

exhaustion, confusion, lack of appetite, headache, and, of course, excessive thirst. "Since there is a thermal imbalance in the body in case of heat stroke, just urinating or sweating won't necessarily prevent heat stroke. Heat stroke is caused when the internal temperature of the body reaches dangerous level and can cause severe damage or even death," says Goel.

#### MYTH: FAN, NOT AC, IS THE BEST WAY TO STAVE OFF HEAT STROKE

During a heat wave, fans alone won't provide enough cool air, especially for older adults and young children, whose thermo-regulation systems don't work as well in extreme temperatures. They need extra attention, and staying in an air-conditioned facility is safest. "Fans are not necessarily the best way to waive off heat stroke. In fact, AC is conditioned and temperature controlled air, so it is more soothing. However, the only drawback of the AC is that prolonged exposure or very cold temperature can cause skin to dry. Maintain the AC temperature at

False

22-24 degrees and humidify the room," says Goel.

#### MYTH: RAIN CURES PRICKLY HEAT

"Rain water may cause temporary soothing action for the patient. When a person has prickly heat, the sweat ducts get blocked. A good exfoliation followed by a cold shower and water based moisturiser is better," explains Goel. A cool shower would also do well to relieve the discomfort.

True

#### MYTH: SPORTS DRINKS BEAT THE HEAT

Sports drinks will give you the same water and electrolytes that aam panna and nimbu pani will. Except it comes with a price mark-up, says Chheda. It is a good idea to sip on fennel seeds soaked in water or cumin seeds boiled in water through the day.

True



Make popsicles to entice yourself. Or soak mint leaves in water to add flavour and encourage you to continue sipping periodically.

Keeping your body hydrated is even more important in the summer as you will lose more water through sweat. Chheda's advice is to keep an eye on the colour of your urine. It should be pale yellow to water colour. If it gets darker, it is a sign that your body needs more water. The medically prescribed water requirement is 35 to 50 ml per kg body weight. The right amount of water you need to consume also depends on your muscle mass and the environment where you spend most of your day. If you have a fever or infection, your water requirement increases.

But do not overdo it. Over hydration or water intoxication is a real danger. It can throw the balance of water and sodium in the body off, causing vomiting, pain and fluctuating blood pressure.

### THE 2-MINUTE READ

#### GARLIC CAN HELP FIGHT LUNG INFECTION

Spicing up your food with garlic can help protect your lungs against infections, suggests new research. A chemical found in garlic can kill bacteria that cause life-threatening lung infections in people with cystic fibrosis, a genetic disorder that mostly affects the lungs. The chemical - known as allicin - could be an effective treatment against a group of infectious bacteria that doesn't respond to antibiotics. "Microbiological research has the potential to unlock the rich reservoir of antimicrobial compounds present in plants such as garlic," said professor John Govan from the University of Edinburgh. Allicin is produced naturally by garlic bulbs to ward off a closely-related group of plant pathogens found in soil and water habitats. The researchers found that allicin kills bacteria by chemically modifying key enzymes. The team believes allicin-containing remedies could be used in combination with existing antibiotics to treat infections. The study was published in the journal PLOS one.

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