

In this column Dr Pratap Chauhan, Advisory Board member of this journal, will give his Ayurvedic tips regularly for the benefit of readers. He is an Ayurvedic expert and has his own clinic and pharmacy.

The hot season is on and the temperature often rises to 45 degree centigrade. Indian summer is typically hot and windy and we all are exposed to the hot wind commonly called *loo*. Staying outside for long time or exposure to *loo* (hot air) can cause Sun stroke or heat stroke. In Ayurvedic texts this condition is described as *Atapaghat*. People are more susceptible to Sun Stroke in the initial weeks of summer season as the body is not accustomed to the hot climate. According to Ayurveda, people who are weak in strength are generally the victims of Sun stroke. These include children, sick, physically weak, and elderly people.

Main Symptoms of Sun Stroke

Rise in body temperature, burning sensation in all over body, excessive thirst, nausea, burning sensation in urine, eruptions in the skin, excessive sweating, unconscious or fainting, hyperacidity and vertigo are some of the main symptoms caused by exposure to heat or hot air. If proper care is not taken a person can have convulsions and can go into coma.

Remedies

The person suffering from Sun stroke should be kept in a cool place and should be fed with cooling drinks and foods, to eliminate the excessive heat from the body. Ayurveda advises remedies to reduce *Pitta dosha* in order to recover from the Sun stroke. Drinking a lot of water and taking bath in cool water helps to bring down the body temperature.

Mango drink: Commonly known as *Aam*

Ayurvedic Tips Preventing Sun (Heat) Stroke



ka panna a drink made from raw mangoes is a wonderful remedy for Sun stroke. Take raw mangoes and roast them on fire. Take out the pulp and make drink by mixing the pulp in water. Raw sugar (*khand*), rock candy (*mishri*) should be added as sweetener. Roasted cumin seeds and a pinch of black salt can be added to one glass of drink to keep the digestive fire working.

Coconut water: Coconut water is very effective in relieving the symptoms of sun stroke as it flushes out excessive heat from the body inducing urination. It also has cooling effect. Drink water from 2-3 coconuts during the day.

Bael drink: *Bel ka sharbat* or *bel ki lassi* is a wonder drink to help recover from heat or sun stroke. *Bel* particularly helps to cleanse the toxins from the stomach and also gives a cooling effect.

Cucumber and water melon juice: Cucumber juice and water melon juice mixed in equal quantities or taken separately (one glass) is a very good remedy to cure the symptoms caused by exposure to heat.

Raw milk drink: Raw milk *lassi* is very effective in Sun stroke. Take a glassful of raw milk and blend it by putting it in a blender. Mix a teaspoonful of rock candy (*mishri*) powder to make it sweet.

Barley water or Barely flour drink: Both barley water as well as barley flour drink (*sattoo*) is both cooling as well as nourishing.

Sandalwood paste: Applying a paste of sandalwood on the affected area gives instant relief and takes away the fever and burning sensation of the body.

Aloe vera gel: Applying *Aloe vera* gel all over the body is also a simple and natural way to get rid of the symptoms of the heat or sun stroke.

Wonder drug Onion: Use of onion, both externally as well as internally is a very good remedy both for curing as well as preventing heat stroke. There is an old saying that one who carries onions can never have a heat stroke. The juice of onion can be applied externally.

Some simple tips to avoid Sun or heat stroke:

- Try to stay indoors at noon and afternoon.
- Keep drinking water or cooling drinks while outside.
- Use an umbrella, cap, sun glasses, etc. while going out.
- Wear loose cotton clothes and avoid tight synthetic ones.
- Never go out empty stomach.
- If working outdoors, try to take regular breaks for cooling down the body.

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