



A Review on Utility Of Plant Sourced Ultra dilution Medicines In Viral Influenza

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Abstract:

The creation of the latest pandemic and unfold of Covid – 19 infection, there may be an growth in affection of flu and flu like conditions. Viral infections particularly influenza is an rising project we must face in latest times. This Article highlights approximately influenza, its hazard factors, approaches to save you influenza, Diet, and a top level view approximately Plant Sourced Homoeopathic Ultra Diluted Medicines to deal with it.

Keywords – Ultra Dilution, Influenza, Plant Medicines, Herbs.

Introduction:

Over the years the incidence of communicable disease have reduced but the viral infections especially the influenza is on rise. Now there is increased risk of the virus getting mutated and becoming more infectious in nature. Even the WHO has set up national influenza centers in western pacific and south east Asian regions for surveillance and taking prompt action during the pandemic by issuing pandemic alert and helping the states to develop effective health care plans.. ⁽¹⁾

The list of symptoms includes fever, chills, muscle aches cough congestion, runny nose (rhinitis), head ache, fatigue. People may experience chills, dehydration, fever, flushing, loss of appetite, sweating. There might also be chest pressure, head congestion, shortness of breath, sore throat, swollen lymph nodes. The symptoms may vary according to the strain of the virus.

Diagnostic tests available for influenza includes viral culture, serology, rapid antigen testing, reverse transcription polymerases chain reaction (RT-PCR), immunofluorescence⁷ assays and rapid molecular assay.

Ways to take care yourself from influenza⁽²⁰⁾:

1. Avoid close contact. Avoid close contact with people who are sick. ...
2. Stay home when you are sick. ...
3. Cover your mouth and nose. ...
4. Clean your hands. ...
5. Avoid touching your eyes, nose or mouth. ...
6. Practice other good health habits.

Preventing Flu at Work and School⁽²⁰⁾At School

- Find out about plans your child's school, childcare program, and/or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Make sure your child's school, childcare program, and/or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are separated from others and who will care for them until they can go home, and about the absentee policy for sick students and staff.

At Work

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.

Nutrition for Good Health & Immunity⁽²⁵⁾

Taking an antioxidant rich diet can help in improving our health.

1. Omega-3 Fatty Acids:

The long-chain omega-3 fatty acids EPA and DHA are important for eye health is especially essential for brain and eye development in infants. The best dietary source of EPA and DHA is rich in fish and microalgae.

2. Vitamin C:

Vitamin C has antioxidant properties hence its intake can benefit us. It is rich in the Aqueous humor of Eyeball. Peppers, citrus fruits, guavas, kale, and broccoli are rich sources for Vitamin C.

3. Vitamin E:

Vitamin E, a fat soluble vitamin that acts as an antioxidant which protects fatty acids from oxidation threat. Vitamin E is rich in almonds, sunflower seeds, and vegetable oils like flaxseed oil.

4. Zinc:

Intake of Zinc rich food can take care of Eye health. Zinc is rich in oysters, meat, pumpkin seeds, and peanuts. ⁽⁶⁾

The best foods for fighting the flu⁽²⁵⁾

When you're sick, your body needs nutritious foods more than ever. Your immune system is your body's defense against invaders like the flu, so it pays to feed it well.

Broth

Broth is rich in nutrients and antioxidants, and it helps prevent dehydration. It's also warm and cozy, helping to soothe your sore throat and clear up that stuffy nose.

Chicken soup

You can super-charge your broth by adding protein- and iron-rich chicken and healthy veggies, which will better enable

your body to better fight off the flu.

Fruits and veggies with vitamin C

Vitamin C is largely associated with a strengthened immune system and may help to reduce cold and flu symptoms.

