



A REVIEW ARTICLE ON EYE FLU DISEASE

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Abstract:-

Eye flu also known as conjunctivitis or red eye is highly contagious disease. Conjunctivitis is the inflammation of the conjunctiva and has 4 main causes- viruses, bacteria, allergens, and irritants. Among these, bacterial conjunctivitis is most common and is the same contagious, especially when the dentist is working with the infected person, and that person spreads to the other patient. It may cause various clinical features and is also responsible for blindness some times. It may spread from one person to other person through different modes. No standard treatment is available for eye flu presently. Many medications of different systems of medicines are used without providing any long-lasting results. It is discovered through the study that application of anjana karma (collyrium), eyedrops (ascyotana) and external application of paste on eyelids (vidalaka) as mentioned in the ancient texts will produce supraditive potentiated synergistic effect which will act as an important hallmark for curing the eye flu. If these treatment modalities are made a daily routine by healthy individuals who live in sensitive endemic zones to this disease, will develop their immune system against this contagious entity.

Keywords:- Cakradatta, Netrabhisyaanda, Eye flu, Darvi rasanjana yoga, Karavirarasa ascyotana, Saindhavadi vidalaka, Conjunctivitis, Naktandhya.

Introduction:-

Eye flu or conjunctivitis, also known as Pink eye is among the most common eye diseases worldwide. It is a dangerous and contagious disease which can spread from one person to another through different modes. The prominent symptoms are red eye, itching, watery secretion, thick yellow discharge from eyes, burning eyes, blurred vision, photophobia and inflamed eyes. The most common cause of eye flu is viral and bacterial infection. But can be caused by other factors like allergy, UV rays, irritants and certain medical conditions.

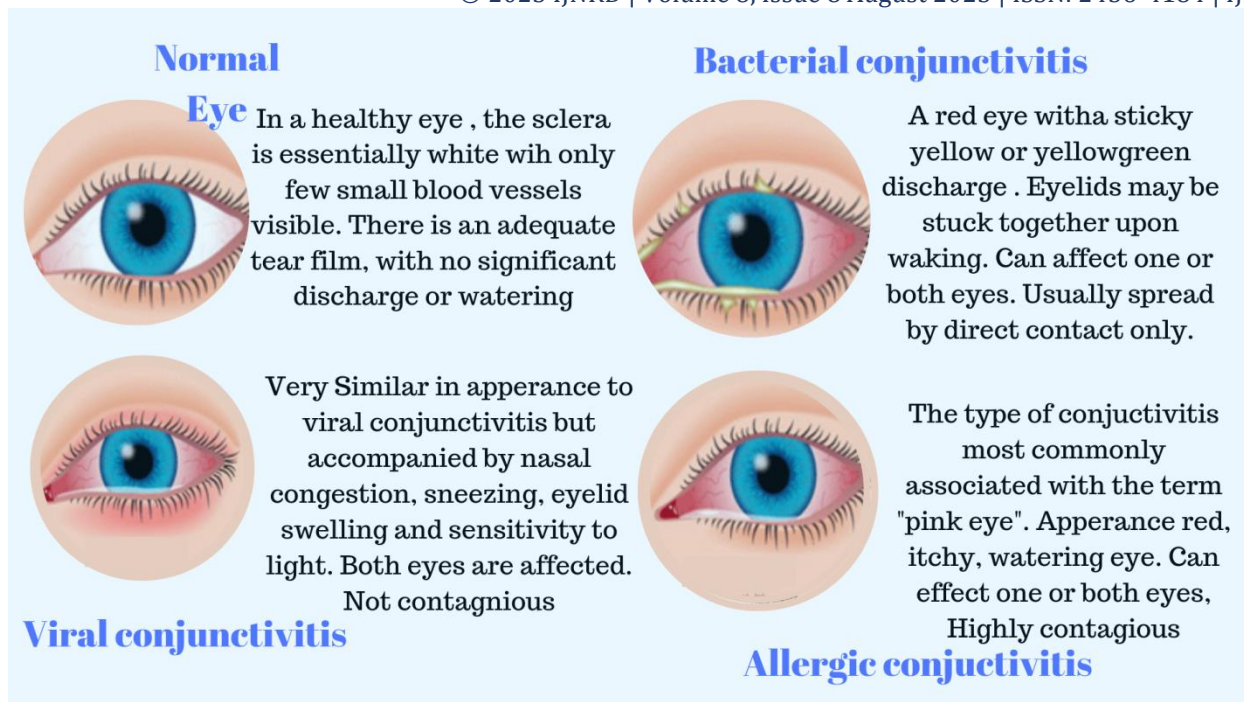
Application of cold or hot compresses, instillation of artificial tear drops, application of antibiotic eyedrops and ointment are the measures taken to treat the disease. But these are partially effective as these can alleviate the symptoms for sometime and is unable to cure or prevent the eye flu. Thus, there is no therapy which may provide an answer for the management of the condition. Preventive measures include avoiding the touching or sharing items with the persons suffering from disease, which is almost impossible to follow this for long duration in routine life. Eye flu may transmit as endemic or epidemic through different modes. Most of these infections are not home curable which means, an appointment with the doctor. One such common infections are the viral infection of the eye called the eye flu. It is a condition when a person has sore eyes. A highly contagious disease, conjunctivitis is the swollenness or inflammation caused in the conjunctiva, a thin membrane which coats the front of the eyes. Though eye flu can affect people of all age but it's more common among children.

