

## Medical Guidelines- Quick Reference

<p style="text-align: center;"><b>Prevent Dehydration</b></p>	<p><b>It is possible that you will become dehydrated</b> at some point during your trip to India. This is very common and is the cause or a contributing factor for many people who become ill while at the Ashram. <b>Dehydration is preventable</b> but difficult to do when in a hot climate such as India. You will be sitting for long periods and perspiring due to the heat and may not drink large quantities of fluid before going for Darshan. This is the main reason many become dehydrated. It is very important that you take measure to prevent getting dehydrated during your stay at the Ashram. This means <b>you need to drink large quantities of water, coconut water or other fluid after Darshan and whenever you get the chance.</b> Since you will also be losing electrolytes while sweating and also if you develop diarrhea, it is important to replace these electrolytes. <b>You should bring electrolyte powders</b> such as Gatorade, Propel, Pedialyte, or Crystal Light from the USA. <b>Drinking coconut water will also help</b> in this regard and Swami has recommended coconut water for good health and there is a tent where you can get fresh coconut water during your stay at the Ashram. <b>In India you can purchase Electrosol</b>, but with the large number of people coming from the USA, it could be hard to find due to low inventory in local pharmacies, or the Ashram shopping center.</p> <p>Drink plenty of fluids while at the Ashram. By doing so, you can prevent many problems. The best way to stay hydrated is to drink plenty of fluids, especially water and coconut water. <b>If you are diabetic</b>, it is best to use Water, Coconut Water, Crystal Light or Electrosol solution.</p>
<p style="text-align: center;"><b>U.S. Medical Team can be contacted through North Building Ashram Seva Dals, Darshan Leaders or May I Help Leaders Or Contact Sathya Sai General Hospital (SSSGH) call (08555) 287256.</b></p>	<p><b>Group 1 :</b> <i>Medical Service Coordinator -- Dr. Joe Phaneuf,</i> <i>Medical Service Providers :</i></p> <p><b>Ladies --</b> Dr. Geetha Kamath - Darshan Id - <b>2127</b> Dr. Priya Mehta - Darshan Id - <b>2347</b> Dr. Soumya Pasupuleti - Darshan Id - <b>2518</b></p> <p><b>Men --</b> Dr. Allen Levy - Darshan Id - <b>1016</b> Dr. Ashish Saharia - Darshan Id - <b>1036</b> Dr. Meda Raghavendra - Darshan Id - <b>1191</b></p> <p><b>Group 2 :</b> <i>Medical Service Coordinator -- Dr. Manoj Bhardwaj,</i> <i>Medical Service Providers :</i></p> <p><b>Ladies --</b> Dr. Payal Ghayal – Darshan Id - <b>4385</b> Dr. Jyoti Bhardwaj – Darshan Id - <b>4153</b> Dr. Gowri Anadarajah – Darshan Id - <b>4184</b></p> <p><b>Men --</b> Dr. Roger Mennillo – Darshan Id - <b>3139</b> Dr. Puneet Ghayal – Darshan Id - <b>3299</b> Dr. Mitra Boodram – Darshan id - <b>3234</b></p>