

SAMPLE CONTENT

# UNTIL MEDICAL HELP ARRIVES



Dr. H. V. Sardesai

Mrs. Sarita Bhave



**D**uring one's lifetime, a medical emergency is sure to arise, either at home, or while away from home. At such a time as this, the immediate reaction would be to call a doctor, or get the patient to a hospital at the earliest possible. However, in the interim between the catastrophe and arrival of the doctor, or arrival at the hospital, it is natural to feel a sense of alarm and confused inadequacy, perhaps at being helpless to alleviate the patient's physical distress. There will, no doubt, be ample suggestions from people propagating various remedies in all good faith. Sometimes they may well be appropriate, at other times - not. Those close to the patient may feel a sense of desperation, trapped between these suggestions and the patient's condition. They are anxious and eager to

relieve the patient of their pain and distress, but the suggestions they are faced with may leave them more confused, or even unable to use their sense of discretion at that critical juncture.

It suddenly occurred to me that I could put forward a solution to one of life's crucial situations that could provide a patient and their family the appropriate treatment until he or she is able to gain access to the necessary medical assistance. This required that I make a list of emergencies one would ordinarily face and having done so, put it forward to Dr. H.V. Sardesai, Dhanvantari, Pune. Having made this initial foray into the world of medical emergencies, the next logical outcome was to have Dr. Sardesai share his vast and expert experience on the subject. A seminar was therefore arranged where he was able to do so. Though positively useful to the audience, we understood that all the information delivered, would not be remembered and recalled at the relevant time. The obvious solution to this problem then, was to record it for posterity, where anyone beyond the audience present at that seminar, had access to some life-saving resolutions to critical or life threatening situations. And that is how this book came to be.

Dr. H.V. Sardesai was kind enough to give freely of his time, even with his busy schedule. The late Mr. Upendra Kulkarni of Shree Vidya

Prakashan, was also of the firm opinion that this book was a useful tool for the common man. I am indebted to both of them for their support and assistance. Information in this book will, without a doubt, prove useful to all lay persons, especially those who may suddenly find themselves in that threatening situation, where having this useful information at hand, may prove more beneficial and life-saving than other speculative options.

- Sarita Bhave

## Contents

Reflections	7
<b><u>Emergencies :</u></b>	
Allergies	13
Appendicitis	15
Asthma	17
Bleeding from the ear	20
Bleeding from the nose	21
Blocked nose in children and adults	23
Back Sprains	25
Bones - Broken or fractured	26
Bone injury	28
Choking when something is lodged in the throat	30
Dog bite	32
Drowning	34
Dysentery	37
Ear – insects & objects lodged in the ear	38

Fever	39
Heart Attack	44
Headaches	48
Hiccups	50
Head injuries	51
Joint injuries	52
Measles	53
Muscle injuries	54
Neck injuries	55
Pain	57
Pain in the neck	59
Paralytic attack	61
Seizures (fits)	64
Sciatica	66
Stomach ache	67
Electric shocks	69
Stings & bites	71
Injury to The Sensory Nerves	72
Splinters under the skin	74
Excessive Vomiting	75
Do's and Don't's in critical situations	76
When to apply ice	
When not to apply ice	

When water is to be given to drink	
When water is not to be given to drink	
When an onion or footwear is to be given to be inhaled	
When a hot water bag is to be used	
When hot water is to be consumed	
When hot water is not to be consumed	
When to massage with hot oil	
When to massage with oil that is a room temperature	
Afterword – Until Medical Help Arrives	82
Glossary	83



# ALLERGIES

Allergies are caused when the body's immune system reacts to an allergen that could be anything from food items, smells, dust, wool, animals and flowers among other things. If, having fallen victim to an allergy, it is best to be observant of situations that have caused it and try and avoid them in future.

An allergy can erupt on the body within a few minutes of being in contact with the allergen and can manifest in the form of hives, rash, an oozing from the skin and itching. All these manifestations require antihistamine medication to help them subside.

Sometimes any contact with the cause of the allergy can cause some difficulty in breathing. Besides breathing problems and eruptions on the skin, allergies are known to cause sneezing and sore throat, etc. Any individual who suffers from problems with breathing does so due to lack of oxygen and will experience a sense of suffocation.

### What can be done

- For the eruptions on the skin, an antihistamine such as *Allegra* – adult dose : 180 mg. taken at night for ten days.
- It would also help to use an antiworm medication such as *Inverscab* – dose : 12 mg. tablets - taken on the first and fifteenth day.
- Persistence of the allergy may need the medication (*Allegra*) to be continued until the allergy has disappeared.
- Being cognizant of the cause of the allergy will prevent future discomfort.
- When an individual feels breathless due to an allergy, there is a swelling on the respiratory canal – the larynx. In this situation, there arises a dire need for adrenalin, which can be fulfilled only by an injection of adrenalin. Therefore the individual must be taken to the doctor immediately.
- A spray of asthalene does not help this individual just because they are breathless. The reason being, asthalene does not help in allergies. An injection of adrenalin must be administered, because this medicine needs to reach the entire body.



We come across medical emergencies at home or in our neighbourhood. We do call a doctor immediately or take the patient to a doctor. However, we are not sure about the dos and don'ts for the intervening period. The people present make suggestions according to their knowledge and experience. Sometimes the suggestions are good and sometimes the suggestions are not good. This kind of situation creates a dilemma for the patient's relatives. The family members are usually keen on somehow finding immediate relief for the patient. They are utterly confused and are unable to make a decision as to which advice is to be followed.

What can be done to find a proper way out of the emergency situation in order to provide proper care to the patient till the patient gets medical attention? We decided to make a list of emergency situations and presented the list to Dr. H. V. Sardesai , who is highly respected as a 'Dhanvantari', the Hindu god of medicine and also arranged a lecture on the subject, which the audience found to be very useful.

However, many people doubted their own ability to recall the measures suggested by Dr. H. V. Sardesai. Hence, it was collectively decided to put the simple home remedies and the precautions to be taken in medical emergencies, in the form of a book, so that the simple remedies and precautions can be implemented by simply referring to the book. We are grateful to Dr. H. V. Sardesai for finding invaluable time from his busy schedule.

We are sure that the information provided in this book will be useful even for a common man.



ISBN : 978-93-85311-08-6

BUY NOW