

SUMMER AILMENTS HOMOEOPATHIC APPROACH

- **SUMMER COLD**
- **DIARRHOEA**
- **JAUNDICE**
- **HEAT INDUCED HEADACHE**
- **TRAVEL SICKNESS**
- **URINARY TRACT INFECTION**
- **RENAL CALCULI**
- **SUN STROKE**

SUMMER COLD

Ailments from:

- Ice creams
- Ice water
- Juices
- Water melon
- Lassie
- Seashore
- From suppressed perspiration.

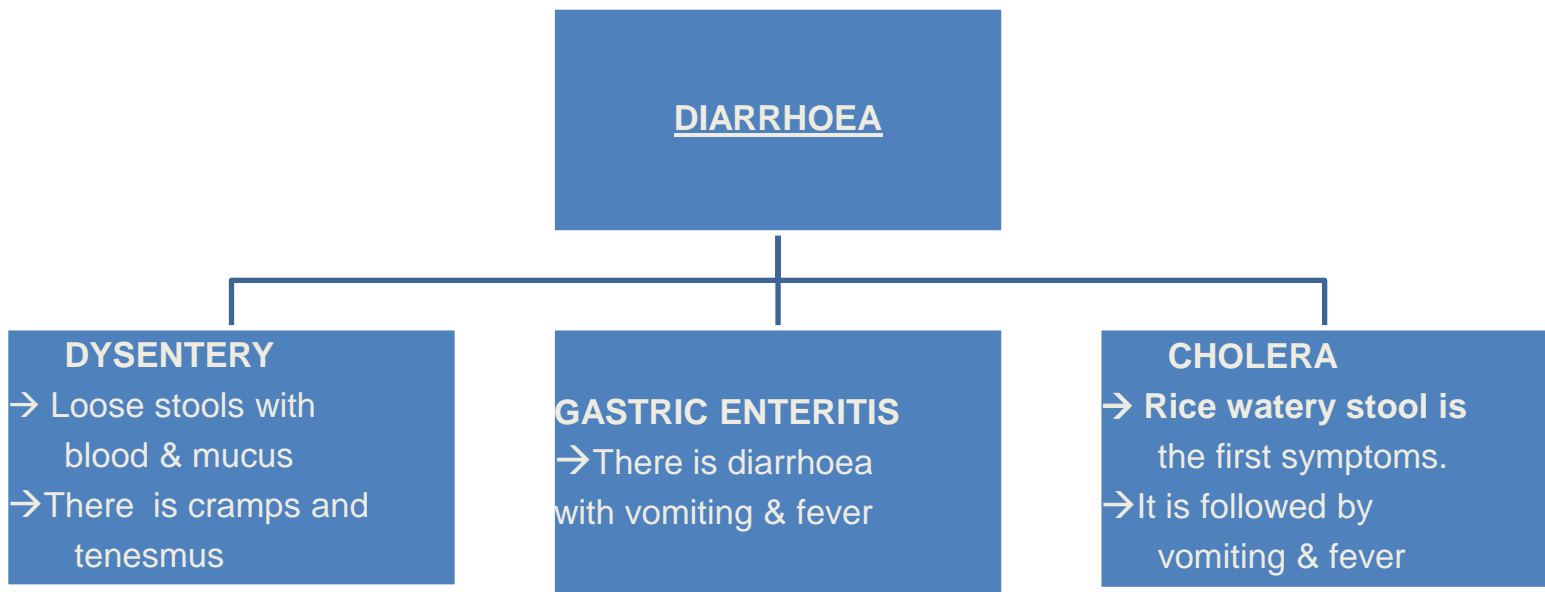
Climate Change :

Cold to warm aggravates cold in some cases.

- If any one entering from cold to warm the medicines is bryonia.
- If any one entering from warm to cold room the medicines is phos, Ars.
- If suddenly getting wet in summer rain, sudden fever, headache may develop – Ant. Crud.
- Cold after water melon – Ars. alb, Zingibir.

DIARRHOEA

Diarrhoea in children is a major public health problem especially in summer due to impurities in water & food articles. Diarrhoea is defined as passage of loose watery stools with increased frequency dehydration.



Causes of Diarrhoea:

- It occurs mostly in summer.
- Children of poor families and of poor sanitary conditions.

The sign of severe dehydration :

- ✓ The child appears drowsy & dull.
- ✓ The hands & feet of the child become cold and body is warm.
- ✓ The pulse is rapid & thready.
- ✓ Eyeball sockets appear sunken.
- ✓ The mouth & tongue are dry.
- ✓ The child feels very thirsty.

SUMMER DIARRHOEA MEDICINES:

- Diarrhoea with rumbling of noise – Aloes
- Passing more flatus with less stool – Aloes
- Involuntary stool < during sleep – Podo, Psorinum
< during urination – Aloe, hyos, sulph
< during standing – Colocynth
- Diarrhoea < Cucumber – Ver.alb
- Diarrhoea < eggs – China, Ars.alb,
Fer.met
- Diarrhoea < fish – china, Ars.alb
- Diarrhoea < Butter milk – Pod.

