

PHARMA HEALTH CLUB

SAFE USE OF MEDICINES FOR BETTER HEALTH

1ST SEPTEMBER, 2017

Page 01

Origin

Page 02

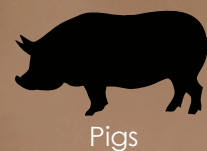
Treatment

Page 03

Prevention

Page 04

References



SWINE FLU

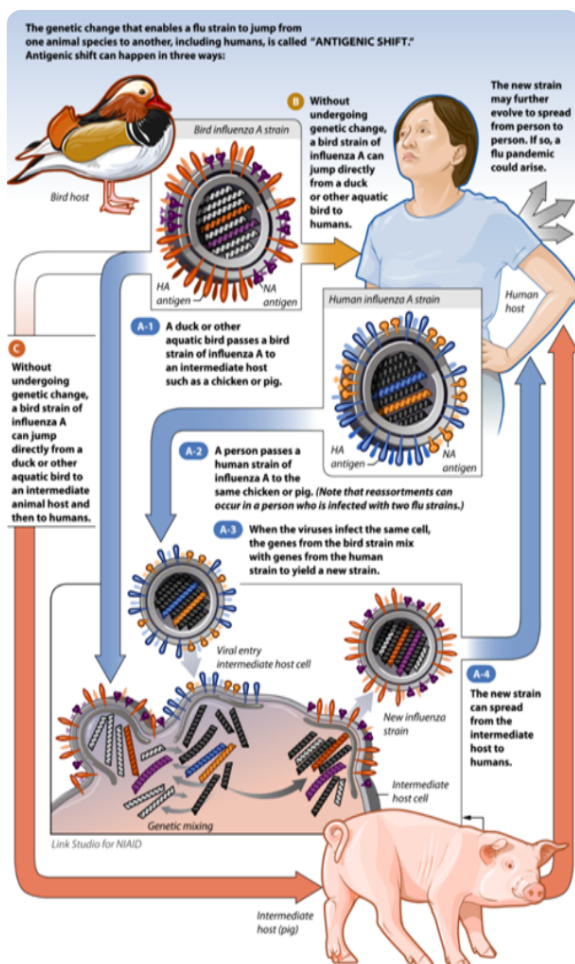
Swine influenza, also called pig influenza, swine flu, hog flu and pig flu, is an infection caused by any one of several types of swine influenza viruses. Swine influenza virus (SIV) or swine-origin influenza virus (S-OIV) is any strain of the influenza family of viruses that was

found in pigs. As of 2009, the known SIV strains include influenza C and the subtypes of influenza A known as H1N1, H1N2, H2N1, H3N1, H3N2, and H2N3. [1]

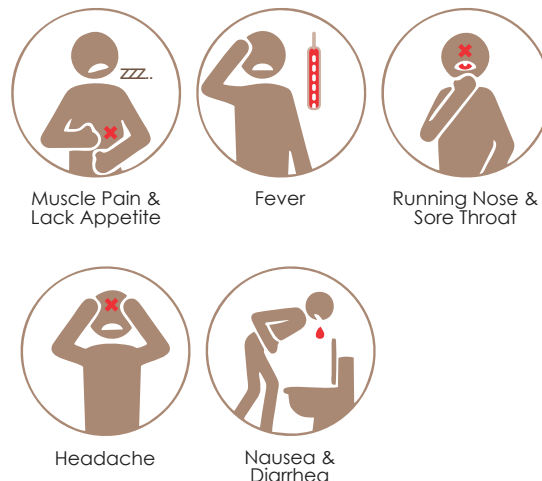
TRANSMISSION

There are only a few causes of swine flu in humans. They are:

- **Contact with infected pigs:** this is the most common way of catching swine flu. Any contact with infected pigs makes transmission more likely. [1]
- **Contact with infected humans:** this is a much less common way of catching swine flu, but is a risk, especially for those in close contact with an infected person. In cases where humans have infected other humans, close contact was necessary with the infected person, and it nearly always occurred in closed groups of people. The swine flu virus gets transmitted usually through respiratory route. The virus remains active on skin for 12 hours. However, it remains active on clothes for 2 days. [1]
- **Mosquitoes are not** a cause of Swine Flu transmission. They, however, do cause Dengue, Malaria and Chikungunya.



