

Flu (Influenza) Definition & Natural Remedies

Definition and description of Flu: Flu is referred to as Influenza in medical terminology. Flu is a highly contagious and acute respiratory tract infection that normally occurs in winter season. Generally, flu appears in form of epidemic. Though flu can affect people of all ages, children are affected more. Immuno-suppressed people, young children and people with chronic diseases experience the high severity of flu. Pneumonia (viral pneumonia or bacterial infection) is most common complication produced by flu. Other complications include chronic obstructive pulmonary disease, myositis, myocarditis, Reye's syndrome, encephalitis and pericarditis.

Causes of Flu: Flu is resulted from various strains of influenza virus. These viruses can mutate into various forms. You can get infected with flu by inhaling respiratory droplet from a person infected with flu or through indirect contact like using contaminated glass.

Signs and Symptoms of Flu: The main symptoms of flu include weakness, muscle aches, fatigue, fever, headaches and sneezing. Runny nose may be observed in some cases. Usually, symptoms of flu are mild in nature and do not lead to any serious health complications. However if you experience one of the following condition you must consult your health care provider.

If you have fever (above 102 F) for more than three days
If heavy mucus is released after coughing
If you face breathing difficulty
If you have flu like symptoms for considerably longer duration

Prevention of Flu: You may get protected from flu through immunization. There are certain vaccinations available for prevention of flu. There are certain side effects like appearance of mild flu like symptoms, inflammation at the injection site etc attached to the influenza vaccine. People with weak resistance must avoid crowded places like shopping centers, markets, theaters etc, especially during onset of flu epidemic.

Treatment of Flu: There are no specific treatments for flu. Generally medications known for their 'anti-flu' characteristic are prescribed. Bed rest and increase in fluid intake can help you in achieving relief from flu. Medications like ibuprofen or acetaminophen are used for relieving muscle pains and headaches.

Apart from the medications certain alternate therapies like homeopathy and herbal medicines may provide significant results. Use of natural supplements like colloidal silver, colloidal gold etc may help in prevention of flu as these colloidal are known for their property of killing bacteria, viruses and other micro organisms responsible for infections.

About the Author

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