Influenza & VaxiFlu-4

Why in News?

Zydus Lifesciences recently introduced India's First Flu Vaccine for New Influenza Strains.

- Influenza, or the flu, is a ***contagious viral infection*** that affects the respiratory system.
- **Types -** A, B, C, and D. Only influenza A, B, and C affect humans.
- Influenza viruses are constantly changing, with new strains appearing often.
- **Symptoms –** Fever, Runny nose, Sore throat, Muscle pain, Headache, Coughing, Fatigue, Diarrhea and vomiting (especially in children).
- **Transmission** - Spreads through droplets from coughs, sneezes, or talking.
- Can also spread by touching something with the virus on it and then touching your eyes, mouth, or nose.
- It causes illnesses that range in severity and at times lead to hospitalization or even death, mainly in high-risk groups.
- **High-risk groups -** Under-5 children, the elderly, and people with immunosuppressive and chronic medical conditions.

According to the World Health Organization, seasonal influenza results in 2.9 lakh to 6.5 lakh deaths every year.

- **Treatment**
  - Flu is primarily treated with rest and fluid intake to allow the body to fight the infection on its own.
  - Drink plenty of fluids, like water, juice, and warm soups
  - Rest and get more sleep
  - Antiviral drugs can help shorten the duration of the illness and prevent complications.

Prevention (VaxiFlu-4)

- **VaxiFlu-4** - It is a ***Quadrivalent Inactivated Influenza*** virus vaccine made as per World Health Organization (WHO) recommended composition.
- **Developed by** – Zydus's Vaccine Technology Centre (VTC) in Ahmedabad

A quadrivalent influenza (flu) vaccine is designed to protect against four different flu viruses, including two influenza A viruses and two influenza B viruses.

- The vaccine has been cleared by the Central Drug Laboratory (CDL).

References

1. The Hindu | VaxiFlu-4
2. The Hindu Business Line | VaxiFlu-4

