

Heat stroke free World

Many new ideas to save many people dying daily.

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Definition: Heat stroke means getting fever due to increased room temperature.

Dr. Joshi's law of heat stroke:

1st law: In summer, when room temperature exceeds 33 degrees Celsius every fever is heat stroke. Alone or super added to another illness, unless proved otherwise.

2nd law: In summer, or when room temperature exceeds 33 degree Celsius measure oral & skin temperature of every fever patient.

Introduction: Heat stroke kills many every summer. Thousands directly & many times more indirectly by increasing intensity of all fevers.

Some where on earth there is summer every day. Reach this information to all.

Indian Mythology: Historically Indians bathed 5 times daily. This must be for cooling down and for cleanliness. On the festival of Holi & Ranga Panchami all put coloured water on each other. This must be to teach that we must put plenty of

water on ourselves all the summer and avoid heat stroke.

Lord Krishna played holi & rang panchami

Why do we get heat stroke?

25 to 30 degrees Celsius is the comfortable range of room

temperature for us.

As environmental temperature rises

above 30 degrees Celsius, we feel the

warmth. This excess warmth

makes life difficult, sick, short

and miserable.

Even before the



fever comes functions of all systems are affected. Efficiency declines. Growth rates of children decline. One gets fatigued earlier.

For India

In most parts of India for more than 8 months temperature is above 30 degrees Celsius. Hence this information must reach all on a war footing. Know the temperature of your place from local news paper or observatory. Have your own room temperature thermometer.

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Important facts:

Our body is always warm. The core or inside of our body is always warmer than the skin by one degree. This difference is there even when we get fever during any illnesses like cough cold fever, typhoid or malaria.

2 examples explain heat stroke well.

1. Earthen Water pot.

2. Car Radiator

1. Earthen Water pot. :

Take 2 earthen water pots. Fill one with water. Keep second empty.

The water from the water filled pot percolates out. It evaporates. While evaporating, it cools the pot.

The empty pot has no water. It warms up with room warmth.

Our body is like water filled earthen water pot In summer as skin warms up due to warm weather, it sweats. As sweat evaporates body cools. Now if body has less water, body stops sweating. Now we become an empty pot. We warm up with the warm room air.

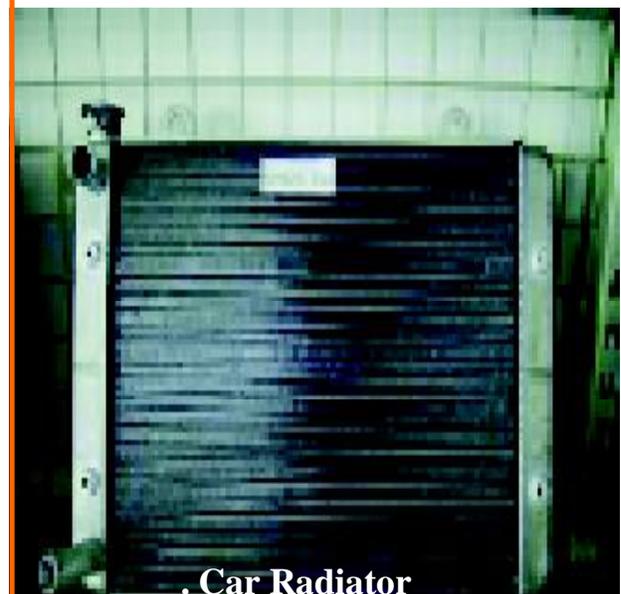


2. Car Radiator

The skin works like car radiator. Car engines generate heat. Car radiator loses the heat and keeps engine cool. The car radiator has water. If there is no water, it does not work. The engine heats up and fails. It gets heat stroke.

In summer as we sweat the body water reduces. We feel thirsty. If we drink water we continue to sweat. If we do not drink water body can not make sweat.

It is like car radiator without water. It heats up. We get fever and heat stroke and can die.



