

A Review on “Conjunctivitis - Eye Flu”

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ABSTRACT

Conjunctivitis is a generally encountered condition in ophthalmology conventions throughout the world. In the operation of suspected cases of conjunctivitis, intimidating signs for more serious intraocular conditions, similar as severe pain, dropped vision, and painful pupillary response, must be considered. Also, a thorough medical and ophthalmic history should be attained and a thorough physical examination should be done in cases with atypical findings and habitual course. Concurrent physical test findings with applicable history may reveal the presence of a systemic condition with involvement of the conjunctiva. Viral conjunctivitis remains to be the most common overall cause of conjunctivitis. Bacterial conjunctivitis is encountered less constantly and it's the alternate most common cause of contagious conjunctivitis. Antipathetic conjunctivitis is encountered in nearly half of the population and the findings include itching, mucoid discharge, chemosis, and eyelid edema. Long- term operation of eye drops with preservatives in a case with conjunctival reproduction and discharge points to the poisonous conjunctivitis as the underpinning etiology. Effective operation of conjunctivitis includes timely opinion, applicable isolation of the colorful etiologies, and applicable treatment.

Keywords-Conjunctivitis, Conjunctiva, Pink Eye, Allergens, Bacterial Conjunctivitis, Dentist

INTRODUCTION-

Eye flu, also known as viral conjunctivitis or pink eye, is a common and largely contagious eye infection. It's characterized by inflammation of the conjunctiva, the thin, transparent subcase covering the white part of the eye and the inner face of the eyelids. This condition can be caused by colorful contagions, including adenoviruses and enter contagions, as well as bacterial or antipathetic factors. Eye flu generally presents with symptoms similar as greensickness, itching, inordinate tearing, and a discharge from the eye. It can affect one or both eyes and is fluently spread through direct contact with infected concealment or polluted objects. While utmost cases of viral conjunctivitis

resolve on their own within a week or two, some may bear medical treatment, especially if the symptoms are severe or prolonged. Proper hygiene practices, similar as frequent hand washing and avoiding eye rubbing, can help the spread of eye flu. Conjunctivitis is the inflammation of the Conjunctiva and has 4 main causes contagions, bacteria, allergens, and annoyances of these, the acute pestilent causes are the most constantly encountered optical diseases In primary care clinically it's delicate to distinguish bacterial from Virus conjunctivitis The most prominent Symptoms of acute pestilent Conjunctivitis include mild pruritus, foreign body. Sensation and mild photophobia the most prominent signs include caked eyelids that are frequently matted Shut, especially after Sleep, generalized conjunctival infection, and either watery or purulent discharge from one or both eyes, but no loss of visual perceptivity. Numerous subjects are affected with Conjunctivitis worldwide and it's one of the most frequent reasons for office visits to general medical and ophthalmology conventions. Further than 80 of all acute cases of Conjunctiviti6. Are reported to be diagnosed bynon-ophthalmolog1976 including internists, family drug croakers at normal working distance, there's no zone of safety. From organism beaming dribblets and backend may remain in Gus pension in the air for over to 30 min there's a threat that the Defensive mechanisms of the eye may be overwhelmed by similarhigh attention of pathogen.

History-

The history of conjunctivitis involves benefactionsfrom colorful experimenters and medical professionals who have helped advance our understanding of the condition. Still, it's not generally associated with a single author or existent, as its recognition and understanding evolved over centuries through collaborative medical knowledge. Still, you may want to look into prominent ophthalmologists and medical experimenters from different ages in history, if you are interested in specific experimenters or contributors to the understanding of eye conditions

or conjunctivitis. Some notable numbers in the field of ophthalmology include

1. Hippocrates The ancient Greek croaker Hippocrates made early compliances about eye conditions and their symptoms.

2. Al- Razi (Rhazes) An influential Persian croaker in the Islamic Golden Age, Al- Razi made significant benefactions to the field of ophthalmology.

3. Carl Ferdinand von Graefe A 19th- century German ophthalmologist, von Graefe made important benefactions to the opinion and treatment of eye conditions, including conjunctivitis.

4. Sir William Bowman A prominent English ophthalmologist in the 19th century, Bowman contributed to our understanding of the deconstruction of the eye.

5. Ultramodern Ophthalmologists In contemporary times, multitudinous ophthalmologists and medical experimenters have continued to study and develop treatments for colorful forms of conjunctivitis.

