FIOIOCOI	Of Emerger	icy medici	ne	Blood Sugar (mg/dl)	<70	≥500
	ite of Integrated			Systolic B.P. (mmHg) Temperature	≤90 <95°F	>220
	No.			Oxygen Saturation	<95°F ≤85%	>102°F
	al Sci			Pulse Rate per min	<40	≥130
	idsout solution			Respiration Rate Urine Output	≤8 ≤20 ml/hr	≥28 HIIMS/VOPD Kidney patients
	HUMS			Conscious state and orie	entation •Reduced conscious s	state may go to
	based on				 Disoriented in time of Seizures, hallucination 	
Two Mor	iths Online Certifi	cation Trainir		Lips, mouth, airway, void	ce Swelling of lips, tongu	
	00		IG Net	Capillary refill test Color of skin	> 4 second Very pale or yellow (ja	
Em	ergency & Pain Ma	nagement		Responsiveness of pupil		
	Shridhar Univers	3	60°	Diarrhea Unresponsiveness	Copious, watery, bl	
SHRIDHAR			ledicine	Dialysis patients		ng→Cardiac Arrest /Death cessive swelling/ Breathlessness/Delirium
WAY TO TRANSFORM	www.biswaroop.com/		Nore Darysis Ina more framspiant	, ,		ates emergency dialysis
Medical Condition	Postural Medicine	Acupressure	Local	Application	To consume	Tools/Materials needed
Angina/ Heart attack	Heart safe posture 🗸 LLHWI	CV 17	Cold fo	mentation on forehead	Chew Ginger/ Red chilly	Long Bucket, Grad Dialysis Tub, Ginger, Red chilly/Cold pack, Water thermometer, Immersion rod/Geyser, Nebulizer
Asthma attack	Recovery Position		Sniff Ka	apoor (Desi)	Powdered Fitkari(Alum) under tongue	Bhimseni Kapoor (Desi), Alum, Nebulizer
Cardiac arrest	Cardiac Compression		Autom	ated Defibrillator		AED (Automated Defibrillator)
×						
Choking Electric shock	Abdominal Thrust/Heimlich maneuver	(n' 🤏 👻 7)	Sarson	Oil + Saunth heat n apply	Coconut water/ Lemon water	Sarson oil, Saunth, Coconut water/ Lemon water,
		🦞 😹 / GV 26	(warm powde	Oil + Saunth heat n apply Sarson oil +saunth)/ (ratanjot r + coconut oil)		Ratanjot powder, Coconut oil,
Epilepsy	Right Lateral Decubitus			s of Tulsi juice on juice in the Nose		Tulsi leaves, Onion, dropper, sieve, Nebulize
Poisoning	HWI			,	Drink 30ml Sarson Oil +30ml Onion juice. Vomit	Sarson oil, Onion, GRAD Dialysis Tub
Snake bite	Supine		Tournic	juet/ Suction cup	Neem leaves + Chilies (Alternately)	Tourniquet, Suction cup, Neem leaves, Chilies
SpO2< 85% Breathlessne	ss CAAT/Prone ventilation	GB33	Sniff B	himseni Kapoor	Tulsi Leaves,Saunth,Haldi, Dalchini, laung Ajwain, , Kalimirch,Munakka, Garlic	Tulsi leaves, Saunth, Haldi, Dalchini, Ajwain, laung, Garlic Kalimirch, Munakka, Hand held fan , Bhimseni Kapoor, Oxi
) Stroke/Paralysis	LLHWI	GV26			Chew Ginger till tears roll out	Long bucket, Hot water , Ginger, water thermometer, Ne
Broken bones				cast/sling		Splint, Cast/Sling, Haldi,Methi,Saunth, Arjun ki C
Burn			Cold w Amritd	ater flow for 10 min hara +Coconut oil/Aloevera		Free flowing cold water, Amritdhara, Raw Pota Coconut oil/Aloevera gel, Grater
			gel or r	aw Potato paste all over		Loconut oil/Aloevera gel, Grater Haemostatic dressing , Stapler, Aloe Vera, Haldi,
Cuts/Injury/bleeding	Anti gravity position +30° inclined		Aloe V	Fitkari (Alum), Dressing with era+ Haldi	Saunth 1/2 Spoon+1/4th Spoon Haldi	Fitkari, toothed forcep
Joint dislocation	Relocation of joint		Cold Co	mpression, hot fomentation	Saunth 1/2 Spoon+1/4th Spoon Haidi	Tilt Bed, Inclinometer,Saunth, Haldi Hot pack, cold pack
