

विद्या विहार, रायबरेली रोड, लखनऊ-226025
BABASAHEB BHIMRAO AMBEDKAR UNIVERSITY
(A CENTRAL UNIVERSITY)
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(THROUGH PROPER CHANNEL)

Letter No. 50/UHC/BBAU/26
Date: 02/05/2026

To
The Registrar

B.B.A.U.

Sub: Overconsumption of ORS

Respected Sir,

A Health Bulletin regarding ORS its ill effects on overconsumption & safe guidelines for consumption is enclosed for general information & benefit for all.


Dr. (Major) Vikas Srivastava

Dr. (Chief Medical Officer)

डा० (मेजर) विकास श्रीवास्तव

Chief Medical Officer

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Babasaheb Bhimrao Ambedkar University

बाबासाहेब भीमराव अम्बेडकर विश्वविद्यालय

Registration No. 28198 (M.C.I.)

पंजीकरण संख्या-२६१९६

Copy to:-

- 1) SO to VC for kind information.
- 2) PS to Registrar for kind information
- 3) I/c website for uploading on University website



HEALTH ADVISORY

Overusage of ORS

Excessive Oral Rehydration Solution (ORS) intake can lead to hypernatremia (high sodium levels), causing symptoms like dizziness, nausea, vomiting, muscle twitching, confusion, and in severe cases, seizures or coma. It causes an imbalance in electrolytes, potentially resulting in overhydration, fluid overload, or kidney strain due to excess salt and glucose.

Key Risks of Excessive ORS:

1. **Hypernatremia (Salt Toxicity):** Too much sodium can cause severe dehydration symptoms despite drinking fluids, resulting in irritability, swelling of feet, and convulsions.
2. **Fluid Overload & Overhydration:** Excessive intake, especially when not dehydrated, can cause the body to retain too much water, leading to discomfort.
3. **Gastrointestinal Distress:** Overconsumption or improper mixing can worsen vomiting, diarrhea, and abdominal bloating.
4. **Kidney Damage:** Excess sodium and minerals can place undue strain on the kidneys

(2)

Safe Consumption Guidelines:

- 1. Use Only When Needed:** Do not use ORS for daily hydration; it is intended for fluid loss due to diarrhea, vomiting, or excessive sweating.
- 2. Follow Preparation Instructions:** Use the recommended amount of water to avoid over-concentration, which can increase salt concentration.
- 3. Dosage Monitoring:** While generally safe, monitor intake for infants and children based on pediatric advice.
- 4. Duration:** Prepared ORS should not be stored for more than 24 hours.

Consult a healthcare professional if dehydration persists despite using ORS or if symptoms like severe diarrhea continue.


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