Flu can affect individuals of all ages, including children. They are especially prone to contracting this eye infection due to close contact at school and daycare settings.



Therefore, it is crucial that children learn proper hygiene practices such as not touching their eyes for maximum protection from infection. If your child develops its symptoms it is essential that they see their pediatrician for guidance and advice regarding treatment and care.

Types of eye flu or conjunctivitis :



Viral conjunctivitis

- Viral conjunctivitis is the most usual cause of infectious [conjunctivitis](#).
- This infection is also common in adults than in children. About 65–90% of eye flu infections are caused by adenovirus. It is another general type of pink eye that is highly infectious as airborne viruses can be reached by sneezing and coughing.
- Treatment of viral conjunctivitis usually involves supportive therapies, such as **eye drops**, that assist to reduce the symptoms. Treatments normally are maintained for 1-2 weeks, depending on the severity of the infection.

Bacterial conjunctivitis

- In this, bacteria infect the eye by various sources of contamination. The bacteria can expand by contact with an infected person, exposure to the infected surfaces, or by other mediums like the sinus.
- Bacterial [conjunctivitis](#) normally creates a thick eye discharge or pus and can harm one or both eyes.
- The usual types of bacteria that create bacterial conjunctivitis involves are Staphylococcus aureus, Haemophilus influenza, Streptococcus pneumonia, and Pseudomonas aeruginosa. Bacterial conjunctivitis, although a less common cause of conjunctivitis, is more common in children.

Allergic conjunctivitis

- This red-eye caused by eye allergies is very familiar. Eye allergies can be triggered by allergens involving pollen, animal dander and dust insects.
- Allergic [conjunctivitis](#) can be seasonal or perennial depending on the allergen creating the reaction.

- The usual sign of allergic conjunctivitis is [itchy](#) eyes, which may be removed with special [eye drops](#) comprising **antihistamines** to manage allergic reactions.

Causes of eye flu

- Infection in the eye caused by a virus or bacteria.
- Viruses that generate eye flu append **adenoviruses** are some kinds of **herpes virus**.
- Pink eye in newborns can be because of eye-flu infection, irritation, or a blocked tear duct. Sometimes bacteria or a virus is transferred on from the mother during delivery, even if she does not have symptoms. The bacteria or virus may be linked to an STI.
- Bacterial problems involve **Staphylococcus aureus, Streptococcus pneumonia, Haemophilus species** etc.
- If a newborn has bacterial conjunctivitis of Chlamydia, the signs are usually seen in 5 to 12 days after delivery. If the bacteria is due to gonorrhoea, they normally can be seen after 2 to 4 days.
- Most different kinds of bacterial [conjunctivitis](#) will settle with more immediate treatment. Infective conjunctivitis is very infectious and can quickly be passed on to another person.

Transmission of Eye Flu

1. Direct Contact

1. Eye flu can be transmitted through direct contact with an infected person's eye secretions.
2. This includes touching their eyes, shaking hands, or hugging them when they have the infection.

2. Indirect Contact

1. The virus or bacteria causing eye flu can survive on surfaces like doorknobs, countertops, and toys.
2. If you touch these contaminated surfaces and then touch your eyes, you can contract the infection.

3. Airborne Transmission

1. Viral conjunctivitis can spread through the air when an infected person coughs or sneezes.
2. Tiny droplets containing the virus can be released into the air, and if you inhale them or touch your eyes after touching a contaminated surface, you may get eye flu.
3. Stay away from people who have respiratory infections to reduce the chances of airborne transmission.

4. Contaminated Water:

1. Certain types of conjunctivitis can spread through swimming in pools or lakes with contaminated water.
2. Bacteria and other microorganisms in the water can cause an eye infection in susceptible individuals.

