



# UNDERSTANDING OF INFLUENZA WITH HOMOEOPATHIC MANAGEMENT

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**1. ABSTRACT:** Influenza is an acute inflammatory infectious viral disease. A virus which can spread through person to person and infects a larger population at one time. Homoeopathy is based on individualization. Homeopathy, as a healing method, is based on "Similia Similibus Curentur" therapeutic law. The physician relies on the wholeness of symptoms revealed during the entire evolution of the infection. The totality of symptoms for each patient becomes the guiding signs for finding the indicated remedy. This article pointed out an understanding of influenza and Homoeopathic management for influenza.

**1.1. KEYWORDS:** Homoeopathy, Influenza, Pandemic, H1N1, H2N2, Spanish Flu, Homoeopathic Therapeutics, Homoeopathic prophylaxis.

## 2. INTRODUCTION:

**DEFINITION:** Influenza is an acute inflammatory infectious viral disease<sup>[1]</sup>, caused by influenza virus A, B, C and D subtypes<sup>[2]</sup>, characterized by moderate to high fever, coryza, cough, severe bodyache, malaise, sore throat, headache and weakness of whole body transmit mainly by droplet infection.<sup>[1]</sup>

**HISTORY:** There are millions of people affected by this virus every year. Influenza name was first originated in 15<sup>th</sup> century from Italy, from an epidemic attributed to "influence of the stars." It was assumed that the first pandemic or worldwide epidemic of influenza was in 1580. In 19<sup>th</sup> century, at least 4 pandemics & in 20<sup>th</sup> century, 3 were there. Pandemic of 21st century was occurred firstly in 2009-10[H1N1]<sup>[3]</sup>

**PANDEMIC INFLUENZA:** A pandemic influenza is an epidemic of an influenza. A virus which can spread through person to person and infects a larger population at one time.

- ✚ **Pandemic 1918 :** Before the outbreak of SARS COVID-19, the world was affected by a dangerous pandemic disease known as 'Spanish flu' in the year 1918-1919. It spread globally and killed around 50 million people worldwide.<sup>[3]</sup> The mortality rate was very high under 5 Years of age, 20-40 year age group and 65 years and older especially the twenty to forty age group of healthy one was its unique feature.
- ✚ **Pandemic 1930s:** Virus first isolated in 1933 by Smith Andrews & Laidlaw then Francis isolated influenza B virus in 1936. Burnet proved that this virus can be grown in embryo of hen's eggs. It also proves that influenza is caused by a virus not a bacteria.<sup>[4]</sup>
- ✚ **Pandemic 1957-58:** H2N2 virus emerged from east Asia in 1957 [Asian flu]. This virus originate from avian influenza A virus with H2 hemagglutinin and N2 neuraminidase genes. It was reported in Singapore, Hong Kong and coastal cities in US. About 1.1 million death were reported worldwide.<sup>[5]</sup>
- ✚ **Pandemic 1968:** It was produced by an influenza A [H3N2] virus with a new H3 hemagglutinin and N2 neuraminidase. This virus continues to spread seasonal influenza 'A' virus mainly in older people, first noted in the United states in September. Worldwide around one million people died from this pandemic virus.<sup>[6]</sup>
- ✚ **Pandemic 2009 :** H1N1 [swine flu] was emerged in spring of 2009, speedily spread to whole world that leads to declaration of an influenza pandemic by WHO in June, 2009.<sup>[2]</sup> It was known to be (H1N1) pdm 09 virus. About one-third of people more than 60 years of age had antibodies against this virus as compared to older h1n1 virus. Hypoxia, shortness of breath and weakness were observed as its symptoms.

#### SYMPTOMS: <sup>[1]</sup>

- Bodyache, headache, malaise.
- Sneezing, cough with or without sputum.
- Moderate to high grade fever sometimes with shivering.
- Cold, coryza, sore throat.
- Bone pains, weakness.
- Nausea, vomiting, anorexia may be the associated symptoms.

#### SIGNS:

- Congestion of eyes and throat.
- Face may be red or flushed face.
- Temperature will be more than 100-105 degree fahrenheit.

#### COMPLICATIONS: <sup>[1]</sup>

- Bronchitis, pneumonia
- Otitis media
- Tracheitis, bronchiolitis
- Post influenza depression and encephalopathy
- Cardiomyopathy may be if heart involves.