MANAGEMENT :

Oral Rehydration:

A solution of Glucose 20g+sodium chloride 3.5g +sodium bicarbonate 2.5g+potassium chloride 1.5g dissolved in 1 litre of boiled & cooled water.

Intravenous Dehydration:

IV rehydration is given using the initial four-six hours.

JAUNDICE

Jaundice is characterized by the yellowing of the skin and the whites of the eyes from the depositions of a natural colouring substance bilirubin.

Management :

Homoeopathic medicines have a favorable effects in treating jaundice. The following homoeopathic remedies were efficacious in promoting the process of recovery.

Chelidonium :

- Pain from region of liver, shooting towards the back.
- Stitches in region of liver & left hypochondium sensitive to pressure.
- Craving for warm drinks.

Chionanthus :

- ❖ It is suited for Jaundice in summer.

Podophyllum :

- It cures jaundice with fullness soreness & sharp cutting pain in the liver region.
- vomiting with thick bile & blood.

➤ Constipation alternating with diarrhoea.

Myrica Cerifera :

- ✓ Jaundice with fullness of hepatic region and of the upper abdomen.
- ✓ Stools clay coloured
- ✓ Jaundice with itching of skin occurs.

Merc.sol:

- There is yellowish colour of the conjunctiva slightly coated tongue with imprint of teeth.
- Pale & dry stools
- Sensitiveness over the region of liver with stinging pains.

Bryonia :

- ❖ Stitching pain in the right hypochondrium

❖ > lying on painful side.

❖ There is great thirst with intake of large quantities at long intervals.

Lycopodium :

- Region of liver (rt side) very sensitive touch.
- There is much flatus in the lower abdomen > passing flatus
- > Loosening of the clothes around the waist.
- < 4pm – 8pm
- The patient prefer warm drinks.

HEAT INDUCED HEADACHE

Women suffer more than men. Hot weather is a frequent cause of headache, stress, exhaustion, not eating & drinking regularly which frequently occur when it is hot can increase the chance of getting headache.

According to the location sided of the pain:

- Left sided headache – Lach, Spigelia, Bry, Thuja, Nat. mur.
- Right Sided headache – Sang, Lyco, silicea, Kali.bich.
- Headache from Heat of stove – Arnica
- Headache from looking bright objects, watching TV, cinema, computers – Nat.mur.
- Headache from lemonade – selenium
- Headache from taking cool drinks when the body is hot – Bry.
- Headache from strong odors – Sanganaria.
- Head from drinking beer – Kali.bich.
- Headache increasing & decreasing with sun – Nat mur, Kali.bich, spigelia.
- Headache in warm room – Puls, Apis.mel.

TRAVEL SICKNESS

The following medicines used as a preventive by administration before the journey.

Coculus Ind :

Indicated to person with complaint of nausea, giddiness & fainting especially with traveling by road (or) air.

Nux.Vom :

For nausea & vomiting due to persistent indigestion.

Petroleum :

Another remedy for travel sickness especially from riding in cars, carriages or ships.

Tabaccum : Suitable for sea sickness.

➤ **Travel Diarrhoea**

➤ Eating of contaminated food (or) drinking.

- Contaminated water, food sold by street vendor.
- Eating of raw & unwashed vegetable, etc.,
After the entry of bacteria virus abdominal cramps, nausea vomiting.

Homoeopathic Remedies:

Ars.alb- Food Poisoning

Aloes - Diarrhoea in summer with great urgency.

China - Eating of unripe fruits.

Travel Constipation :

Nux.vom: Eating Hotel foods, coffee, Alcohol, smoking,

Non-veg (over indulgence) leads to constipation.

Alumina : From travel, no desire to pass motion.

Lyco : Constipation when away from home.

Homoeopathic Remedies for Injuries :

Arnica : Bruise injury

Ledum : Anti tetanus, for sharp, rusted instrumental injury.

Ruta : Injury in the bone & good remedy for sprains especially ankle.

Calendula : Any cut injury (or) lacerated wound.

URINARY TRACT INFECTION

Urinary tract infection also more common in summer days. Homoeopathic medicines are more useful than any other medicines especially :

- (i) Apis.mel – Honey bee,
- (ii) Sarasaparilla – Nannari,
- (iii) Cantharis,
- (iv) Lycopodium
- (v) Nat.carb etc.

→ Burning before urination – Merc.sol, Cantharis

→ Burning during urination – Cantharis, Apis.mel

→ Burning after urination – Cantharis, Sara, Nat. carb,
Mez.

General Advice :

- Drink 3 – 4 liters water daily.
- Avoid spicy irritating food.
- Avoid alcohol, Non- veg foods like chicken.
- Drinking plain water with 2 tsp honey is preventing from urinary tract infection.

RENAL CALCULI

It is one of the most common ailments now-a-days mostly in male than female. Suppose if any one has calculi in the left kidney the medicines differ, like wise if they have calculi in the right kidney the medicines will vary.

