

# Ministry of Ayush Issues Public Health Advisory on Heatwave and Extreme Heat Conditions

## Advisory highlights preventive measures, traditional wellness practices and emergency response for protection against heat-related illnesses

Posted On: 18 MAY 2026 3:31PM by PIB Delhi

In view of the rising temperatures and prevailing heatwave conditions in several parts of the country, the Ayush Vertical under the Directorate General of Health Services (DGHS), Ministry of Health & Family Welfare, in coordination with the Ministry of Ayush, has issued a comprehensive Public Health Advisory on Extreme Heat/Heatwave for the current summer season.

The advisory provides detailed guidance for the general public, vulnerable groups, employers, workers, and participants in mass gatherings and sports events to safeguard themselves against heat stress and heat-related illnesses. It emphasizes adequate hydration, avoiding direct exposure to sunlight during peak hours, use of light cotton clothing, and consumption of seasonal fruits and fluids rich in electrolytes.

The advisory also highlights that infants, children, pregnant women, elderly persons, outdoor workers, and individuals suffering from chronic illnesses such as heart disease and hypertension are particularly vulnerable during heatwave conditions and require special care and monitoring.

Special precautions have been advised for workplaces, public gatherings and outdoor activities, including provision of shaded rest areas, regular hydration breaks, acclimatization measures for workers, and awareness generation regarding symptoms of heat stress.

The advisory cautions citizens to remain alert for danger signs of heat-related illnesses such as dizziness, headache, nausea, altered mental status, high body temperature, dehydration, seizures and fainting. Heatstroke has been identified as a medical emergency requiring immediate medical attention. The advisory recommends promptly calling emergency helplines 108/102 in severe cases.

As part of the addendum issued by the Ayush Vertical under DGHS, the advisory also incorporates traditional wellness and preventive measures from various Ayush systems including Ayurveda, Siddha, Yoga, Unani and Homoeopathy for combating heatwave conditions.

The Ayurveda section recommends cooling dietary practices, intake of hydrating beverages such as buttermilk, coconut water and lemon-based drinks, and use of traditional preparations including Nimbukaphala Panaka, Amra Prapanaka and Chinchā Panaka to help regulate body temperature during extreme heat.

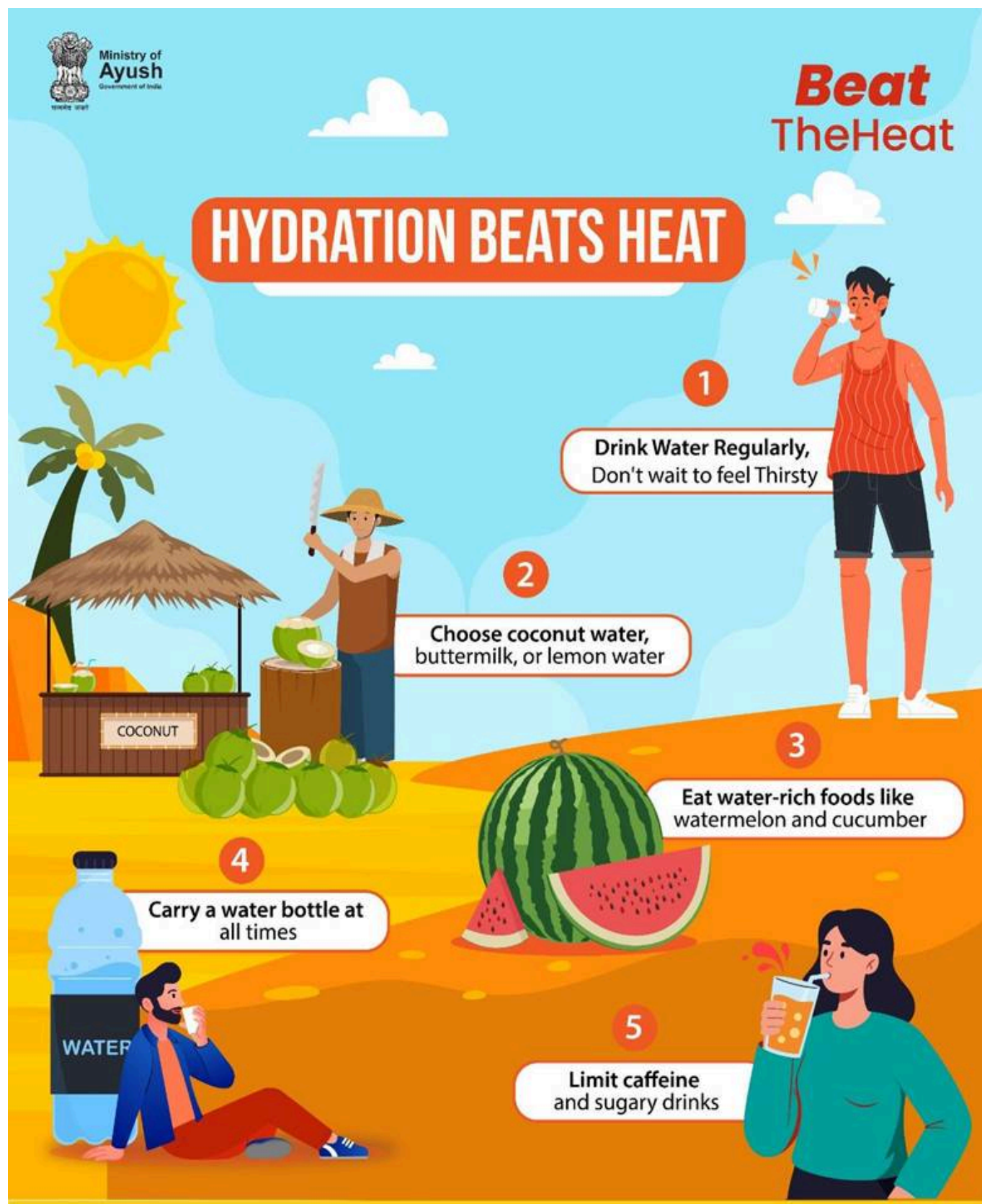
The Siddha and Yoga sections advise the adoption of cooling refreshments and breathing techniques such as Sheetalī Pranayama and gentle Yoga practices for maintaining thermal comfort and reducing heat stress.

The Unani system recommends traditional cooling drinks and herbal applications to prevent sunburn and dehydration, while the Homoeopathy section suggests precautionary measures during peak heat hours.

The advisory further encourages the public to include hydrating and cooling traditional food items such as cucumber, watermelon, lime, musk melon, ash gourd and tomatoes in their daily diet during the summer season.

Citizens have also been advised to regularly follow weather updates issued by the India Meteorological Department (IMD) and take necessary precautions during heatwave alerts.

The detailed advisory is attached.



moayush



ministryofayush



MinistryofAyushofficial

**SR/SV/SG**

(Release ID: 2262274) Visitor Counter : 892

Read this release in: Urdu , हिन्दी , Marathi , Bengali , Bengali-TR , Punjabi , Gujarati , Tamil , Telugu , Kannada