

Nutrition at flu

Tkacheva Natalya, herbalist, nutritionist

Eliseeva Tatyana, editor-in-chief of the EdaPlus.info project

E-mail: eliseeva.t@edaplus.info, tkacheva.n@edaplus.info

Abstract. Every year, between December and February, we are attacked by the influenza virus. About 30% of the planet's population becomes infected during an epidemic, half of them are children under 12 years of age. Every person is familiar with this pathology, only some tolerate it easily and without consequences, while for others this disease is severe and with complications in the form of exacerbation of chronic diseases.

Key words: flu , description , causes occurrence , types and symptoms , complications , prevention , treatment, useful products , folk dangerous means _ products

Causes

The focus of the pathology is an infected person who, while talking , coughing or sneezing, releases microscopic particles of sputum and saliva containing the virus. A person can become infected by airborne droplets while being at a distance of up to 3 m from the patient. The spread of the influenza virus is facilitated by damp weather, crowded conditions, humid climate, lack of ultraviolet radiation, and non-compliance with sanitary standards. You can also become infected at home through household items - dishes or towels.

Once on the mucous membrane of the nose or mouth of a healthy person, the virus destroys the cell membrane, penetrates and multiplies using the resources of the host cell. In this way, influenza viruses infect neighboring cells, after which they penetrate the capillaries and are carried through the blood to the organs. The patient is considered infectious within 7 days from the moment of infection.

Strains of the influenza virus are constantly changing, as the properties of the protein change, as a result of which immunity does not form for a long time in those who have recovered from the disease, so new subtypes of influenza provoke epidemics. There are three types of the virus - A, B and C and at least two thousand of its subtypes.

Large-scale epidemics are caused by influenza type A; it is dangerous not only for people, but also for animals. Virus B affects only humans and can be active in parallel with type A virus. Type C virus is the least common. Major epidemics occur at intervals of 10-11 years.

Flu symptoms

An infected person may experience the first symptoms of the flu within a few hours of contact with the sick person. The main sign of the disease is a sharp increase in temperature to high levels; in addition, the flu is characterized by the following symptoms:

- cough and burning pain in the sternum occurs ;
- headache is accompanied by pain in the eyes and redness of the sclera;
- sometimes the flu is accompanied by disruption of the gastrointestinal tract: nausea, vomiting, diarrhea;
- aching pain in joints and muscles;
- sore and sore throat;

- lacrimation, photophobia;
- high temperature lasts more than 3 days;
- chills, increased sweating;
- in some cases, nasal congestion;
- due to increased permeability of vessel walls, nosebleeds are possible;
- tachycardia;
- dyspnea;
- traces of protein and blood in the urine.

The average duration of influenza is up to 2 weeks; full recovery is delayed due to pronounced asthenia. ^[1]

Complications

Flu is especially dangerous for older people and children. In addition to exacerbation of chronic pathologies with influenza, the following diseases may develop:

1. from the cardiovascular system - pericarditis and inflammation of the heart muscle, myocarditis;
2. the nervous system may react with meningitis, neuralgia and the development of encephalitis;
3. pneumonia, which is considered the main cause of death from influenza;
4. tracheitis, bronchitis, sinusitis, laryngotracheitis;
5. renal failure;
6. infection of the fetus during pregnancy.

Those at risk for severe influenza and the development of complications include:

- overweight people;
- small children under one year of age;
- women during pregnancy;
- patients with diabetes mellitus;
- people with immunodeficiency conditions; ^[4]
- patients with bronchial asthma.

Forecast

As a rule, the prognosis for influenza is favorable; complete recovery occurs after 10-14 days. The basic rule for the flu is not to self-medicate, not to go to work, and at the first sign, consult a doctor to receive timely and adequate therapy.

Prevention

Immunization is rightfully considered the most effective protection against the influenza virus today. It has many advantages: vaccine prevention does not require serious material costs, the vaccines are safe and effective, they have been successfully used for more than 50 years. Vaccination should be done before the start of the epidemic season. Immunization is effective in 90% of cases. It is also necessary to pay attention to other preventive measures:

1. during an epidemic, avoid crowded places;
2. wear a mask in public places;
3. When you come home or to work, the first thing you do is wash your hands with soap;
4. regularly ventilate the room;

5. spend more time in the fresh air;
6. give up alcohol and nicotine;
7. in the autumn-winter period, take vitamin complexes;
8. humidify the air in the living room and office;
9. observe work and rest schedules;
10. exercise and harden yourself;
11. promptly treat infectious pathologies;
12. avoid hypothermia;
13. touch your face with your hands as little as possible;
14. reduce emotional stress as much as possible.

Treatment of influenza in official medicine

In order to establish an accurate diagnosis, the following laboratory tests must be performed:

- bacterial culture of sputum;
- general urine and blood tests;
- throat swab;
- X-rays of light;
- enzyme immunodiagnostics.

