

“EYE FLU: YOUR EYES NEED ATTENTION- MEDICINES FOR EYE FLU”!

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1. ABSTRACT

One of the most typical causes of red eyes, conjunctivitis strikes people of all ages and socioeconomic backgrounds. The majority of infectious conjunctivitis cases, up to 75% of them, are caused by viral conjunctivitis. The present review was based on the literature survey on the origin, history and preventive measures of viral conjunctivitis (eye flu). According to estimates, conjunctivitis accounts for 1% of primary care physician visits in the United States. In India, millions of patients were diagnosed with pink eye or viral conjunctivitis between June-August, 2023. It is frequently related to an allergic immunological reaction or a reaction to a foreign body. Whatever the cause, papillary conjunctivitis has the same histologic features: densely

clustered, flat-topped projections with plenty of eosinophils, lymphocytes, plasma cells, and mast cells in the stroma encircling a central vascular channel. A sudden onset foreign body sensation, red eyes, itching, light sensitivity, burning, and watery discharge are symptoms of viral conjunctivitis in patients. Adenoviruses are the most frequent cause of viral conjunctivitis. The adenovirus is a double-stranded DNA virus that is not encapsulated and is a member of the Adenoviridae family. According to reports, the most recent isolated coronavirus strain, COVID-19, can also lead to conjunctivitis, fever, coughing, respiratory distress, and even death. The most serious conjunctivitis impersonators include cavernous carotid fistula, orbital cellulitis, and orbital haemorrhage. An improper connection between the arterial and venous circulation forms an cavernous carotid fistula, which causes the venous system to dilate. In conclusion, steroids are effective in reducing the symptoms (redness, itching of eyes) but prolong the viral shedding and infection. Corticosteroids become more effective and potent when given with any antimicrobial agent in the eradication of adenoviral conjunctivitis (eye flu).



2. INTRODUCTION

The eyes are the most sensitive organ of our body, but eye health is often neglected in today's fast-paced world. We are constantly surrounded by screens, digital devices, and environmental pollutants that can lead to various eye-related issues. One such problem is "eye flu," known as viral conjunctivitis. During the rainy season, viral and bacterial infections are prevalent, and one of the results is eye flu. Viruses, bacteria, allergens, and environmental factors can cause this condition. Viral conjunctivitis, commonly known as eye flu, is an infection that causes redness, itching, and irritation of the eyes. This infection is prevalent during the monsoon season, as bacteria and viruses can easily invade our eyes, leading to various eye diseases. It is contagious, which means this disease can pass from person to person easily. You might have it by touching your eyes after touching surfaces or objects that have the virus on them, or by close contact with someone who has this eye problem.



Fig. Difference between a healthy eye and a conjunctivitis virus.

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eye flu. Viruses, bacteria, allergens, and environmental factors can cause this condition. Viral conjunctivitis, commonly known as eye flu, is an infection that causes redness, itching, and irritation of the eyes. This infection is prevalent during the monsoon season, as bacteria and viruses can easily invade our eyes, leading to various eye diseases. It is contagious, which means this disease can pass from person to person easily. You might have it by touching your eyes after touching surfaces or objects that have the virus on them, or by close contact with someone who has this eye problem.

1. Eye Flu

Eye flu, also known as conjunctivitis, is a common and highly contagious eye infection. It can be caused by viruses, bacteria, or allergens, leading to redness, itching, and excessive tearing.

2. Eye Flu symptoms

- 1) **Redness and Irritation:** The eyes may look pink or bloodshot due to the inflammation caused by the viral infection.
- 2) **Itching:** The affected eyes may face continuous itching, leading to discomfort and rubbing.
- 3) **Watering:** Excess watery discharge is a common symptom of this eye disease.
- 4) **Discharge:** The eyes may produce a sticky, yellowish discharge, especially after waking up.
- 5) **Sensitivity to Light:** A few individuals may experience sensitivity to light, known as photophobia.
- 6) **Blurred Vision:** In rare cases, it can cause temporary blurred vision or a gritty sensation in the eyes.

