



(REVIEW ARTICLE)



## Is drinking a lot of water during a fever good or bad for the body?

K. M. Yacob \*

*Marma Health Centre, Deshabhimani Jn, P.O. Kaloor, Ernakulam (Dt), Kerala, India.*

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### Abstract

To get an answer to this, we need to know what the fever heat was created for, what activities the body did with this heat energy, what other functions of the immune system were at that time, and what it was for.

Today, it is recommended to drink a lot of water, start sponging with water, and take paracetamol, which increases inflammation, to avoid fever caused by inflammation in the body. Drinking a lot of water during a fever does not produce the kind of symptoms, signs, or messages that our immune system likes.

When you have a fever, your body doesn't want to drink more water because the immune system knows it doesn't need more water. Likewise, with hyperthermia, you want to drink more water because the immune system knows you need more water.

Drinking a lot of water during a fever does not do the body any good. Excess water is removed from the body in several ways.

Modern science knows little about how water causes inflammation. Had they known this, they would not have advised drinking a lot of water during fever.

Whether the body requires large quantities of water and food during fever has been investigated in many directions. Not even one percent of evidence was found in favor of it.

**Keywords:** Inflammation; Water; Blood flow; Hyperthermia; Immune system

### 1. Introduction

There is a flaw in this question itself. It is only after inflammation that the immune system produces and responds to heat-producing substances.

If inflammation increases, is drinking lots of water good or bad for the body? Or

Does drinking more water during a fever reduce or increase inflammation in the body?

Really should have asked.

To get an answer to this, we need to know what the fever heat was created for, what activities the body did with this heat energy, what other functions of the immune system were at that time, and what it was for.

\*Corresponding author: K. M. Yacob; E-mail: [yacobkm@gmail.com](mailto:yacobkm@gmail.com)

## 2. What is fever? (Yacob`s Fever Definition)<sup>1</sup>

“If essential blood circulation decreases to organs, fever is a sensible and discreet action of the immune system to increase essential blood circulation as a self-defense mechanism of the body to sustain the life or organ”.

The temperature of the fever works against the lack of blood flow and increases blood flow.

The answer to any question about fever can be found in this definition of fever.

In order to sustain life or organs longer, when the existing essential circulation is reduced, a sensible and intelligent immune system has no choice but to produce heat-producing substances and prevent heat loss from the body.

Any substance that is cooling or reducing temperature (antipyretic) is a fever stimulant because it increases inflammation and reduces blood flow. Antipyretics are the only substances needed to induce fever and hypothermia in any organism.

The heat of the fever and prostaglandinE2 are the most abundant substances in the body during fever. prostaglandinE2 is a substance that produces heat in the body during fever. Increased inflammation is not caused by excess prostaglandin E2 in the body. It is more abundant after the inflammation in the body. They are not abundant before the inflammation. Excess prostaglandin E2 in the body does not increase inflammation. As inflammation increases, blood flow decreases.

Dehydration can reduce blood flow to organs that perform vital functions due to water, which can lead to swelling and pus. Cold does not occur in such diseases. For such inflammation, drink water slowly according to thirst.

Steaming is a time-honored method used by people around the world for colds. Dehydration occurs in the body when it catches steam. When a patient with a cold is steamed, the patient feels better because of the reduced hydration, increased blood flow, and reduced swelling. The patient likes steaming when he has a cold. It is messages of the body and reflex action. Conversely, the patient hates drinking cold water or taking a shower because the body heat is reduced. These are messages from the body and reflex action.

### 2.1. Unfounded fever research.

Lack of a uniform definition of fever and hyperthermia<sup>2</sup> and lack of knowledge about the purpose of fever temperature<sup>3</sup> lead to prescribing as much water for fever as for hyperthermia. It is often forgotten that increased inflammation increases the risk of infection and death<sup>4</sup>.

So far, fever research has tested and treated fever by creating hyperthermia, the opposite of fever.

Many research studies use hot objects or heating materials, such as electric bulbs and prostaglandin E2 to induce fever in laboratory animals such as rats and rabbits<sup>5</sup>. Fever is determined by observing the rise in temperature in these animals using a thermometer. It is not a fever-measuring device. Little did they know that what these researchers were producing and testing was not fever, but hyperthermia.

The fundamental fallacy of fever begins here and is reflected in the definition of fever and continues in diagnosis and treatment. No researcher who has studied fever has identified prostaglandin E2 deficiency as a cause of inflammation, infection, or death.

Nowhere in fever research to date, nor current fever testing or treatment, has anyone addressed, examined, or treated why fever shows all the symptoms, signs, and actions of hypothermia caused by decreased temperature and decreased blood flow.

Studies and research are based on the misconception that fever is the cause of all problems instead of disease. The causes, diagnosis and treatment of fever are fundamentally based on misinformation.

Based on this, no matter how many billions of fever experiments have been done over the centuries, it is not about the right fever. Therefore, the correct result is not obtained.

