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ROLE OF HOMEOPATHIC PROPHYLAXIS IN PREVENTION AND COMMON FLU AND INTREGETED APPROACH OF YOGA.

IDEA ORIGINATOR – Dr. Panckaj Garg.

Acknowledge of Idea Originator -Presentation inspiration and motivation have always played a key role in the success of any venture.

Foremost expressing our sincere Thanks to the Honorable Chairperson Madam JV'n Vidushi Garg, founder and advisor sir Dr. Pankaj Garg for giving us this opportunity to prepare for the research work.

Then we pay our deep sense of gratitude to Assistent professor Dr. Ajay Jatolia, (Community of Medicine) who has been "All Time Guidance" during the preparation of the research work.

We feel to acknowledge our indebtedness and thanks of gratitude to all the Faculty of Homoeopathic Science department for their support and encouraging guidance.

We are Immensely obliged to my friends for their elevating inspirations and their support.

Last but not the least, our parents who has always supported us and inspired us, so with due regards, our sincere thanks to them.

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Keywords- homeopathy, yoga , common flu.

Publication Ideology – The university initiative behind this publication is to exhibit the uniqueness of the research work done in which both the student and teachers were actively involved where the teachers acted as the research mentor for the students to included in them the research attitude. The highlight is that the work done is correlated with the ancient literature, invention, science, technology of ancient India.

The research paper is based on the university research policy and RAY.

Scope of future research:- Research improves services and treatment not just for you but also for future generations.it helps to develop new tests for diagnosis, treatment And processes that could eventually Your children ,even your grandchildren .You may gain access to treatments That are not yet readily available on public .

Research outcomes for Industry / Community /Government/Policy making: - Trying to determine if hyperimmune plasma – the liquid component of blood that contains antibodies to help to clear the virus from the body – is an effective treatment against influenza, specifically for patients at high risk for developing severe disease. Similar work is exploring the use of hyperimmune immunoglobulin (purified antibodies)

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Developing human and animal models to observe how influenza virus enters a host – and documenting the specific processes that occur and the structures within the virus and the host that contribute to infection. Then, similar to reading a road map, scientists try and introduce biological "detours" to both avoid a route to infection (preventive vaccination) and improve recovery time from infection (therapeutic treatment).

Studying the relationship between influenza and co-infection with bacteria, such as Staphylococcus aureus or Streptococcus pneumonia. Influenza can lead to viral and bacterial pneumonia (most deaths attributed to influenza virus are caused by pneumonia). The studies use an animal model to assess damage to the lungs and the amount of oxygen reaching the bloodstream. This approach will help researchers assess the effectiveness of new vaccines and therapeutics at stopping disease.

Exposing healthy volunteers under carefully controlled and monitored conditions to influenza A viruses. These types of challenge studies provide critical information as to how the flu develops and persists and how humans fight infection. This information is key to establishing more rapid, cost-effective clinical trials for new influenza medicines or for determining the efficacy of candidate vaccines for preventing seasonal or pandemic influenza.

Examining common influenza vaccination practices in an effort to develop more effective vaccines. For example, one study is exploring whether suppressing neuraminidase could have a more significant role in establishing immunity; most influenza vaccines focus on limiting concentrations of hemagglutinin. Another study is examining influenza virus epitopes – the precise locations on the HA protein where antibodies bind to prevent infection. Little is known about relationships between epitope display and vaccine effectiveness, though researchers are using specialized electron microscopy and computational analyses to build three-dimensional models to predict how and where antibodies bind to epitopes. Scientists believe that a better understanding of the molecular architecture of epitopes will help them develop more effective vaccines.

Abstract - Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

The common cold is a viral infection that requires symptomatic treatment. It is usually self- limiting. Influenza is often referred to as the flu. There are several differences between the common cold and the flu, including the onset of the condition as influenza is typically more acute in onset and more debilitating. Treatment of both these conditions requires a symptomatic approach that should be evidence-based, including herbal remedies, over-the- counter medicines, antiviral agents and analgesics for pain and fever. This will be discussed in more detail in the ensuing section

The most recent data for the mortality (death rates) from influenza rate (death rate) for the United States in 2016 indicates that mortality from influenza varies from year to year

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Flu symptoms: -Flu symptoms include- fever,

chills,

cough,

sore throat,

headache,

muscle aches, and

fatigue.