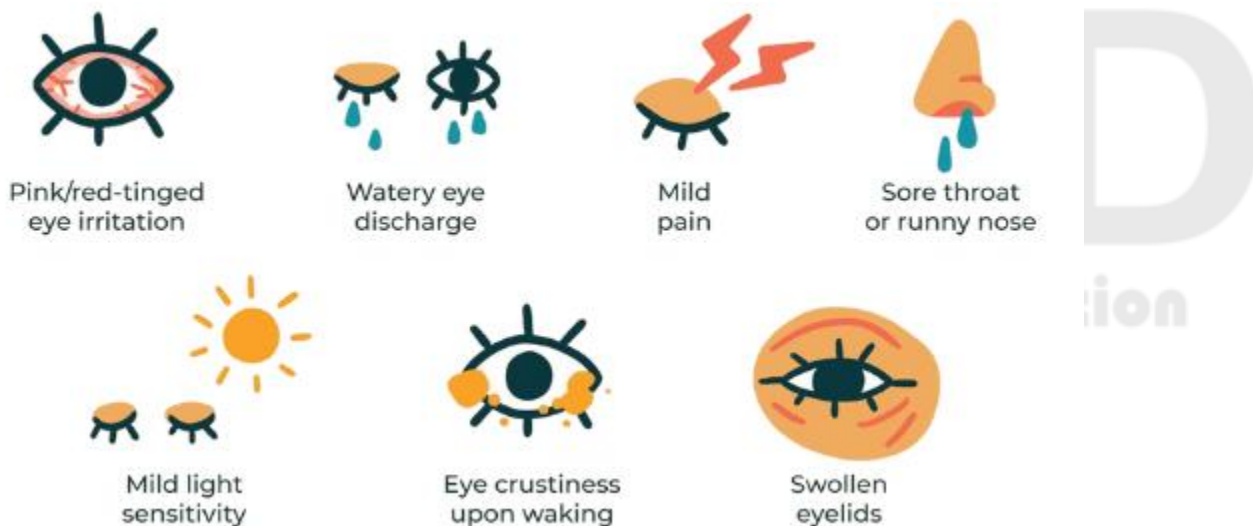
5. Mother-to-Newborn

1. some cases, a mother with an active eye infection can pass on the infection to her baby during childbirth.
2. This is known as neonatal conjunctivitis and requires immediate medical attention to prevent complications.

Symptoms Eye Flu

Conjunctivitis, also called “pink eye” or “eye flu,” can have different symptoms depending on what caused it. But here are some common signs of Conjunctivitis:

- The white of the Eye or Inner lid turns red.
 - Feelings of itchiness or grit in the Eye.
 - Eye discharge that looks like water or mucus
 - Swollen eyelids.
 - Light sensitivity.
 - Blurred vision.
- Crusty Eyelashes or eyelids, especially when you wake up in the morning



Eye Flu Diagnosis

The Conjunctivitis Diagnosis is usually done by performing some tests like:

- Vision test to see if there is any effect on vision
- Examination of External eye tissue
- Examination of inner eye tissue
- Conjunctival tissue smear
- Other tests as may be required

Prevention

- Not touching or rubbing the eyes
- Washing the hands regularly with soap and warm water, or use hand sanitizer
- Always remove contact lenses before sleeping
- Keep Eyeglasses clean
- Not sharing personal items such as towels and pillows, makeup, and contact lenses with different people
- Using goggles in a swimming pool, and not swimming if you have an infection
- Avoid swimming that has regular chlorination of water.
- Clean the eyes with fresh water 2-3 times a day.
- Avoid using the same towel or handkerchief if used already.

Treatment

- Mostly in few cases of infective [conjunctivitis](#), the doctor suggests waiting as the eye infection resolve without treatment within 2 weeks. They may direct [eye drops](#) with decongestants or antihistamine to decrease the signs of swelling and irritation.
- Antibiotics will not work if in cases of viral, and even a bacterial infection may last up to a month with antibiotics. However, medicines may be prescribed if symptoms are critical. The most usually prescribed medicines for infective conjunctivitis are fluoroquinolones, sulfonamides, chloramphenicol, etc.
- Apply dark goggles.
- Close your eyes and apply ice covered in a cloth covering the eyelids.
- Apply anti-allergic [eye drops](#) 3 times a day.

Home Remedy for Eye flu



- **Hot water:** Wash the eye with the use of light hot water to remove the dirt that accumulates above the eyes. Take out the hot water in a vessel and cool it lightly, and you can also wash your eyes directly with that warm water, which will bring out the dirt in the eye.
- **Amla juice:** Grind 3 to 4 gooseberry fruit powder and extract its juice. Drink that juice in a glass of water. Amla juice should be used on an empty stomach in the morning and twice a day before sleeping at night.
- **Turmeric and hot water:** Heat 2 teaspoons of turmeric powder for 2 to 3 minutes. Mix that turmeric in a glass of warm water. Clean the eyes with the help of cotton. The eyes should be wiped with cotton after mixing turmeric in warm water.
- **Potatoes:** Cut a potato into thin pieces. Put the chopped potato on your eyes for 10 minutes before sleeping at night, then remove it. Potato contains a high amount of starch, that cure [eye infection](#).

Conclusion

Eye Flu It is very common especially during the rainy season. It is not at all dangerous and gets cured within a week or so without transmitting any permanent damage to the eye. They can easily be eliminated if wear dark goggles and apply [anti-allergic eye drops](#) 3 – 4 times a day as prescribed by your doctor.

Conjunctivitis is a common eye condition with various causes and symptoms. Understanding the **type of conjunctivitis is crucial for appropriate treatment**. While medical intervention is essential, home care remedies can also complement the healing process.

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