



EPIDEMIC DISEASES AND HEALTH

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Abstract:

Many epidemic diseases spread due to the contaminated water accumulated during the monsoon season. Contaminated water is drunk unknowingly. Viruses enter the body through contaminated water. Therefore, diseases have to be faced. Diseases like diarrhoea, vomiting, typhoid, gastro are caused due to the growth of virus, bacteria germs. These symptoms appear within four to five hours after drinking contaminated water. During the rainy season, these symptoms spread like an epidemic. Gastro-vomiting, diarrhoea quantity less volatile in the body. Stomach hurts a lot, you know. High fever for three to four days. Very sweet antibiotics are good for the patient. Contamination product causes the third type of jaundice. Jaundice is common in hepatitis 'A' or 'E' type. This is not a separate contaminant I believe. Symptoms include vomiting, fever, yellow urine or loss of appetite within seven to eight days after drinking contaminated water. Apart from that, the eyes start to look yellow after four to five days. The symptoms of this disease persist for a month and a half. This disease is seen in 90 to 95 percent of citizens. Typhoid is another disease caused by contaminated water. In four to five days there is a high fever. Stomach hurts a lot. If left untreated, typhoid germs enter the bloodstream. There is a fear of some patients dying in this.

Keywords: Diarrhoea, Jaundice, Gastro, Polio, Typhoid,

Introduction:

When monsoons come, it brings joy, everyone's favourite monsoon, naturally, when monsoons start, everyone likes to get wet, they crave for picnics, *onion-bhaje* with hot tea. On one side this beautiful rain is desirable but on the other side the inconvenience caused by rain is undesirable. Various diseases, changes in the environment, constant changes in temperature and the effect on the body accordingly! There is a kind of moisture in the air. The sun goes behind the clouds; Therefore, the heat stops killing the germs. Water falling from the sky, steam and acid water from the ground weakens the power of fire, worsens *Vatadi dosha*, aggravates

characteristic *Vata dosha* and causes accumulation of *pitta dosha*. Apart from this, it is very important to take care of your health as all things like loss of body strength, suppression of fire, accumulation of bile and exacerbation of *vata* happen during monsoons. Therefore, drinking plenty of water to keep your body and skin healthy will give your body strength to fight infections and prevent dehydration. Also, drinking enough water helps flush out toxins from the body. Viral infections of the respiratory system occur during this period. Such as cold-cough, fever, throat disease, weakness, headache, backache, joint pain, asthma, depression, body ache, water borne infection, vomiting-diarrhoea, digestive disorders,

infectious diseases, belching, etc. However, it can cause serious complications in some patients. Pneumonia and respiratory failure are also highly contagious. Every effort should be made to protect oneself from infection. In crowded cities it is difficult to protect oneself to completely protect against infection. Because people travel by public transport, they go into crowded places. A common person is more likely to get infected by coming in contact with an infected person in such a place. The virus is also spread by touching public objects like public toilets, bus seats, restaurant counters. Therefore, it is necessary to understand the importance of caution. Vaccination is an effective measure against the virus. As in Ayurveda, there is a description of what we should eat, how we should behave. Also there is a description of how we should behave according to each season. If we understand the '*Varsha Ritucharya*' in Ayurveda properly, we can keep our health good and enjoy the rains even during this period.

Solution:

The best way to drink water during monsoon is to purify it. The most important thing is to boil the water and drink it. Various media can also be used for that. Mix Medichlor Drops with water and drink it. Therefore, the soil or sediment accumulated in the water goes to the bottom and we get clean water. Vomiting, diarrhoea reduces water in the body. At that time, you should drink salt-sugar water continuously. It can relax the body. ORS powder is obtained. Put it in one litre of water and drink it. Tetra packs are also available and should be consumed. Take coconut water. But avoid taking Glucon-D or cold drinks on these days.

* Many people drink purified water, but an important point is that no matter how good a purifier you have, 15-20 min. after boiling the water, unnecessary organisms that are killed by the boiling process are not killed by the purifier.

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* When boiling water, disinfectant, digestive and aromatic plants like *Vavading*, *Suntha*, *Tulsi*, Ginger, *Anantamul* should be used in it. Such water is light and easy to digest.

* Avoid eating outside during rainy days.