SYMPTOMS OF SWINE FLU: [4]



DIAGNOSIS OF SWINE FLU:

- Real time PCR
- Symptomatic

TREATMENT OF SWINE FLU: [5]

Pharmacological aspects:

- For treatment, antiviral drugs work best if started soon after getting sick (within two days of symptoms).
- The U.S. Centers for Disease Control and Prevention recommends the use of Oseltamivir (Tamiflu) or Zanamivir (Relenza) for the treatment and/or prevention of infection with swine influenza viruses; however, the majority of people infected with the virus make a full recovery without requiring medical attention or antiviral drugs.
- Beside antivirals, supportive care at home or in a hospital focuses on controlling fevers, relieving pain and maintaining fluid balance, as well as identifying and treating any secondary infections or other medical problems.
- The virus isolated in the 2009 outbreak has been found resistant to mantadine & Rimantadine. It is advisable NOT TO PRESCRIBE Aspirin when any child or adolescents is suffering from Swine flu/wild type of Influenza infection as it may precipitate Reye's syndrome (Acute non-inflammatory encephalopathy and fatty degenerative liver failure).



● **Ayurvedic Medicine: For prevention and cure**

Holy basil – *Ocimum sanctum* (Tulsi)
Tinospora cordifolia (Galo/Guduchi)
Glycyrrhiza glabra (Jethimadh-Yastimadhu)
 Mentha, Amla, Ginger, Black pepper, etc...

● **PREVENTION OF SWINE FLU:**

● **Swine Flu Vaccination [5]**

The first H1N1 vaccine released in early October 2009 was a nasal spray vaccine that was approved for use in healthy individuals ages 2-49. The injectable vaccine, made from killed H1N1, became available in the second week of Oct. 2009. This vaccine was approved for use in ages 6 months to the elderly, including pregnant females.

A new influenza vaccine preparation is the intradermal (trivalent) vaccine is available; it works like the shot except the administration is less painful. It is approved for ages 18-64 years.

Almost all vaccines have some side effects. Common side effects of H1N1 vaccines (alone or in combination with other flu viral strains) are typical of flu vaccines used over many years and are as follows:

● **Flu shot:** Soreness, redness, minor swelling at the shot site, muscle aches, low-grade fever, and nausea do not usually last more than about 24 hours.

● **Nasal spray:** Runny nose, low-grade fever, vomiting, headache, wheezing, cough & sore throat

● **Intradermal shot:** Redness, swelling, pain, headache, muscle aches, fatigue
 The flu shot (vaccine) is made from killed virus particles so a person cannot get the flu from a flu shot. However, the nasal spray vaccine contains live virus that have been altered to hinder its ability to replicate in human tissue. People with a suppressed immune system should not get vaccinated with the nasal spray.

● **The composition** of the 2017-2018 flu shot will be slightly different from last season's flu shot. Specifically, there will be a different strain of the H1N1 virus in this season's flu shot. [6]

● **Fumigation** using Neem, Tulsi, Guggul and Camphor is also considered to be useful in preventing swine flu.



References:

1] Christian Nordqvist, "Swine flu: Causes, symptoms, and treatment"- Medical News Today. Available on: <http://www.medicalnewstoday.com/articles/147720.php> (Accessed on: 21/08/2017)

2] Image of Swine flu. Available on: http://media2.intoday.in/indiatoday/images/stories//2015February/642x361-swine_flu-body_650_022015114342.jpg (Accessed on: 21/08/2017)

3] Image of Transmission of Swine flu. Available on: https://upload.wikimedia.org/wikipedia/commons/5/5e/AntigenicShift_HiRes_vector.svg (Accessed on: 21/08/2017)

4] Image of Swine Flu symptoms. Available on: <https://s-media-cache-ak0.pinimg.com/originals/d2/34/9e/d2349e046cea4d2ac86cdeb92e82d0f5.jpg> (Accessed on: 21/08/2017)

5] Patrick Charles & Melissa Conrad, Swine Flu (Swine Influenza A [H1N1 and H3N2v] Virus). Available on: http://www.medicinenet.com/swine_flu/article.htm (Accessed on: 21/08/2017)

6] Rachael Rettner, "Flu Shot Facts & Side Effects (Updated for 2017-2018 – on 15th August, 2017)". Available on: <https://www.livescience.com/40279-flu-shot-information.html> (Accessed on: 21/08/2017)

7] Image of Prevention of Swine flu. Available on: <https://lh6.googleusercontent.com/-UjIFHUzhRng/VOgJzW0ALdI/AAAAAABlUI/IO nkkL2sbqo/w827-h1169>

