

Heatstroke and Homeopathy

July 2010

Sunstroke (Heatstroke), a term applied to the effects produced upon the central nervous system, and through it upon other organs of the body, by exposure to the sun or to overheated air. Sunstroke is a life-threatening condition in which the body's heat-regulating system fails, due to exposure to high temperatures. Sunstroke can occur when the body's mechanisms to rid itself of excess heat are overwhelmed by a very hot or humid environment, or strenuous physical activity.

People particularly susceptible to sunstroke are young children, the elderly, individuals not used to physical activity and concomitant excessive sun exposure (such as overseas visitors walking in the mountains in Africa), people suffering from certain chronic medical conditions, and those involved in certain sporting activities. Symptoms of sunstroke include elevated body temperature; hot, dry skin; hyperventilation; mental confusion; and eventual unconsciousness. The primary treatment goal for sunstroke is to lower the elevated body temperature rapidly in a controlled fashion. Sunstroke can be prevented by drinking plenty of water and avoiding overtaxing the body in hot weather and while exercising.

Homeopathy treats sunstroke with the following remedies according to the corresponding symptoms.

Glonoine - This is our most efficient remedy; in fact, no remedy stimulates the heart and vaso-motor centers in the medulla so quickly. The indications for its use will be pale face, fixed eyes, white tongue, full, round pulse, labored respiration, cerebral vomiting and sinking at the pit of the stomach. The temperature is high and oftentimes there is unconsciousness. It is also suitable for the after-effects of sunstroke. Aconite is useful in sunstroke where the great heat seems to have a paralyzing influence on the circulation. Lachesis. The sun's heat makes the patient dizzy and faint; hot weather greatly fatigues.

Belladonna - This remedy is quite similar to Glonoine. There is drowsiness, loss of consciousness, whizzing in the ears and constriction of the chest. Gelsemium may also be useful in sunstroke, with cerebral congestion, delirium, headache, high temperature and tendency to coma.

Natrum carbonicum - This remedy is particularly useful in the chronic effects of sunstroke and in headache which return in hot weather. Natrum carbonicum will sometimes calm very excitable and nervous persons during thunder storms. Remember it, however, in debility and headache from the sun.

As with all homeopathic medications, the above remedies should be taken only when prescribed by a qualified homeopath.

Homeopathy for Life offers you acute consults via phone or in office for your convenience. For more information contact Lynn @ 519-330-0120.



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