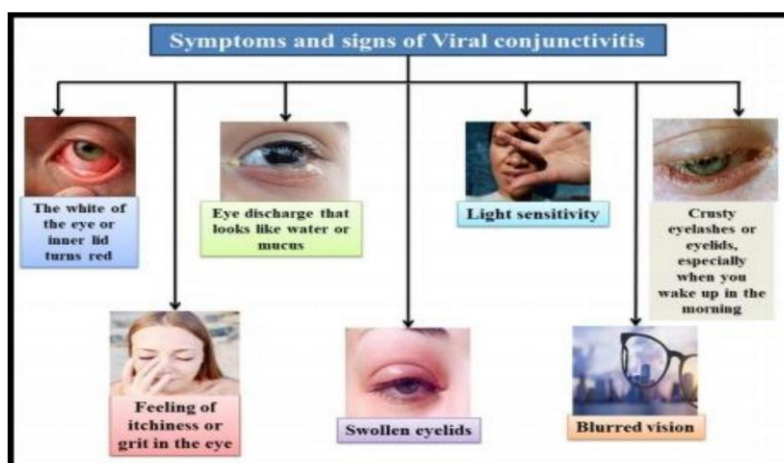
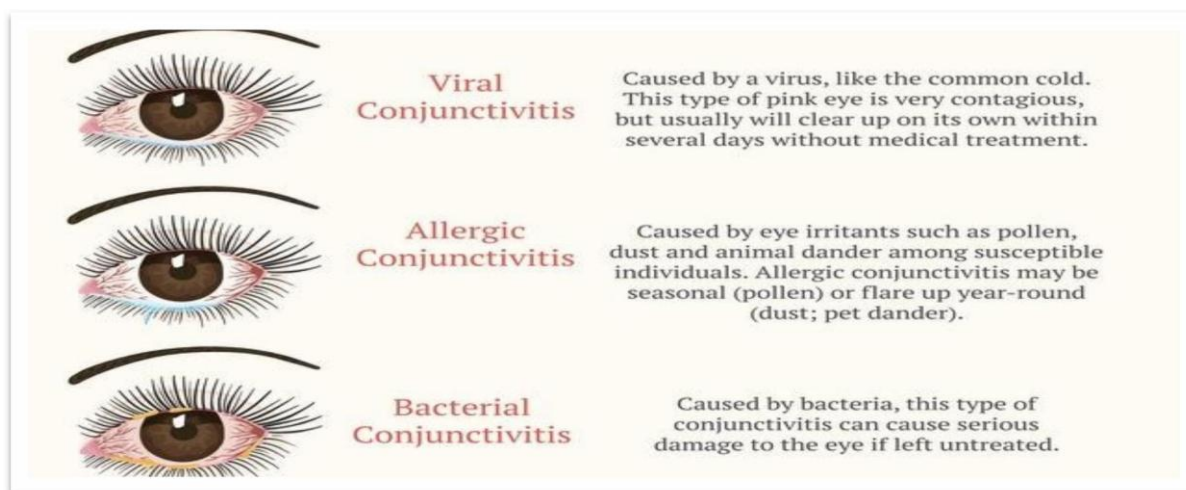


Fig. Symptoms and signs of Viral conjunctivitis.

Causes of Eye Flu: Viral Infections: Adenoviruses and enteroviruses can enter the conjunctiva (a thin membrane covering the eye's front part) and cause eye infections. They are responsible for causing itching, excessive tearing and redness in the eyes.

Bacterial Infections: Bacteria like *Streptococcus pneumoniae*, *Haemophilus influenzae* and *Staphylococcus aureus* can easily invade the conjunctiva, resulting in bacterial conjunctivitis.

- Blepharitis (inflamed eyelid)
- Allergy
- Dry eyes
- Glaucoma (increased blood pressure in the eyes)
- Conjunctivitis, also called as pink eye
- Eye injury
- Excessive alcohol use
- Smoking²



Allergic Reactions: Allergens like dust mites, pet dander, certain cosmetics and pollens interact with the immune system and thus cause allergic conjunctivitis. Irritants and Foreign Objects: Smoke, pollution, chlorine from swimming pools etc. Due to these irrita.

Types of Eye Flu: There are many types of eye infections that can lead to eye flu. Adenovirus is the number one cause of eye flu, accounting for between 65-90% of all cases. It is also responsible for respiratory and gastrointestinal infections.

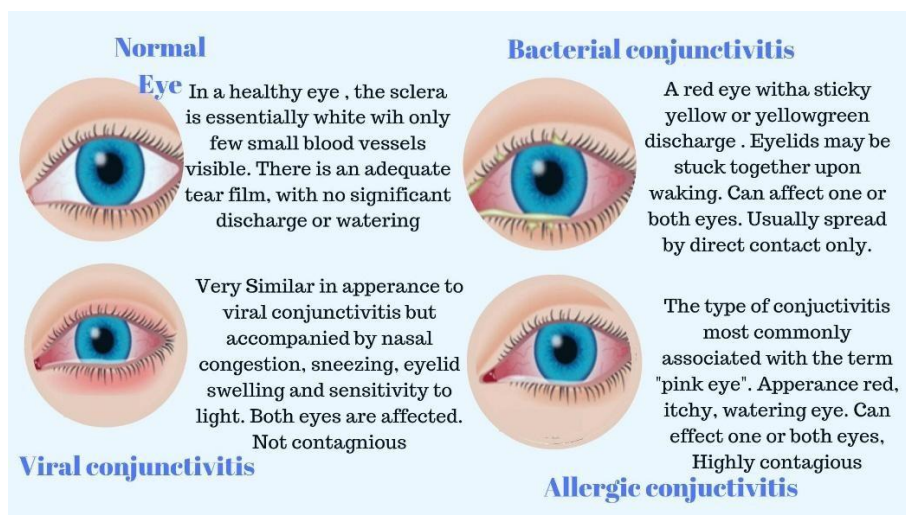


Fig. Type of eye flu.

3 Prevention of Eye Flu



Practice Good Hygiene: Wash your hands frequently, and avoid sharing personal items like towels or cosmetics.

Avoid Eye Rubbing: Refrain from touching or rubbing your eyes, as this can transfer germs to the eyes.

Use Protective Eyewear: When swimming or engaging in activities that may expose your eyes to irritants, wear goggles to shield them.



Fig. Tips of prevention of pink eye.

