

Influenza

Influenza A(H1N1), or human swine flu, is currently being passed on from person to person rather quickly. It is therefore very important to maintain good personal hygiene to avoid being infected by the virus. Prevention is better than cure. Strengthening one's constitution is also important in warding off the disease. Chinese medicine practitioners regard influenza A(H1N1) as a seasonal febrile disease.

The symptoms from A(H1N1) are similar to those of seasonal influenza. They include fever, coughing, fatigue and loss of appetite, all of which can worsen over a short period, leading to pneumonia and even death.

People with a weak constitution or are suffering from lung and stomach disorders are at greater risk of contracting seasonal febrile disease which occur during changes in the weather.

Chinese medicine practitioners point out that the influenza virus gets into the body through the mouth, nose and skin. Maintaining good personal hygiene helps reduce the risk of contracting the disease. Strengthening one's constitution also keeps influenza at bay. Furthermore, one should maintain a healthy diet, exercise regularly, refrain from smoking and consuming alcoholic beverages and take enough rest.