Pathology that occurs in mild to moderate severity can be treated at home under the supervision of a therapist. Patients with severe influenza should be hospitalized in the infectious diseases department. Regardless of the severity of the disease, the patient needs bed rest and plenty of fluids. Even minimal stress in the form of watching TV or working at a computer is not recommended, as they deplete the patient's body and can provoke the development of complications.

Drug therapy involves the use of the following drugs:

1. antiviral agents;
2. in case of complications in the form of a bacterial infection - antibiotics;
3. for a runny nose, vasoconstrictor nasal drops;
4. for the treatment of coughs - drugs that reduce the viscosity of sputum; ^[3]
5. for pain in muscles, joints and high temperature - antipyretics;
6. antihistamines;
7. inhalation for sore throat;
8. immunomodulators.

Useful foods for the flu

During an epidemic, your diet should include foods with the highest possible content of vitamins and minerals:

- citrus fruits: tangerines, lemons, oranges, grapefruits [7-10];
- raspberries [11], black [12] and red currants, kiwi [13];
- uzvar ;
- sauerkraut [14] ;
- apples; ^[2]
- chicken broth relieves nasal congestion and helps thin mucus;
- buckwheat porridge [15], since buckwheat grains contain rutin, which strengthens blood vessels [16];
- cottage cheese [17], sour cream, kefir, yogurt [18] with a low fat content;

- poultry, veal;
- dried apricots, raisins, dried figs, dates [19];
- fish oil, cod liver, chicken egg yolks, butter [20];
- pine and walnuts [21], cashews;
- boiled fatty fish;
- garlic and onions [22,23] .

Folk remedies for the treatment of influenza

Traditional methods of treatment can significantly alleviate the patient's condition with the flu:

1. Inhalation with eucalyptus tincture will help ease the process of expectoration;
2. Decoctions of plantain leaves have good expectorant properties [24];
3. warm ginger root tea [25] is famous for its anti-inflammatory and strengthening effect; [6]
4. chamomile flower tea [26] with linden and honey [27] has an anti-inflammatory effect;
5. Rinsing the sinuses with a weak saline solution will help relieve a runny nose;
6. You can eliminate a sore throat by gargling with iodine- furatsilin solution;
7. place a saucer with finely chopped onion or garlic near the patient's head so that the patient can breathe in the fumes; inhalation should be done alternately through the nose and mouth; [5]
8. To relieve a dry cough, you should drink hot milk with honey and butter before going to bed;
9. fruit drink and juice from cranberries [28] help reduce temperature [29];
10. A mixture of chopped walnuts mixed with the same amount of honey will help restore strength after the flu. Take the mixture daily, 1 tbsp. spoon;
11. for fever, fresh raspberry juice with sugar or a decoction based on dried berries is a good refresher;
12. If you have an exhausting cough, you should take a black radish, cut it into slices, sprinkle each slice with granulated sugar, and drink the resulting syrup.

Dangerous and harmful foods for influenza

During treatment, it is necessary to exclude from the diet heavy foods and foods that contribute to dehydration:

- fresh baked goods, including baked goods;
- strong tea, cocoa and coffee;
- fruits with thick skin;
- sausages, frankfurters, smoked meats;
- fast food and convenience foods;
- alcohol;
- carbonated drinks;
- store-bought sauces and seasonings;
- chips, crackers and similar snacks;
- store-bought juices.

Literature

1. What About the Flu? <https://pubmed.ncbi.nlm.nih.gov/32275757/>
2. H1N1 Flu, <https://pubmed.ncbi.nlm.nih.gov/20029312/>
3. Predicting effectiveness of flu vaccination campaigns, <https://www.elsevier.com/about/press-releases/research-and-journals/predicting-effectiveness-of-flu-vaccination-campaigns>
4. Flu (Influenza), https://www.health.harvard.edu/a_to_z/flu-influenza-a-to-z

