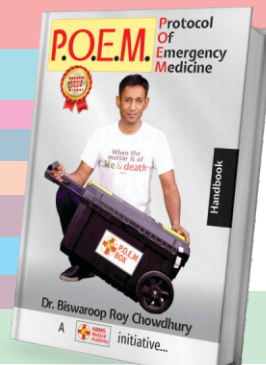


P.O.E.M.

Protocol of Emergency Medicine

Parameter	Warning Range	
Blood Sugar (mg / dl)	<70	≥500
Systolic B.P. (mmHg)	≤90	>220
Temperature (°F)	<95°F	>102°F
Oxygen Saturation (%)	≤85%	
Pulse (Rate per min)	<40	≥130
Respiration (Rate per min)	≤8	≥28
Urine Output (ml)	≤20 ml / hr	

Observation	Danger Sign
Conscious state and orientation	• Reduced conscious state •Disoriented in time or place
Lips, mouth, airway, voice	• Seizures, hallucinations, delirium
Capillary refill test	Swelling of lips, tongue
Color of skin	> 4 second
Responsiveness of pupils	Very pale or yellow (jaundiced)
Diarrhea	Unresponsive to light stimulus
Unresponsiveness	Copious, watery, bloody
Dialysis patients	No pulse + No breathing → Cardiac Arrest / Death
	Vomiting / Itching / excessive swelling / Breathlessness / Delirium
	Above symptoms indicate emergency dialysis



	Medical Condition	Postural medicine	Local Application / Panchakarma	To consume	Ingredients / Instruments
HIGH RISK	1 Alcohol Intoxication		Sadyo vaman (Emesis): Sugarcane Juice	Clarified Butter - 250 ml	Sugarcane Juice, Clarified Butter
	2 Angina / Heart attack	Heart safe posture → LLHWI	Cold fomentation on forehead	Chew Ginger / Red chilly	Ginger / Red chilly / cold pack / bucket / Cold fomentation pack
	3 Asthma attack	Recovery position	Sniff Camphor (Bhimseni) + Sesame oil + Rock Salt Over Chest and Back / Dhoomnasya / Sadyo vaman (Emesis)	Betel Leaves Juice / Powdered Alum under tongue	Betel Leaves / Alum / Camphor (Bhimseni) / Sesame oil / Rock Salt / Water / Dhoomnasya ingredients
	4 Cardiac arrest	Cardiac compression	Automated External Defibrillator (AED)		Automated External Defibrillator
	5 Choking	Abdominal thrust / Heimlich maneuver			
	6 Dog bite	Gravity Assisted Position	Aak (Sodom apple) leaves milk + Jaggery + Honey + Castor oil	Aloevera pulp	Aak (Sodom apple) Leaves / Jaggery / Honey / Castor oil / Aloevera pulp
	7 Electric shock	Recovery position direct contact with earth / cardiac compression if necessary	Mustard Oil + Dry Ginger heat & apply after cooling / Ratanjot powder + Coconut oil	Coconut water / Lemon water	Mustard oil / Dry Ginger / Ratanjot powder / Coconut oil / Fresh coconut water / Lemon
	8 Epilepsy	Recovery Position	2-3 drops of Holy Basil (tulsi) juice or Onion juice in the Nose / Dhamapan / Blow nasya with pepper / 2 second oil	Sadyo Vaman (Emesis)	Black pepper / Holy Basil (tulsi) Leaves / Onion / Grater / 2 second oil
	9 Poisoning	HWI		Sadyo vaman / Emesis: Drink 30 ml Mustard oil + 30 ml Onion juice Vomit	Mustard oil / Onion / Salt / Water
	10 Snake bite	Supine	Bite Suction cup	Castor Plant Leaves juice 20ml + 5ml water / Aak (Sodom apple) leaves Aloe Vera Pulp Orally	Castor leaves / Aak (Sodom apple) leaves / Aloevera pulp / Tourniquet / Bite Suction kit
