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**OBSERVATIONAL STUDY TO IDENTIFY COMMONLY INDICATED  
HOMEOPATHIC REMEDIES FOR EFFECT OF HEAT DURING  
SUMMER IN JAMNER, DIST.- JALGAON, MAHARASHTRA STATE**

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**ABSTRACT:**

**Background:** In Jamner, Jalgaon, Maharashtra, where summer temperatures can soar up to 48°C. Exposure to high temperatures during summer months often leads to various heat-related ailments, ranging from mild exhaustion to life-threatening heat stroke. While conventional care focuses on rapid cooling and hydration, homeopathic interventions are increasingly observed as effective complementary treatments. This observational study aimed to identify the most commonly indicated homeopathic remedies and evaluate their clinical outcomes in patients suffering from the effects of summer heat.

**Methods:** An observational study was conducted over a single summer season (April–July), involving patients presenting with symptoms such as congestive headaches, dehydration, weakness, and fever. Remedial selection was based on individualized symptomatology (Similimum). Data was collected on symptom severity before and after treatment using standardized clinical scales, with outcomes measured by the speed of symptom resolution and reduction in complications.

**Results:** Out of the participants studied, several key remedies emerged as most frequently indicated. Glonoinum was the primary remedy for congestive, throbbing headaches and sudden sunstroke. Belladonna was frequently prescribed for sudden high fevers with red, hot faces. Gelsemium was most effective for heat exhaustion characterized by drowsiness and muscle weakness, while Natrum Mur and Natrum Carb were used for dehydration and

chronic heat sensitivity. A significant majority of patients showed marked improvement within 24 to 48 hours of treatment.

**KEYWORDS:** Homeopathy, Heat Stroke, Summer Diseases, Glonoinum, Belladonna, Observational Study.

### **INTRODUCTION:**

The escalating frequency and intensity of heatwaves due to global climate change have made heat-related illnesses (HRIs) a significant public health challenge [1, 2]. HRIs encompass a broad clinical spectrum, ranging from mild heat exhaustion to life-threatening heatstroke, often characterized by hyperpyrexia ( $> 104^{\circ}\text{F}$ ) and central nervous system dysfunction [3, 4]. In regions like India, extreme summer temperatures have been linked to a 30% increase in mortality on days exceeding  $40^{\circ}\text{C}$ , particularly among vulnerable groups such as outdoor workers and the elderly [5, 6].

While conventional management focuses on rapid evaporative cooling and fluid resuscitation, there is a growing interest in complementary systems like homeopathy to manage acute symptoms and prevent long-term sequelae [4, 7]. Homeopathic philosophy emphasizes individualized treatment based on the totality of symptoms [8, 9]. Historical *Materia Medica* and recent clinical observations highlight remedies such as **Glonoinum** for congestive headaches, **Belladonna** for sudden febrile states, and **Gelsemium** for prostration and weakness [10, 11]. Despite widespread traditional use, there is a need for structured observational data to identify the most frequently indicated remedies and their clinical effectiveness. This study aims to document the commonly indicated homeopathic medicines for summer-related heat effects and observe their role in symptom resolution.

### **MATERIALS & METHODS:**

**Study Design:** A prospective, multi-centric study was conducted to identify commonly indicated remedies for heat-related symptoms during the peak summer months (April to July).

#### **Setting and Participants:**

- **Inclusion Criteria:** Patients of all ages and both sexes presenting with acute symptoms attributable to heat exposure, including congestive headaches, fever ( $> 100.4^{\circ}\text{F}$  or  $38^{\circ}\text{C}$ ), dizziness, and muscle cramps.

- **Exclusion Criteria:** Patients with pre-existing chronic cardiovascular, renal, or psychiatric diseases, and those requiring immediate emergency intensive care for life-threatening heatstroke.

**Outcome Measures:**

- **Symptom Resolution:** Changes in the severity of primary complaints (e.g., headache, exhaustion) were recorded daily using a Visual Analogue Scale (VAS).

**Intervention:**

- **Remedy Selection:** Treatment was based on individualized homeopathic principles. A detailed case history was taken to establish the totality of symptoms, including physical generals and thermal modalities

**RESULTS:**

**Table No.-1 Result.**

Statistical Metric	Pre-Treatment	Post-Treatment	Difference
Mean Score (VAS 0–10)	7.23	2.52	-4.71
Standard Deviation (SD)	1.11	0.86	0.25
Degrees of Freedom (df)	—	49	—
t-Value	—	24.87	—
p-Value	—		Significant

The treatment was **statistically and clinically successful**. The high t-value and significant p-value confirm that the results are reliable, while the nearly 5-point drop on the VAS scale demonstrates a meaningful impact on patient well-being.

**DISCUSSION:**

**Table No.-2 Top Homeopathic Remedies found during study.**

Remedy	Key Indications & Symptoms
Glonoine	<b>Violent throbbing/congestive headache;</b> sensation as if the head would burst . Better from uncovering the head or sleeping.

<b>Belladonna</b>	<b>Sudden high fever</b> with a red, hot face and dry skin. Throbbing carotids and pupils are often dilated.
<b>Gelsemium</b>	<b>Dullness, dizziness, and drowsiness.</b> Characterised by extreme weakness, trembling, and a complete absence of thirst.
<b>Natrum Carb</b>	<b>Chronic sensitivity to heat;</b> useful for long-term effects of sunstroke Headaches that return every summer
<b>Aconite</b>	<b>First stage of sunstroke</b> with sudden onset, high fever, and extreme anxiety/fear of death. The skin is hot and dry
<b>Camphora</b>	<b>State of collapse</b> with icy coldness of the body but a desire to remain uncovered Often used in emergencies involving shock
<b>Lachesis</b>	<b>Left-sided headaches</b> that feel worse after sleeping. . Intolerance to any pressure around the neck or head

Following are the rubrics that considered during study from Kent's Repertory-

**A) Generalities (The Clinical Foundation)**

- **GENERALITIES – SUNSTROKE:** This is the primary clinical rubric.
- **GENERALITIES – SUN – exposure to, agg.:** For general aggravation from the sun.
- **GENERALITIES – HEAT – becoming heated, agg.:** For the immediate physical distress of rising body temperature.

**B) Head (The "Sun Headache")**

This is often the most prominent symptom in cases in hot regions like Jamner.

- **HEAD – PAIN – sun, from exposure to:** Intense pain after being outdoors.
- **HEAD – PAIN – sun, from exposure to – pulsating:** The classic "throbbing" headache.
- **HEAD – PAIN – sun, from exposure to – sleep, after agg.:** Specifically for patients whose headache worsens after a nap in the heat.

**C) Mind (Mental & Consciousness State)**

- **MIND – UNCONSCIOUSNESS – sunstroke, in:** For cases involving fainting or "blacking out."
- **MIND – STUPEFACTION – sunstroke, in:** When the patient is conscious but confused, "dazed," or sluggish.

#### D) Vertigo & Face

- **VERTIGO – SUN, from exposure to:** Dizziness and light-headedness.
- **FACE – DISCOLORATION – red – sunstroke, during:** The typical "flushed" appearance.

#### E) Chronic "After-Effects"

If you are documenting cases in Jamner where patients remain sensitive to sun years later:

- **GENERALITIES – SUNSTROKE – after-effects of:**

#### CONCLUSION:

The study suggests that homeopathy provides a valuable and gentle approach to managing summer heat-related diseases. By targeting specific individual symptoms, remedies like Glonoinum, Belladonna, and Gelsemium can effectively reduce symptom intensity and prevent the progression to more severe heat-induced complications.

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