5. Herbalist: golden recipes of traditional medicine/Comp. A.Markova . - M.: Eksmo ; Forum, 2007. – 928 p.
6. Popov A.P. Herbalist . Treatment with medicinal herbs. —U-Factoria LLC. Ekaterinburg: 1999.— 560 pp., ill .
7. Yampolsky, A., & Eliseeva, T. (2019). Mandarin (lat. *Citrus reticulata*). *Journal of Healthy Eating and Dietetics* , (10), 75-87. DOI: 10.59316/.vi10.59
8. Eliseeva, T., & Tkacheva, N. (2019). Lemon (lat. *Citrus*) lemon). *Journal of Healthy Eating and Dietetics* , 1 (7), 2-11. DOI: 10.59316/.vi7.34
9. Eliseeva, T., & Yampolsky, A. (2018). Orange (lat. *Citrus × sinensis*). *Journal of Healthy Eating and Dietetics* , 4 (6), 2-13. DOI: 10.59316/.vi6.27
10. Eliseeva, T. (2022). Grapefruit juice is a storehouse of useful vitamins and microelements. *Journal of Healthy Eating and Dietetics* , 4 (22), 34-39. DOI: 10.59316/.vi22.210
11. Eliseeva, T., & Yampolsky, A. (2019). Raspberry (lat. *Rubus IDaeus*). *Journal of Healthy Eating and Dietetics* , (8), 61-73. DOI: 10.59316/.vi8.44
12. Yampolsky, A., & Eliseeva, T. (2020). Blackcurrant (lat. *Ribes*) nigrum). *Journal of Healthy Eating and Dietetics* , (12), 71-82. DOI: 10.59316/.vi12.76
13. Yampolsky, A., & Eliseeva, T. (2021). Kiwi (lat. *Actinidia chinensis*). *Journal of Healthy Eating and Dietetics* , (15), 2-13. DOI: 10.59316/.vi15.94
14. Shelestun , A., & Eliseeva, T. (2021). Sauerkraut: 8 proven beneficial properties, contraindications and how to prepare. *Journal of Healthy Eating and Dietetics* , 4 (18), 25- DOI: 29.10.59316/.vi18.138
15. Eliseeva, T., & Tkacheva, N. (2019). Buckwheat (lat. *Fagopyrum*). *Journal of Healthy Eating and Dietetics* , 1 (7), 34-44. DOI: 10.59316/.vi7.37
16. Eliseeva, T., & Tkacheva, N. (2020). Nutrition for vascular health - healthy and dangerous foods, recommendations . *Journal of Healthy Eating and Dietetics* , (12). DOI: 10.59316/j.edpl.2020.12.25
17. Yampolsky, A., & Eliseeva, T. (2020). Cottage cheese. *Journal of Healthy Eating and Dietetics* , (11), 37-50. DOI: 10.59316/.vi11.64
18. Tkacheva, N., & Eliseeva, T. (2022). Yogurt: health effects and benefits proven by scientists. *Journal of Healthy Eating and Dietetics* , 1 (19), 28-33. DOI : 10.59316/.vi19.155
19. Yampolsky, A., & Eliseeva, T. (2020). Dates (*Phoenix dactylifera*). *Journal of Healthy Eating and Dietetics* , (14), 38-50. DOI : 10.59316/.vi14.89
20. Eliseeva, T., & Yampolsky, A. (2021). Butter. *Journal of Healthy Eating and Dietetics* , 1 (15), 29-43. DOI: 10.59316/.vi15.96
21. Eliseeva, T., & Yampolsky, A. (2019). Walnut (lat. *Juglans regia*). *Journal of Healthy Eating and Dietetics* , 4 (10), 2-14. DOI: 10.59316/.vi10.53
22. Eliseeva, T., & Yampolsky, A. (2019). Garlic (lat. *Allium sativum*). *Journal of Healthy Eating and Dietetics* , 1 (7), 11-22. DOI: 10.59316/.vi7.35
23. Tarantul, A., & Eliseeva, T. (2020). Onion (lat. *Allium cepa*). *Journal of Healthy Eating and Dietetics* , (11), 25-36. DOI: 10.59316/.vi11.63
24. Eliseeva, T., & Tkacheva, N. (2017). Plantain (lat. *Plantago*). *Journal of Healthy Eating and Dietetics* , 2 (2), 31-42. DOI: 10.59316/.vi2.11
25. Eliseeva, T., & Tarantul, A. (2019). Ginger (lat. *Zingiber*). *Journal of Healthy Eating and Dietetics* , 1 (7), 22-34. DOI: 10.59316/.vi7.36
26. Eliseeva, T., & Tkacheva, N. (2017). Chamomile (*Matricaria*). *Journal of Healthy Eating and Dietetics* , (1), 51-60. DOI: 10.59316/.vi1.6
27. Tkacheva, N., & Eliseeva, T. (2023). Honey for human health – description of types (40+), features and beneficial properties of each, recommendations for use. *Journal of Healthy Eating and Dietetics* , (25). DOI: 10.59316/j.edaplust.2023.25.14

28. Tkacheva, N., & Eliseeva, T. (2023). Cranberry juice for beauty and health: 9 scientific facts about the benefits, contraindications and features of use. *Journal of Healthy Eating and Dietetics* , 3 (25), 57-63. DOI: 10.59316/j.edaplust.2023.25.11
29. Tkacheva, N., & Eliseeva, T. (2020). Food to reduce fever. *Journal of Healthy Eating and Dietetics* , (11). DOI: 10.59316/j.edpl.2020.11.41

[The HTML version of the article](#) is available on the edaplust website . info .

Received 08/05/2021

Flu food

Eliseeva Tatyana, editor-in-chief of the project EdaPlus.info

Tkacheva Natalia, phytotherapist, nutritionist

E-mail: eliseeva.t@edaplust.info, tkacheva.n@edaplust.info

Abstract . Every year between December and February we are attacked by the flu virus. About 30% of the world's population is infected during the epidemic, half of them children under 12 years old. Everyone is familiar with this pathology, only some people carry it easily and without consequences, and others have a severe course of this disease with complications in the form of exacerbation of chronic diseases.