	11 SpO2< 85% Breathlessness	Prone Ventilation	Sniff Camphor (Bhimseni)	Holy Basil (tulsi) Leaves, Dry Ginger, Turmeric, Cinnamon, Clove, Carom Seeds, Black Pepper, Raisins, Garlic	Holy Basil leaves / Dry Ginger / Turmeric / Cinnamon/ Carom Seeds / Clove / Garlic / Black Pepper / Raisins/ Hand Held Fan / Camphor, Oximeter
	12 Stroke / Paralysis	LLHWI / Head Recovery Position	Virechan / Nasya	Chew Ginger till tears roll out	Ginger / Bucket / Nasya oil / Castor oil / Bermuda (Durva) Grass
	13 Trigeminal Neuralgia		Pratimarsh Nasya (Ksheerbala oil / Clarified Butter)	Dashmool decoction	Dashmool / Ksheerbala oil / Clarified Butter
INJURY	14 Broken bones	Bandaging Sling	Fullers Earth / Laccita lacca resin (lac) / Guggulu (Commiphora) mukul, Talc powder	Turmeric+ Fenugreek + Dry Ginger + Arjun Tree Bark	Fenugreek / Turmeric / Dry Ginger / Arjun Tree Bark/ Bandages / Splint / Slings / Fullers Earth / Laccita lacca resin (Lac) / Guggulu (Commiphora) mukul, Talc powder
	15 Burn		Cold water (10 M) / Amritdhara + Coconut oil / Aloe vera/ Potato paste / Milk Dhara immediately until burning subsides	Marigold flower Decoction	Marigold flower / Amritdhara / Coconut oil / Fresh Aloevera gel / Potato / Grater
	16 Cuts / injury / bleeding	Anti gravity	Apply Alum (Fitkari), Dressing with Aloe Vera + Turmeric / Adhesive tape / Hemostatic Dressing	Marigold decoction	Marigold flower / Hemostatic dressing kit / Adhesive tape / Alum (Fitkari) / Aloevera / Turmeric
	17 Head Injury	W-Inclined / Dressing	Bermuda (Durva) Swaras Locally - Nasya		Bandages / Bermuda (Durva) Grass
	18 Insect Bite	HWI @ 50°C	Turmeric + Lemon / Mustard oil / Rub Holy Basil (Tulsi) leaves + Salt	Decoction of Coriander seeds + Dry Ginger + Fennel +Cumin + Carom Seeds + Rock Salt + Ginger juice + Mint juice	Hot water for HWI / Raw Turmeric/ Lemon juice / Mustard oil / Holy Basil (tulsi) leaves / Salt
	19 Abdominal Pain	HWI	Camphor oil around navel + hot fomentation / cold wet cloth bandage / Agnikarma / Blood Letting	Decoction of Coriander seeds + Dry Ginger + Fennel +Cumin + Carom Seeds + Rock Salt + Ginger juice + Mint juice	Carom Seeds/ Ginger / Fennel/ Cumin / Castor oil / Coriander-seed / Dry Ginger / Rock Salt / Mint/ Hot pack / Towels / GRAD tub, Syringe, bowl, pins, tweezer, candle
	20 Back pain	HWI	Wet Potli / Suction cups / TENS / Agnikarma /Blood Letting	Decoction Turmeric + Fenugreek + Dry Ginger + Cinnamon + Carom Seeds + Arjun Tree Bark	GRAD Tub/Hot Water/Potli/Dry Ginger/Suction cups/TENS /Nail/Syringe Needle, pin, candle, tweezers, Carom, Fenugreek, Cinnamon, Arjun Tree Bark
	21 Cancer Pain	LLCWI	TENS / Dry Potli massage	Decoction: Dry Ginger + Carom Seeds + Cumin + Mint	Camphor oil / Mustard oil / Dry Ginger / Carom Seeds / Cumin / Mint / Garlic / Hot pack
