

Traditional Remedies for Treating FLU

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Abstract: Treatment of seborrheic dermatitis is a method that many people choose because of benign, fast-acting and especially not causing side effects. There are many remedies for seborrheic dermatitis by traditional Oriental medicine method which are used by many people and shows remarkable effect. The paper is based on research paper, journals as well as the survey data of patients who are living in Viet Nam. The results show that the traditional method has its advantages that other therapies do not have. Some solutions have been also pointed out in order to improve the quality of the residents in the country.

Key words: Effectiveness, Flu, Traditional therapy, Western Therapy.

INTRODUCTION

Viet Nam is in a hot and humid climate, the monsoon changes continuously and the body cannot adapt properly. The evil air will inherit the muscle to enter the body and cause disease. This it is very convenient for insects, bacteria, viruses to develop. Flu is a common disease that occurs all year round, but the frequency of illness is highest in the period from early autumn to late spring. When resistance, immunity weakens, people are very contagious. Especially in flood-prone areas, people who have to immerse themselves in water for a long time are very susceptible to a common plague of influenza. When infected with the flu, the body's autoimmune mechanism secretes white blood cells against a nasal pathogen that causes the nose to warm, runny nose, stuffy nose, and sneeze. People with nasal flu must breathe through their mouths, tighten their lips, bitter tongue. This phenomenon is most annoying and very inconvenient for those who do communication work. For people with good autoimmune mechanisms, sometimes 3, 5, 7 days are self-remission[1]. People with weak immune mechanisms and viruses penetrate deep into the larynx and bronchi. The battle between leukocytes and viruses is more severe, resulting in the corpse with the white blood cells turning into sputum and the coughing starts. At this time the fever can reach 39 - 41°C. People with the flu cough more severely, have pain, chills, don't want to eat. Fever borne dehydrated, accompanied by poor eating and drinking, so health deteriorated rapidly. For children, if the virus enters the alveoli that is untreated in time, it will produce pulmonary edema (formerly known as schizophrenia) that can easily lead to death. At this time, traditional folk methods are rather effective[2][3].

SYMPTOMS, TYPES, CAUSES OF FLU AND ITS SPREAD MECHANISM

The reason is that the weather changes from hot to cold, sudden low humidity, the body does not regulate adaptation in time so it is prone to flu. When the weather in the four seasons is moderate, the spring is warm, the summer is hot, the autumn is cool, the cold winter will be healthy. Manifesting body aches or minor headaches, sneezing, watery eyes, mild fever, tired people, runny or stuffy nose, itching or sore throat, cough will be symptoms of flu. The feeling of welding is that the body is affected by the evil wind. This phenomenon also occurs in tropical areas. In these countries, we may find flu outbreaks in rainy and humid months, or flu pandemics can fluctuate quite closely with weather changes throughout the year[4].

Mostly, common colds will appear at the same symptoms including sore throat, stuffy nose and cough. More than 200 viruses can cause a common cold, but rhinovirus is the most common type. It is interesting to know that about a quarter of people with colds are so lucky that they do not suffer from the above symptoms.

Influenza is caused by the influenza virus, which consists of 3 types A, B and C. Flu often has some similar symptoms, but getting the influenza virus can lead to high fever, aches and pains. cold sweat and shudder. The first sign of the influenza virus begins to appear around October and is most often active

during the winter rush. However, in a number of years, the flu can break out strongly and last until May next year.

Flu viruses usually find their way into the body through the nose. Fortunately, our nasal lining has a complex defense mechanism against these small intruders. Their nostrils always have a mucus, the virus will be blocked at the point of adhesion, and then removed by small hairs on the nasal lining. When we swallow them, stomach acid neutralizes bacteria. When it is cold, the nasal bridge become to dry out and reduce the processing speed of the mucous membranes. The virus can live longer inside, trying to dig through the bumps to get inside the body. Once the virus enters through this defense, the body's immune system takes on the next defense. Phagocyte cells will swallow and digest the virus, but cold weather also slows down this process[1].