Takeaway

By following these preventive measures, you can significantly reduce the chances of contracting eye flu and other contagious eye infections. If you experience symptoms of conjunctivitis, it is important not to self-medicate. You should seek immediate medical advice for proper diagnosis and treatment. Your doctor may refer some eye drops for eye flu or eye drop medicine to alleviate the symptoms and cure the infection at the earliest.

4 NEED AND OBJECTIVE

Viral conjunctivitis can spread easily through contact with respiratory droplets from an infected person or by touching surfaces contaminated with the virus and then touching the eyes. This type of flu in eyes is highly contagious and tends to affect both eyes simultaneously.

Early Detection: Prompt diagnosis to initiate appropriate treatment and prevent the spread of contagious eye conditions.

Symptom Relief: Alleviating discomfort and managing symptoms for improved quality of life during recovery.

Prevention of Complications: Minimizing the risk of complications, such as corneal involvement, through timely and effective treatment.

Education: Providing information to patients on hygiene practices, proper medication use, and preventive measures to reduce the likelihood of recurrence or transmission.

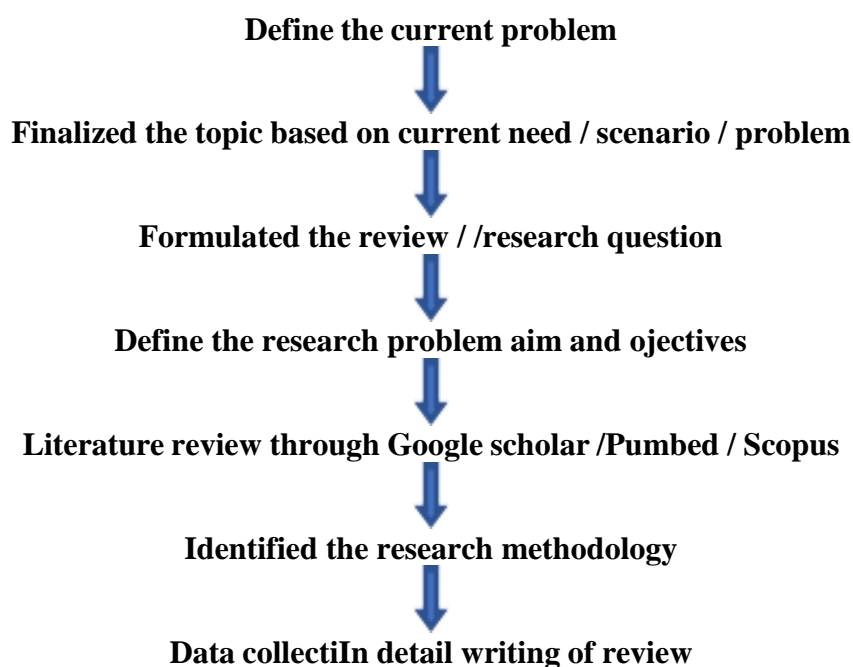
Follow-up: Monitoring progress and ensuring complete resolution of the condition, with follow-up appointments as needed.

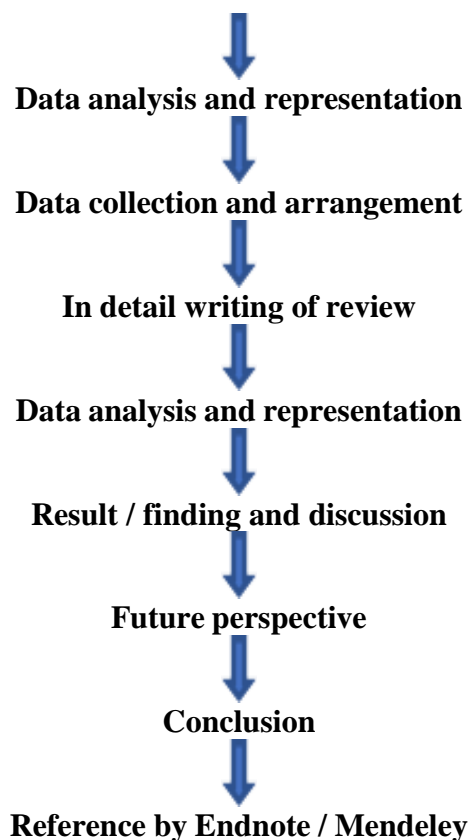
Always consult with a healthcare professional for personalized advice and treatment based on the specific circumstances of an eye condition.

Eye flu treatment depends on the root cause. For different types of eye flu or conjunctivitis, different types of treatments are suggested by eye specialists or ophthalmologists.

When it comes to eye flu infection, prevention is key. Simple measures like washing hands regularly and avoiding touching the eyes can help to prevent eye flu symptoms. Still, if you experience any of the above mentioned symptoms, you should seek medical treatment as soon as possible to avoid further damage.

5 PLAN OF WORK





6 LITERATURE SURVEY

1. Tulika Rajput (17 Aug 2023): Eye flu, sometimes referred to as conjunctivitis, is an inflammation of the conjunctiva, a thin, transparent layer that covers the inside of the eyelids and the white of the eye. Although the eyes are the most delicate organ in our body, eye health is frequently overlooked in today's fast-paced society. Note that this material is prepared from the standpoint of health and lifestyle.

2. Dr. Parul Sharma (Jul 26, 2023): Do not self-medicate or take over counter eye drops. Consult an eye care professional for proper diagnosis and treatment. She will examine your eyes to see what type of infection it is, which part of your eyes are involved, and prescribe medication accordingly. The eye drops are anti-inflammatory and lubricating eye drops to soothe n your eyes and for faster recovery.