Using hot objects or objects that cause heat can increase the body temperature. Fever cannot be induced by hot objects or heat-producing substances in any living being.

Those who suggest drinking a lot of water during a fever do not know what is proper fever, what is the heat of a fever for, what functions are done with this heat energy of a fever, and how to check and treat fever. So they diagnose and treat fever as they do for hyperthermia, the opposite of fever.

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### **3. What did the body do with the heat energy of the fever?**

- Increased blood flow to major organs.
- Increased respiratory rate.
- Tried to reduce inflammation.
- The heat of the fever further warms the cold air inhaled in the atmosphere and helps it enter the lungs.
- Helped to get blood flow to all the organs for survival.

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### **4. Why does the immune system produce heat-inducing chemicals called pyrogens when the body is inflamed?**

There are only 3 main ways to reduce excess inflammation in the body.

- To dehydrate the body.
- To produce heat or provide heat to the body.
- Control body heat without escaping.

Our immune system does all three of these things and the mechanisms involved. The immune system has no other way to reduce inflammation in the body.

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### **5. What causes loss of appetite and less stool during fever?**

Digesting food requires a lot of energy. In a disease state, energy is low. Digested food loses heat energy as it passes through the stool. To avoid this, reduce hunger, thirst, and sweating.

The immune system suppresses hunger and thirst to prevent body heat loss and stimulate autophagy. Not wanting to eat or drink water during an acute illness and producing bitter substances in the mouth are part of the autophagy process.

Autophagy is your body's process of reusing old and damaged cell parts. Autophagy also plays a house keeping role in removing misfolded or aggregated proteins, clearing damaged organelles, such as mitochondria, endoplasmic reticulum and peroxisomes, as well as eliminating intracellular pathogens.

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### **6. What is a runny nose for?**

As the body becomes more inflamed, the body becomes more hydrated. This reduces the body's thermal energy. A runny nose is a process of discharging excess water from the body. Runny noses vary according to the severity of the inflammation in the body. A person with a runny nose can see an increase in it if he tries to reduce body heat. Similarly, a runny nose can be reduced by doing activities that increase body heat. If a person with a runny nose drinks a lot of cold water, washes his head, and sits at a cold temperature, he/she will notice an increase in the runny nose due to inflammation in the body. Similarly, a runny nose can be reduced by drinking hot water only when thirsty, steaming, warming the body with a thermal pad, hair dryer, and hot sand sachet, and sitting in an atmosphere warmer than body temperature.

As the amount of inflammation in the body increases, the amount of urine increases to reduce the amount of inflammation in the body. Likewise, a runny nose increases to reduce the amount of inflammation in the body. All you need to have a runny nose is inflammation. Similarly, reducing inflammation is enough to reduce runny noses.

You do not need viruses or bacteria to make, come out, treat or cure your runny nose. A runny nose can be caused or created by sterilized cold water, sterilized ice cream, sterilized frozen food, or staying in a sterile cold room. Similarly,

a runny nose can be treated with hot water, hot food, and living in a room with a body temperature higher than body temperature (Along with germs). Fever is treated against reflex action despite many rational experiences.

Today, it is recommended to drink a lot of water, start sponging with water, and take paracetamol, which increases inflammation, to avoid fever caused by inflammation in the body ( more hydration).

When the body becomes hydrated (edema), the immune system takes several steps to reduce the amount of water in the body.

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## 7. What does the immune system do when inflammation occurs?

- Produces warm substances such as  $pgE_2$  to increase existing blood flow.
- Mechanisms to prevent heat loss from the body are maintained to maintain existing blood flow.
- Increases the function of vital organs.
- Reduces non-essential organ function.
- If the disease worsens, the immune system performs various functions to prevent re-inflammation. The temperature of the fever works against the lack of blood flow and increases blood flow.

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## 8. If the disease flares up, what is done to prevent re-inflammation?

- Water reduces thirst and does not like to drink cold water. Increases urine.
- Decreases the taste of food.
- Reduces appetite.
- Reduces digestion.
- Increases body pain.
- Causes fatigue,
- Promotes sleep.
- Likes to lie down. It feels good to lie down.
- The body loves heat and hates cold.
- Blood vessels constrict to prevent heat from escaping.

A conscious and intelligent immune system has no other way to stop inflammation if the disease escalates. In the case of fever, the above is produced by the immune system even before the heat of the fever.

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## 9. Is it better to drink ice water or hot water when you have a fever?

Today there are conflicting recommendations for drinking lots of cold and hot water when you have a fever. However, all experts suggest that a person with a fever should drink hot water if they have chills. All these propositions will never be scientific. A thing cannot be scientific if it does contradictory things at the same time. In a hospital fever ward, there is a situation where 2 containers are kept for drinking cold water and hot water.

