

Health tips for pilgrims::

The Health Department has advised caution for pilgrims having health problems ascending Sabarimala. Since the start of the Mandalam season, about 11,000 people had reached various centres of the department seeking medical assistance. About 5,000 devotees had cardiac ailments and it was in this context that the department has advised caution for those reaching Sabarimala with health problems

The thousands that reach the Sabarimala, comprising and old, have various health problems and some of them might be on medication. While starting the conventional vrutham, they should strictly abide by the directions of their doctors. Those suffering from blood pressure and diabetes, should strictly have their medicines. While ascending the hills, the sugar level would go down. Asthma patients should carry their medicines. Medication and exercise would be the best regimen. The State Government, TDB, Health and other Departments have made various arrangements for the pilgrims from Pamba to Sannidhanam. Hospital with cardiology care centres are functioning at Apachimedu, Neelimala, and Pamba and a dispensary are functioning at Charalmedu. In addition, ayurveda and allopathy centres too are functioning at Pamba and Sannidhanam. Emergency medical centres for providing first aid like oxygen have also been set up between Pamba and Sannidhanam and Charalmedu too. A team of doctors, including, two cardiologists, two assistant surgeons, physician, orthopaedician, paediatrician, and a charge medical officer are functioning at Pamba round-the-clock. Similar facilities have been provided at Neelimala, Apcahimedu and Sannidhanam too. The activities are being coordinated by Dr.G.Suresh Babu. Sixty para-medical staff and health inspectors have also been delegated for service. Four ICUs and clinical laboratory facilities too have been set up in Pamba. Four doctors have been posted at Nilakkal too. Trained volunteers have also been deployed