3. Dr. Sanjay Dhawan (Nov 09, 2020): Dr. Sanjay Dhawan says the best form of treatment for allergy, if at all possible, is to identify & avoid causative agent or allergen. But in most cases, it is either not possible to find out exact agent causing allergy or to completely avoid it. In these situations, one needs to use the anti-allergy medication in the form of anti-histaminics, mast-cell stabilizing drugs &, if the allergy is severe, steroids.

4. Yash Srivastav, Akhandnath Prajapati, Vivek Kumar Singh, Madhaw Kumar and Mohammad Aqil Siddiqu (Received: 21-06-2023, Accepted: 25-07-2023) Description of eye flu or viral conjunctivitis opens each of Our review articles. Symptoms, and indicators of the disease Causes, Alternatives to current treatment, Virus-related. Conjunctivitis management, and Challenges. In contrast, Non-pharmacological treatment (such as educating staff and Patients and avoiding eye contact) yields respectable results But takes time and has no negative effects on the human Body. Our review found that while medication does Completely cure, it also has negative side effects that can Hurt the eye. The management of viral conjunctivitis Requires additional randomized controlled studies. In the Future, we plan to do an initial inquiry into the illness known As viral conjunctivitis. We are doing a counseling-based Research project in our area to evaluate patients' mental and Physical health both before and after contracting viral Conjunctivitis in order to better understand the condition and Possible treatments.

5. Felix Hospital (2023): Eye flu, medically known as conjunctivitis, is a common eye condition that affects people of all ages. It is characterized by inflammation of the conjunctiva, the thin, transparent layer covering the white part of the eyes and the inner surface of the eyelids. Eye flu causes can be due to various factors, including viral or bacterial infections, allergies, or exposure to certain environmental irritants. This condition can be uncomfortable and bothersome, but with proper care and treatment, most cases of eye flu resolve without complications.

6. Harjeet Kumar, Prachi Sood, Roshan Kumar, Rachana Belwal's (August 2023)

Ophthalmology clinics around the world see a lot of patients with conjunctivitis. Severe pain, impaired vision, and a painful pupillary reaction are all red flags for more serious intraocular disorders that should be taken into account while treating suspected cases of conjunctivitis. In patients with unusual findings and a chronic course, it is also important to have a complete medical and ocular history and do a comprehensive physical examination.

7. Satata Karmakar | Updated : July 31, 2023 8:06 AM As conjunctivitis cases continue to surge in various parts of the country, health officials have issued fresh guidelines to tackle the sudden spike in eye flu cases. The rapid spread of the highly contagious infection (eye flu) in Delhi, Maharashtra, Gujarat, and the Northeast is being attributed to floods and waterlogging due to heavy monsoon rains.

8. Dr Smita Barode (Sep 22, 2023): We have all experienced a red, itchy eye at some point in our lives. A red eye is generally used to describe irritated, red, and bloodshot eyes. Eye redness can be painful and extremely uncomfortable. A red eye is the first sign of . information included at this site is for educational purposes only and is not intended to be a substitute for medical treatment by a healthcare professional.

9. Karolewicz, pluta j., gajda m. Brainwork (2014 Mar 18.): Describes hitherto developed drug forms for topical ocular administration, that is, eye drops, ointments, in situ gels, inserts, multicompartiment drug delivery systems, and ophthalmic drug forms with bioadhesive properties. Heretofore, many studies have demonstrated that new and more complex ophthalmic drug forms exhibit advantage over traditional ones and are able to increase the bioavailability of the active substance by, among others, reducing the susceptibility of drug forms to defense mechanisms of the human eye, extending contact time of drug with the cornea, increasing the penetration through the complex anatomical structure of the eye, and providing controlled release of drugs into the eye tissues, which allows reducing the drug application frequency. The rest of the paper describes recommended in vitro and in vivo studies to be performed for various ophthalmic drugs forms in order to assess whether the form is acceptable from the perspective of desired properties and patient's compliance.

10. Spectravisioncare: List of Top 10 Antibiotic Eye Drops In India – One of these is an surge in eye problems such as glaucoma, allergic conjunctivitis, dry eyes, and bacterial

infection. Bacterial infection can develop in any region of the body and can occasionally worsen, causing damage to the area. It occurs when bacteria or viruses invade the blood vessels in the conjunctiva, the thin outermost membrane covering the eyeball. It is commonly treated with an ophthalmic treatment, but if left untreated, it can lead to additional difficulties such as temporary vision loss, inflamed eyes, and tissue damage.

10. Spectravisioncare:-List of Top 10 Antibiotic Eye Drops In India – One of these is an surge

6. Treatment of eye flu

Below are some **marketed preparation**

1. Topical Ophthalmic Drug Forms: Eye Drops Eye drops are accessible in the forms of water and oil solutions, emulsions, or suspensions of one or more active ingredients, which may contain preservatives if stored in multiuse packaging. These forms are sterile and isotonic. The optimum pH for eye drops equals that of tear fluid and is about 7.4. In deciding whether to buffer the drug in this form, one should take into account the stability of active ingredient and the tissue tolerance to the preparation.^[7-9] If the pH value gets outside the range of 4–8 which is tolerated by eye, the patient may feel discomfort, there may be irritation, and the drug bioavailability can decrease because of increased tearing.