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You may gain access to treatments That are not yet readily available on public.

Introduction:- The common cold, including chest cold and head cold, and seasonal flu are caused by viruses. Use over-the-counter cold medications to relieve symptoms including sore throat, runny nose, congestion, and cough. Flu symptoms are similar, but include fever, headache and muscle soreness. See a doctor who may prescribe antiviral medications Relenza or Tamiflu.

According to the Centres for Disease Control and Prevention (CDC), a person with flu may experience:

a high temperature that lasts 3–4 days
a stuffy or runny nose
cold sweats and shivers
aches that may be severe
a headache
fatigue

The symptoms of influenza typically come on suddenly. Initially, a person with flu may experience:

a high temperature
a stuffy or runny nose
a dry cough
cold sweats and shivers
aches that may be severe
a headache
fatigue, and a feeling of being unwell
a low appetite

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Review of literature-

Supply of neuraminidase inhibitors related to reduced influenza A(H1N1) mortality during the 2009-2010 H1N1 Pandemic An ecological study by Miller PE et al review 21 December 2012.

Vaccination of health care workers to protect patients at increased risk for acute respiratory disease by Dolan GP et al reviewed 28 September 2012. Myocardial injury and bacterial pneumonia contribute to the pathogenesis of fatal influenza B virus infection by paddock etal reviewed 17 February2012

A population-based study of neurological manifestations of severe influenza A(H1N1) pdmlog, in California by Glaser et al; reviewed 22 June 2012

IFITM3 Restricted the morbidity and mortality associated with influenza; by Everett et al reviewed.

MATERIAL AND METHODS - Viruses: isolated A1 IA: A/chicken/California/ 1002/2000(H1N1) was isolated 14 March 2000 from 58-week-old 10 years showing decreased egg production respiratory signs of disease and increased mortality lt was isolated from premises where there first vaccination was permitted and was genotype B based on the non-structural.

Gene allele present this isolated was obtained before the flock was vaccination isolated Bib:

Cross – neutralizing: antisera were tested for the ability to netrali or Cross react with H6N2 virus.

Isolates used to produce rabbit following standard methods: - The percentage plague Number Reduction is calculated by: Reduction % = (PFU/ML with native serum -PFU/ ML with antiserum) PFU/ML with Naive serum.

RESULT AND DISCUSSION - Out of the 600 hundred children recruited,445(74.17%) completed the study (149: Homeopathic complex;151: placebo;145: influbio). The number of flu and acute respiratory infection symptomatic episodes detected in this clinical trial was low; however, it was different between homeopathic groups and placebo ($p < 0.001$).

In the first year post – intervention, 46/151 (30.5%) of children in the placebo group developed 3 or more flu and acute respiratory infection episodes, while there was no episode in the group of 149 children who use homeopathic complex, and only 1 episode in the group of 145 (1%) children who received influbio.

CONCLUSION - This result suggested that the use of homeopathic medicines minimized the number of flu and acute respiratory infection symptomatic episodes in children, signalizing that the homeopathic prophylactic potential should be investigated in further studies.

Corelate with YOGA - Yoga's stress reducing abilities is one of the Primary reasons a regular practice of yoga helps prevent and cure the common flu.

The various asana of yoga are an excellent way to keep the immune system healty and strong to prevent and quickly recover from the common cold or flu.

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YOGA ASANA FOR COMMON FLU: - LION ASANA- Yoga lion asana is a great exercise for your face muscles and neck. It also heals sore throat symptom.

Standing Forward Bend ASANA- It is the second asana in sun solution. This asana brings enefgry to the head and respirotry area, helps clear the sinuses.

Fish ASANA- It is the open the chest and throat which helps relieve upper respiratory congestion as well as benefits the heart.

Reference: -

Cardone, C.J. Low -Pathogenicity avian influenza outbreaks in commoercial poultry in California.

Webby, R.J.P. R Woolcock, S.L. krauss.D. B Walker chin, K.F.shortridge.R and R.G.webster multiple genotype of nonpathogenic H6N2 influenza virus.in California.

NHS national prescribing centore, common cold.

Rutter p.community pharma.