



Increase Number of data arriving in Post Mortem Units link with Heat temperature outcomes and its effects

Akshat Pandey*

Visting Faculty, Police Training Directorates, India

***Corresponding Author:** Akshat Pandey, Visting Faculty, Police Training Directorates, India.

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Abstract

As we all know climate has many folds be it hot, cold, and rainy or deserted domains it has its own cycle to work with it globally, be it land or air. There are seasonal changes which comes at its own pace naturally or man induced changes which comes more in forms of disasters then friendly noting's to get recorded. We generally see that in many hot countries floods arrives, in many cold regions it goes hotter, in drought or deserted domains it becomes floody The root cause is change in season with multiple factors be it natural or man made

Keywords: Hot Weather; Heat Stroke; Climate Changes; Seasonal Activities; Global Warming; Pace of Modernization; Global Interest; Wars Between Two Nations Irrespective of Causes; War Practices etc.

Introduction

Starting with basics of climate as already spoken in past it works on environmental changes in nature, direction of winds, movement of earth, waves in sea, volcanic eruptions taking place globally, Sun and moon effecting things on earth in forms of eclipses, Geographical changes taking place at smaller levels impacting things globally

As we divide temperatures segments on earth in 12 months its observed that heat segments or heat bracket has more time frames on earth as compare to rest zones. Cold temperature stays from 15 Nov to 15 Feb at upper level with inputs of rains or drought or floods as the case may be but overall heat segments outclass rest by all means

Factors effecting – climate changes

- Natural change
- Physical to physiological domains

- Volcanic eruptions
- Wars
- Wars and outcomes (Time frames involved)

Natural changes: Occur on their own, at regular weather cycles. Example – heat followed by rains, followed by cold, followed by floods as the case may be. In this component changes occur due to natural changes or natural process

Physical to physiological domains: This occur due to earth movement on its axis and longitudinally to latitude domains Also include impact of sun and moon positions on earth in forms of eclipses

Volcanic eruptions: Volcanoes are tough to handle. For example out of 100 volcanoes, 10 -15 explode at random basis taking dust and hot winds to distant areas leading to globally rise in temperature Many of time human developments and changes effect the outcomes but it comes in joint ventures effecting explosions

Wars and war heads: Wars between two countries goes for mutual to common interests or any topic linked to them with postings of war heads in war zones. This may attract use of war heads and weapons with drastic environmental hazards. Peak point is nuclear war heads with disaster on board the moment it's tested or fired up.

Basic Component

Heat

Heat is basic component of any temperature but has potential of disturbance the internal system of body if the body is exposed to extreme heat for longer duration or body is without hydration for long. If the hydration is effected then it affects the overall functioning of human body in terms of drowsiness, dryness, muscle cramps, weakness, general weakness, and prolonged exposure to inhuman conditions in heat leads to social data of casualties which may effect in the data of post mortem wards at general hospitals across few cities in India as reported in news papers

Causative factors

- Exposure to heat
- Excessive time frame of exposure
- Poor hydration
- Stress
- Social factors
- Improper health
- Past issues complicating the current scenarios
- Many other known and unknown factor

Case

- In a major city at India when leading newspaper published an article in which there is alarming data of increased number of dead bodies coming for post mortem with causative factor heat and its effects
- This was reportedly high in years with replacing data of Trauma and Road Traffic accidents which top the list
- According to the paper leads were there in data because of excessive temperature of city and surroundings and condition was that poor that even there was no space left to keep the bodies in preserve traditions at p.m

- Although there are multi factors which may lead to this scenario but even the Drs who are in there felt the heat and few went fainted and took leave for rest
- Weaker side of the whole process can be the space allocated or the facilities to carry out such things but on paper data of arrival of dead bodies in pm house as compare to regular data was alarming then before and even said that in years past by such data was not there

Observations

- Although casualties are part of any societies but as we see that dead bodies arriving in pm were deprived of trauma associated factors
- Causative factors was heat and its associated symptoms
- As we go in process of p.m. we may get associated factors of past illness or internal immune weakness but casualties in this stream can be manageable which is in our hands because factors link with heat are link with human activities and hence its prevention lies with us only
- Although no one in society shall like the news of casualties in p.m due to heat but few habits and activities can help in reducing the data annually or data of patients approaching p.m with heat as a reason
- Hydration in poor state is main reason
- Direct exposure to sun for long periods is another
- Excessive work load in sun
- Poor back up of water/minerals/or supportive drinks
- Improper medications
- Improper treatments

Conclusion

If the data of famous city of India can be taken in casualties reported in p.m. due to heat and its effects, its management and prevention lies in our hands too. Intake of water of min 5 liters a day with healthy body is primary thing to proceed further. Proper preventive techniques with backups of small features practiced at home can be considered. Its seen that in 2024 heat and its effects out pass the casualties reported by Trauma/RTA at p.m. wards, which is not society friendly thing. As a health care professional its our duty to teach benefits of hydrations and proper exercises to

society. After all it's our responsibility to reduce the data and keep society safe.

Reference Data published by leading newspaper of a major city in India showing alarming rate of deadbodies coming to p.m. which exceeds its normal counting on day-to-day basis.