2. Ophthalmic Solutions: Ophthalmic solutions are sterile, aqueous solutions used for, among other things, cleansing and rinsing eyeballs. They may contain excipients, which, for example, regulate osmotic pressure, the pH, and viscosity of the preparation. They may also contain preservatives if stored in multiuse packaging.

3. Regular eye: Checkups are also recommended for overall eye health, as they can help detect any implicit problems. Also, if you wear contact lenses or spectacles, follow proper hygiene practices when handling them.

4. Antihistamines: Over-the-counter antihistamines may provide temporary relief by relieving itching and decreasing allergic responses associated with this eye infection.

5. Nonsteroidal: Anti-Inflammatory Drugs (NSAIDs) can also help to decrease inflammation, redness and discomfort within the eye itself.

6. Pain Relievers: OTC pain relievers such as acetaminophen or ibuprofen may help ease headaches or general discomfort, such as an eye ache. Don't use contact lenses.

7. Consume Vitamin C-Rich Foods: Include foods rich in vitamin C to support your Immunesystem and aid in the healing process. Citrus fruits (such as oranges, grapefruits, and lemons), strawberries, kiwi, guava, and bell peppers are excellent sources of vitamin C.

8. Eat Foods: High in Beta-Carotene: “Beta-carotene is converted to vitamin A in the body, which is crucial for maintaining healthy vision and supporting the immune system. Incorporate foods like carrots, sweet potatoes, pumpkin, butternut squash, mangoes, apricots, spinach, and kale into your diet.

9. Include Omega-3 Fatty Acids: Omega-3 fatty acids have anti-inflammatory properties that may help reduce eye inflammation and support overall eye health. Include fatty fish (such as salmon, mackerel, sardines, and trout) and plant-based sources of omega-3s (like flaxseeds, chiseeds, walnuts, and hemp seeds) in your diet.

TABLE 1: OPHTHALMIC PREVENTION CLASSIFY AS PHARMACY MEDICINE.

Table 1: Ophthalmic preparations classified as pharmacy medicines		
Drug category	Drug	Products containing drug
Antihistamines	Antazoline	Otrivine-Antistin*
	Levocabastine	Livostin Direct*
Antimicrobials	Dibromopropamide isethionate	Brolene, Golden Eye ointment
	Propamide isethionate	Brolene*, Golden Eye drops*
Artificial tears	Carbomer 940 (polyacrylic acid)	GelTears*, Viscotears
	Dextran 70	Tears Naturale*
	Hydroxyethylcellulose	Minims Artificial Tears
	Hypromellose	Artelac, Isopto Alkaline*, Isopto Plain*, Moisture-eyes*, Tears Naturale*, Hypromellose eye-drops*
	Liquid paraffin	Lacri-Lube, Lubri-Tears, Simple eye ointment BP
	Polyvinyl alcohol	Hypotears*, Liquifilm Tears*, Liquifilm Tears preservative-free, Refresh, Sno Tears*
	Povidone	
	Sodium chloride	Minims Sodium Chloride
Astringents	Distilled witch hazel	Eye Dew Blue*, Eye Dew Clear*, Optrex drops*, I-Doc, Optrex Clear Eyes*, Optrex Fresh Eyes*
	Zinc sulphate	Zinc Sulphate eye-drops BPC*
Mast cell stabilisers	Sodium cromoglicate	Boots Hayfever Relief Allergy eye-drops*, Clariteyes*, Hay-Crom Hayfever eye-drops*, Lloyds Hayfever Allergy eye-drops*, Optrex Allergy eye-drops*, Opticrom Allergy eye-drops*
Stains	Fluorescein	Minims fluorescein sodium
	Rose bengal	Minims rose bengal
Sympathomimetics	Adrenaline	Adrenaline eye-drops, neutral BPC*
	Naphazoline	Eye Dew Blue*, Eye Dew Clear*, Murine*, Optrex Clear Eyes*
	Phenylephrine	Isopto Frin, Minims phenylephrine hydrochloride
	Xylometazoline	Otrivine-Antistin*
*Contains benzalkonium chloride and should not be used while wearing soft contact lenses		

Table 2: MARKETED OPHTHALMIC PRODUCT.

Brand Name	Drug	Dosage Form	Use
Acivir eye	Acyclovir	Ointment	For eye infection
Acuvail	Ketorolac tromethamine	Eye solution	Cataract surgery
Alocril	Nedocromil	Eye solution	Allergic conjunctivitis
Chloromycetin	Chloramphenicol palmitate	Ointment	In conjunctivitis and eye inflammation
Ciplox	Ciprofloxacin	Eye drops	In eye infection and conjunctivitis
Dexcin	Dexamethasone	Eye drops	In eye infection
Dichol	Carbachol	Sterile solution and prefilled syringes	In ophthalmic surgery
Elestat	Epinastine solution	Eye solution	Allergic conjunctivitis
Geltear	Carbomer	Bioadhesive gel	As a lubricant, in burning, irritated and dried eye
Ocupol	Polymixin-B	Eye drops and ointment	In bacterial infection, corneal ulcer
Ozurdex	Dexamethasone	Ocular implant	Retinal vein occlusion
Pred forte	Prednisolone acetate	Suspension	As anti allergic and anti inflammatory
Refresh classic	Artificial tear fluid	Single use vials	Relieves dry and irritated eyes
Refresh tears	Hydroxypropyl methylcellulose	Eye drops	In dryness of eye and eye lubricant
Restasis	Cyclosporine	Emulsion	In dry eye
Timolol xe	Timolol maleate	In situ gel	For dried eye and keratoconjunctivitis
Zymaxid	Gatifloxacin	Solution	Bacterial conjunctivitis

