

PHARMA HEALTH CLUB

SAFE USE OF MEDICINES FOR BETTER HEALTH

1ST NOVEMBER, 2015

Page 01

What is Pneumonia?

Page 02

How to identify a person suffering from Pneumonia - Symptoms?

Page 03

Herbal remedies & dietary precautions

Page 04

References

WORLD PNEUMONIA DAY

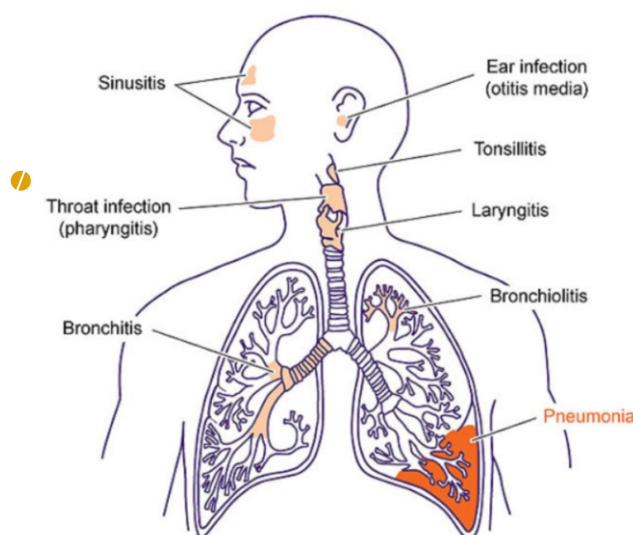


Every breath counts. Stop pneumonia now.

- World Pneumonia Day is marked every year on 12th November. The Global Coalition Against Child Pneumonia provides leadership for World Pneumonia Day. The purpose of World Pneumonia Day establishment was to raise awareness about pneumonia, the world's leading killer of children under the age of five; promote interventions to protect against, prevent and treat pneumonia; and generate action to combat pneumonia. [1]
- Pneumonia is a preventable and treatable disease that sickens 155 million children under 5 and kills 1.6 million each year. This makes pneumonia the number 1 killer of children under 5, claiming more young lives than AIDS, malaria and measles combined. Yet most people are unaware of it. [3]
- As per the fact sheet shared by UNICEF, approximately 29% of under-five deaths worldwide in 2004 due to Pneumonia. [4]

What is Pneumonia?

- Pneumonia is an inflammatory condition of the lung affecting primarily the microscopic air sacs known as alveoli. [5] Simply it results into accumulation fluid in the lungs/alveoli.
- It is usually caused by infection with viruses

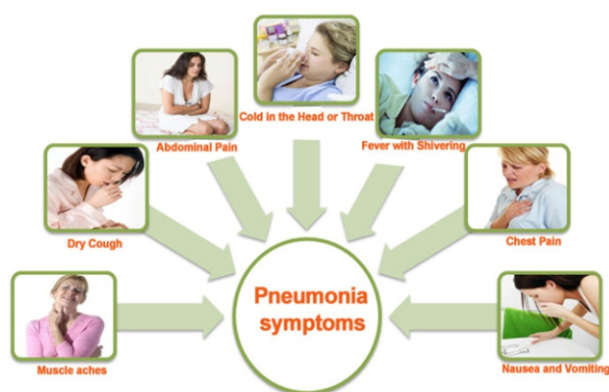


(rhinoviruses, coronaviruses, influenza virus, respiratory syncytial virus (RSV), adenovirus & parainfluenza) or bacteria (*Streptococcus pneumoniae*, *Haemophilus influenzae*, *Chlamydia pneumoniae*, *Mycoplasma pneumoniae*, etc) and less commonly other microorganisms, certain drugs and other conditions such as autoimmune diseases. [5]

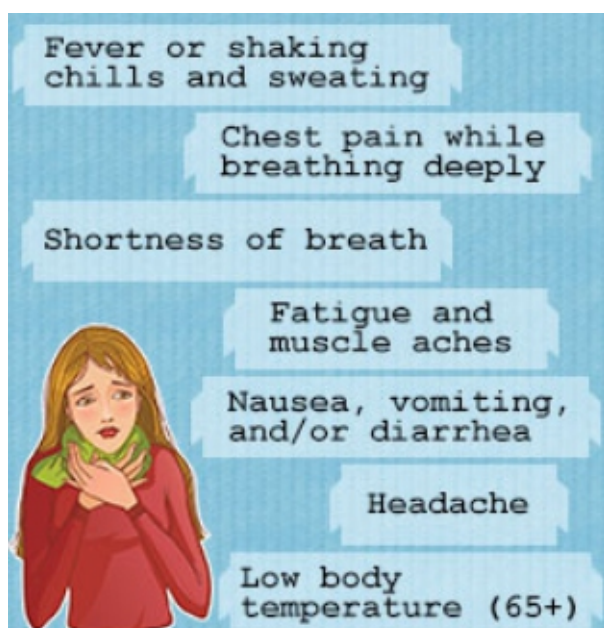
How to identify a person suffering from Pneumonia - Symptoms? [7]

How to Diagnose Pneumonia?