	22 Colic Pain	LLCWI	Camphor oil around navel+ Hotpack + warm mustard oil / Garlic	Turmeric / Guava leaves Decoction	Turmeric/ Guava Leaves / 2 buckets & water (hot & cold)
	23 Diabetic Neuropathy Pain	LLCWI		Warm onion juice & pour in the ear / Smoke of Turmeric + Garlic	Onion juice / Turmeric / Garlic / small bowl
PAIN	24 Ear Ache	HWI	TENS + Potli / Pain free patch / Agnikarma / Blood Letting	Turmeric + Fenugreek + Dry Ginger + Cinnamon + Carom Seeds	GRAD Tub / TENS / Potli / Turmeric / Fenugreek / Dry Ginger / Cinnamon / Carom Seeds/ pain free
	25 Fibromyalgia	HWI			
	26 Headache	Anulom-Vilom	Sandalwood / Aloevera Lepam / 2 second oil	Ginger Decoction	2 Second oil / Ginger / Sandalwood / Aloevera
	27 Labour pain	HWI @38°C	Tie Leaf of Aak (Sodom apple) plant on forehead	Decoction (Cumin/ Fennel + Cinnamon)	Leaf-Aak (Sodom apple) / Hot water / Cumin / Cinnamon / GRAD Tub / Fennel
	28 Migraine	Neck Neutral	Sandalwood Lepam / Nasya with 2 Sec oil / Agnikarma / Blood Letting	Clove for fumes / Dry Ginger 1/4th & Clove 3-4	Clove/Griddle/Sandalwood powder/2 Second oil/Dry Ginger/Syringe Needle /Nail,Candle, tweezer
	29 Painful Menstruation	W-recovery Position	Hot fomentation / pain free patches / Root of Horse Whip plant (Lepam)	Powder of raddish seeds + carrot seeds + Nigella seeds	Hot pack / seeds (Raddish, Carrot, Nigella) / Water thermometer / pain free patches / Root of Horse Whip plant
	30 Piles pain	Sitz bath @ 42°C	Fresh Aloevera in & out of Anus	Decoction Fenugreek leaves / Coriander leaves	Sitz Bath Tub / Aloevera / Fenugreek / Coriander leaves / Water thermometer
	31 Sciatica Pain	HWI	Suction cups / TENS / Agnikarma / Blood Letting	Turmeric+ Fenugreek + Dry Ginger + Cinnamon+ Carom Seeds + Arjun Tree Bark (Take 1 spoon after mixing)	Suction cups / Turmeric / Fenugreek / Dry Ginger / Cinnamon/ Carom Seeds / Arjun Tree Bark / GRAD Tub / Water thermometer / TENS / Nail / Syringe Needle
	32 Severe Joint Pain	LLCWI	Potli massage (Wet) / Mustard oil massage+Ginger / TENS / Pain free patches / Agnikarma / Blood Letting	Turmeric + Dry Ginger + Black Pepper + Carom Seeds	Turmeric / Dry Ginger / Black Pepper/ Carom Seeds / 2 buckets / Potli / Onion / Herbal oil / Alovera / Mustard oil / Ginger / TENS / pain free patches / Nail / Syringe Needle
	33 Sprain	RICE Protocol	Turmeric/ Chuna (lime stone) lepam / Cold fomentation / Salt or Sand Potli	Dry Ginger + Tulsi leaves decoction	Dry Ginger/ Holy Basil leaves / Turmeric / Potli / Onion / Lime stone / Salt or Sand Potli / Ice Pack / Crepe Bandage
	34 Stone pain (Kidney / Gall Bladder)		TENS / Hot and Cold Compress	Holy Basil (tulsi) + Carom Seeds + Cinnamon + Black salt and 2 drops of lemon	TENS / Hot & cold pack / Holy Basil (Tulsi) / Carom Seeds/ Flannel Cloth / Cinnamon / Black salt / Lemon