10. Antibiotic Eye drops



Specmox Eye Drops

Composition: Moxifloxacin Eye Drops

Moxifloxacin is a popular antibiotic eye drops used to protect the eyes against dangerous bacterial eye infections. This eye drop is an excellent ophthalmic solution for treating conjunctivitis, which is an infection of the membrane that covers the outside of the eyes. Moxifloxacin eye drop is an antibiotic that belongs to the fluoroquinolone class.

Moxifloxacin is an antibiotic that fights bacterial infections by preventing infection spread and promoting bacterial remission.



Flutob-SP Eye Drops

Composition: Tobramycin and Fluorometholone Ophthalmic Solution

Tobramycin and Fluorometholone, both are used to treat eye infections and disorders caused by germs. Tobramycin belongs to an antibiotic family that aids in the prevention of bacterial formation and development by inhibiting the synthesis of key proteins required by bacteria to operate in the eye. Fluorometholone is another type of steroid that aids in the prevention of specific chemical signals that cause redness, swelling, and itching in the eye. This is also known as one of the top eye drops for antibacterial infection in India.



Moxigrev-D Eye Drops

Composition: Moxifloxacin and Dexamethasone Eye Drops

Bacterial eye infections are treated with Moxifloxacin and Dexamethasone Eye Drops. Moxifloxacin belongs to a class of medications known as antibiotics, which serve to inhibit bacterial cells from proliferating and mending, therefore eliminating the germs in the patient's eye. Dexamethasone is another type of steroid that inhibits the generation of particular chemical messengers that cause redness, swelling, and itching in the eye. They are

recognised as the finest eye drops for antibacterial infection when used together.



Specmox-KT Eye Drops

Composition: Moxifloxacin Ophthalmic Solution

Moxifloxacin eye drops are a 4th generation antibiotic, whilst Ketorolac eye drops are an anti-inflammatory medication. They are both regarded as the finest antibiotic eye drops in India for the treatment of bacterial eye infections. The medication aids in the prevention of the production of particular chemical messengers that induce pain and inflammation in the damaged eye.

Furthermore, the eye drops destroy the germs by limiting the spread of bacterial cells.



Kapiyat Eye Drops

Composition: Gatifloxacin Eye Drops

Gatifloxacin Eye Drops are an antibiotic used to treat bacterial infections of the eyes. This antibiotic is a quinolone that is used to treat eye infections. Gatifloxacin is also used to treat inflammation, red and pink conjunctivitis, irritation, and a variety of other eye problems.

caused by bacterial infection. It works by suppressing the function of a bacterial enzyme called DNA- gyrase, which therefore prevents bacterial cells from reproducing and repairing themselves, resulting in their death.



Levokap Eye Drops

Composition: Levofloxacin eye drops

Levofloxacin, which is used to treat bacterial infections in the eyes, helps to reduce symptoms of infections by inhibiting the development of germs. Levofloxacin Eye Drops are an antibiotic that aids in the alleviation of bacterial infection-related symptoms such as discomfort, redness, and itching in the eyes. This antibiotic eye drop inhibits the function of a bacterial enzyme known as DNA-gyrase. Choose this product to receive relief from an eye bacterial infection.



GentaKap Eye Drops

Composition: Gentamycin Eye Drop

Gentamycin is an antibiotic used to treat bacterial infections of the eyes, such as

conjunctivitis and blepharitis of the eyelids. This is a typical antibiotic eye drop used to prevent infection after an eye injury or surgery. Gentamicin is mostly used to treat conjunctivitis since it kills the microorganisms that cause sickness. Conjunctivitis causes the eye to become inflamed and gritty, as well as to generate more water than usual. Gentamycin is an antibiotic that is used to treat a wide range of bacteria that cause eye infections.

Divicol Eye Drops

Composition: Chloramphenicol eye drops

Chloramphenicol is an antibiotic used to treat bacteria that cause eye infections. This works by killing the germs that cause inflammation, swelling, corneal damage, itching, and a range of other issues. This does not directly kill the bacteria; rather, it works by inhibiting the creation of critical proteins required by bacteria to execute vital tasks, preventing bacteria from growing, and gradually clearing up the eye infection. It also clears up the substance that causes swelling, inflammation and irritation in the eyes.



Besivance Eye Drops

Composition: Besifloxacin Ophthalmic solution. Besifloxacin is a medication that is used to treat bacterial conjunctivitis (pinkeye; infection of the membrane that covers the outside of the eyeballs and the inside of the eyelids). Besifloxacin belongs to a class of drugs known as fluoroquinolone antibiotics. It kills the germs that cause conjunctivitis. It alleviates the symptoms of illness by preventing the development of the pathogenic germs. It alleviates symptoms such as discomfort, redness, itching, and soreness caused by eye infections.