TRADITIONAL METHODS AND HERBS

Treating flu with traditional remedies in which simple natural medicine are used is available and effective at home. Vietnam in particular and Asia in general have “the high potential of medicinal plants” [5]. There are a lot of plant species in remote areas, in large forest or even in our gardens. This helps patients avoid having to use antibiotics, which can cause unhealthy side effects[2].

The first effective medication for men to treat flu includes Chan pei (5g), Platycodon grandiflorum (5g), perilla leaf (9g), ephedra (8g), licorice (3g), cyperus rotundus (12g), 3 slices of ginger. We can put all of them in a pot, pour about 600ml of water, boil it for about 30 minutes in order to get about 200ml of condensed liquid. Patients should drink it when the medicine is warm, 3 times a day before eating. After drinking 30 minutes, they can eat some hot onion porridge. People who have just infected and suffered from flu, sneezing or runny nose will surely be better after only 1-2 days. Particularly, the medication for children who have high fever convulsions needs to have some slices of young bamboo since it will reduce fever rather fast.

The second effective one is ginger juice. Ginger is the most popular folk remedy for colds. Drinking a bowl of hot spicy ginger will help the patient to perspire, excrete waste products from the body, and quickly stop the nasty flu. The way to make the juice is rather easy, that is, we can cut ginger into small pieces, add chopped ginger to boil for 5-10 minutes at the rate of 4 teaspoons per a cup of water. Then add a little red sugar (red sugar has a warming effect on the stomach), patients should drink several times a day, especially before drinking at bedtime. Indians also grind fresh ginger to put on the chest or forehead of patients in order to reduce discomfort and lower body temperature if the fever is high[4].

The third effective one is a combination of lemon and honey[6]. The method is very simple. We need to boil the water at the highest temperature, then add the lemon juice to the water, finally add some honey and drink it. New Zealanders believe that honey works to relieve sore throat, while lemon juice helps to boost the immune system effectively (Fig 1).



Fig. 1: One of some traditional ways to treat flu

The fourth effective one is coconut oil since it is not only moisturizing but also anti-viral, antibacterial, anti-fungal effective. Lauric acid in coconut oil destroys the lipid coating around the virus and enhances the immune system. We should add coconut oil in your daily diet such as salads or for cooking.

Besides, apple cider vinegar helps kill viruses because it will create an alkaline environment in the body, helping to kill bacteria. Therefore, during pregnancy, if we experience any signs of flu, we should immediately mix 1 teaspoon of apple cider vinegar with 1 cup of warm water to rinse our mouth and drink it daily. Apply this formula until the flu symptoms are reduced.

Then, we can steam ourselves with some kinds of herbs. We can choose materials according to effects such as lemon leaves, grapefruit, perilla, marjoram, lemongrass or mint. These leaves have essential oils, kill respiratory tract. We can also choose leaves that have antibiotic effect like bamboo leaves. After choosing fresh leaves from the ingredients, then put some in the pot, pour the water over the medicine leaves about 2cm, get thick paper or banana leaves cover on the pot. Boil it for 1–3 minutes and then descend to close to the sick person. After the body is covered with the blanket, the patient will open the lid and swung it out, taking chopsticks to pierce a hole in the paper (leaf) covering the mouth of the pot so that the hot steam and essential oils emitted the face and body. As soon as we poke at the pot, just breathe slowly, about 10 minutes. The patient will sweat and get relieved. After that, just dry the body, change clothes and remove blankets. We should also take care to avoid the wind after doing in order to have a better spirit[7].

COMBINATION OF TRADITIONAL MOETHODS AND MODERN METHODS

The object of research of Eastern medicine and Western medicine are human life, health and disease. The purpose of both medical disciplines is to find effective methods of protecting health and healing. However, in reality, due to historical circumstances, cultural differences and cognitive methods (epistemological), different theoretical systems and methods of practice were formed[8].