	35 Swelling due to Injury	LLCWI	Turmeric & Fenugreek seeds paste / Suction Cups / Castor oil + Banana Leaf	½-1 Dry Ginger Powder Decoction	Turmeric / Fenugreek / Tilt Bed / Inclinator / Suction Cups / Castor oil / Mortar and Pestle / Banana Leaf / Dry Ginger powder / Buckets
	36 Swelling due to Liver / Kidney	HDT / Leg Raise	Turmeric & Fenugreek seeds paste, Castor oil + Banana Leaf	½-1 spoon of Dry Ginger Powder decoction	Turmeric/ Fenugreek / Tilt Bed / Inclinator / Mortar and Pestle / Castor oil / Banana Leaf / Dry Ginger powder
	37 Tooth Ache		Apply Clove oil / 2 second oil	Gargle: 4 clove + 1 glass water + 1 pinch Alum / Chew Garlic	4 Clove / Water / Alum / Garlic / Mortar and Pestle / 2 second oil / Clove oil
	MISCELLANEOUS	38 Acidity / GERD	HUT	Cold wet cloth bandage	Decoction: Fennel+Cumin+Licorice+Coriander +Crystal Sugar
39 Anaphylaxis		W-recovery Position	Virechan		Castor oil
40 Anxiety		LLHWI	Nasya & shiro picchu with brahmi oil	Cinnamon decoction	Bucket / Water thermometer / Cinnamon / Brahmi oil
41 Blood Sugar <70		Supine		Fruit juice	Fresh fruit Juice / Glucometer
42 Blood Sugar >500		Calf muscle push-up	Neem Karela	Gurmar + Cinnamon + Fenugreek + Chirata + Vijaysar	Glucometer / Fenugreek / Gurmar / Cinnamon / Chirata / Vijaysar / Neem leaves / Karela (biter gourd)
43 DVT (Deep Vein Thrombosis)		LLHWI		Decoction: Punarnava+Cinnamon+ Ginger+ Manjishtha	Punarnava / Cinnamon / Ginger / Manjishtha / Buckets
44 Faint		Recovery position	2 drops of Holy Basil (tulsi) juice in the Nose		Holy Basil (tulsi) leaves / Dropper / Mortar and pestle
45 Fatigue		LLCWI		Turmeric/ Cumin Decoction	Turmeric/Cumin / 2 Buckets
46 Fever >102°C		LLHWI		Night Jasmine Leaves Decoction / Chirata decoction	Bucket / Salt / Lemon / Hot water / Night Jasmine leaves / Chirata
47 Heat Stroke		HUT 5° / Recovery Position	Cold towel on head	20 ml Onion Juice (Drink) / water (coconut / lemon)	Onion / Towel / Chilled Water / (Water- Coconut / Lemon)
48 Hiccups		Valsalva maneuver	Drop Nasya: Jaggery + Dry Ginger powder + Honey	Raisins+Roasted Asafoetida / 1 Tsp Honey+1Tsp lemon juice	Raisins/Asafoetida Powder/Honey/Lemon/Jaggery/Dry Ginger powder
49 High B.P.		LLHWI	Cold towel on head	Eat 4-5 Wood Apple Leaves (belpatra), Black Pepper / 1/2 cup bottle gourd juice	Bucket / Water/ Towel / B.P. monitor / Wood Apple Leaves (belpatra) / Black Pepper / Bottle Gourd
50 Itching		HWI	Alum + Coconut oil / Amritdhara+ Cocunut oil / Aloevera	Neem decoction	Alum / Coconut oil / Amritdhara / Aloevera / Neem leaves / GRAD Tub
51 Loose Motions			Cold wet Cloth on abdomen	Decoction (Cumin + Cinnamon) + Fennel / coconut water	Cumin / Cinnamon / Fennel/ Cotton Cloth / Cold water / coconut water