Foods high in vitamin C include:

- Citrus fruit, such as oranges and grapefruits.
- Broccoli.
- Brussels sprouts.
- Cantaloupe.
- Kiwi.
- Peppers.
- Potatoes.
- Strawberries.
- Tomatoes.
- Leafy greens

Garlic

Studies show that eating garlic in the raw may boost your immunity. You'll get the most benefit from raw garlic, rather than cooked garlic or garlic supplements. You can even put it in hot tea — just add a little bit of honey to mask the strong scent and make for a more favorable flavor.

Soothing spices

Ginger, cayenne and turmeric are associated with a number of cozy, comforting foods, too, and each has various health properties.

Ultra-diluted Homoeopathic Medicines in Influenza:

The Plant sourced Homoeopathic Ultra diluted Medicines for Influenza includes Aconitum napellus, AlliumCepa, Bryonia Alba, Euphrasia Officinalis, Eupatorium perfoliatum, Gelsemium, Pulsatilla Nigricans, Rhus Toxicodendron, Oscillococcinum, Sangunaria. These Medicines are considered by referring Synthesis Repertory Generals - Influenza⁽⁷⁾

List of Medicines, its Common name and Family:

Sl.No.	Medicine Name	Common Name	Family
1.	Aconitum napellus	Monk's hood	Ranunculaceae ⁽⁹⁾
2.	AlliumCepa	Bulb onion	Amaryllidaceae ⁽²¹⁾
3.	Bryonia Alba	White Bryony	Curcubitaceae ⁽¹⁰⁾
4.	Euphrasia Officinalis	Eyewort	Scrophulariaceae ⁽¹¹⁾
5.	Eupatorium perfoliatum	Common boneset	Asteraceae ⁽²²⁾
6.	Gelsemium sempervirens	Yellow jasmine	Gelsemiaceae ⁽²³⁾

7.	Pulsatilla	Windflower	Ranunculaceae ⁽¹⁴⁾
8.	Rhus Toxicodendron	Poison Oak	Anacardiaceae ⁽¹⁵⁾
9.	Sanguinaria canadensis	Blood root	Papaveraceae ⁽²⁴⁾

Discussion:

The creation of the latest pandemic and unfold of Covid – 19 infection, there's an growth in affection of flu and flu like conditions. Viral infections specifically influenza is an rising mission we need to face in latest times. Now there's multiplied threat of the virus getting mutated and turning into greater infectious in nature. Influenza symptoms and symptoms and signs and symptoms for detecting influenza has been evaluated in some of research(1). The maximum essential are cough, fever, and myalgia or fatigue. Notably, sore throat has been determined in numerous research to be a terrible indicator of influenza, that means that human beings with a Sore throat are much more likely to have an infection apart from influenza. Evaluated the impact of individualized homoeopathic intervention withinside the outcomes imply that the medicinal organization had giant development in maximum of court cases from 2 nd day of follow-up, which turned into considerably in advance than the development of signs and symptoms withinside the placebo organization, which confirmed development from five th day onward in maximum of the court cases(2). The listing of drugs to deal with Influenza is to be had in Homoeopathic Literatures. After relating to Homoeopathic books, the listing of drugs is highlighted with its not unusual place call and family. The drugs need to now no longer be self-administered as a substitute with right recommendation of Homoeopathic physicians it may be properly taken. With life-style modifications, consumption of nutritional substitutes and with indicated Homoeopathic drugs, fitness may be looked after and numerous lines of Influenza may be treated.

Conclusion:

The Research performed in folks that are stricken by Influenza with indicated Homoeopathic drug treatments states the outcomes of the ultra-diluted homoeopathic plant-primarily based totally drug treatments efficacy .Evaluated the impact of individualized homoeopathic intervention withinside the effects suggest that the medicinal organization had widespread development in maximum of proceedings from 2 nd day of follow-up, which turned into appreciably in advance than the development of signs and symptoms withinside the placebo organization, which confirmed development from five th day onward in maximum of the proceedings(2), the main drug treatments for Influenza may be diagnosed and applied in future. Since Homoeopathic drug treatments are price powerful and loose from aspect outcomes, it may be taken into consideration to deal with large populations.

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