

Swine Flu

The Swine flu was initially seen in humans in Mexico in 2009, where the strand of the particular virus was a marriage of 3 types of strands.¹ Six of the genes are very similar to the H1N2 influenza virus that was found in pigs around 2000.



It is primary duty of National & International Health Organizations to promote health standards among people & governments. Unfortunately the health standards amongst poor nations are having extremely low standards.

Direct transmission of a swine flu virus from pigs to humans is occasionally possible (zoonotic swine flu). In all, 50 cases are known to have occurred since the first report in medical literature in 1958, which have resulted in a total of six deaths². Of these six people, one was pregnant, one had leukemia, one had Hodgkin's lymphoma and two were known to be previously healthy². Despite these apparently low numbers of infections, the true rate of infection may be higher, since most cases only cause a very mild disease, and will probably never be reported or diagnosed².

According to the Centers for Disease Control and Prevention (CDC), in humans the symptoms of the 2009 "swine flu" H1N1 virus are similar to those of influenza and of influenza-like illness in general. Symptoms include fever; cough, sore throat, watery eyes, body aches, shortness of breath, headache, weight loss, chills, sneezing, runny nose, coughing, dizziness, abdominal pain, lack of appetite and fatigue. The 2009 outbreak has shown an increased percentage of patients reporting diarrhea and vomiting as well. The 2009 H1N1 virus is not zoonotic swine flu, as it is not transmitted from pigs to humans, but from person to person through airborne droplets.

The Preventive measures should start from adopting basic health principles⁴. The society must be helped by Health Organization to promote Health System by guiding humans to have healthy food, avoiding factory made food. Clean and pure water must also become a part of human life instead of beverages⁵ Good physical activity on daily basis and rest at proper time. If all human are provided with clean environment the bacterial, viral, molds and all pathological environment will support human life.

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