52 Low B.P.		5° HDT	Apply Sandalwood paste	Water + Jaggery + R Salt / Salt + Lemon /Coffee / boiled raisin chutney	Tilt Bed / Bricks / Inclinator / Sandalwood / Jaggery / Salt / Lemon / Coffee / Raisin / Mortar & Pestle / BP monitor / Water
53 Motion Sickness		Recovery Position		Chew ginger in every 2-4 hours	Ginger
54 Mucus in Lungs		Postural drainage / Percussions	Massage with Mustard oil + Carom Seeds +Fenugreek seeds + Garlic (chest & back)	Ginger + Turmeric (Decoction + Chew)	2 Pillows / Mustard oil / Carom Seeds / Fenugreek Seeds / Garlic / Ginger / Turmeric
55 Muscle Soreness		LLCWI	Muscle release	Indian Ginseng (Ashwagandha) decoction	Indian Ginseng (Ashwagandha) / 2 buckets / Rolling pin
56 Nose bleed		Recovery Position	Cold Compression / 2-3 drops of Onion juice or Bermuda (Durva) Swaras in the nose	5-6 tender Peepal leaves juice	Bermuda (Durva) Grass / Towel / Ice water / Onion / Peepal leaves / Dropper
57 Plantar Fasciitis		LLCWI	Agnikarma / Blood Letting	Giloy + Manjishtha + Dashmool Decoction	2 buckets / Giloy / Manjishtha / Dashmool / Syringe needle / Nail / Tweezer / Candle
58 Pulse Rate <40		HDT	Massage Sole of foot with mustard oil	Decoction: Dry Ginger + Black Pepper	Tilt Bed / Mustard oil / Inclinator / Dry Ginger/ Black Pepper
59 Pulse Rate >130		Modified Valsalva maneuver		Decoction: Cinnamon + Fenugreek	Cinnamon / Fenugreek (seeds / leaves) / Tape
60 Respiratory Rate <8		Segmental breathing / Deep breathing		Decoction: Fenugreek Leaves / Coriander leaves	Fenugreek (seeds / leaves) / Coriander leaves
61 Respiratory Rate >28		Pursed lip breathing		Sip warm water	Water
62 Severe Cold / Cough		LLHWI	Jal neti / Nasya with Anu oil	Decoction: Carom Seeds + Turmeric + Ginger+ Jaggery + Clove + Black Pepper + Rock Salt	Carom Seeds / Turmeric / Ginger / Jaggery / Clove / Black Pepper / Rock Salt / Anu oil / Plastic sauce bottle
63 Severe Constipation		Indian Squats Position / Malasana	Enema / Virechan	Castor oil / Fresh Indian Gooseberry (Amla) juice	Enema Kit / Water / Castrol oil / Indian Gooseberry (Amla)
64 Sleep Disorder		HUT / LLHWI	Sole massage Mustard oil / lavender oil massage behind ear / Nasya with Panchgavya Ghrit	Cumin Seeds Steam / Unripe banana (decoction)	Bucket / Cumin / Mustard Oil / Unripe banana / Steamer / Lavender oil / Panchgavya Ghrit / Tilt bed / Bricks
65 Stiffness		LLCWI	Nasya with Anu oil	Night Jasmine Leaves decoction	Night Jasmine Leaves / 2 buckets (Hot & Cold water) / Anu oil
66 Temperature <95°F		LLHWI at 45°C		Night Jasmine leaves decoction	Bucket / Night Jasmine leaves / Water Thermometer
67 Varicose Vein		LLCWI		Wood Apple Leaves (Belpatra) Decoction	Wood Apple Leaves (Belpatra) / 2 buckets (Hot & Cold water)
68 Vomiting	Recovery Position	Cold wet bandage on stomach	Clove + Cinnamon/ Decoction of bark of Wood Apple tree	Cinnamon/ Clove / Bark of Wood Apple tree / Cold Pack	