Dengue: Causes, Effects, and 8 Best Foods for Recovery

Description

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Dengue

The key facts

- A mosquito-borne viral infection is found in urban and semi-urban areas in erotic and subtropical climates.
- (DENV) is responsible for causing dengue. There are a lot of four diverse DENV serotypes, which means you can get contaminated four times.
- Most DENV infections generate only serene illnesses, but DENV can bring on an acute flu-like illness.
- It can sometimes develop into a potentially deadly complication titled â??severe disease.â•
- Dengue/severe dengue does not have a particular treatment.
  Recent decades have seen a dramatic increase in dengue cases worldwide. More or less half of the worldâ??s population is now at risk. Each year, 100-400 million infections occur.
- This is a mosquito-borne viral disease that has spread swiftly across all regions of the WHO in recent years. Female mosquitoes of the species Aedes aegypti and, to a lesser extent, Ae, transmit the dengue virus. Alphapictus Theyâ??re also vectors of chikungunya, yellow fever, and Zika. Itâ??s prevalent all over the tropics, with local variations in risk influenced by rainfall, temperature, relative humidity, and unplanned speedy urbanization.
- It causes a wide range of diseases. An individual contaminated with the virus can develop subclinical disease or severe flu-like symptoms. The first cases of severe dengue were during dengue epidemics in the Philippines and Thailand in the 1950s.
- A virus of the Flaviviridae family, and thereâ??s a lot of four serotypes (DENV-1, DENV-2, DENV-3, DENV-4). Recovery from an infection supplies lifelong privilege against that serotype.

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There are a lot of four serotypes, and each one has a clear epidemiological pattern. The four serotypes can coexist within a region, and actually, various countries are hyperendemic to all four.

It has a meaningful effect on both human health and the global and national economies. Itâ??s common for travelers with DNV to transport the virus to new areas. When there are susceptible vectors in these areas, there is potential for local transmission.

Symptoms betterment to massive bleeding, shock, and death. The condition is known as dengue shock syndrome (DSS).

In addition to those with weakened immune systems, those with a momentary or following dengue infection are at a higher risk of developing dengue hemorrhagic fever.

Diagnosis

A blood test can diagnose dengue infection if the virus or antibodies to the virus are detected. Let your doctor know if you become ill after traveling to an erotic area.

Treatment

Treatment for dengue infection is not specific. If you think you may have dengue fever, you have to take pain relievers with acetaminophen and try not to take medicines containing aspirin, which may exacerbate bleeding.

Preventing Dengue Fever

Especially if you live in or are traveling to exotic locations, you have to avoid mosquito bites to prevent the disease. Currently, there is no vaccination to prevent the general population from contracting it.

- Even indoors, use mosquito repellent.
- When outdoors, wear extended sleeves and long pants tucked into socks.
- If air conditioning is accessible indoors, use it.
- Ensure that windows and door screens are free of holes.
- Use mosquito nets if you are sleeping.
- Get rid of places where mosquitoes can breed to reduce the mosquito population. You can derive rainwater by utilizing old tires, cans, or flower pots. Vary the water in your petsâ?? water dishes and birdbaths regularly.
- Make sure that you and other family members are saved from mosquitoes if someone in your household contracts dengue fever. Mosquitoes that bite the contaminated family member can spread the disease to other people in the house.

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To lop the risk of mosquitoes breeding in stagnant water:

- Buckets and watering cans should be stored under a shelter so that water does not accumulate.
- Remove mosquito eggs from containers by scrubbing them.
- Loosen the soil around potted plants to prevent puddles from forming.
- Donâ??t block scupper drains.
- Arrange potted plants and other objects as little as possible.
- Install anti-mosquito valves on gully traps.
- Keep leaves from blocking anything that may cause puddles or stagnant water.
- A region far from still water if youâ??re camping or picnicking.

8 Best Foods to Recover

1. The papaya leaf

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Thirty milliliters of papaya leaf juice increases platelet count, which is efficient in treating dengue.

2. Pomegranate

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Pomegranates have fundamental nutrients and minerals that supply your body with energy. Pomegranate consumption reduces tire and exhaustion. Pomegranates are additionally for the blood.

3. The water of coconuts

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Dengue overall causes dehydration. Thus, coconut water is electrolytes and nutrients.

4. Itâ??s turmeric

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The consumption of turmeric with milk is an antiseptic and metabolism booster. As a result, youâ??ll recover faster.

5. Methi (Fenugreek)

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Fenugreek is known to induce sleep and act as a serene tranquilizer that relieves pain. Additionally, itâ??s known to stabilize elevated fever, which is a current symptom of dengue.

6. An orange

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As oranges and their juice are wealthy in antioxidants and Vitamin C, they additionally assist in treating and eliminating dengue fever.

7. The broccoli

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Broccoli is a source of Vitamin K, which helps regenerate blood platelets. The platelet count drops dramatically.

The iron and omega-3 fatty acids in spinach enhance the resistant system. Doubled platelet counts are a result of this procedure.

8. The Kiwi Fruit

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Kiwi fruits acquire vitamins A and E, and potassium, which balances electrolytes in the body and limits hypertension and blood pressure. The copper in kiwifruit is mainly necessary for healthy red blood cells and for creating immunity.

After the onset of the initial symptoms, the fever can rise rapidly. If one observes these symptoms, one must seek instant medical attention. These remedies should be used only as supplemental forms of treatment.

Category

1. Health

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