→ If the patient has Right side renal calculi –
Bell, Lyco, saras, Apis, helonias.

→ If the patient has left side renal calculi –
Berberis, Benzoic.acid, Lach.

→ If patient suffer from both sided renal
calculi –
Cantharis, Hydrastis, Ocimum, Oxalic acids

There are 2 types of stone formation:

- 1) Oxalate Crystals
- 2) Urate Crystals

If the patient suffer from Oxalate crystal stone the following, diet should be avoided.

- Tomatoes
- Chikku
- Cashews
- Fish, Chicken

- Mutton
- Horlicks
- Egg

If the patient suffer from urate crystals stones the following should be avoided

- Cucumber
- Cauliflower
- Pumpkin
- Mushroom
- Brinjal

SUN STROKE

The effects of summer & its heat has lead to the following condition:

- Heat stroke
- Heat Exhaustion
- Heat syncope
- Heat fever
- Heat cramps
- Prickly heat

HEAT STROKE:

It is a syndrome due to over heating of the body.

Clinical features :

- Sudden loss of consciousness followed by Headache, dizziness, nausea, convulsions and visual disturbances.
- Burning heat with weak & irregular pulse.
- Temp raise up to 107`F

HOMOEOPATHIC REMEDIES

Gloline :

- Bad effects from exposed to sunrays.
- Bursting headache.
- Whole head felt crowded with blood.

- Nausea followed by unconsciousness.

Belladonna :

- Red flushed face. Throbbing carotids.
- Restlessness, vertigo, breathlessness, nausea & vomiting with frequent urination.

Gelsemium :

- From Heat of sun in summer, weakness & trembling of any part of the body.
- Headache in occipital region.
- The patient feels giddy as if intoxicated on trying to move.
- Headache > by urination.

Nat. carb:

- Chronic effects of sunstroke.
- Headache from slight mental exertion.
- Head feels too large as if it would burst.

Nat.mur:

- Chronic effects of exposure to heat.

- Rush of blood to head, blinding of eyes, fiery, zig-zag appearance.

Cuprum:

- Heat exhaustion.
- Cramping, stupor with jerking of muscles.
- Profuse clammy sweat, faintness, pallor, nausea, rapid pulse.

HEAT EXHAUSTION:

- It occurs due to depletion of fluids & electrolytes.
- There is gradual weakness, headache, anorexia and fainting.
- Skin becomes pale, cold, clammy with weak pulse.

Management :

- Shift yourself to cool environment
- Fluid and salt replacement by oral or IV.

HEAT SYNCOPE

- Fainting occurs.
- The individual falls to the ground if standing

and there is transient loss of consciousness.

Management:

Lying down flat in cool atmosphere gives quick relief.

HEAT CRAMPS:

→ It occurs from excessive salt loss due to profuse sweating in high environmental temperature.

→ It is common in boiler room workers & miners.

→ Calf muscles are mostly affected.

Management :

Drinking normal saline brings immediate relief.

PRICKLY HEAT :

It is characterized by a papular rash on the covered skin with severe itching and scratching.

Ant. Crud :

- ✓ Pimples vesicles & pustules.
- ✓ Dry skin sensitive to cold bathing.
- ✓ Pustular eruption burning & itching worse at night.

Cantharis :

- ✓ Sunburn, vesicular eruption with burning & itching.

- ✓ Cold applications.

Nat. carb:

- ✓ Eruption on fingertip, knee ankles & toes.
- ✓ Summer heat.

Mezerium :

- ✓ Eruption ulcerate & form thick scabs under which purulent matter exudent.
- ✓ Itching worse at night
- ✓ < near the stone.

Sarasparilla :

- ✓ Summer cutaneous eruption with itching & rashes.

Apis. Mel :

- ✓ Itching with redness of skin, Burning, stinging pain in skin.
- ✓ < summer, hot & warm room, > cold applications.

Pulsatilla :

- ✓ Urticaria after rich food.

- ✓ < evening & in warm room
- ✓ > open air & cold application.

Nat. mur:

- ✓ Dry skin, sun rashes itching & oily skin, especially during hot climate, sultry condition, < seashore.

Self Help During Summer:

- Wear suitable clothing for the month of summer.
- Drink adequate water.
- Enough salt intake should be there.
- keep yourself cool.
- Do not work in very hot, humid weather.
- Avoid all risk factors.

General Management for Sunstroke:

- ❖ Move the patient away from heat and put him under a shade.
- ❖ Remove clothing & sprinkled water on patients body.

HOMOEOPROPHYLACTIC REMEDIES

Some of the Homoeo Prophylactic Remedies are:

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- ❖ Chicken pox – Variolinum
 - ❖ Measles – Puls & Morbilingum
 - ❖ Sunstroke – Glonine
 - ❖ Dengue fever – Eup.perf
 - ❖ Chickungunya – Eup.perf
 - ❖ Brain Fever – Bell
 - ❖ Typhoid fever – Typhoidinum
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