Natural Remedies for Treating Eye Infections 6 Home: As the monsoon season arrives, it not only brings a sense of relief from the scorching heat, but also ushers in a host of infections and diseases. In this article, we share with some of the common myths related to eye flu, its symptoms, how does it spread along with a few home remedies that are proven to combat the eye flu and protect our eyes during this challenging time. But, if the problem persists, do consult a doctor for the same.



Fig 1: Honey.

Honey

Honey has anti-bacterial properties, which can prove effective in curing eye infections. To

use honey, for eyes, mix 2 teaspoons of honey in a glass of water and wash your eyes with this water. By doing this, pain and irritation in the eyes can also be relieved.



Fig 2: Rose water.

Rose water

To get rid of eye flu, rose water can prove to be very beneficial. Actually, it has anti-bacterial and antiseptic properties, which help fight infection-causing bacteria. Rose water cools the eyes and also cleans the eyes. Just put two drops of rose water in each eye and close them for a minute.

You will feel an instant relief from pain and irritation in the eyes.



Fig 3: Holy Basil.

Holy Basil

Tulsi or Holy Basil is known to have antioxidant and anti-bacterial properties, which help in removing eye infections. It can also help in getting relief from burning or pain sensations in the eyes. For using Tulsi for eyes, soak basil leaves in water overnight and next morning, wash your eyes with this water. Use it for 3-4 days, and you will feel some difference in the

pain.



Fig 4: Potato.

Potato

This might come as a shocker, but potato has a cooling effect and can help in reducing eye irritation. The properties present in potatoes can prove to be helpful in preventing eye infections. For this, cut the potatoes into thin pieces. Place potato slices over your eyes before sleeping at night. Keep it on for about 10-15 minutes, then remove it. This will also give relief from swelling and pain of the eyes.



Fig 5: Leaf of neem.

Neem soak

Another simple hack to boost eye health during this season is by making a simple neem soak at home. To make this easy neem water soak washed neem leaves in water and wash the eyes

with this water. The antibacterial properties of this homemade eyewash will help in healing the eyes.



Fig. 6: Turmeric.

Turmeric

This spice has several medicinal uses due to its antioxidant and anti-bacterial properties. But, many would be surprised to read that turmeric can also help in preventing eye infection.

However, it works like magic for the eyes. All you need to do is, add a pinch of turmeric powder to lukewarm water and mix it. Now, soak a cotton pad in this water and wipe your eyes with it. This will clear the dirt present around the eyes and help in preventing infection.



Fig. 7: Saltwater.

Saltwater

It is one of the basic home remedies that can be used for eye infections. It's very much similar Saline, which is a chemical solution and is very much similar to teardrops and has antimicrobial properties which naturally helps clean the eyes. All you need to do is boil half a litre of water and cool it. Then, mix 1 tsp salt in it. Now, take a small cotton swab and dip in this salt water and clean the eyes with this until the irritation goes off. Discard the cotton swab and you will see the changes.



Fig 8: Green tea bags.

Green tea bags

Green tea is also loaded with antioxidants, and can help relax your eyes along with reducing the puffiness and pain. For this remedy, you can dip green tea bags in lukewarm water and then place them on each eyes. Or, you can cool these tea bags in the refrigerator and then use them on your eyes.

6. METHODOLOGY

Eye Flu in India: Cases of Conjunctivitis, also known as eye flu or pink eye, are rising across India. Amidst this surge in eye flu cases, the All India Institute of Medical Sciences (AIIMS) in Delhi is reporting approximately 100 cases per day.

Most cases clear up within two to four weeks without needing specific medical intervention; however, several effective treatment options exist that may alleviate symptoms and speed healing time, including:

Eye flu is highly contagious and can result in painful swelling of the conjunctiva of the eyes. Children are more susceptible to this infection, and it is more prevalent during the rainy

season. It is important to take the necessary precautions to prevent the spread of this infection. Unhygienic practices such as using dirty contact lenses, glasses, and towels, as well as harsh chemicals present in some eye drops and chemicals, can also trigger eye irritation.

Mild cases of eye flu can be managed at home. To ease symptoms, you can use eye drops and Medicine also take to cure the eye flu.⁷ This flu is usually the result of viral infection. The most common viruses responsible for conjunctivitis include adenoviruses, enteroviruses, and herpes simplex viruses. These can spread easily via direct contact, respiratory droplets or contaminated objects – though certain risk factors such as overcrowded environments, poor hygiene practices and compromised immune systems may increase its transmission risk further.

Eye flu, sometimes referred to as conjunctivitis, is an inflammation of the conjunctiva, a thin, transparent layer that covers the inside of the eyelids and the white of the eye. Although the eyes are the most delicate organ in our body, eye health is frequently overlooked in today's fast-paced society.

7. DISCUSSION

To our knowledge this is the first study to explore knowledge and awareness of eye flu among the. This flu is usually the result of viral infection. The most common viruses responsible for conjunctivitis include adenoviruses, enteroviruses, and herpes simplex viruses. These can spread easily via direct contact, respiratory droplets or contaminated objects – though certain risk factors such as overcrowded environments, poor hygiene practices and compromised immune systems may increase its transmission risk further. One can get an allergy to heat, dust & sun during the summer months. There could also be allergies to certain pollen or organic dust at the onset & end of summer season. Spring Catarrh or vernal conjunctivitis is a type of allergy seen in young boys most commonly during summer months.