Over thousands of years of history of traditional Vietnamese medicine, many experiences, precious methods in disease prevention, medicine treatment and non-drug use have been drawn, handed down and developed from this generation through the world. Another system, increasingly added to be more complete, more scientific. Therefore, the important task of the health sector is to conserve and promote this heritage effectively in the care and protection of people's health.

It is best to drink away from each other because many Eastern medicines and Western medicines cannot be taken together at the same time. For example, all antibiotics have the effect of killing or inhibiting bacteria and the enzyme system in the body. It is impossible to drink with the traditional Western medicine products that contain microorganisms and many types of yeast because it can reduce the effectiveness of the drug; Western medicines of alumino origin, such as atropine, caffeine, theophyllin, stricnin, corticosteroids cannot be taken with traditional medicine such as strychnosnux-vomica, coptis, etc since it may increase toxicity and lead to poisoning[9].

METHODOLOGY

Thank to the support of 18 respondents who are presently working at Gifu Software Company and 32 students who are studying at some universities in Vietnam, a survey was conducted online at <https://surveynuts.com>. In the form of direct interview and method of completing questionnaires, the role of traditional therapy has clearly affirmed. The survey results are analyzed based on Hancock's analytical method. The article is also based on the data and information of relevant international articles and magazines.

RESULTS AND DISCUSSION

The following questions are designed to help understand the symptoms and causes that patients face as well as some related issues.

Table 1: Reactions of the patients to the methods of treating flu

Questions	The number of 50 respondents			
	Options			
1. How often do you get a flu?	Very often	Often	Sometimes	Never
	19	17	14	0
2. When you have a cold, what do you usually do?	Go to hospital	Take antibiotics	Use oriental therapy	Do nothing
	0	28	22	0
3. What do you think about treating flu by Western therapy?	Very good	Good	Normal	Not good
	0	30	14	6
4. What do you think about treating flu by traditional medicine?	Very good	Good	Normal	Not good
	7	35	8	0

The first question addressed in the survey is to determine the frequency of a patient who can get flu during the year. The result shows that there are many people (36/50) suffering from colds for some unavoidable reasons since they chose "Very often" or "Often". When infected, most patients (28/50)

choose to use antibiotics rather than using folk methods. When asked about the reliability of choosing which method to treat, there are 42 people (84%) chose the traditional method instead of the western method (60%) (Table 1).

Then, to clarify why most patients choose to use antibiotics instead of traditional methods, two more questions were mentioned, and the first one is: "Why did you choose antibiotics when you have the flu?" (Fig. 2).

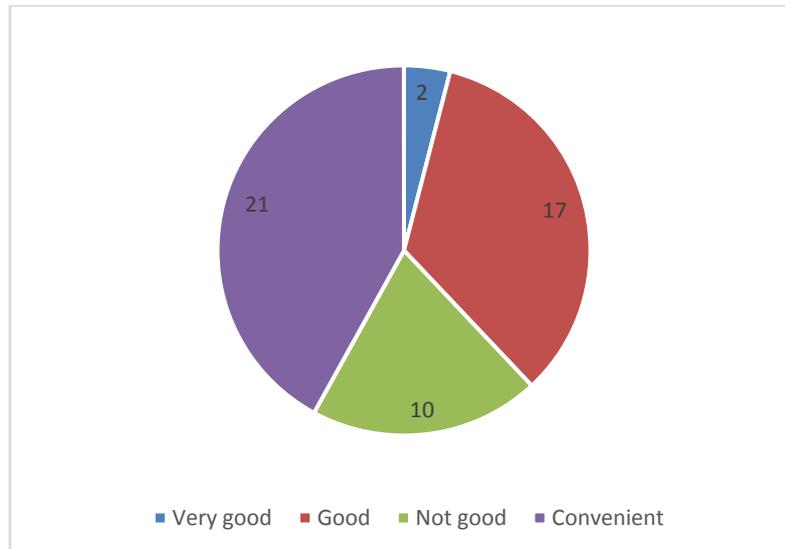


Fig. 2: The reasons of choosing antibiotics to treat flu

Most patients (21/50) choose antibiotics because of its convenience even knowing that it is both good and not good.

