



## Exposure to dehydration during Umrah

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It occurs when the amount of water the body gets is less than the amount lost through vomiting, diarrhea, exhalation, sweat or urination.

### Factors that increase the person during Umrah susceptibility to dehydration:

1. Excessive urination, as is the case in diabetics.
2. Exposure to sunlight and high temperatures for a long time.
3. Excessive sweating while practicing strenuous physical exertion.
4. Diarrhea or vomiting.
5. Taking some diuretics.
6. Drinking caffeine-containing drinks in large quantities, which increases the loss of body fluids.

### Symptoms:

1. Extreme thirst
2. Feeling tired or dizzy
3. Dark yellow urine
4. Dry mouth, lips and eyes
5. Less urination than usual

### To avoid dehydration while performing Umrah:

The body may suffer from dehydration without noticeable symptoms, so care must be taken to:

1. Drink a sufficient amount of water before going out to perform the rituals, especially during midday times.
2. Do not wait until you feel thirsty to drink water.
3. When going out to perform the rituals in times of high heat, be sure to drink a glass of water every 20-15 minutes.
4. The amount of drinking water should not exceed one and a half liters per hour, because drinking a lot of water in excess of the body's need causes a serious medical condition.
5. Drinking in short intervals is more effective than drinking large amounts infrequently.
6. Eat fruits and vegetables rich in water, such as watermelon and cucumber.
7. Treatment of dehydration depends on the severity of the dehydration, so when any of the previous symptoms occur, the body must be compensated with fluids, and it is preferable to visit a doctor for evaluation.

فقيه.

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