**LAB INVESTIGATIONS:** <sup>[2]</sup>

- Specimen for nasopharyngeal secretions
- Complete blood count with ESR
- RT-PCR
- HI and ELISA test
- Antibodies test for influenza

**GENERAL MANAGEMENT:**

- Isolation.
- Avoid crowd, places like cinemas, halls, any events, parties and schools.
- Proper use of hand washes and sanitizers during infection.
- Maintain proper hygiene.
- Get proper immunization.
- Use of face masks.

**3. HOMOEOPATHIC MANAGEMENT:** <sup>[1][7][8]</sup>**☞ ACONITUM:**

- Sneezing, running nose, Coryza.
- Symptoms aggravated by exposure to cold winds.
- Headache, chilliness, redness of face and swelling.
- Associated with anxiety and restlessness.
- Thirst often for large quantity of water.

**☞ ARSENICUM ALBUM:**

- Coryza, watery copious secretions.
- Thirst is for small quantity of water at short intervals.
- Anxiety, restlessness more at night, midnight aggravations.
- Great prostration with exhaustion.
- Sneezing, Hay fever with acrid discharge from nose.
- Asthma with wheezing respiration.
- Headache relieves by cold application.

**☞ BRYONIA ALBA:**

- Bryonia's all discharges are dry in character, mucous membrane is dry.
- Thirst in large quantity of water at long intervals.
- Dry mouth with white coating of tongue.
- Vertigo, nausea, vomiting with bursting headache, aggravated on motion of eyeballs also.
- Pain in whole body worse on motion and better on complete rest.

**☞ BELLADONNA:**

- Face red, flushed as if swollen.
- Throbbing and pulsating headache.
- Eyes red, throbbing in eyes, staring.
- Throat red, congested, dry and sensation as if lump is present.
- Skin dry and hot and thirst for cold water or no thirst.

**☞ CAMPHORA:**

- During fever pulse is slow.
- Cold sweat and icy coldness of whole body is characteristic.
- Camphor cut short the severity of disease.
- Fluent coryza in change of weather.
- Anxiousness is present.

**➤ DULCAMARA:**

- Symptoms produce on exposure to damp and cold weather.
- Given in acute troubles.
- Aphonia, headache, hay fever.
- Dropsical affections.

**➤ EUPATORIUM PERFOLIATUM:**

- Hoarseness of voice and cough.
- Bone pain with weakness of whole body.
- Fever with thirst, chills at 7 to 9am.
- Nausea and vomiting with bitter taste of mouth.

**➤ GELSEMIUM:**

- Patient feels dizzy and drowsy.
- Mild fever with dullness of whole body.
- Sneezing with hard cough.
- Weakness and trembling of whole body
- .Muscle pain, chills runs down the spine.
- Headache in back side of head and vertigo, better by sleep.

**➤ RHUS TOX:**

- Symptoms arise after getting wet in rainy weather.
- Severe muscle pain with stiffness.
- Restlessness and anxiety , better from walking.
- Patient is sensitive to cold air better by warmth.
- Continue exertion of mind and body produce exhaustion .
- Scrofulous inflammation of the glands of neck and lower jaw.
- Cerebro spinal meningitis post influenza.

**➤ SABADILLA:**

- Excessive sneezing in paroxysms with lachrymation aggravation in open air.
- Swollen and painful throat.
- Cough aggravation on lying down.
- Frontal headache and dryness of mouth with no thirst.
- Tonsillitis, catarrhal condition of the nose with constant sneezing.
- Symptoms goes from left to right.

**➤ STICTA PULMONARIA:**

- Racking cough, dry secretions of nose forming crusts.
- Heavy pain and pressure in the forehead and root of the nose.
- Scabby secretions.
- Hoarseness of voice.

**➤ INFLUENZINUM**

- A nosode use as a Homoeopathic prophylaxis for influenza.

**4. CONCLUSION:**

In Homoeopathy, holistic approach is considered, treatment is not only depending on character but also periods and condition aggravation and generals & particulars also considered. The above therapeutics medicines are used frequently with best results in influenza. Other individualized homoeopathic medicines (similimum) can also be offer best significant relief.

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