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Dr. Joshi's Grades of heat stroke: We grade heat stroke as grade 1,2, & 3

Grade 1 heat stroke: Usually core temperature i.e., oral or rectal temperature is more than skin temperature by 1 degree. As the body heats up with hot environmental temperature this gap becomes less than 1 degree. This is grade one heat stroke.

Grade 2 heat stroke

When skin and oral temperatures become equal it is grade two heat stroke.

Grade 3 heat stroke

When skin temperature exceeds oral temperature it is grade three heat stroke. Young ones and old people who depend on others to get water get heat stroke more.

Sick people are at more risk to get heat stroke.

Sick people already have fever. They also tend to drink less water. They are more likely to get heat stroke in addition to their own fever. So they get much more fever. The severity of every fever increases due to warm air.

A Person with heat stroke is dehydrated. His all systems will function sub optimally. Hence illness become worse and deaths increase in summer. Only after he is well hydrated he will recover well. We must ensure that they pass adequate amount of urine. They must pass little more urine than normal. This shows that they are getting enough water.

Medical spirit cools faster:

Doctors apply alcohol (spirit) before giving injection. It dries & cools skin.

Medical spirit is available in medical stores. We can add medical spirit to water and wet the skin of a person with heat stroke. He will lose heat faster.

Medical spirit has alcohol. Beer, and all liquors are alcohols. They can be similarly useful.

Treatment:

Keeping the patient's room cold in homes & hospitals by use of desert coolers, air conditioners etc. eliminates the environmental heating and hastens recovery of febrile patients. Give plenty of fluids orally and intravenously. Give water before one becomes thirsty.

Make all hospital rooms cool with desert coolers or air conditioners.

Question: How to measure core temperature and skin temperature?

Measure core temperature in the mouth or the rectum by a thermometer.

or that of ear drum by infra red thermometer.

Measure Mouth and Axilla temperature to diagnose Heatstroke.

We all wear invisible coat of water. It keeps skin moist and cool. We have to preserve it. As it thins with warmth we sweat. As we sweat we feel thirsty. We must drink water even before becoming thirsty to ensure liberal water supply to the water coat. When this does not happen the water coat disappears. The skin warms up and we get heat stroke.

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Feel the wet skin of your neck. Then feel the skin of the person having fever. If it is dry he has heat stroke.

When to doubt that you have heat stroke?

Know that you have heat stroke if you have any of the following .

You are thirsty dry hot, not sweating, not passing urine as usual,not recovering with fever medicine

skin dry hot .Compare with wet skin of our neck.

skin hotter than mouth.

Urine gets coloured The specific gravity rises to 1.010 or more.(normally urine is colourless . specific gravity is less than 1.010)

Room air temperature above 30 degrees Celsius.

Breast feeding mother = baby's best thermometer

Tell this to all mothers.

Babies are in constant touch with the mother. If baby's skin dries and warms up mother can know immediately. If baby gets ill and baby's core temperature rises,

baby's mouth becomes warm,before the skin warms up.. Mother know this while breast feeding. She can also tell if only skin has become warm first that it is a heat stroke.

Teach this to all mothers. Only the learned mind can pick up the problem.



photo showing
coloured urine

Keeping open, sponging, giving breast milk/ORS/water /fluids is treatment of heat stroke. Medicines are needed for other illnesses.

Newborns and infants & small kids are most vulnerable:

Newborns do not sweat. So they become hot soon. They are most



vulnerable as they can not ask for water. Ensure that newborns pass adequate urine every 2 to 3 hours. Avoid diapers. With diapers on you can not know if a baby has passed urine. "No clothes" is best for all especially neonates & children if temperature is above 30 degrees Celsius. Avoid wrapping them in summer. Keep them open Use minimum loose cotton clothes if at all. Same is true for infants and small kids.

As newborns get dehydrated, they look more yellow.



