



HOMEOPATHIC TREATMENT: INFLUENZA

Homeopathy

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ABSTRACT

Influenza is a common disease, widespread all over the world that has no satisfactory treatment up to now. Influenza is caused by infection with the influenza virus. Uncomplicated influenza is characterised by the abrupt onset of fever, chills, non-productive cough, muscle pains, headache, nasal congestion, sore throat and fatigue. The influenza virus is transmitted from person to person through respiratory droplets disseminated during sneezing, coughing and talking. The incubation period of influenza is one to four days and infected adults are usually contagious from the day before the onset of symptoms until five days after the symptoms began. Homeopathy has a long tradition of being used to treat influenza. In this paper homeopathic remedy of Influenza has been discussed.

KEYWORDS

Influenza, infection, respiratory droplets, sneezing, coughing, Homeopathy.

INTRODUCTION:

Influenza is an acute respiratory disease caused by a negative-strand RNA virus of the Orthomyxoviridae family. Influenza (flu) is a viral disease that affects around 5 to 15% of the world population every year. Globally, influenza is considered as one of the most important infectious diseases. The World Health Organization (WHO) estimates that the average global burden of influenza is approximately 1 billion cases of influenza, 3-5 million cases of severe illness and 300,000-500,000 deaths annually.

It is caused by influenza viruses and the major symptoms are: high fever, aching muscles, headache and severe malaise, non-productive cough, sore throat and rhinitis. The virus is transmitted from one person to another via saliva, sneezing or droplets. Not Often it is transmitted by contact with a surface that has the flu virus on it followed by contact with the mouth or nose. Most infected people get well without any medical treatment, but in children's less than 10 years of age and elderly person's above 60 years of age and the personnel's having weak immune system, influenza may lead to severe problems, such as pneumonia and death.

Influenza A, B and C are the three types of influenza viruses that causes epidemic human disease. Influenza A viruses are further categorized into subtypes on the basis of two surface antigens: hemagglutinin and neuraminidase. Influenza B viruses are not categorized into subtypes. New influenza virus variants result from repeated antigenic change (i.e., antigenic drift) resulting from point mutations that take place during viral duplication. Influenza B viruses go through antigenic driftless swiftly than influenza A viruses.



Fig. Types of Influenza

Influenza illness normally resolves after 3 to 7 days in most of the persons, while cough and malaise can continue for more than 2 weeks. Among certain persons, influenza can aggravate underlying medical conditions (e.g., pulmonary or cardiac disease), may also lead to secondary bacterial pneumonia or primary influenza viral pneumonia, or occur as part of a co-infection with other viral or bacterial pathogens.

Two key pharmaceutical interventions for influenza control and prevention are at present in use i.e. Vaccination and antiviral treatment but neither of them is ideal.

Diagnosis of Influenza:

Patients with influenza-like illness (ILI), clinical investigative efforts should be fixed on finding the virus rather than on antibody response. Samples should be collected preferably within 12 to 36 hours after

onset of illness, to start antiviral therapy within the recommended 48-hour time frame, and within 72 hours for maximum detection.

Following are the methods used for diagnosis:

- Viral Culture
- Viral Antigen Detection
- Immunofluorescence
- Lateral flow IC
- Performance of RIDTs
- Nucleic Acid Detection
- Conventional PCR
- Real-time PCR
- Multiplex methods

Home remedies for Prevention of Influenza:

- Wash hands often, specially prior to eating.
- Do regular exercise.
- Decrease sugar in the diet, in particular things like soda, candy, and baked food.
- Enhance fruits and vegetables in the diet.
- Take lots of rest; drink a sufficient amount of water.

Homeopathic Management of Influenza:

Homeopathy has a lot to offer, both in the prevention and treatment of influenza. Homeopathic medicines can be prepared from biological materials containing microorganisms, such as viruses and bacteria. Biotherapies are included in this category as remedies prepared from biological produce following homeopathic procedures. These medicines can be used to treat infectious diseases with known aetiology.

Homeopathic system of treatment care of just the name of disease, but is prescribed on the base of physical, emotional and genetic condition of a person. The homeopathic medicines act on both the mental and physical levels of individuals.

In our clinic at Indore we have treated following patients of different age group:

Sr. No.	Age Group	Number of Patients
1	Children's up to 10 years	128
2	Adults 11 to 55 years	87
4	Elderly personnel's 56 years and above	74

As per the symptoms of the patients following medicines were prescribed:

Sr. No.	Name of Medicine	Purpose
1	Aconite	High fever, restlessness, dry violent racking cough Stitches in chest
2	Belladonna	Rapid Onset Of Symptoms, Red, Flushed Face; frequent sneezing & Spasmodic Coughing. dryness of nose with frontal headache

3	Arsenic Album	Sudden catarrh threatening suffocation at night influenza in children's with sudden onset & much prostration
4	Amon Carb	Burning water runs from nose in day time dry coryza at night cough after midnight with tickling in larynx
5	Eupatorium Perfoliatum	Flowing coryza sneezing hoarseness with roughness of voice. Bone Pains And Body Aches
6	Nux Vomica	Rough & hollow cough with mucous & thick expectoration. High Fever, Violent Chills, Strong Nausea And Cramping In The Digestive Tract
7	Rhus Tox	Copious coryza with redness & oedema of throat Sneezing coryza from getting wet tip of nose red sore ulcerated Body Pain Relieved With Slow Movement
8	Gelsemium	Dullness dizziness drowsiness Sore Throat With Raw Sensation Fever with thirstlessness Painful cough with shooting pain in ears
9	BryoniaAlba	Headache always while coughing fluent coryza watery of greenish mouth & lips very dry with thirst High Fever With Body Aches
10	Oscillococcinum	For preventing and treating influenza and influenza-like illness Feeling Run Down, Body Aches, Chills And Fever
11	Phosphorus	Intense bronchial & laryngeal affection affecting voice dry tickling cough with tightness across the chest Coryza fluent & dry Fever With An Easily-Flushing Face, And Feels Very Weak
12	Pulsatilla	Fluid or dry coryza loss of taste & smell yellow green discharge cough day & night specially when lying with distress in bowels
13	Influenzinum	Rapid Onset Of Symptoms Relieves after effects of flu or flu-like symptoms.
14	Anti Tart	Constant irritation to cough with brown expectoration of sero – albuminous fluid Death rattling sound rapid short difficult breathing bitter taste cough excited by eating better on lying right side
15	Allium Cepa	Violent sneezing profuse bland lachrymation profuse acrid coryza

CONCLUSION:

Homeopathy is extremely effective in both the prevention and treatment of influenza and always a cheap and safest substitute to the allopathic treatment. As per our findings after successfully treating the individuals having influenza with homeopathic medicines we suggest that homeopathy system of treatment should be promoted in the National Health Service for the prevention & treatment of influenza rather than the new and very expensive anti-viral drugs.

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