

Protocol Of Emergency Medicine

P O E M



based on

Two Months Online Certification Training

on
Emergency & Pain Management

from
Shridhar University

www.biswaroop.com/epm



Parameter/Observation	Warning Range/Danger Sign	
Blood Sugar (mg/dl)	<70	≥500
Systolic B.P. (mmHg)	≤90	>220
Temperature	<95°F	>102°F
Oxygen Saturation	≤85%	
Pulse Rate per min	<40	≥130
Respiration Rate	≤8	≥28
Urine Output	≤20 ml/hr	
Conscious state and orientation	<ul style="list-style-type: none"> •Reduced conscious state •Disoriented in time or place •Seizures, hallucinations, delirium 	
Lips, mouth, airway, voice	Swelling of lips, tongue	
Capillary refill test	> 4 second	
Color of skin	Very pale or yellow (jaundiced)	
Responsiveness of pupils	Unresponsive to light stimulus	
Diarrhea	Copious, watery, bloody	
Unresponsiveness	No pulse + No breathing → Cardiac Arrest /Death	
Dialysis patients	Vomiting/ Itching/ excessive swelling/ Breathlessness/Delirium Above symptom indicates emergency dialysis	

HIIMS/VOPD
Kidney patients
may go to
www.biswaroop.com/gradapp
& download **for daily monitoring**