Their jaundice increases. This a u n d i c e decreases by exposing babies to light. These

**Do not wipe sweat.Let it cool your body.
Wiping it causes more sweating.**

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Wrapped babies get fever. Keep theopen.

lights often create more warmth and add to the problem. Solution: Keep these babies in cool rooms. Give plenty of water orally or as saline through veins.

Lessons:1.As one sweats and body water reduces, one fills thirsty. Drink plenty of water. Best is to drink water before you become thirsty. Avoid thirst. That avoids heat stroke.

Lesson 2: Body makes sweat for evaporation and cooling. If you wipe it away, boy has to make fresh sweat. You lose more water. It is wise to allow the sweat to evaporate and dry and cool the body. Do not wipe sweat.

Lesson 3 : We also lose salt in sweat. Add a 2 finger pinch of salt to each 200ml.glass of water. Also add a spoon of sugar. Sugar and salt are needed for entry of water from bowels to inside of body .You can add lemon or any other taste maker if you like. When water is excess you urinate. Drink plenty of water and ensure that you pass a good amount of urine every 3 hours. This will eliminate heat stroke.

4.When room temperature exceeds 30 degrees Celsius take skin and oral temperature in every one having fever to rule out heat stroke.

5. Have a room thermometer. Many watches, computers, computerized machines have them. Use them. Highest temperature is in the afternoon. Write it on a chart. Keep it on the wall.

6 Learn to take oral (core), axillary (skin)temperatures.& diagnose and treat heat stroke.

7 Eliminate thirst & eliminate heat stroke.

8Breast feeding mothers themselves are best thermometers.

9 To see if some one is alive or dead touch him. On dying a person becomes cold.

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How to avoid heat stroke.

Use these facts & remain comfortable in summer.

Anything that reduces sweating that makes you more comfortable.

Sweating with exercise is good.

Sweating due to warm summer is bad.

Following 4 factors make you sweat.

1. You get more hot in sunlight. Less so in shade or inside a building.

Lesson: Avoid direct sunlight. Learn from Arabs. Cover yourself with white loose cloths. White clothes reflect away maximum heat. Avoid dark clothes especially black. Have mercy on your folks. Ask them not to wear black clothes in sun. Loose clothes allow air movement. Hosiery clothes are porous. They allow best air movement and hence are the best.

2. If air is flowing, if there is a fan, you sweat less. If there is no air movement or no fan, you sweat more.

Lesson: 1 Use fan.

2. Have well ventilated house office.

3. Clothes obstruct airflow. Each layer increases obstruction. The tighter the clothes lesser is airflow.

Lesson: Wear minimum clothes.

3. Air temperature: More is the air or room temperature more is the sweating and discomfort.

Use room temperature thermometers. If you have a choice, Go to coolest room of the house. For example in morning east facing rooms will be warmer. Go to west facing rooms. In the evening west facing rooms will be warmer. So go to east facing rooms.

Use desert coolers or air conditioners.

Tie obstructs air flow. Avoid tie. It must not be worn by students round the year in hot India. It reduces comfort and studying capacity of students. It should be avoided by marketing persons who have to roam a lot.

4. humidity: More the humidity more is sweating and discomfort. Air conditioners reduce it.

Our fore fathers used to bathe 5 times a day. That must be their way of keeping cool in hot India. We salute them.

Request: Have mercy on all.

Provide potable drinking water free to all. People work in rice fields in rains. They use innovative umbrellas.

Provide umbrella or a coat to labour who work in hot sun on roads, and in the fields. Provide them potable water too. They are the true nation builders.

The young and the old are delicate and fragile. They die. Always keep water handy for them.

Small children can not tell they are thirsty. They suffer most.

Make a baby corner in the house. Keep water and snacks there. Within the reach of children. So that children can walk/crawl there and drink water. And eat food. This will eliminate thirst and hunger in children. This will reduce heat stroke. This will reduce malnutrition.

Story of a child and a rat: One house had one child. The child had a friendly rat. In summer both needed more water. The rat went around, found water, drank it & was happy.

