



Death by Asphyxiation in Kashmir

Why in News?

Recently, six people **died due to [asphyxiation](#)** in Kashmir valley. The chief minister conveyed his condolences and **urged people to exercise utmost caution** while using heating gadgets.

Key Points

- **Wider Concerns in the Valley:**
 - The incident highlighted **the widespread use of heating gadgets** in Kashmir during harsh winters.
 - Kashmir has already experienced two to three major spells of snowfall in 2025.
- **Health Advisory and Expert Recommendations:**
 - The **Sher-i-Kashmir Institute of Medical Sciences** warned against **[carbon monoxide \(CO\) poisoning](#)**.
 - CO is a **colourless, odourless gas** that can be deadly in large amounts.
 - **Rising cases of CO poisoning** require emergency interventions in critical care units.
 - Doctors explained how **gas, [charcoal](#), and wood-based appliances deplete oxygen in poorly ventilated spaces**, producing harmful gases like CO and CO₂.
 - **Symptoms** of CO poisoning include dizziness, headache, fatigue, shortness of breath, confusion, chest pain, and unconsciousness.
 - CO **binds with [haemoglobin](#)**, impairing oxygen transportation in the body.
 - It is suggested to distribute **Carbon Monoxide Sensors** to households at subsidized rates through local bodies.
 - It is a **device that detects the presence of the carbon monoxide (CO) gas** to prevent carbon monoxide poisoning.