

on drugs in Book 1. Give tablet Paracetamol for two days. For high fever, tepid water sponging is good first aid, with Paracetamol tablets. If fever doesn't come down within two days, refer to the nearest health facility. Sponge the whole body with tepid water. Do not use cold water as it causes shivers. Do not give a blanket. Keep windows open

- Give enough water and fluids to drink.
- Light meals like khichadi, daal-rice, curd, dalia are soft and easily digested.
- Fever is the symptom of a disease. It is not a disease in itself. Paracetamol tablet or syrup is general remedy for fever. It only brings down the temperature. It is not a fever-cure since it does not kill the causative germs. For common colds and coughs, Paracetamol or herbal remedies are good enough and no other treatment is necessary.

Some home remedies for fever

Home remedies soothe the effects of fever. Give her:

Gulvel kadha

Take a thumb thick piece of Gulvel. Add two-teaspoonful powder of dry ginger. Add 10-12 glasses of water. Boil on slow fire. When three glass full decoction remains, cool it. Give half a glass of freshly made decoction.

China grass tea

Tea prepared with China grass is a refreshing decoction for someone suffering from simple fever.

Specific treatment for illness

For illnesses due to various germs we need to give specific medicines. Malaria, pneumonia, TB, etc need specific medicines other than Paracetamol. However viral illnesses have no specific remedies. Virus is a very small germ causing many fever-illnesses. Common cold, flu, dengue, jaundice etc are viral illnesses.

Remember several serious illnesses may be connected with fever e.g., malaria, pneumonia, pus (anywhere) typhoid, TB, kala azar, filariasis, brain fever, HIV/AIDS etc. We will learn about them. As a thumb rule, do not wait for more than two days for cure.