

Text promoted by Hindu Janajagruti Samiti
Useful for the coming World War times and at other times too
First-aid training : Vol. 3

First-aid on suffocation, burns, animal & insect bites, poisoning, etc.

(English)

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卐 ————— Preface ————— 卐

Generally speaking, first-aid is the help provided to a sick or injured person until full medical treatment is available. Taking into consideration the present day hectic lifestyle, coming World War 3, natural calamities, riots, etc., it has become imperative for every prudent citizen to get trained in first-aid more as a duty towards Society and the Nation. It is the realisation of this need that has prompted us to publish this Text series (in 3 Volumes). Purchase the complete set.

This Text elaborates on the first-aid to be provided in the events of suffocation, burning, electric shock, disorders arising due to change in body temperature, poisoning, road accidents, etc. In the chapter on 'Animal bites and insect bites' in this part, while explaining the treatment for snakebites, information is provided according to the 'National Snakebite Management Protocol' of the Indian Government. Also, while explaining the first-aid treatment for animal bites, 'National Guidelines for Management of Animal bites' of the Indian Government has been referenced.

We pray at the Holy feet of Shri Guru that after reading the Text series on First-aid Training and receiving first-aid training, may every prudent citizen become a good first-aid.

- Compilers

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Introduction to the respiratory system and asphyxia (Suffocation)

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Chapter 2

Burns and scalds

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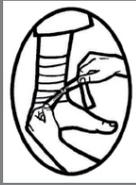
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Sanatan's Text useful for the adverse times

Practical training in firefighting



Training in firefighting is given in big factories, ships, aeroplanes etc. However, an individual or housewife, who spend about 5-6 hours in kitchen, are completely ignorant about firefighting and many accidents take place due to this. The objective of compiling this Text is to explain firefighting techniques in simple terminology.



Chapter 3

Electric shock and being struck by lightning

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Sanatan's Text especially useful for the adverse times



Chants for curing ailments

The chant of a Deity's Name is useful for worship as well as for curing ailments. When we chant the Name of a Deity, specific vibrations of that Deity are created in the body. These vibrations heal the abnormal vibrations or vibrations that are more in the body due to the ailment, meaning, they help in curing the ailment. Information on various types of chants will also help create faith in the readers about chanting.



Chapter 4

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Sanatan's Texts especially useful for the adverse times

Spiritual remedies using empty boxes for curing ailments (Part 1 & 2)



The root cause of most of the ailments in man is distress caused by negative energies. The distressing energy created by the negative energies in the body is effectively destroyed due to the Akashtattva (Absolute Ether Principle) present in the void of empty boxes which helps in curing the ailment faster.



Chapter 5

Animal and insect bites

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Sanatan's Text on 'Ayurveda' for a healthy and long life

Ayurvedic treatment on ailments such as blood pressure



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Sanatan's Text useful for the adverse times

First-aid on bleeding, injury, fracture, etc.



- ☞ First-aid for bleeding from body organs of a victim such as nose, mouth, ears, head
- ☞ First-aid for fracture of various bones of a victim such as Skull, Facial bones, Collar bone
- ☞ First-aid for Injuries of muscles & tendons, joints and cramps in muscles
- ☞ Dressing, bandage and sling - Method of dressing a victim's wound and how to tie a sling



Chapter 7

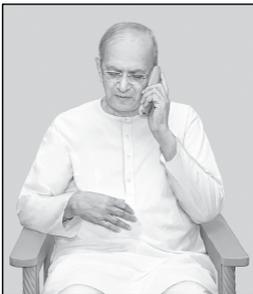
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Sanatan's Text useful for the adverse times

How to identify obstructions in the Pranashakti (Chetana) flow system for curing ailments ?



- ❧ Special features of Pranashakti flow therapy
- ❧ Who should not try to find the spiritual remedy
- ❧ Finding spiritual remedy for others
- ❧ Common instructions pertaining to finding the remedies
- ❧ Importance of daily spiritual practice in addition to performing spiritual remedies



Chapter 8

Some methods of shifting a victim

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Sanatan's Text on 'Ayurveda' for a healthy and long life

Metabolic Disorders and Diabetes Mellitus

It contains guidelines for classifying & treating metabolic disorder characterised by specific urinary abnormality.