The child was thirsty. But the water was on the table. He could not reach it. He could not take it by his hand. He could not talk.

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He could not tell he was thirsty. He cried, cried and got dehydrated and GOT HEAT STROKE.

Lesson: Make one child snack water corner. Keep snacks and water there. With in the reach of the children. So that children can drink water when needed and eat snacks when needed.

Keeping food within reach avoids malnutrition.

Keeping water within reach of children avoids heat stroke.

While going out in Sun Wear a cap on the head with large rim to give shadow to face and neck. Carry a water bottle. Often drink water before becoming thirsty.

Request: Please translate this in your language and reach it to all with help of media. Electronic & Print journalists, t.v. radio, internet and newspapers and print me



Touch back of one hand to skin of child with fever. Touch back of second hand to skin of your neck. Normally our neck skin is wet. If child has heat stroke, Child's skin will be dry.

URINE : The elixir of life. Good urine good life no heat stroke. Less urine ? ot enough water in body. Risk of death.Could be heat stroke.



We all are like a fully filled overflowing earthen water pot. Urine is our overflow. When water in body reduces our urine output reduces. When there is no urine, we die. This happens in following conditions.

1. We don't drink enough water. When we are sick we do not feel like eating or drinking. Or water is beyond reach of children and very old people.
2. We lose water in sweating, summer, Exercise. & strenuous work in fields.
- 3 We lose water in loose motions.
4. In dengue water leaks out of fine blood vessels called capillaries. In each of these cases we become thirsty. If we drink a lot of water, quench our thirst we keep urinating, we survive. If we don't we die.

Best is to eliminate thirst. Drink water before you become thirsty. In summer. While exercising. In diarrhea. In dengue. And in every illness.

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“Gangajal” reduces Heat stroke deaths

Story of Bhagirath Gangajal & King Sagar helps to save Heat stroke patients.

Once upon a time thousand sons of King Sagar were dying. Only Gangajal could save them. Ganga was in Heaven. King Bhagirath brought Ganga down.

Gangajal saved thousand sons of King Sagar.

People with heat stroke need plenty of water. To save them give plenty of water. Eliminate their thirst & avoid heat stroke deaths.

Water needs some salt & food to enter the body.

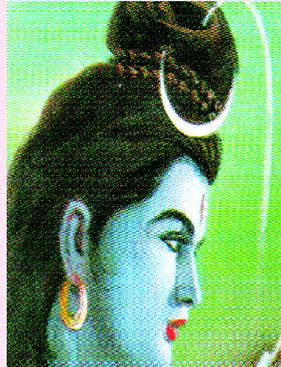
‘Gangajal’ means the water having right amount of salt & food in it. Make it 3

ways. 1. Take a glass (200ml.) of home liquid food (rice/dal water/ Nimboo pani.) While saying “NICE” we hold thumb & index finger

together. Take salt in this NICE two finger pinch. ADD IT TO THIS

LIQUID .2. Add one spoon sugar & a NICE pinch of salt to a glass of water.(200 ml.).

3. Add ORS packet to a glass of water. Give it to heatstroke patient. In



case of babies, hold this glass to the lips of heatstroke patient baby sitting on your lap. This avoids aspiration. Let baby take liberally, a sip after every breath. End thirst & end heat stroke deaths.

In Shivaji’s temple. Water continuously drips on the Shivalinga. Give Gangajal like this. By mouth. to the heat stroke patient. A sip after every breath. More often than normal. This will ensure good hydration and eliminate deaths due to dehydration.

Also keep the skin wet. Sponge the skin or dribble water as it dribbles on Shivalinga in Shivaji’s temple. This is the fastest way of reducing fever of heatstroke patient.

Gangajal is the TREATMENT OF CHOICE.

Give saline “when there is no choice”.

Calling this water GANGAJAL improves acceptance.

Give Gangajal in all condition

where more water is needed. They are, diarrhea, dengue, all illnesses.

Try & Tell your experience to all.

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