

# Beat The Heat With Homoeopathy

by Ann Dr Indira Noronha Fonseca

(Consultant Homoeopath)



Summer for all is the best time of the year, especially children love it as they can indulge in all their favorite items which mostly include ice dollies, ice creams, splashing in the pool, chilled drinks etc. But along with the fun and frolic comes the scary after effects which keep most parents on the edge.

The question is why be afraid and restrict yourselves when all this can be tackled naturally by a simple yet scientific system of medicine "Homoeopathy"!

In my 15years of practice in homoeopathy I have come across various cases complex and simple in kids and adults with the onset of the summer, some being Tonsillitis, Loose motions, Gastroenteritis, Vomiting, Fainting spells(Heat Stroke), Nose Bleeds, Ear infections, Flu and Colds, Stomach upset, Heat rash, Sun burns, Urine Infections etc.

What is the cause for this sudden rise in symptoms? Let's just briefly get an idea about it.

## 1. Food Poisoning:

Warm weather encourages bacteria to multiply, and who doesn't enjoy barbeques and picnics during summer? Food that is prepared in advance and allowed to stand in the heat creates the perfect conditions for contamination and food poisoning.

Pre-prepared food should be handled hygienically, stored safely and kept cool if possible. It's also better to choose foods that don't spoil as easily or can be freshly prepared at your destination.

Most cases of food poisoning can be treated at home and do not require medical advice, as most people will feel better in a matter of days. It is however important to replace fluids lost through vomiting and diarrhea.

If symptoms are severe, you may need to consult your doctor or be admitted to hospital for hydration.

## 2. Water-borne conditions

We all like to spend time in the water during summer, but risk of bacterial infections and other water-borne illnesses as a result of taking part in recreational water activities.

Apart from natural bodies of water like rivers and lakes, pools and hot tubs can also be sources of gastrointestinal problems; skin, ear and eye infections; and respiratory, neurological and viral problems. The safest places to swim are pools that are regularly checked for their chlorine levels.

## 3. Summer colds

There is a kind of virus that produces cold-like symptoms, which tends to rear its ugly head during the summer months. It is called enterovirus and can cause more complicated symptoms than the typical winter cold.

The symptoms of a summer cold caused by enterovirus include fever, headache, and sore throat, and sometimes mouth sores or a rash. Treatment is basically aimed at relieving symptoms.

## 4. Heat rash

Heat rash is a red or pink rash usually found on areas of the body that are covered with clothing. It happens during hot humid conditions and is most common in children. Heat rash develops when sweat ducts become blocked and swell up, looking like dots or tiny pimples on the skin. It often causes discomfort and itching.

Heat rash usually heals on its own in a matter of days and doesn't require medical attention. In some cases the rash gets infected with symptoms like pain, swelling and pus. If this happens, be sure to contact your doctor.

## 5. Heat stroke

Heat stroke or hyperthermia results from prolonged exposure to high temperatures. It can happen for example when children are left in hot cars during summer or playing out in the noon.

Heat stroke is a condition where the body's cooling mechanisms are overcome by heat, resulting in a core heat of over 40°C. Heat stroke is preceded by signs of heat exhaustion like headaches, dizziness and

weakness, and results in unconsciousness in the initial phase

Hyperthermia is primarily treated by outside cooling of the body with the help of water, cold air or ice packs. In severe cases consult your doctor immediately

## 6. Sunburn

With summer comes the danger of sunburn, which can be extremely serious. Sunburn is caused by ultraviolet (UV) rays from the sun that damages your skin cells. The risk of damage depends on things like the time of day, the amount of time spent in the sun and if you use sun protection or not.

The best and simplest way to avoid sunburn is to stay out of the sun. Other ways to be sun-safe is to stay out of the midday sun, stay in the shade, use a good sunscreen and wear a hat and protective clothing.

All these conditions may seem alarming, but presence of mind and smart thinking by parents can help you and your kids beat the heat in style.

A very simple, effective way of handling these cases is by taking "Homoeopathy Medicines". It not only ensures immediate relief but naturally heals the body and builds your immunity so as to avert any relapse of the same. Kids love the small sweet pills and readily take them without a fuss; it's very simple and easy to administer to even new born infants. And most importantly it's prepared from all natural sources and tested, thereby being very safe for all. Some common remedies used are Arsenic Album, Belladonna, Mercurius cor, Calendula, Sulphur, Colocynth, Bryonia etc (To be taken on consultation with a Homoeopathic doctor)

Besides taking medicines one has to take necessary precautions during summer for example

- i. Drink lots of water
- ii. Avoid mid day sun or protect yourself with appropriate clothing
- iii. Wash your hands well before meals or when you come in from outdoor
- iv. Eat freshly cooked food
- v. Store cooked food properly
- vi. Wake up early morning and go for walk.
- viii. Apply sun cream, it will protect you from sunlight.
- ix. Must add curd and buttermilk, tender coconut, watermelon, Cucumber, Fresh lime water in the diet.
- x. Choose indoor playtime at noon
- xi. Wear sunscreen when going out during the day

Let's have fun this summer without any fear. Take the above precautions and enjoy. And don't forget if you have any symptoms see your Homoeopathic doctor or Family doctor immediately.

