

## 23-Swine Flu (H1N1)

<b>1.0</b>	<b>Introduction:</b>
1.1	Man's prime duty is to maintain his health, which is his <b>'True Asset.'</b> It is always better to prevent the onset of a disease than to eradicate it after it has occurred. One thing is logical that when a person tries to take prudent financial decision by applying his knowledge and experience, it is also necessary that investment in own health should also be done to enjoy peaceful healthy Life.
1.2	This compilation has been prepared to <b>create awareness</b> about the disease namely Swine Flu and to give <b>bird's eye view</b> of the disease to a common man.
1.3	Kindly <b>circulate</b> the Article to your family members, relatives, friends, neighbours, colleagues etc...

<b>2.0</b>	<b>What is Swine Flu?</b>
2.1	Swine Influenza (swine flu) is a <b>respiratory disease</b> of pigs caused by Type A influenza viruses that causes regular outbreaks in pigs.
2.2	Swine flu viruses have been reported to spread from person-to-person.
2.3	Various international agencies (US Centers for Disease Control & Prevention, World Health Organization) have determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human.

<b>3.0</b>	<b>Symptoms of Swine Flu?</b>	
3.1	<b>Symptoms of Swine Flu are similar to Seasonal Flu.</b>	
	Fever	Chills & Fatigue
	Cough	Diarrhea and vomiting
	Sore Throat	Muscle & joint pain
	Headache	Running nose
	Body ache	
➤	<b>We generally have a tendency to ignore mild symptoms of cold &amp; cough. However considering H1N1 threat, one should not ignore these symptoms and seek medical assistance immediately.</b>	
3.2	<b>Emergency warning signs that need urgent medical attention in case of Adults:</b>	
	Difficulty in breathing or shortness of breath.	
	Chest pain or pressure in the abdomen.	
	Sudden dizziness.	
	Confusion.	
	Severe or persistent vomiting.	
3.3	<b>Emergency warning signs that need urgent medical attention in case of children:</b>	
	Bluish skin colour.	
	Not drinking enough fluids.	
	Not waking up or not interacting.	
	Worse cough	
	Fever with rash	

	Fast breathing or trouble in breathing.
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<b>4.0</b>	<b>Who may get affected by Swine Flue?</b>
4.1	<b>Any one</b> may get affected by this disease but younger, older people, pregnant women, people with other medical conditions like diabetes, cancer, respiratory diseases are at higher risk of getting affected. <b>However, WHO recommends that everyone should take precautions to prevent the spread of infection.</b>
4.2	<b>Person with low immunity is likely to get this infection.</b>

<b>5.0</b>	<b>How Swine Flu spreads?</b>
5.1	Flu viruses are spread mainly from person to person through <b>coughing or sneezing</b> of people with influenza.
5.2	It spreads by <b>touching</b> an article which was handled in the immediate past by infected person.
5.3	It spreads from person to person through <b>air or skin to skin contact.</b>
5.4	Person can <b>spread the disease</b> from one day prior to onset to approx. 7 days after he shows signs of infection. However, some persons, especially children, may spread virus for 10 days or longer.

<b>6.0</b>	<b>Swine Flu --- Do's</b>
6.1	<b>Wash your hands</b> properly with soap and water frequently, before and after consuming food etc.
6.2	Stay more than an arm's length from persons afflicted with flu, cold, cough etc.
6.3	<b>Cover</b> the nose/mouth with a handkerchief/ tissue paper when coughing or sneezing.
6.4	Get plenty of <b>sleep.</b>
6.5	<b>Drink</b> plenty of water and eat nutritious food.
6.6	<b>Avoid</b> crowded places such as Malls, cinema halls etc.
6.7	Please check the Indian health ministry websites for information on affected areas/cities/country's etc. before travelling.
6.8	Non-essential travel should be <b>avoided.</b>
6.9	If you develop some symptoms, then <b>isolate</b> your self and inform your family members about the same.
6.10	<b>Do not attend</b> office, school, college etc. in case you develop some symptoms. This precaution can protect your colleagues and others.
6.11	<b>Do not ignore cold and cough and seek medical help immediately.</b>

<b>7.0</b>	<b>Swine Flu --- Don'ts</b>
7.1	Do not <b>shake</b> hands or hug.
7.2	Do not <b>spit</b> in open places.
7.3	<b>Do not take any medicine without consulting doctor.</b>
7.4	You need not wear a mask if you are not sick. If you are caring for a sick person, then you can wear a mask when you are in close contact with the ill person and dispose of it immediately after contact, and clean your hands thoroughly afterwards.