Medical Condition	Postural Medicine	Acupressure	Local Application	To consume	Tools/Materials needed
1 Angina/Heart attack	Heart safe posture → LLHWI HWI		Cold fomentation on forehead	Chew Ginger/ Red chilly	Long Bucket, Grad Dialysis Tub, Ginger, Red chilly/Cold pack, Water thermometer, Immersion rod/Geyser, Nebulizer
2 Asthma attack	Recovery Position		Sniff Kapoor (Desi)	Powdered Fitkari(Alum) under tongue	Bhimseni Kapoor (Desi), Alum, Nebulizer
3 Cardiac arrest	Cardiac Compression		Automated Defibrillator		AED (Automated Defibrillator)
4 Choking	Abdominal Thrust/Heimlich maneuver				
5 Electric shock			Sarson Oil + Saunth heat n apply (warm Sarson oil +saunth)/(ratanjot powder + coconut oil)	Coconut water/ Lemon water	Sarson oil, Saunth, Coconut water/ Lemon water, Ratanjot powder, Coconut oil,
6 Epilepsy	Right Lateral Decubitus		2 drops of Tulsi juice or Onion juice in the Nose		Tulsi leaves, Onion, dropper, sieve, Nebulizer
7 Poisoning	HWI			Drink 30ml Sarson Oil +30ml Onion juice. Vomit	Sarson oil, Onion, GRAD Dialysis Tub
8 Snake bite	Supine		Tourniquet/ Suction cup	Neem leaves + Chilies (Alternately)	Tourniquet, Suction cup, Neem leaves, Chilies
9 SpO2< 85% Breathlessness	CAAT/Prone ventilation		Sniff Bhimseni 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, Oximeter
10 Stroke/Paralysis	LLHWI			Chew Ginger till tears roll out	Long bucket, Hot water , Ginger, water thermometer, Nebulizer
11 Broken bones			Splint, cast/sling	Haldi+Methi+Saunth+Arjun ki Chaal	Splint, Cast/Sling, Haldi,Methi,Saunth, Arjun ki Chaal
12 Burn			Cold water flow for 10 min Amritdhara +Coconut oil/Aloe vera gel or raw Potato paste all over		Free flowing cold water, Amritdhara, Raw Potato, Coconut oil/Aloe vera gel, Grater
13 Cuts/Injury/bleeding	Anti gravity position		Apply Fitkari (Alum), Dressing with Aloe Vera+ Haldi		Haemostatic dressing , Stapler, Aloe Vera, Haldi, Fitkari, toothed forcep
14 Head injury	+30° inclined			Saunth 1/2 Spoon+1/4th Spoon Haldi	Tilt Bed, Inclinator,Saunth, Haldi
15 Joint dislocation	Relocation of joint		Cold Compression, hot fomentation		Hot pack, cold pack
16 Small insect bite	Water immersion @ 50°C		Raw Haldi+ Lemon juice/ Sarson oil heat n apply/Rub Tulsi leaves with Salt		Grad Dialysis Tub, Hot water, blunt knife, Raw Haldi, Sarson oil, Lemon, Tulsi leaves, Salt
17 Abdominal pain			Camphor oil around navel + hot fomentation/cold wet cloth bandage	Kadha of Dhania seeds + Saunth + Saunf+ Jeera+ Ajwain + Kala Namak + Ginger juice + Pudina juice with water	Ajwain, Water, Ginger,Saunf, jeera, Camphor oil, Dhania seed, Saunth, Kala Namak, Pudina, hot pack, cold pack
18 Back pain	HWI/Vajrasana		(Wet Potli massage + ashwagandha + saunth + hot mustard 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
19 Cancer pain	HWI		TENS, (Dry Potli massage + Rice)		Grad- Dialysis Tub, Hot Water, TENS Machine, Potli + Rice + Suction cups, Hot Tawa
20 Colic Pain			Camphor oil around navel + Hot fomentation+ warm Musturd oil /Garlic	Kadha of Saunth+Ajwain+Jeera+Pudina	Camphor oil, Musturd oil, Saunth, Ajwain, Jeera, Pudina, Garlic, hot pack
21 Ear Ache			Warm onion juice & pour in the ear/ Smoke of Turmeric + Garlic		Onion juice, Haldi, Garlic, Turmeric (a small bowl for heating turmeric + garlic)
22 Fibromyalgia	HWI		TENS + Potli	Haldi+Methi+Saunth+Dalchini+Ajwain	Grad tub/ TENS, Potli, Rice, Haldi, Methi, Saunth, Dalchini, Ajwain, Hot Tawa
23 Gallbladder /Kidneystone pain			TENS /Hot 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
24 Headache	Anulom-Vilom		Chandan/Aloe vera Lepas	Sniffing oil, Ginger Kadha	2 Sec headache sniffing oil, Ginger, Chandan/Aloe vera
25 Labour pains	HWI@38°C		Tie Leaf of ark plant on forehead	Kadha (Jeera/Saunf + Dalchini)	Leaf of ark plant, hot water, Jeera, Dalchini, Grad Tub, water thermometer
26 Painful Menstruation	HWI		Hot bottle fometation Hot fomentation	Powder of reddish seeds+carrot seeds + Kalongi seeds	Grad Dialysis Tub, hot water, Raddish seeds, Carroot seeds, Kalongi seeds, Hot bottle, Hot Pack, water thermometer
27 Piles Pain	Sitz bath @ 42°C		Fresh Aloe-vera in & out of Anus	Kadha Methi leaves/Coriander leaves	Sitz Bath Tub warm water, Aloe vera, Methi leaves/Coriander leaves, water thermometer
