

# Review Article: Understanding Influenza-Related Eye Diseases

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**Abstract:** Eye flu also known as a conjunctivitis or red eye is highly contagious disease as well as pink eye is among the most common disease world wide . The prominent system vision. The eye flu which can spread from one person to another person. Ophthalmology clinics around the world see a lot of patients with conjunctivitis viral conjunctivitis followed by bacterial conjunctivitis is the most common cause of infection eye flu while allergic and toxin –induced eye flu are among the most common non - infection etiologies . One of the most typical causes of red eyes,conjunctivitis strikes people of all ages and socioeconomic background.the majority of infection conjunctivitis causes,upto 75% of them are caused by viral conjunctivitis.this overviews briefly describe current literature findings ophthalmology related to coronavirus disease that become a worldwide pandemic. Virous account for 80% of all cases of acute conjunctivitis and adenoviruses ; entrovirus and herpes virus are the common causative agent in general , viral conjunctivitis spreads easily .Ophthalmology clinics around the world see a lot of patient with conjunctivitis . severe pain , impaired vision and a painful pupillary reaction are red flags for more serious intraocular disorders that should be taken into account while treating suspected cases of conjunctivitis. Conjunctivitis in children is very contagious ,and if hygiene condition are not observed or treated carelessly,it is easily transferred to a healthy eye or from person to person . bacteria and viruses a head the list of organisms capable of invading the exposed conjunctiva.

**Keywords:** Eye flu, sendhavadi vidalaka, bacterial disease, pink eye, allergic, naktandhya, darvi rasanjana

## I. INTRODUCTION

Eye flu is characterized by inflammation and swelling of the conjunctival tissue ,accompanied by engorgement of the ocular discharge vessels and pain eye health education that encourage people to seek consultation from an ophthalmologist is one of the most important step to prevent visual impairment . awareness and knowledge of common eye disease play and important roll in encouraging people to seek treatment for eye problem. The etiology of conjunctivitis may be infectious or non-infectious.



Fig 1.1 eye redness

The major cause of eye flu disease are :

- Irritant and foreign particle
- Allergic reaction
- Viral infection

**Irritant and foreign parte:**

Irritant and foreign particle can also induced smoke,pollution,chlorine from swimming pool etc. Due to these irritant you feel itching and redness in your eyes.

**Allergic reaction:**

Allergic reaction are another eye flu cause that results in watery,red and itchy eyes.

**Viral infection :**

The viruses are the most common means by which eye flu is easily spread. Viral conjunctivite is responsible for the majority of infectious conjunctivitis accounting for up to 75% of cases (2)

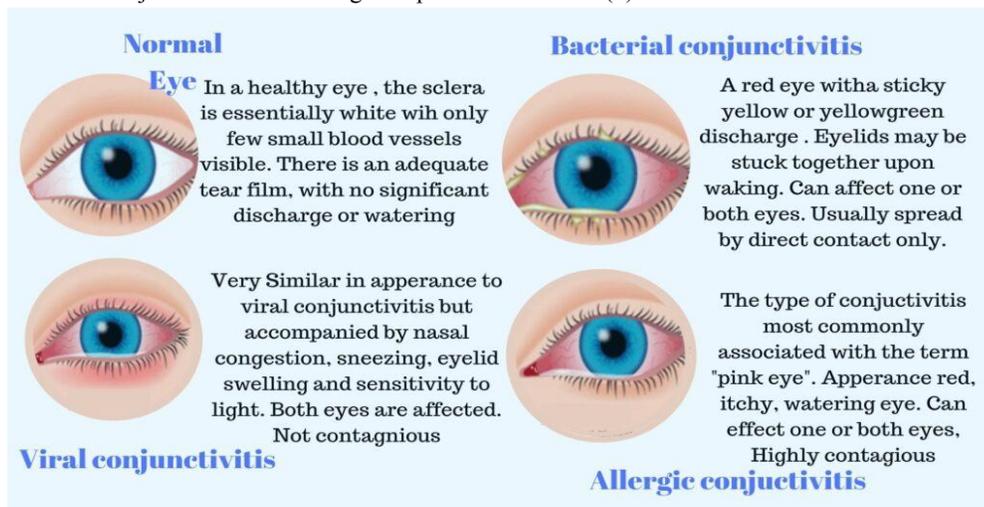


Fig 2. Eye Flu to Expert tips

**Symptoms:**

- Swelling
- Red eye
- Watery eye
- Eye discharge
- Sensitiveness to light
- Blurred vission
- Chronic infection

A symptoms of viral conjunctivities is watery discharge that is not yellow or green in colour, in which may be due to the bacterial infection, the other symptoms include nasal congestion, runny nose, swollen, eyelids, sensation of having foreign objects in the eye and pain looking at bright lights.



**Fig 3 Eye flu**

**Causes:**

Conjunctivitis most frequently result from adenoviruses. Additional viruses that can result in this infection include the picornavirus (enterov70), varicella-zoster (VZV), herpes simplex virus (HSV), and poxvirus (molluscum).

**Eye flu diagnosis:**

- Examination of inner eye tissue
- Examination of external eye tissue
- Conjunctival tissue smear
- Vision test to see if there is any effect on vision etc.

**Prevention :**

- Not touching or rubbing the eyes
- Keep eyeglasses clean
- Clean the eyes with fresh water two-three times a day
- Avoid using the same towel or handkerchief is used already
- Stay out of the water when it is regularly chlorinated
- Always remove contact lenses before slipping

**Treatment:**

- Mostly in few cases of infective conjunctivitis the doctor suggest waiting as the eye infection resolve without treatment within two weeks.
- They may direct eye drops with decongestants or antihistamine to decrease the signs of swelling of irritation antibiotic will not work if in cases of viral , and even a bacterial infection may last upto a month with antibiotics however, medicines may be prscribe if symptoms are critical
- The mostly usually prscribe medicines for infective conjunctivitis are fluroquinolones, sulfonamides, chloramphenicol, etc.
- Apply dark goggles
- Close your eyes and apply ice cover in a cloth covering the eyelids.
- Apply antiallergic eye drops three 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 accumulate above the eyes. Remove the hot water from a container and allow it to cool slightly. Alternatively, you can use the warm water to cleanse your eyes directly, which will extract embedded dirt

.Amla juice: Powder three to four gooseberries and press the 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 a night.

Turmeric and hot water:heat two teaspoon of turmeric powder for two to three minutes. Mix that turmeric in a glass of warm water.clean the eyes with help of cotton.the eyes should be wiped with cotton after mixing turmeric in on water.

Potatoes:cut a potato in the thin piece.put the chopped potato on your eyes for for 10 minutes before sleeping at a night,then remove it.potato contains a high amount of starch,that cure eye infection.

**II. CONCLUSION**

Conjunctivitis is the common especially during the rainy season it is does not the all times dangerous and gets cured within a week or so without transmitting any permanent damaged to the eye they can easily be eliminated if wear dark goggles and apply anti-allergic eye drops 3-4 days as per prscribed by your doctor.

Eye flu is common eye condition with various causes and symptoms. understanding the type of conjunctivities is crucial for appropriate treatment while medical intervention is essential, home care remedies can also complement the healing proce

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