Our knowledge By following these preventive measures, you can significantly reduce the chances of contracting eye flu and other contagious eye infections. If you experience symptoms of conjunctivitis, it is important not to self-medicate. You should seek immediate medical advice for proper diagnosis and treatment. Your doctor may refer some eye drops for eye flu or eye drop medicine to alleviate the symptoms and cure the infection at the earliest.

In the present study, 67 (44.08%) reported that they had been infected with eye flu. In the present study, 145 (95.39%) subjects had reported that redness of eye was the clinical feature of eye flu while 211 subjects out of 232 had reported that eye turned red in eye flu.

Doctors, parents have differing perspectives and agendas for the management of this condition. Factors that influence the decision include beliefs about the condition and the need for treatment, patient's own time, economic considerations and public health policy.

Eye flu, sometimes referred to as conjunctivitis, is an inflammation of the conjunctiva, a thin, transparent layer that covers the inside of the eyelids and the white of the eye.

Although the eyes are the most delicate organ in our body, eye health is frequently overlooked in today's fast-paced society. We are surrounded by displays, digital devices, and environmental toxins all the time, which can cause a number of eye-related problems. Viral conjunctivitis, also referred to as "eye flu," is one such issue.

This syndrome can be brought on by germs, viruses, allergies, and the environment.

Eye flu can affect anybody, however, due to their constant contact with others, office workers, retail personnel, young children, teenagers, teachers, childcare providers, and preschoolers are at a higher risk for the contagious varieties of the Eye flu than the general public.

The all about discussion of eye flu in my college me and sir to eye flu topic. Such eye flu types can be treated successfully with Ayurvedic or Homeopathic medicines for eye flu.

8. RESULT

While most cases resolve without complications, eye flu can be dangerous if severe enough and left untreated for too long. Severe infections can lead to corneal ulcers, which can result in vision problems that may require surgical correction if not treated promptly. Rarely, an eye infection may cause systemic sickness by migrating to other body systems.

It is essential to seek medical assistance if you experience the following:

Severe pain in the eyes.

A sudden change in vision. The eyes become more red.

Symptoms worsen or persist despite treatment.

The infection does not improve after a few days of self-care and over-the-counter treatments.

9. CONCLUSION

Eye flu, or conjunctivitis, is a prevalent eye condition that can be caused by viral or bacterial infections, allergies, or environmental irritants. Knowing the causes, symptoms, and treatment options can help individuals take preventive measures and seek timely medical attention when needed. By maintaining good hygiene practices and being mindful of environmental factors, you can reduce the risk of eye flu and enjoy clear and comfortable vision.

Eye flu is a common viral malady that causes conjunctivitis and is known to affect millions of people globally every year. Understanding eye flu can go a long way toward improving recovery and reducing the risk of recurrent infections and long-term visual complications. There are no approved medicines for eye flu, and treatment includes self-care measures and remedies to support immune function. Prioritizing hand hygiene, avoiding close contact with infected individuals, and maintaining a clean environment are key measures to lower the likelihood of catching and transmitting eye flu.

Inflammation of the eye is the cause of a red eye. The eye inflammation may be relieved using some common home remedies easily available in your kitchen or garden compound. You can use home remedies like warm and cold compresses, or a paste of punarnava, shigru, and apanijita.

These home remedies might help you get rid of red eyes. However, it is advisable to consult your doctor if the redness lasts beyond 1 or 2 days, or new symptoms develop.

10. Future direction

A description of eye flu or viral conjunctivitis opens each of My report.. Symptoms, and indicators of the disease Causes, Alternatives to current treatment, Virus-related Conjunctivitis management, and Challenges. In contrast, Non-pharmacological treatment (such as educating staff and Patients and avoiding eye contact) yields respectable results But takes time and has nonegative effects on the human Body.

Our review found that while medication does Completely cure, it also has negative side effectsthat can Hurt the eye.

The management of viral conjunctivitis Requires additional randomized controlled studies. In theFuture, we plan to do an initial inquiry into the illness known As viral conjunctivitis. We are doing a counseling-based Research project in our area to evaluate patients' mental and Physical health both before and after contracting viral Conjunctivitis in order to better understand the condition and Possible treatments.

Do not self-medicate or take over counter eye drops. Consult an eye care professional for properdiagnosis and treatment. She will examine your eyes to see what type of infection it is, which part of your eyes are involved, and prescribe medication accordingly. The eye drops are anti- inflammatory and lubricating eye drops to soothe n your eyes and for faster recovery.

Antibiotic eye drops are given for superadded bacterial infection, though most conjunctivitis areviral and self-limiting.

For the most common type, the average eye flu recovery time is thought to be 4-5 days. This is also the most contagious window for those with viral conjunctivitis. If you do not take good careof yourself and do not practise good hygiene, the infection may become systemic and take approximately 1-2 weeks to resolve.

My massage of all people to Avoid close contact with others, especially if you have symptoms ofeye flu. Wash your hands frequently with soap and water for at least 20 seconds. Refrain from touching or rubbing your eyes to prevent the virus from entering your eyes. Avoid sharing personal items like towels, pillows, eye makeup or contact lenses.

Take care !

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