



Indian School Student Scientific Approach on Influenza Fever

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Commentary

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Abstract

First report in the world about Influenza fever from a school student with her own experience of Influenza fever and symptoms.

Keywords: Azithromycin; Paracetamol; Cetirizine; Public Health; Infection

Abbreviations: GISRS: Global Influenza Surveillance and Response System; NA: Neuraminidase; HA: Hemagglutinin.

The Fever

As a kid, I have suffered by fever many times during my last 9 years of lifetime. But this year April 18th 2023. I had a severe fever with constant temperature of 101-102.5°C for 3-4 days with a break of 5 hours in the day time. It was my tough time during this episode of fever, where I undergone multiple fever associated symptoms such as body pain, vomit, frequent cough, sneezing, Head ache, loss of appetite. Since my father is a research scientist, he made all possible tests for my treatment. He ruled out it's not a Typhoid, Malaria or Dengue based on my blood test. Since the fever was significantly high and I was completely tired and fatigue. He took SARS-CoV-2 and Influenza virus PCR Test on the day 3 of my fever. Finally it was concluded that it's negative for SARS-CoV-2 but positive for Influenza A virus with subtype of H3N2 positive.

Though I was under the medication such as Azithromycin, Paracetamol and cetirizine as per our Family Doctor prescription, Fever didn't turn down till 4th day. Later, our Doctor prescribed Nimesulide for fever, then I could felt

better and temperature resume to normal. Since, they have the potential to start influenza pandemic, influenza type A viruses are the most important in terms of public health. Hemagglutinin (HA) and neuraminidase (NA), two virus surface proteins, are combined to form distinct subtypes of influenza type A viruses. There are currently 11 different neuraminidase subtypes and 18 different hemagglutinin subtypes. Influenza A viruses can be categorized as avian influenza, swine influenza, or other kinds of animal influenza viruses depending on the origin host. A(H5N1) and A(H9N2) from the avian influenza "bird flu" virus and A(H1N1) and A(H3N2) from the swine influenza "swine flu" virus are two examples. These all-encompassing type a animal influenza viruses are separate from human influenza viruses and do not spread easily between humans.

Diagnosis

To detect human infection with zoonotic influenza, laboratory testing is necessary. WHO regularly updates technical advice guidelines for the detection of zoonotic influenza in humans using molecular techniques like RT-PCR and other technologies through its Global Influenza Surveillance and Response System (GISRS).

Treatment

There is evidence that several antiviral medications, most notably neuraminidase inhibitors (oseltamivir, zanamivir), can shorten the time needed for viral replication and increase the likelihood of survival, but further clinical research is required. There have been reports of oseltamivir resistance emerging. But in India, most of the Doctors won't start antiviral drugs unless until its mandatory to give for patients with complications or comorbidity.

Conclusion

To our knowledge, this will be the first publication of a school student at the age of 9 years old sharing her experience

about her fever and its complications through scientific studies based approach. Though she is able to share her experience in written form, she used voice to text translate tools to write this manuscript and the technical support was provided by her father. This will be a motivational for many young students to approach scientific research and the essence of publications and writing skills.

Reference

1. WHO (2023) Influenza.