Small insect bite	Water immersion @ 50°C	LI11		aldi+ Lemon juice/ Sarson oil apply/Rub Tulsi leaves with Salt		Grad Dialysis Tub, Hot water, blunt knife, Raw Haldi, Sarson oil, Lemon, Tulsi leaves, Salt
					Kadha of Dhania seeds + Saunth	Haldi, Sarson oil, Lemon, Tulsi leaves, Salt Ajwain, Water, Ginger,Saunf, jeera, Camphor oil,
Abdominal pain		CV6	foment	or oil around navel + hot ation/cold wet cloth bandage	+ Saunf+ Jeera+ Ajwain + Kala Namak + Ginger juice + Pudina juice with water	Dhania seed, Saunth, Kala Namak, Pudina, hot p cold pack
Back pain	HWI/Vajrasana 💮 🕺	B23 B47 B47	(Wet Pot	li massage + ashwagandha + saunth Istard Oil), Suction cups, TENS	Kadha Haldi+Methi+Saunth+Dalchani +Ajwain +Arjun Chhal	Grad- Dialysis Tub, Hot Water, Potli , Mustard oil Saunth, Ashwagandha, Suction cups, TENS
Cancer pain	HWI			(Dry Potli massage + Rice)	TAjwalit TAljuli Cililai	Grad- Dialysis Tub, Hot Water, TENS Machine, Potli
				or oil around navel + Hot	Kadha of Saunth+Ajwain+Jeera+Pudina	+ Rice + Suction cups, Hot Tawa Camphor oil, Musturd oil, Saunth, Ajwain,
		EV12		tion+ warm Musturd oil /Garlic	······	Jeera, Pudina, Garlic, hot pack
Ear Ache		B	Smoke of	nion juice & pour in the ear/ of Turmeric + Garlic		Onion juice, Haldi, Garlic, Turmeric (a small bowl heating turmeric + garlic)
Fibromyalgia	HWI		TENS +	- Potli	Haldi+Methi+Saunth+Dalchini+Ajwain	Grad tub/ TENS, Potli, Rice, Haldi, Methi, Saunth, D Ajwain, Hot Tawa
Gallbladder /Kidneystone pain			TENS /H	ot and Cold Compress	Tulsi+Ajwain+Dalchini+ Black salt and 2 drops of lemon	TENS Machine, Hot and cold pack, Tulsi, Ajwain, Flannel Cloth, Dalchini, Black salt, Lemon
Headache	Anulom-Vilom		Chanda	n/Aloevera Lepas	Sniffing oil, Ginger Kadha	2 Sec headache sniffing oil, Ginger, Chandan/Aloevera
Labour pains	HWI@38⁰C	keyin Pi	Tie Lea	f of ark plant on forehead	Kadha (Jeera/Saunf + Dalchini)	Leaf of ark plant, hot water, Jeera, Dalchini, Grad water thermometer
Painful Menstruation	HWI	SP 6		tle fometation nentation	Powder of reddish seeds+carrot seeds + Kalongi seeds	Grad Dialysis Tub, hot water, Raddish seeds, Carroot Kalongi seeds, Hot bottle, Hot Pack, water thermome
Piles Pain	Sitz bath @ 42°C		. 0. 0	loe-vera in & out of Anus	Kadha Methi leaves/Coriander leaves	Sitz Bath Tub warm water, Aloe vera, Methi leaves/Coriander leaves, water thermometer
Sciatica Pain	Avagaha Therapy			n cups, TENS	Haldi+Methi+Saunth+Dalchani+Ajwain	Nirgundi/Dashmool leaves,Suction cups, Haldi,I
	Avagaha (HWI)	GB 30		· · ·	+Arjun Chhal (Take 1 Spoon After Mixing)	Saunth, Dalchani, Ajwain, Arjun Chaal, Grad Tuk water thermometer, TENS,
Severe joint pain			+ Ginger	ssage (Wet)/Sarso oil massage /Suction cups, TENS	Night Jasmine leaves Kadha	Potli + Onion, oil (Herbal oil)+Onion/ Alovera,Sarso Ginger,Night Jasmine leaves, Suction Cups, TENS
Sprain		tayari		on massage/Turmeric/Lime stone lepas		Saunth, Tulsi leaves, Haldi, Potli, Lime, Onion, Lime
Swelling in legs	HDT	SP 6	Haldi & /Suctior	Methi seeds paste n Cups	1/2-1 Spoon Of Saunth Powder Kadha	Haldi, Methi seeds, Tilt Bed, Inclinometer /Suction Cups, mortar and pestle
Tooth Ache		LI11	Put Gar	lic paste	Gargle 4 clove + 1 glass water + 1 Pinch Alum/Chew Garlic	4 Clove, Water, Alum, Garlic, mortar and pestle
Acidity/GERD	Left lateral position		Cold w	et cloth bandage	Kadha: Saunf+ Jeera+Mulethi	Saunf, Jeera, Mulethi, Dhaniya, Mishri, Cotton Cloth, chilled water