On the contrary, the result of the second question is rather different from the first one. The importance of the traditional method once again confirms its vital role when treating this kind of virus (Fig. 3): "Why did you choose traditional therapy when you have the flu?" There were 24 respondents who selected "Very good" (48%), 18 chose "Good" (36%), and a few (0%) chose "Not good" or "Convenient". This result, again shows the patients' passion on using the traditional way[4].

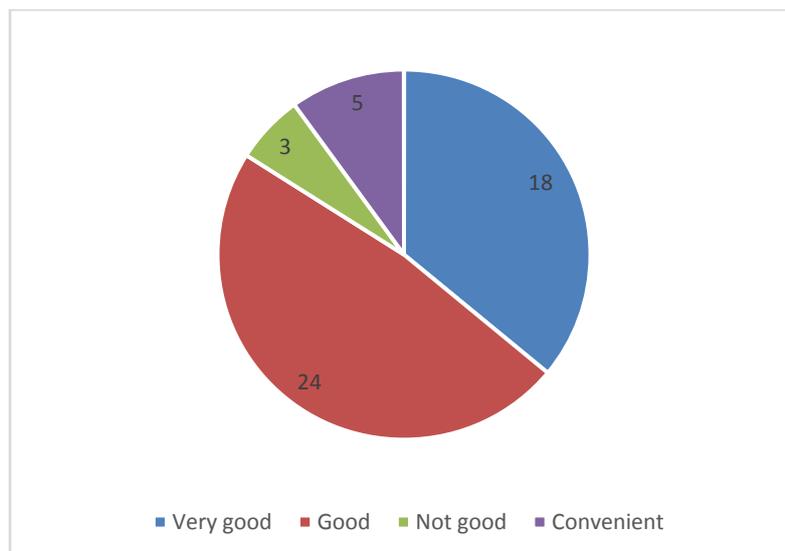


Fig. 3: The reasons of traditional therapy

And to clarify this, some interview questions directly with the patients have shown that most of them understood the role of traditional method. The first question is: "In your opinion, which method (between traditional method and modern method) is more effective?" Most of the respondents think that traditional therapy is still what they should take into consideration if they have more time.

To get rid of flu, they treat themselves at home by using some kinds of herbs. Some patients said that they don't even have to pay since they can use herbs in their living area. This method does not harm the liver, kidneys and other organs if it is used for a long time.

The second question is mentioned to clarify if the patients take care their health in a good way: "Have you ever had a flu vaccine?". When asked about this issue, some answered hearing through vaccination. However, there are still some uncertainties about Western medicine prevention methods that encourage healthy people to prevent. It also reveals that it is important to propagate knowledge of common knowledge to people in order to have a better life.

SOME GOOD METHODS TO CURE HUMAN PAPILLOMA

As mentioned in "Traditional methods and herbs" above, there are some ways we should take into consideration.

To avoid getting flu, we should rinse our mouth with diluted saline several times a day to prevent viruses and bacteria from entering our body. Although sea salt water is simple, it is also ranked among the most effective and benign flu treatment materials for patients. Saline solution will reduce the symptoms of cough and sore throat effectively. If we have a runny nose, we can use salt water to clean our nostrils to clear out mucus and bacteria from the outside. We should also wear masks when exposed to dusty, polluted environments, crowded places, and wash hands well before meals and after going to the toilet to avoid infection.

