



## **Medical advisory for Char DhamYatra Uttrakhand**

Holy Shrines included in the “Chota” Char Dham Yatra at Uttrakhand are all located in High altitude( >2700m ASL):

- Yamunotri: 3235 m
- Gangotri: 3415 m
- Kedarnath: 3580 m
- Badrinath: 3415 m

On travel to these holy shrines pilgrims are advised the following precautions:

1. Avoid strenuous exercise at the high altitude site. If you are staying at the location for a longer time, exercise should be kept minimum for the first 48 hrs
2. Drink at least 2 litres of fluids daily. Hot sweet liquids are preferable.
3. You may develop headache / nausea/ dizziness which are symptoms of acute mountain sickness. These generally settle down on their own. You can take symptomatic treatment like tab paracetamol or anti -nausea medicine. If your symptoms worsen please report to a medical centre.
4. If you develop symptoms of excessive fatigue, breathlessness and cough, or any neurological symptoms please report to a medical centre.
5. Please carry adequate spare supplies of all medicines/ inhalers/syringes etc if you suffer from any chronic illness like diabetes, hypertension or asthma. Please carry a glucometer if you are diabetic and a portable sphygmomanometer if hypertensive to monitor your chronic condition.
6. You may develop excessive dryness of eyes, nose and mouth. Please use tear supplement eye drops / saline nasal drops.
7. Please use sunscreen with SPF 50 when outdoors to protect exposed parts of your skin.
8. Please wear sunglasses with UV protection/ polarised lenses, especially in areas with snow.
9. If you have any previous history of altitude sickness please take prophylactic treatment with Tab Diamox 125 mg, BD or Tab Dexa 4mg BD (for AMS) or Tab Nifidipine60mg in divided doses (For HAPE)
10. If symptoms develop and there are no medicines/ doctor available, descend from altitude immediately. A descent of 1000m will help symptoms to resolve.