Eating *panipuri*, *bhel* or other foods should be avoided. Always eat food that is cooked and prepared by yourself, as preparing outside food is not necessarily hygienic.

* Avoid eating leafy vegetables.

* Avoid eating curd, buttermilk sour foods.

* If you are eating meat, cook it so that it is easy to digest and use the necessary spices.

* Fruits should be consumed as much as possible but fruits and curd should not be eaten in the evening.

* Do not eat stale food.

* Medicinal extract: Boil 5-6 Tulsi leaves + ½ inch piece of ginger + 1-2 sticks of herbal tea + 3-4 cloves all together in 2 cups of water then half i.e. 1 cup is left and strain and drink while warm. (The above extract should be taken to avoid any of cold, fever, cough, headache, throat infection.)

* Also crushes like *sitopaladi*, *talisadi* should be taken with honey.

* If you feel phlegm in the chest, throat, or if you have shortness of breath, you should roll with turmeric in hot water and apply warm cloth to the chest and back.

* Add basil or eucalyptus in hot water and steam it.

* To balance *vata dosha*, warm sesame oil should be applied all over the body and use soap instead of soap for bathing the next day.

* If knees, joints, back, waist are painful, apply sesame oil and give a shake of *rue*, *nirgudi* or castor leaves.

* During this period, as digestion power is low, food should be kept only when hungry and in small quantities.

- * Foods like ghee, jaggery, *amla moramba* should be kept in the food.
- * Sweet, sour, salty foods should be eaten during monsoons, sweet juice soothes *vata* and *pitta*, improves digestion and also increases strength.
- * *Charka Samhita* prescribes honey to be eaten during rainy season, honey is beneficial due to its sweet taste and easy of digestion.
- * From sour food: take kokum, lemon, pomegranate, *amla*, raisins, sweet buttermilk.
- * It is better to take *kulith* flour or soup, *bazari-zwari* mix bread should be taken as it is easy to digest.
- * Carrot, *Padwal*, *curtoli*, fenugreek, pods of *shevga* are hot vegetables which are good for digestion during monsoons.
- * Ginger, Cumin, Coriander, Asafoetida, Mustard, Pepper, Fennel, *Ova*, Cinnamon, *Tamal*, Clove, Neem, Cardamom, Saffron etc. Spices should be included in the diet as they will not increase *pitta*.
- * *Mung* bean khichdi should be consumed with rice, curry, rice porridge, *jowar-bazaari* bread, *kulith*, semolina, *nachini* with ghee.
- * For digestion, ghee should be mixed with coriander and cumin seeds.
- * To reduce *Vata* in rainy season, one should definitely perform Panchakarma such as *Abhyanga*, *Nasya*, *Basti* in Ayurveda. Panchakarma is a good body cleansing activity.
- * During this period, the number of flies and mosquitoes also increases, so that the house should be smoked with *neem*, *guggul*, *ud*, *ova*, *vekhand*, ghee, garlic peel.
- * Lunch should be good but night should be light.

Some diseases caused by contaminated water

1. Diarrhoea:

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One or more frequent passing of loose agar-like stools is called diarrhoea. Due to this, the water in the body decreases and the skin becomes dry. It can also lead to death if not treated in time.

Symptoms:

One or more frequent thin diarrhoea, excessive thirst, sunken eyes, dry tongue and mouth, deepening of the palate in an infant, dark urine or no urine, lumpy or irritable, very slow recovery on pinching of the skin.

Solution:

A person with diarrhoea should be given more liquid food than daily, E.g. Rice cakes, syrup, lassi, pale tea, more than five times a day should be given light food for digestion. Hydration should be given.

2. Jaundice:

Jaundice is a viral disease. This disease is spread due to various reasons like contaminated water, contaminated food, personal unhygienic. Eyes, urine, nails appear yellow. Jaundice Contaminated needles can also spread jaundice through the blood of a person with jaundice. Jaundice infection causes liver failure. Jaundice occurs if there is any obstruction in the bile duct in the body.

Symptoms:

Initially there is a slight fever, loss of appetite, nausea and vomiting, Urine starts turning dark yellow, eyes start looking yellow, often pain in upper abdomen. Some people get itching.

Preventive measures:

Pregnant women have to face severe cases when this disease occurs. Pregnant women as well as others should strictly follow some instructions to avoid this disease.

