

Haze, clouds keep heat at bay for another day

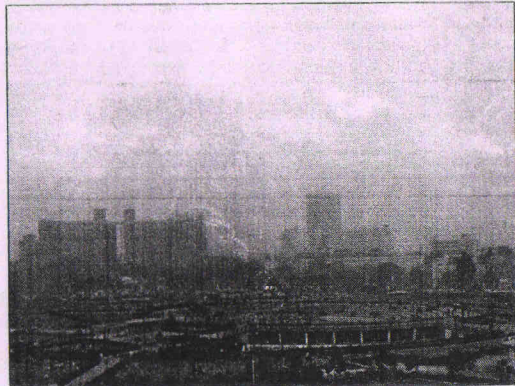
Temperature To Rise After Sky Clears Today

TIMES NEWS NETWORK

New Delhi: Despite a rise in temperature, Delhiites did not feel the heat on Thursday, first due to a haze in the morning and later a cloudy sky. The cloud cover this time is not a result of a western disturbance but has been caused by a convergence of winds coming from the west and east and is expected to dissipate by Friday.

"Because water heats faster than land, a low pressure system has formed over Bay of Bengal and Arabian Sea because of which winds from both water masses are moving inland," explained an official of the Met department. "This is a frequent occurrence in summer and the trough of convergence usually forms over eastern India. This time the trough extends from west Rajasthan to Tamil Nadu, going across west Madhya Pradesh, interior Maharashtra and interior Andhra Pradesh. Clouds that have formed over the trough extend 200 km or so on both sides."

The winds have brought in moisture which is why humidity levels went up in many areas, touching a high of 77% in Delhi. However, few areas are expected to witness any rain. "Rain is more likely in central and south India, but north India, which is away from the sea, may see only very light rain at some places," the official added. Rain and thunder-



WINDY AFFAIR: The winds have brought in moisture, pushing up humidity levels in many areas in the capital

showers are expected at a few places in Jammu and Kashmir and Himachal and at one or two places in Uttarakhand, Punjab, Haryana, Delhi, Rajasthan and west Uttar Pradesh till Friday.

This convergence led to a strong vertical wind current because of which pollutants accumulated at higher levels during the day, around the cloud level. However, the morning saw Delhi covered by a mix of haze and moisture. Pollution levels were higher between 7 am and 10 am than those recorded in the evening. The levels of particulate matter 10 at Mandir Marg between 7 am and 10 am were between 169 mg/cu m and 344 mg/cu m. At Punjabi Bagh, these ranged between 566 mg/cu m and 469

mg/cu m during the same period while at RK Puram these went from 416 mg/cu m to 661 mg/cu m. "The strong vertical current prevented pollutants from settling at the lower levels which is why the haze cleared up to an extent but the pollutants then went and settled at the higher levels," the met official explained.

Temperatures are expected to start rising once the sky clears up by Friday. Delhi's maximum temperature on Thursday was 38.5 degrees Celsius while the minimum was 23.2. Palam was the hottest area in the capital, recording a maximum of 39.6 degrees while the Ridge recorded the lowest temperature of the day with a minimum of 19.5 degrees Celsius.

Seasonal allergies plague kids, elders

Durgesh Nandan Jha | TNN

New Delhi: The change in weather and presence of particulate matters over the city skyline have people with respiratory problems and allergies running for cover. Children and elders alike, particularly those susceptible to allergic reaction during the change of season, are worst affected and doctors say they are flooded with calls from patients severely affected by such conditions.

"I could not breathe properly. I got up in the morning sneezing continuously for over 10 minutes and this got repeated several times," said Neha Khanna, an asthma patient. She remained indoors mostly during the day and kept the inhaler and medicines handy for emergency.

Harvinder Singh, a 75-year-old chronic obstructive pulmonary disease (COPD) patient, was rushed to the hospital on Thursday due to severe chest congestion. "He had been complaining about weakness for almost a week now. But the condition aggravated on Thursday, necessitating medical attention," his son Bhupinder Chikara said.

Doctors say incidence of allergies and severe infection caused by allergies go up during March and April.

"The symptoms — running nose, chest congestion

PREVENTION IS KEY

Change in weather and heavy presence of particulate matter in air is giving Delhiites a hard time. ENT specialists advise all to guard against



THROAT

ALLERGIC RHINO-PHARYNGITIS

➤ Rhino-pharyngitis is an acute or chronic inflammation of the mucous membranes in the nose and throat. Symptoms include sore throat, constriction and feverishness, especially in children



EYES

ALLERGIC CONJUNCTIVITIS

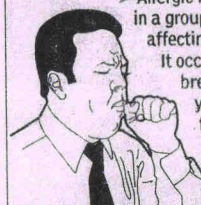
➤ It occurs when the conjunctiva, a clear layer of tissue lining the eyelids and covering the white of the eye, becomes swollen or inflamed in reaction to pollen or other allergens



NOSE

ALLERGIC RHINITIS

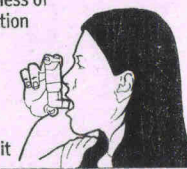
➤ Allergic rhinitis manifests in a group of symptoms affecting the nose. It occurs when you breathe in something you are allergic to such as dust or pollen. It is commonly called hay fever



LUNGS

ALLERGIC BRONCHITIS

➤ Pollutants present in the air cause inflammation of the main air passages to the lungs, leading to shortness of breath, cough, and a sensation of heaviness in the chest. Patients of Chronic Obstructive Pulmonary Diseases, bronchitis and asthma are more susceptible to contracting it



- Go to a doctor if high fever or chest congestion continues for over 48 hours
- Asthmatics should cover their faces

- Elderly, children and those with a history of COPD, bronchitis and asthma should take extra precautions
- Those suffering from

- diabetes and high blood pressure should not ignore initial symptoms and visit doctor as chances of incurring secondary infections are high

and difficulty breathing — are milder and tend to go away within two to three days in most cases. In elderly patients and those with histo-

ry of COPD, diabetes and other terminal illnesses, the allergy may take longer to subside though," said Dr Sanjeev Sinha, professor of med-

icine at AIIMS.

According to Dr Anoop Mishra, director, the Fortis C-doc centre of internal medicine, allergic reaction to pol-

lens and particular matters suspended in the air in humid conditions causes allergic conjunctivitis, running nose, sore throat and lung infection. "The pollutants present in the air cause inflammation of the respiratory tract, leading to shortness of breath, cough, and a sensation of heaviness or oppression in the chest. It can lead to serious problem in high-risk patients," he said.

Exacerbation of asthma symptoms in newborns due to seasonal changes and allergies could be a serious medication condition, said Dr Sanjeev Bagai, paediatric nephrologist and CEO of Radiant Life Care. "Small children should not get out when it is dusty outside. Little grown-ups, who are into sports activities, should take large amounts of fluid to check internal dehydration which aggravates the allergy symptoms," said Bagai.

The doctors advise against self-medication, too. "If the symptoms are severe or continue for more than three days, one must consult a doctor. Patients suffering from diabetes, high BP etc should not ignore initial symptoms and see a doctor as chances of secondary infections are high," said Dr Atul Gogia, senior consultant, internal medicine, at Sir Ganga Ram Hospital.

