



## Herbal Remedies For Swine FLU

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### INTRODUCTION

Swine flu, also called pig influenza, swine influenza, hog flu and pig flu. Swine influenza virus (SIV) or SOIV (swine –origin influenza virus) is any strain of the influenza family of viruses that is endemic in pigs. It infects the respiratory tract and results in nasal secretions, a barking like cough, decreased appetite and listless behaviour. It has been found that this new virus has gene segments from the avian and human flu virus genes, hence named “swine flu”. Due to the nature of respiratory virus, the transmission of this pathogenic virus is air borne transmission. Hence, the rapid spreading and difficulty in control of this infection can be expected.

Ayurveda, Siddha, Unani and Folk (tribal) medicines are the major systems of indigenous medicines. Among these systems, ayurveda is most developed and widely practiced in India.

### How it spreads?

Swine influenza spreads from person to person, either by inhaling the virus or by touching surfaces contaminated with the virus, then touching the mouth or nose. Infected droplets are expelled into the air through coughing or sneezing. Infected person may be able to infect others beginning one day before symptoms develop and up to seven or more days after becoming sick.

### Symptoms

The U.S Centres for disease control and prevention includes following symptoms for swine flu:

-Cough

-Fever

-Sore throat

-Stuffy or runny nose

-Body aches

-Head aches

### Population and Sample

Faraz .et.al (July 2009):-has stated that Current pandemic influenza due to A (S-OIV) (H1N1) virus is becoming more threatening day by day through out the world. It is the time to provide relevant information to the masses regarding this destructing threat to the health of public.

Chandra. S , et.al (March 2010):- has concluded in 1743, when disease was presumed to be astral in origin, European newspapers reported on a contagious influence (influenza in Italian) that was being visited on the citizens of Rome. Two hundred years later, Wilson Smith and colleagues would isolate and influenza A virus, one of the members of the orthomoxy virus family.

Shah.A et.al (May 2013):- has concluded Ayurveda, Siddha, Unani and Folk (Tribal) medicines are the major systems of indigenious medicines. Unlike many diseases, this can be attributed to the life style of modern man. Swine flu is a disease of the respiratory system. It is caused by the H1N1 virus. It has been declared pandemic by the World Health Organization.

Ramesh. V et .al (June 2015):- has summarized that Swine flu also called Pig flu, is an infection caused by one of the several types of swine influenza virus (SIV) which is common throughout pig population worldwide. Swine influenza is a highly contagious viral infection of pigs. Swine influenza is caused by influenza A viruses, which are further characterized by the subtypes. The common subtypes are H1N1, H1N2, H3N2.

Devi.P et.al (September 2018):- Swine flu also known as Influenza A(H1N1), is a pandemic caused by swine flu. The treatments for disease include Ayurveda, Unani and pharmacological medications. There are few pharmacologically active nti-viral drugs like Oseltamivir (Tamilflu), Zanamivir (Relenza) were available in market.

Kuma.P et.al (vol 6, 2017):- Ayurvedic medicine is one of the world's oldest holistic (whole body) healing systems. It was developed more than 3,000 years ago in india. Now, at a time when swine

flu is spreading like wildfire across the world, Ayurveda has the remedy in the form of miraculous herbs, like Tulsi, Vera, Giloy.

Choudhari S et.al (2018):- Swine origin influenza A virus is currently responsible for an outbreak of infections in the human population. Swine flu has been creating a terror effects all round the globe and has declared pandemic. Ayurveda, Unani, Siddha and folk are major system of indigenous medicines.

Anuradha.J et.al (May 2018):- Among the Ayurveda, Unani, Siddha and folk medicine systems, Ayurveda is most advanced and widely practiced medical system in india. Ayurvedic medicinals based on botanical species are being used to treat swine flu. It is characterized with fewer side effects and is very safe to human use. Plants like *Taraxacum officinale*, *Allium fistulosum*, *Sambucus nigra* are used.

Pal.E et.al (November 2020):- The new H1N1 flu strain of avian origin kept transmitting among human populations. Then, a small outbreak of swine H1N1 occurred in humans. Swine flu spread very rapidly world wide due to the frequency of air travel. Swine flu is communicable disease that is caused due to H1N1 virus. This virus enters in body through the mouth and nose and if healthy person comes in contact with infected individual, it attacks the immune system and causes a disease, mainly respiratory disorders. The people who are easily susceptible are pregnant women, young children, individuals who have history of respiratory or lung diseases.

Verma.S et.al(June 2021):- The H1N1 flu virus is a new influenza virus strain that is causing illness in people, Swine flu has been confirmed in a number of countries. This new virus strain was first declared in people in US in April 2009 and is spreading from person to person in much the same way that regular viruses spread. On June 11, 2009, the World Health Organization (WHO) declared that pandemic of H1N1 is underway.

## OBJECTIVES

- To explore origin of herbal medicine.
- To understand the use of medicinal plants for treatment.
- To understand quality, safety and efficacy of using herbal medicine for treatment
- To find out whether or not herbal medicine should be used in this contemporary society.

- To explore the many aspects of the rich traditional Egyptian herbal medicine.
- To investigate public conceptions about effectiveness of herbal medicine.
- To isolate science from myth regarding folk medicine .
- To apply knowledge gained during the course in evaluating the usefulness of herbal formulations.

## REFERENCES

- 1.Olsen CW. The Emergence of Novel Swine Influenza Viruses in North America *Virus Research* 2002; 85 (2): 199–210
2. Kothalawala H, Toussaint MJ, Gruys E. An Overview of Swine Influenza". *Vet Q.*, 2006; 28 (2): 46–3.
3. J.Anuradha,Kasim Muhtari,Henna Lone, Sandeep Tripathi and R. Sanjeevi (May 2018)
4. Ekta Pal and Parveena Kumar Sharma (November 2020)