- Listen to chest for crackling noises and tap chest to check for dull thuds indicating fluid-filled lungs. [8] To listen such voice, click on: https://upload.wikimedia.org/wikipedia/commons/c/c7/Crackles_pneumoniaO.ogg



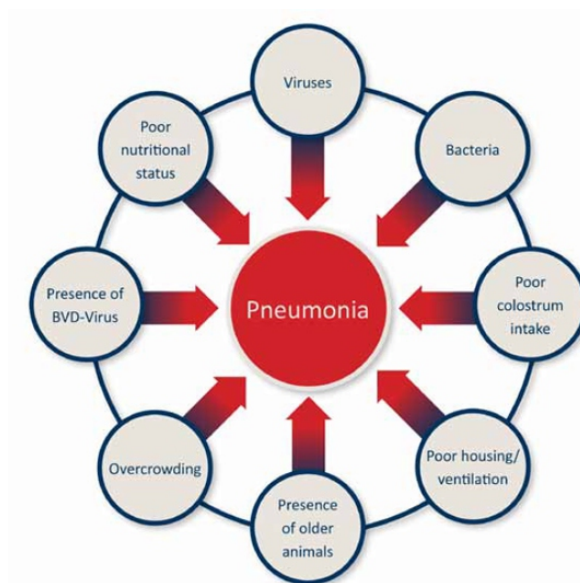
- X-rays for confirmation of pneumonia. If pneumonia is there then X-rays will show where air sacs in the lungs are filled with fluid and debris (as shown in image). [8]
- The patient's respiratory rate must also be examined; 60 breaths per minute among children, is defined as the minimum to indicate respiratory problems. [10]



- A mucus test checks for infection in the mucus and is used to discern what kind of bacteria or viruses may be present. A urine sample can also be used to determine the same information. [10]

How to Manage and/or Prevent Pneumonia?

- Antibiotics are common and the most effective form of treatment for bacterial pneumonia and, in most cases, can lead to an improvement in



symptoms in as soon as 3 days. Amoxicillin, doxycycline, and clarithromycin are all recommended medications for community-acquired pneumonia. [11]

Simple Solutions

Educating families to recognize danger signs of pneumonia and seek care quickly

Exclusive breastfeeding for first six months

Improved indoor air quality

Frequent hand washing with soap

Safe drinking water and good sanitation

Good nutrition, especially for children aged six months to two years

• Viral pneumonia cannot be treated with antibiotics and is instead countered with antiviral drugs known as neuraminidase inhibitors. The examples of such drugs are Oseltamivir (Tamiflu) a prodrug, Zanamivir (Relenza), Laninamivir (Inavir), and Peramivir. [1]
 Vaccination: The Center for Disease Control and Prevention (CDC) recommends yearly vaccination for every person 6 months and older. Vaccinations against Haemophilus influenzae, Streptococcus pneumoniae, Streptococcus pneumoniae have good evidence to support their use. Other vaccines for support against pneumonia include pertussis, varicella, and measles. [5]

• Pneumococcal conjugate vaccine (PCV13) is recommended for all children younger than 5 years old, all adults 65 years or older, and people 6 years or older with certain risk factors. Pneumococcal polysaccharide vaccine.

• (PPSV23) is recommended for all adults 65 years or older. People 2 to 64 years old who are at high risk of pneumococcal disease should also receive PPSV23. [12]

• **Herbal remedies & dietary precautions [13]**

- 2 tablespoons each of Vasakasav and Dashmoolarishta with 1 tablespoon honey, twice a day.
- 2 tablespoons of Sitopaladi Churna with honey, to be licked twice a day.
- Inhalation and/or application of Turpentine and/or Nilgiri oil on chest.
- Drink only warm water, preferably with added ginger.
- Avoid cold drinks or fruit juice.
- Avoid Ghee and milk.



2 TABLESPOONS
 EACH OF **VASAKASAV**,
DASHMOOLARISHTA AND
SITOPALADI CHURNA WITH
 1 TABLESPOON HONEY,
 TWICE A DAY.

• **Five simple preventive measures from UNICEF [14]**

• **Top Five innovations suggested by UNICEF to Reduce Pneumonia [14]**

TOP 5 INNOVATIONS

NEEDED TO REDUCE
CHILDHOOD PNEUMONIA DEATHS

THERE IS AN URGENT NEED FOR NEW AND BETTER
WAYS TO PREVENT, DIAGNOSE AND TREAT
CHILDHOOD PNEUMONIA, INCLUDING:

Amoxicillin dispersible tablets are the first line treatment and the single most effective lifesaving treatment for childhood pneumonia

Diagnostic devices that diagnose pneumonia easily and accurately and at low cost could dramatically improve treatment coverage

Oxygen treatment innovations such as low cost oxygen concentrators can reduce pneumonia deaths

Pneumococcal conjugate vaccine will have a major impact on the incidence of childhood pneumonia once it is widely introduced

Reducing household air pollution with clean cookstoves helps prevent pneumonia

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