If the temperature of the fever is surplus or if it needs to be removed from the body, always drink ice water. It is necessary to lower the body temperature. Never use hot water. If fever increases blood circulation, or it is a result of thermogenesis, and immune response against infection, the use of hot water will help to increase blood circulation. If the patient is shivering, all physicians suggest drinking hot water. Most patients experience tremors during hyperpyrexia.

Drinking cold water during a fever can cause inflammation, infection, and reduced blood flow. Cold water is 100 times more harmful than hot water for fever.

"Thalaikkuoothal "is a ritual in Tamil Nadu that involves pouring large amounts of water on the head and drinking cold coconut water to induce fever, fits, and death. While drinking chilled tender coconut water helps reduce body heat that causes fever, fits, and death. Drinking cold water during fever helps reduce body heat that causes fever, fits, and death.

No creature drinks cold water when it has a fever. Even a buffalo that drinks a lot of cold water in cold weather does not drink cold water when it gets fever. If pets are given hot water, they will drink less, just like humans.

If newborn babies are given water when they have a fever, they will not drink. Babies will cry if forced.

Drinking a lot of water or eating during a fever does not produce the kind of symptoms, signs, signals, actions, or messages that our immune system likes. So there is no need to drink a lot of water, a lot of food, or cold water during fever.

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## **10. What is the purpose of the body's messages and reflex actions when you have a fever and don't like to drink a lot of water or don't like food?**

The body's messages and reflex action play a large role in any disease state, whether it increases or decreases. Our immune system knows what to do with our body when we have a fever or hyperthermia. We experience corresponding messages from the body and reflex action.

When you have a fever, your body doesn't want to drink more water because the immune system knows it doesn't need more water. Likewise, with hyperthermia, you want to drink more water because the immune system knows you need more water. Acting against the above would be against the laws of modern science in today's world. According to the current scientific laws in the world today, the treatment for dehydration is to hydrate the body, and the treatment for over hydration due to swelling is to reduce hydration.

Will feel an aversion to water and will not want to drink water. Urine will flow more. Wants warmth, likes to blanket, restricts blood vessels under the skin to prevent heat loss from the body. More heat-producing chemicals known as pyrogens are produced.

At a normal body temperature, the firing rate of heat-sensing w-neurons increases, but in fever, the firing rate of w-neurons decreases even under warm conditions. In a normal body, when body temperature drops, the firing rate of cold-sensing C neurons increases, but in fever, the firing rate of C neurons increases even at high temperatures.

During immune-induced fever and heat-induced hyperthermia, all these functions are mutually exclusive. If their actions are not mutually exclusive, death will occur

### **10.1. What causes increased urine volume during fever?**

Dehydration increases body heat and blood flow<sup>7</sup>.

### **10.2. Does the body need more water when there is fever or inflammation in the body?**

No.

### **10.3. What does the body do when it drinks a lot of water during a fever?**

Excess water is removed from the body in several ways. This water does not do any useful work for the body.

### **10.4. Does drinking more water during a fever reduce or increase swelling in the body?**

This can increase inflammation.

### **10.5. Does drinking more water during a fever increase or decrease blood flow?**

This can decrease blood flow.

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## **11. Who should not drink a lot of water when they have a fever?**

People who have chills, bitterness in the mouth, loss of appetite, aversion to cold things such as cold water, air conditioning, cold wind, skin shrinking, people who like to lie down while working, and people who like to use blankets, those who like only hot water and food, those who like to drink only a little hot water (up to 250ML) when thirsty, those who like to eat little hot food, etc. should not drink much water and food during fever.

Modern science knows little about how water causes inflammation. Had they known this, they would not have advised drinking a lot of water during fever. You can read contradictory things in medical books and journals about inflammation being good and bad.

Inflammation has many conditions and forms<sup>8</sup>. So it cannot be limited to inflammation, swelling, and edema. When the temperature drops, all inflammation that causes pain and discomfort is harmful. Similarly, when the temperature rises, all inflammation that reduces pain and discomfort is harmful.

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## **12. How can it be scientifically proven that large amounts of water and food during fever are harmful to the body?**

If what we say about a subject is incomplete or unscientific, there will be many questions about it and somewhere there will be a gap as if it is not met.

Don't like to drink a lot of water when you have a fever because dehydration<sup>10</sup> is necessary to reduce swelling and increase blood flow.

Whether the body requires large quantities of water and food during fever has been investigated in many directions. Not even one percent of evidence was found in favor of it. Meanwhile, 100% of the evidence is against it.

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## **13. Significance of the findings that large amounts of water and food during fever are harmful to the body?**

It helps to heal inflammation and disease quickly and preserve health.

A life-saving discovery.

Any kind of question asked in various directions about drinking a lot of water during a fever will get the answer that it will increase inflammation and reduce blood circulation.

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## **14. Conclusion**

Drinking lots of water and food during a fever goes against the body's messages and reflexes. Since inflammation is the only cause of fever, drinking more water will increase the inflammation. No creature except man consumes a lot of water and food when he has a fever. Drinking a lot of water and food during a fever does not do the body any good.

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