In addition, patients need to pay attention to a diet high in energy, rest, drink plenty of water, fresh fruit juice helps strengthen vitamins will increase resistance, reduce dryness and throat. When we have a mild flu which does not get bacterial infections, we can completely cure ourselves at home through nutritional supplements in our daily diet. In particular, drinking a lot of water, fruit juices rich in vitamin C (orange, tangerine, guava, etc.) will contribute to shortening the course of treatment. Building a diet that ensures adequate nutrition to improve resistance against the influenza virus that causes disease. Citrus fruits such as lemon, grapefruit, oranges, and tangerines are rich in vitamin C, which provides powerful antioxidant and antibacterial properties. They will help kill harmful bacteria, speed up the healing process of the flu and create an alkaline environment inside the body so that viruses cannot grow. Besides, citrus peel also cures very well[1].

In fact, there are many effective flu remedies that can be applied at home when there are signs of mild flu, such as garlic. According to the study, garlic has an antibacterial, analgesic, anti-inflammatory effect, very good in treating this kind of disease. First, peel garlic, crush it to drop and put into a cup of water with a ratio: 1 part of garlic mixed with 10 parts of water. Then, dissolve it in order to get the clear liquid. We can use these small drops of diluted garlic to put in our nose 2-3 times a day. Do it regularly every day until flu symptoms are completely disappeared. We can also squeeze garlic to get the liquid for drinking since the result is in a higher effectiveness of influenza virus removal. It is possible to prevent the virus from continuing to attack the body and to avoid spreading the disease to others. In addition, take 100g of crushed garlic soaked with half a liter of 60-degree alcohol, soak for 2 days, filter in, drink 3 times a week, each time drink 20-30 drops with filtered water is also a simple method of treating flu in home.

Besides the method of using garlic, many herbal remedies also help to treat the flu like perilla leaf (fresh) 15g, fresh onion (3 bulbs). After washing them, just chop and put in a bowl of hot porridge for patients to eat, then cover the body with a blanket for sweating to relieve the symptoms of the flu. This is also a strong antiseptic dish that helps treat flu effectively. Onions are also an anti-fetal medicine (take 60g of fresh onion with a bowl of water, remove the residue and drink). The simplest flu remedy from onion is to cook rice porridge, add more onions, eat it when it is hot, and apply warm blankets to sweat. You can also add onion to chicken egg porridge and combine with medicine from marjoram, perilla[4].

If the flu has some symptoms such as a fever, cold, headache, runny nose or limb aches, we can use the following remedy. This medication contains dried peppermint (5g), dried chrysanthemum yellow flower (10g), dried elsholtziacristata (5g), dry lonicera japonica (15g). These herbs should be used for drinking twice a day before eating. If we maintain drinking for 3 consecutive days, the disease will go away.

It may sound irrelevant, but a bowl of chicken soup will help strengthen the digestive system because of its rich nutrients, vitamins and anti-inflammatory substances. This dish also calms flu symptoms effectively. To cook a good bowl of chicken soup, we just try to prepare something such as cayenne powder, garlic, ginger, onion, thyme and mushrooms.

A cold can spread from person to person very quickly if you stand near an infected person. Even after 2 weeks, the cold virus can still develop silently in your body without your knowledge. Therefore, we should create a distance with the patient and always stand at least 1-2 meters away to prevent the risk of infection.

Then, if we start to show signs of cold, our resistance is also markedly reduced. However, the coldness of ice water can damage the lining of the throat, cause dryness, sore throat, sore throat. If the source of ice water we drink does not guarantee hygiene, then the bacteria have an even greater chance of attacking the body with poor resistance, which in turn can make the illness worse.

Last, we should be aware to avoid staying up late, because staying up late will cause less time to recover our body, weakening resistance will also make our illness worse. If we have a cold, our body also needs adequate rest to restore lost energy. So, reduce our work these days and spend more rest time to help our body get over it quickly.

CONCLUSION

Flu is a common respiratory disease that is seasonal and can spread very quickly in the community. Today the emergence of influenza viruses has become a fear for the preventive medicine industry because of the spread and the severity of the disease. Other infections caused by bacteria and influenza viruses do not yet have effective medicines. Therefore, treating severe flu is still a challenge for specialists. We must always equip ourselves with the most basic knowledge to get good health and take advantage of folk methods in the most effective way.

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