- Clean water should be used for drinking. Boil the water for 15 minutes and drink it.
- Be careful while drinking water outside.
- Eat only fresh food prepared at home. Foods that are exposed to fish should be avoided.

- Open street food- cut fruits, soft drinks, *panipuri*, *bhel* can spread jaundice virus from these foods if clean water is not used in preparation and personal hygiene is not maintained. Especially pregnant women have a strong desire to eat these foods if they like them. However, the food kept for sale on the street should be carefully avoided.

- Fruits in rainy days as well as tubers for salads, carrots, wash the beet well. Maintain personal hygiene. Also, make sure that the area remains clean.

- Pregnant women should consult a doctor immediately if these symptoms appear after the first trimester.

Precautions to avoid Jaundice:

Keep the area clean, drinking water should be pure and clean, avoid washing dishes near drinking water, washing cattle, sitting on the toilet and letting sewage flow, wash hands with soap after defecation and before eating anything, cover food, wash fruits and vegetables before eating. Avoid unnecessary injections and saline.

3. Gastro

Contaminated water can cause diseases like vomiting and diarrhoea. This can dehydrate the body. Dryness of the body means gastro.

Contaminated water causes the spread of this disease on a very large scale. E.g. Washing clothes, bathing, washing animals etc. in the same stream. If used for, similarly eating open food, unfiltered, unboiled water, and drinking uncovered water i.e. lack of hygiene lead to gastro infection and spread.

Symptoms:

Abdominal pain and frequent loose stools, vomiting, dimpled scalp in children, sunken eyes, dry mouth, weight loss, decreased urination or change in the colour of urine.

Solution:

Boil and strain water to drink. Maintaining cleanliness around the house. Wash hands with soap after going to the toilet. Give hydration. If it doesn't make a difference, show it to the hospital.

Other solutions:

Regular inspection of village water supply scheme. Washing and cleaning the village main tank regularly. To check if there is any leakage in the pipeline from the main pipeline to the tank. Always make sure the tank is covered. The area of the water tank should be clean. Preferably use hand pump water, non-step well water for drinking or TCL in public well. Discard it and use it for drinking water. But make sure that there is no dirt every day.

4. Polio:

Polio is a disease that affects the nervous system and can cause severe illness, paralysis or even death. Since 1999, the number of polio cases in the country has decreased significantly due to the effective implementation of the pulse polio vaccination campaign.

Symptoms:

Sudden convulsions in children below 0 to 15 years of age and convulsions in suspected polio patients of any age.

Spread:

Polio is transmitted mainly through unsanitary contact, contact with contaminated sewage, and indirectly through contaminated water, milk or food. More than 80 percent of patients are diagnosed before the age of three years.

Prevention:

An oral dose of polio can effectively prevent the disease. Oral polio vaccine doses are given regularly as per the vaccination schedule. Also supplementary immunization (National Immunization Day - NID and Sub-National Immunization Day -SNID) is carried out up to 5 years of age.

5. typhoid fever:

It is a type of fever that spreads through contaminated food and water. It is a disease spread only by human faces mixed with water.

Symptoms:

Gradually fever increases, loss of appetite, indigestion, diarrhoea, headache, body ache, unwillingness to work, stomach ache. Some people have symptoms like chest fullness.

Treatment:

Go to the hospital immediately if symptoms like typhoid fever appear. Immediately take the medicine as prescribed by the doctor. A vaccine is available for this disease but it has to be bought in the vaccination program.

If you want to control monsoon diseases, 1. Community health education is essential. 2. If symptoms of illness appear, consult a doctor without taking time at home. 3. Blood and urine tests should be done from time to time if required. 4. Treat properly without panicking. 5. Patience and rest are important.

Conclusion:

When many people living in the same village suffer from the same disease, the disease is called an epidemic. There are many instances of people dying in the face of such epidemics once upon a time. But with the advancement of medical science, the causes of such epidemics started to be understood and remedies were also started. Epidemic diseases are often caused by contaminated

water in the area, spread by mosquitoes, dogs or rats. Or if a sick patient comes in contact with another person, that other person and from her may spread the disease to others. In this way, the number of patients increases. As the rainy season brings many diseases, our problems increase greatly. In that case, the need to adopt preventive measures increases significantly. Therefore, everyone needs to take necessary measures to stay healthy during monsoons.

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