

El Niño Advisory for Ayush Practitioners

Overview

El Niño increases the likelihood of **heat waves, droughts, floods, poor air quality, and outbreaks of vector- and water-borne diseases**. These conditions can lead to heat-related illnesses, respiratory disorders, gastrointestinal infections, mental health concerns, and nutritional deficiencies.

Ayush systems support climate-resilient healthcare through **preventive, promotive, curative, and rehabilitative interventions**, while complementing national public health programmes and facilitating timely referral of severe cases.

Objectives

- Strengthen preparedness of Ayush practitioners.
 - Promote evidence-informed holistic healthcare.
 - Support community-based public health measures.
 - Facilitate early recognition and referral of severe illness.
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Priority Health Risks

- **Heat Stress & Heat Stroke**
 - **Vector-borne Diseases** (Dengue, Malaria, Chikungunya, Japanese Encephalitis)
 - **Water-borne Diseases** (Diarrhea, Cholera, Typhoid, Hepatitis A & E)
 - **Respiratory Illnesses** due to smoke, dust, and poor air quality
 - **Mental Health & Psychosocial Stress**
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Preventive Measures

Ayush practitioners should encourage communities to:

- Stay hydrated and use ORS during dehydration or diarrheal illness.
- Avoid direct sunlight during peak afternoon hours.
- Consume freshly prepared, seasonal, easily digestible foods.
- Maintain hand hygiene, safe drinking water, sanitation, and proper waste disposal.
- Eliminate stagnant water and promote mosquito control.

- Keep indoor environments clean, cool, and well ventilated.
 - Practice Yoga, Pranayama, adequate rest, and stress management.
 - Protect vulnerable groups, including children, older adults, pregnant women, and persons with chronic diseases.
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Clinical Approach

Assess

- Hydration and nutritional status
- Fever, diarrhea, respiratory symptoms
- Mental well-being
- Presence of warning signs

Immediate Referral

Refer patients immediately if they develop:

- Heat stroke or altered consciousness
 - Severe dehydration or shock
 - Persistent vomiting
 - Bleeding manifestations
 - Severe breathlessness
 - Convulsions or unconsciousness
 - Rapidly worsening illness
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Role of Homoeopathy

Qualified Homoeopathic physicians may provide **individualized supportive management** based on symptom similarity and totality of symptoms, in accordance with recognized Homoeopathic principles and national guidelines.

Homoeopathy will help in the management of:

- Heat Stroke , Heat-related exhaustion and recovery
- Respiratory Illness, Vector Borne and Water Borne Diseases
- Seasonal febrile illnesses
- Anxiety and sleep disturbances associated with climate Change.

All Homoeopathic interventions should be **evidence-informed, patient-specific, and should not delay emergency treatment or referral** in severe or life-threatening conditions.