<b>8.0</b>	<b>How Swine Flu is diagnosed?</b>
8.1	A <b>respiratory specimen</b> would generally need to be collected within the first 4 to 5 days of illness and sent to Government laboratory for testing.
8.2	The said pathological test costs approx. <b>Rs.10, 000/-</b> for one sample.
8.3	Testing needs to be done again after patient recovers from swine flu.
8.4	<b>Swine Flu is not fatal if diagnosed immediately. Patient recovers in a week's time.</b>

<b>9.0</b>	<b>Tips to increase immunity:</b>
9.1	<b>Persons with low immunity are likely to get this infection and hence it is necessary to improve the immunity as there is no vaccine ready to protect against swine flu.</b>
9.2	Vaccine against Swine Flu virus H1N1 needs at least 6-12 months to be produced.
9.3	Seasonal flu vaccine or past flu immunization will not provide protection
9.4	Vitamin C 500 mg. (Brand name Celin): 1 tablet with water per day. Take 10 tablets. Keep gap of one week and then repeat the cycle twice.
9.5	½ spoon Jesthmadh churna + ½ spoon Sitopaladi churna + 1 spoon honey to be taken in the morning.
9.6	Ferrom Phos 30: (Bio compound tablets) 4 tablets a day.
9.7	Grape syrup (Drakshasav): 2 spoons before meals.

<b>10.0</b>	<b>Other precautions:</b>
10.1	Apply pure ghee (just a drop of ghee is more than sufficient) inside both nostrils before leaving home. No need to wear mask.
10.2	Hot water gargles at night with pinch of haldi powder.

<b>11.0</b>	<b>Food Remedies / Tips: (To improve immunity)</b>
11.1	<b>Lemon:</b> Shredded lemon peel of one lemon should be added to soups or sprinkled over salad / vegetable etc.
11.2	<b>Lemon-Water:</b> One small glass per day.
11.3	<b>Honey:</b> Glass of water + 1 teaspoon of honey + 1 teaspoon of lemon should be taken before going to bed. If you are also suffering from diabetes, please consult your doctor before resorting to this remedy.
11.4	<b>White onion:</b> 2 small onions should be consumed daily.
11.5	<b>Salad:</b> Tomatto, Beet, sprouted pulses such as moong, kulith etc.
11.6	<b>Water:</b> 8-10 glasses of water (approx. 1500 ml.) should be consumed every day. Magnetized water brings better results.
11.7	<b>Green gram (Moong) soup:</b> One cup hot soup should be taken preferably daily. <b>The recipe of making soup is as follows.</b> ¼ small bowl of sprouted Moong + 2 cups of water + one pepper + small piece of ginger + ½" dalchini + one clove + 1 peel of pounded garlic should be kept on a slow fire and allowed to simmer till the water is reduced to 1 cup. The soup should be strained and taken when hot. Cooked Moong from the soup can also be consumed separately.
11.8	<b>Holi Basil:</b> Consume 10 fresh leaves in the morning or leaves may be boiled in one cup of water and then hot water may be taken.

<b>12.0</b>	<b>Food to be consumed::</b>
12.1	Fruits, green vegetables, suran, cabbage, tondli, snake guard, boiled water, wheat chapatti etc. (The list is only illustrative)

<b>13.0</b>	<b>Food to be avoided for prevention from cold &amp; cough:</b>
13.1	Fast food items, farsan, wafers, banana, chikoo, pickles, butter milk, curd, cold drinks, cold water, ice cream, guava, oily food, non-veg. (The list is only illustrative) Any other item which causes cold based on your experience should also be avoided.

<b>14.0</b>	<b>Exercise: (To improve immunity)</b>
14.1	Slow / medium speed walking preferably in the morning and evening for at least 20-25 minutes. (Daily)
14.2	Deep breathing. (10-15 times by each nostril.) Four steps are involved in deep breathing namely, breathing in / retaining the breath / breathing out / pause before next breath. Retaining & pause can be practiced slowly. Breathing out should take more time than breathing in. (5-10 minutes)
14.3	ShivLinga Mudra (Mudra of Heat): Fingers of both palms should lock each other barring left thumb which should be left perpendicular. This Mudra Improves immunity creates heat, burns body fat, provides relief in cold.

<b>15.0</b>	<b>Disclaimer:</b>
15.1	I have made every effort to give accurate and useful information in this Article. However I <b>do not accept any responsibility</b> for the accuracy or completeness of any material contained in this article and recommend that viewers should exercise their <b>own care and judgment</b> with respect to its use. <b>You can choose to act upon the information contained in the Article at your own risk. This Article is purely educative.</b> One should refer various websites, government notifications, advertisements issued by Health Ministry, interview of doctors on TV, press etc.
15.2	<b>I have no intention of giving any professional medical advice in this Article. Services of a competent medical professional should be sought immediately on observing any of the symptoms listed above.</b>