Anaphylaxis	Leg raise	CV16	on upp	er abdomen	+ Dhaniya + Mishri	Cotton Cloth, chilled water 2-3 Pillows
Anxiety/fatigue	LLHWI	EX 1			Haldi/ Jeera Kadha	Long bucket, Hot water, Haldi and Jeera, water-thermometer
Blood sugar≥ 500	LBHWI		- a		Fasting	Glucometer, GRAD Tub, Thermometer,
Blood sugar< 70					Fruit juice	Fresh fruit Juice, Glucometer
Fever >102 ^o		(massing)	Cold fo	omentation	Night Jasmine Leaves Kadha/ Chirata Kadha	4 Pieces of towel, cold water, Night Jasmine lea Chirata, clinical thermometer Hand held fan
Faint	Recovery position	∫ ⊈ / <mark>GV 26</mark>	2 drops	of Tulsi juice in the Nose		Tulsi leaves, Dropper, Mortar and pestle
Heat stroke	Recovery positions	LI11	Cold to	owel on head	20ml Onion Juice to drink / coconut water/ lemon water	Drinking water, Onion, Towel, chilled water, coconut water, lemon
High B.P.	LLHWI/ HWI	GB 20	Cold to	wel on head	Eat 4-5 Belpatra, Black pepper / 1/2cup Bottle Gourd juice	Long Bucket, Hot Water, Cold water, Towel, B.P monitor, Black pepper/Bottle Gourd, Water Thermometer, GARD Dial
۲ م Hickups	Valsalva maneuver	G <mark>∕/26</mark>			Munakka+Roasted Hing powder	Munakka, Roasted Hing Powder/Honey & Lemor
			Alum / A	mritdhara+ Coconut Oil/Aloevera gel	1Tsp Honey + 1Tsp lemon juice	Alum, Coconut oil, Amritdhara, Aloevera gel, Neem
Low B.P.	-5º HDT	E C			Water+ Jaggery+Rock Salt/Salt	Tilt Bed, Bricks, Inclinometer, Chandan, Jaggery,
				Chandan paste	+ Lemon / Coffee drink+ boiled Munakka boiled munakka paste or chutney	a, Salt, Lemon/Coffee, Munakka, chandan powder, mortar & pestle, B.P monitor
Loose motion		=	SP 6 Cold w	vet Cloth on abdomen	Kadha (Jeera + Dalchini)+ Sauf	Jeera, Dalchini, Saunf, Cotton Cloth, chilled wate
Mucus in lungs	Postural Drainage			e with mustard oil	Ginger + Raw Haldi (Kadha + Chew)	2 Pillows, Mustard Oil, Ajwain, Methi Seeds, Crushed Garlic, Ginger, Raw Haldi
Nose bleed			Cold Cor	n + Methi seeds + Garlic npression	5-6 tender Peepal leaves juice	Small towel, Ice water, Onion, Raw Haldi,
			Put 2-3 (drops of Onion juice in the nose		Peepal leaves, grater, dropper
³ Pulse rate≤40	HDT	H7	Massage	e Sole of foot with Mustard Oil		Head Tilt Bed , Mustard Oil, Inclinometer
Pulse rate≥130	Valsalva maneuver	Uter 1	14		Kadha: Dalchini+Methi	Dalchini, Methi
Respiration rate≤8	Segmental Breathing/Deep Breathing Pursed lip breathing	K 27	K27		Kadha: Methi Leaves/ Dhaniya leaves	Methi leaves/Dhaniya leaves
Respiration rate≥28			31.77		Sip warm water	Warm drinking water
Severe Constipation		 	Enema		Castor oil /Trifala Churna + Warm water	Enema Kit, Water, Castrol Oil, Trifala Churna, luke warm
Severe Cold/Cough		K27			Kadha: Ajwain+Turmeric+Ginger+Jaggery +Clove+Black pepper+Sendha Namak	Ajwain, Haldi, Ginger, Jaggery, Clove Black pepper, Sendha Namak
Sleep disorder	LLHWI/HWI	GV20	Sole ma /lavenc	assage Mustard oil Ier oil massage behind ear	Hot water steam with Jeera/ Unripe banana (Kadha)	Long bucket, Hot water / Grad- Dialysis Tub, Jeera, water, Mustard oil, Unripe banana, Steamer, lavend
Sleep disorder						
Temperatures ≤ 95F	LLHWI@45°C	LII	1.		Night Jasmine leaves Kadha	Long bucket, Night Jasmine leaves, Hot water water thermometer, clinical thermometer

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