

# Acute Respiratory Infection (ARI)

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Acute respiratory infection (ARI) is mainly microbial infection in respiratory tracts especially in lungs that creates disturbance in normal breathing. In the list of ARIs both the infectious and non infectious disease has taken places. But the matter of worry is majority of the ARIs are infectious, which means it can spread from one person to another through air. According to previous records it has found that the main microbes working behind these ARIs are Adenoviruses, Pneumococcus, and Rhinoviruses. Adenoviruses are the cause of bronchitis where Pneumococcus is the reason of pneumonia and Rhinoviruses can be told the source of common cold.

It is true that no one can avoid the bacteria or virus but on the other hand it should be noted that our immune system is always protecting us from these kinds of infectious diseases. So the main reason behind the Acute Respiratory Infection is weak or immature immune system. Normally in an adult human the immune system is enough to defeat the microbial infections but in the case of child and aged person it seems different. As a result Acute Respiratory Infections become one of the major causes of childhood mortality and morbidity in Bangladesh.

According to the bulletin of World health Organization (WHO) titled 'Incidence of influenza-like illness and severe acute respiratory infection during three influenza seasons in Bangladesh,

2008-2010' the pandemic influenza of 2009 has taken life of approximately 6000 patients in and the direct medical cost in Dhaka was about 6.1 million US dollars.

Now, if one has a look on these infections, it will be clear that there are some common symptoms. First of all the congestion in nasal or respiratory tract is reported then come the cough, sore throat and runny nose. But when the disease is getting the advanced situation then difficulty in breathing, pain in lower region of lungs and low blood oxygen are detected. From the beginning different classes of antibiotics are been used for the treatment of ARIs. Like amoxicillin, ampicillin etc. The main objectives of these drugs are mainly cure not to prevent, where the health exporters are trying to make the base on prevention. Different researches are going on to develop the prevention method against flu, but majority of them are supporting some common issues. First maintain the hand hygiene, means wash your hands before taking food and after you've been in a public place. Then comes, wearing medicated masks which not only saves you from the flu but also protects from the air pollutions. Another notable point is sneezing in a tissue. It does not help an affected person but it will stop spreading of flu from the carrier. Without these some different fruits can help a person to boost up the immune system, like vitamin C.

Now this is winter, the high time one can get affected by the ARIs. But our little consciousness can change the situation. It is not difficult to prevent the normal flu in winter, just need the practice of maintaining personal hygiene and a little awareness.

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