

I didn't do much as I expected apart from one thing which obviously played a very key role in a bad way for the entire night. I woke up and did as usual and studied the swift language in the morning and in the afternoon. In the afternoon, before I go to my class, I found jiljilani masala in the cupboard and I drank it because the packet said it can clear constipation problems. After the drink, I ate some oil fried foods and drank tea. Due to these things, my stomach got sick and within a few minutes, I started getting problems such as headaches, stomach pain, and motions. Between 9 to 9: 30 pm, I went to the bathroom and I got a vomit sensation then I came out of the bathroom in a matter of seconds, and I got vomit. After this period, my stomach got free and I ate some fruits and curd rice and went to sleep. When I slept on the bed, the pain started in my back and I was unable to sleep. I came to my house and asked my mother to apply some cream on my back to reduce the pain. It started functioning mildly. In the meantime, my mom brought the heated salt and placed it inside a towel and started putting the towel on my back to reduce the pain. The situation that happened afterwards was hilarious. My mom put that to reduce the pain but it worked on my stomach. the heat which is coming from the salt affected directly my stomach and within ten minutes, I got vomiting. I didn't sleep at all because of my back pain. I slept at around 5 am I think.