28 Sciatica Pain	Avagaha Therapy Avagaha (HWI)		Suction cups, TENS	Haldi+Methi+Saunth+Dalchani+Ajwain +Arjun Chhal (Take 1 Spoon After Mixing)	Nirgundi/Dashmool leaves,Suction cups, Haldi, Methi, Saunth, Dalchani, Ajwain, Arjun Chaal, Grad Tub, water thermometer, TENS,
29 Severe joint pain			Potli massage (Wet)/Sarso oil massage + Ginger/Suction cups, TENS	Night Jasmine leaves Kadha	Potli + Onion, oil (Herbal oil)+Onion/ Aloe vera,Sarso oil, Ginger,Night Jasmine leaves, Suction Cups, TENS
30 Sprain			Potli+Onion massage/Turmeric/Lime stone lepas	Saunth+Tulsi leaves Kadha	Saunth, Tulsi leaves, Haldi, Potli, Lime, Onion, Lime stone
31 Swelling in legs	LLHWI		Haldi & Methi seeds paste /Suction Cups	1/2-1 Spoon Of Saunth Powder /Suction Cups	Haldi, Methi seeds, Tilt Bed, Inclinator /Suction Cups, mortar and pestle
32 Tooth Ache			Put Garlic paste	Gargle 4 clove + 1 glass water + 1 Pinch Alum/Chew Garlic	4 Clove, Water, Alum, Garlic, mortar and pestle
33 Acidity/GERD	Left lateral position		Cold wet cloth bandage on upper abdomen	Kadha: Saunf+ Jeera+Mulethi + Dhaniya + Mishri	Saunf, Jeera, Mulethi, Dhaniya, Mishri, Cotton Cloth, chilled water
34 Anaphylaxis	Leg raise				2-3 Pillows
35 Anxiety/fatigue	LLHWI			Haldi/ Jeera Kadha	Long bucket, Hot water, Haldi and Jeera, water-thermometer
36 Blood sugar ≥ 500	LBHWI			Fasting	Glucometer, GRAD Tub, Thermometer,
37 Blood sugar < 70				Fruit juice	Fresh fruit Juice, Glucometer
38 Fever >102°	Heat Protocol		Jalneti	Night Jasmine Leaves Kadha/ Chirata Kadha	Long Bucket, Hot water, Lavender Oil, Salt , Lemon, Hot water (to drink), empty plastic sauce bottle,
39 Faint	Recovery position		2 drops of Tulsi juice in the Nose		Tulsi leaves, Dropper, Mortar and pestle
40 Heat stroke	Recovery positions		Cold towel on head	20ml Onion Juice to drink / coconut water/ lemon water	Drinking water, Onion, Towel, chilled water, coconut water, lemon
41 High B.P.	LLHWI/ HWI		Cold towel on head	Eat 4-5 Belpatra, Black pepper / 1/2cup Bottle Gourd juice	Long Bucket, Hot Water, Cold water, Towel, B.P monitor, Belpatra Black pepper/Bottle Gourd, Water Thermometer, GARD Dialysis Tub
42 Hickups	Valsalva maneuver			Munakka+Roasted Hing powder 1Tsp Honey + 1Tsp lemon juice	Munakka, Roasted Hing Powder/Honey & Lemon
43 Itching			Alum / Amritdhara+ Coconut Oil/Aloe vera gel	Neem Kadha	Alum, Coconut oil, Amritdhara, Aloe vera gel, Neem leaves
44 Low B.P.	-5° HDT		Apply Chandan paste	Water+ Jaggery+Rock Salt/Salt + Lemon / Coffee drink+ boiled Munakka, boiled munakka paste or chutney	Tilt Bed, Bricks, Inclinator, Chandan, Jaggery, Salt, Lemon/Coffee, Munakka, chandan powder, mortar & pestle, B.P monitor
45 Loose motion			Cold wet Cloth on abdomen	Kadha (Jeera + Dalchini)+ Saunf	Jeera, Dalchini, Saunf, Cotton Cloth, chilled water
46 Mucus in lungs	Postural Drainage		Massage with mustard oil + Ajwain + Methi seeds + Garlic	Ginger + Raw Haldi (Kadha + Chew)	2 Pillows, Mustard Oil, Ajwain, Methi Seeds, Crushed Garlic, Ginger, Raw Haldi
47 Nose bleed	10 min		Cold Compression Put 2-3 drops of Onion juice in the nose	5-6 tender Peepal leaves juice	Small towel, Ice water, Onion, Raw Haldi, Peepal leaves, grater, dropper
48 Pulse rate ≤40	HDT		Massage Sole of foot with Mustard Oil		Head Tilt Bed , Mustard Oil, Inclinator
49 Pulse rate ≥130	Valsalva maneuver			Kadha: Dalchini+Methi	Dalchini, Methi
50 Respiration rate ≤8	Segmental Breathing/Deep Breathing			Kadha: Methi Leaves/ Dhaniya leaves	Methi leaves/Dhaniya leaves
51 Respiration rate ≥28	Pursed lip breathing			Sip warm water	Warm drinking water
52 Severe Constipation			Enema	Castor oil /Trifala Churna + Warm water	Enema Kit, Water, Castrol Oil, Trifala Churna, luke warm water
53 Severe Cold/Cough				Kadha: Ajwain+Turmeric+Ginger+Jaggery +Clove+Black pepper+Sendha Namak	Ajwain, Haldi, Ginger, Jaggery, Clove Black pepper, Sendha Namak
54 Sleep disorder	LLHWI/HWI		Sole massage Mustard oil /lavender oil massage behind ear	Hot water steam with Jeera/ Unripe banana (Kadha)	Long bucket, Hot water / Grad- Dialysis Tub, Jeera, Hot water, Mustard oil, Unripe banana, Steamer, lavender oil
55 Temperatures ≤ 95F	LLHWI@45°C			Night Jasmine leaves Kadha	Long bucket, Night Jasmine leaves,Hot water water thermometer, clinical thermometer
56 Vomiting			Cold wet bandage on stomach	Clove+Cinnamon/Kadha of bark of Bael tree	Cinnamon, Clove, Bark of Bael tree

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