- Prevention is key in avoiding sunstroke. Some tips for preventing sunstroke include:
- Avoid prolonged exposure to high temperatures: Try to limit exposure to high temperatures, especially during the hottest part of the day (usually between 11 am and 3 pm).
- Wear protective clothing: Wear loose-fitting, lightweight clothing that covers as much skin as possible, including sunglasses.
- Use sunscreen: Apply a broad-spectrum sunscreen with an SPF of at least 30 before going outdoors, and reapply every 2 hours.



A. J. SAVLA HOMOEOPATHIC NATIONAL JOURNAL

- Stay hydrated: Drink plenty of fluids before, during, and after outdoor activities, and avoid alcohol and caffeinated drinks which can cause dehydration.
- Take breaks in , hospitalization may be required for more aggressive treatment. This may involve intravenous fluids and medications to lower the body temperature and prevent complications such as seizures, kidney failure, and organ damage.

Role of Homoeopathy :

- Sun stroke is an acute condition, it comes under Acute Disease under the Hahnemann classification of Disease. In Homoeopathy we treat it with Similimum medicine selected on individualisation.
- In such cases, a detailed case taking and case analysis helps in the selection of the most suitable medicine. These medicines reduce the intensity as well as the frequency of episodes. They are safe for all the age groups, have no side-effects, and are prepared using natural substances.
- There are few common Homeopathic medicines frequently used in this condition on the basis of following indications. Though one should always consult specialist for exact indication & dosage.

HOMOEOPATHIC THERAPEUTIC^{(3),(4)}

1. Glonoine :

Great remedy for congestive headache, confusion with dizziness, Effect of sun stroke, heat on head , as in climacteric disturbances and workers under the gas . Head heavy but can not lay it on pillow .can not bear any heat about head. Better from uncovering head.

Cerebral congestion . sun headache ; increases and decreases with the sun . hyperaemia of the brain from excess of heat or cold . glonoine stimulate the heart and vaso-motor centers in the medulla so quickly .its also suitable for after effect of sunstroke

2 .Natrum carb :

Head aches with returns of hot weather, vertigo from exposure to sun .this remedy is particularly useful in the chronic effects of sunstroke. Natrum carbonicum will sometimes in calm and nervous



persons during thunder storms . headache from sun . excellent for debility and exhaustion caused by heat of summer.

3. Amyl nitrate :

Dull confusion along with headache, desire for fresh air, sever anxiety, profuse weakness of lower limbs extreme tiredness, congestive stage of sunstroke , red face cramping type of pain in epigastric region

4. Aconite :

It is a very first medicine to be thought of when sudden effect of sun exposure. Burning heat in head, sudden rise in temperature . face become flushed , red and hot. Intense unquenchable thirst for cold water . highly restless, anxious and patient will be having fear of death. Patient <after sleep.

5. Belladonna⁽⁵⁾:

Vascular headache ,visible throbbing of the carotides with feeling of fullness and sensation as if Everything would issue through forehead , irritation of cerebral nerves, great anguish and restless, disposition to weep and scream .dilated pupils , glassy -eye, no thirst but has a dry mouth, violent shooting pain in head which come and go suddenly making the patient scream. first stage of heat stroke.

6. Camphora :

patient will come up with headache , he has delirium and fainting with icy cold sweating all over body also accompanied with tremors and cramps in the muscles

7. Gelsemium⁽⁷⁾:

Dull headache , dilated pupils, dimness of vision , great confusion , there will be complete absences of thirst and appetite. Gelsemium is indicated for Sunstroke, when patient feels dull and drowsy. In



such cases, there is weakness along with trembling. The patient may feel dizzy and confused.

Gelsemium

works well when there is vertigo with a blurring of vision. In most cases, the patient may feel better on lying down.

8. Veratrum viride:

Hypotension with soft and weak pulse. Hot head, throbbing pain with blood shot eyes. Vertigo, nausea & vomiting after smallest quantity of food & drinks. Profused diarrhoea, hyperthermia in evening, hypothermia in morning. Person becomes quarrelsome delirious. Congestion of lungs, difficult breathing even pneumonia.

9. Theridion:

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 complication by approaching physician immediately .In acute disease like heat stroke Homoeopathy has good scope in management. Homoeopathy treats the symptoms of patient and improve physical state of patient.

❖ References:

1. Extreme heat. Ready Campaign. <https://www.ready.gov/heat>. Accessed Aug. 6,



A. J. SAVLA HOMOEOPATHIC NATIONAL JOURNAL

2. Heat stress-heat related illness. Centre's for Disease Control and Prevention. <https://www.cdc.gov/niosh/topics/heatstress/heatrelillness.html>. Accessed Aug. 6, 2020.
3. <https://www.homeopathy360.com/2017/04/19/homeopathy-for-heat-exhaustion-and-heat-stroke/>
4. Boericke, William. Pocket manual of homoeopathic materia medica and repertory comprising the characteristic and guiding symptoms of all remedies (clinical and pathogenetic) including Indian drugs, Ninth edition, B. Jain Publishers, New Delhi.
5. Lilienthal Samuel, Homoeopathic Therapeutics, Jain Publication, Fifth Edition
6. Dubey. S.K Text book of materia medica, new millennium edition, reprinted January 2010. published by books and allied (p) ltd.