General Properties of Conjunctivitis-

Conjunctivitis, commonly known as pink eye, is an eye condition with several general properties:

1. Inflammation: Conjunctivitis is characterized by inflammation of the conjunctiva, the thin, transparent membrane that covers the white part of the eye and lines the inside of the eyelids.

2. Redness: One of the most noticeable symptoms of conjunctivitis is redness in the affected eye or eyes, giving it the "pink eye" appearance.

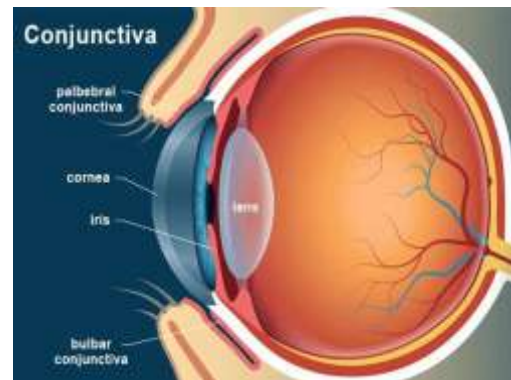
3. Irritation: People with conjunctivitis often experience eye irritation, including itching, burning, and a gritty or sandy feeling.

4. Discharge: Depending on the type of conjunctivitis, there may be discharge from the eye. Bacterial conjunctivitis can produce a thick, yellow or greenish discharge, while viral conjunctivitis may have a watery discharge.

5. Tearing: Excessive tearing or watery eyes can occur with conjunctivitis, particularly in viral and allergic forms.

6. Sensitivity to Light: Some individuals with conjunctivitis may be sensitive to light (photophobia), making it uncomfortable to be in bright environments.

7. Swelling: Swelling of the conjunctiva or eyelids can be present, especially in allergic or severe cases.



Eye Flu on Human Body

Eye flu, also known as conjunctivitis, is an inflammation of the conjunctiva, which is the clear tissue covering the white part of the eye and lining the inner surface of the eyelid. It can be caused by viruses, bacteria, or allergens. Here's how it affects the human body:

1. Redness and Irritation: One of the most common symptoms is redness in the affected eye or eyes. You may also experience itching, burning, or a gritty feeling.

2. Watery Discharge: Eye flu can lead to excessive tearing or discharge from the eyes, which can be clear, white, yellow, or green, depending on the cause.

3. Swelling: The conjunctiva may become swollen, causing the eye to appear puffy and feel uncomfortable.

4. Sensitivity to Light: You may become more sensitive to light, a condition known as photophobia.

5. Blurry Vision: In some cases, vision may be temporarily blurred due to the inflammation and discharge.

6. Contagious: If the cause is viral or bacterial, eye flu can be contagious, spreading through close contact with an infected person or contaminated surfaces.

7. Duration: The duration of eye flu can vary depending on the cause. Viral conjunctivitis typically resolves on its own within a week or two, while bacterial conjunctivitis may require antibiotic treatment.

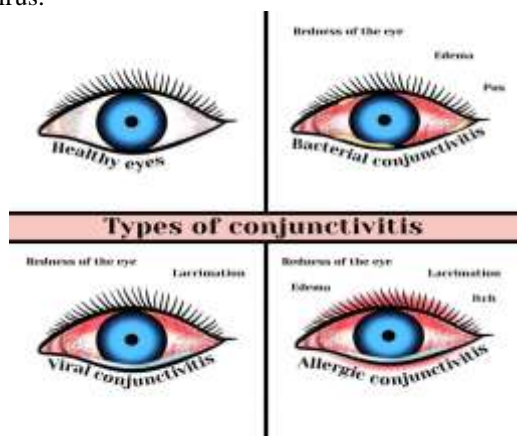
It's important to practice good hygiene, avoid touching your eyes, and seek medical advice if you suspect you have eye flu, especially if symptoms are severe or persistent, as certain forms can cause more serious complications if left untreated.

Types of Eye Flu

Eye flu, also known as viral conjunctivitis, is an eye infection caused by viruses. There are several types of viruses that can cause viral conjunctivitis, including:

1. Adenovirus: Adenoviral conjunctivitis is one of the most common forms of viral eye infection. It is highly contagious and can spread through contact with infected individuals or surfaces.
2. Enterovirus: Enteroviral conjunctivitis is another viral cause of eye flu. It can be associated with systemic symptoms like fever and respiratory symptoms.
3. Herpes simplex virus: Herpes simplex virus (HSV) can cause viral conjunctivitis, especially in cases of recurrent eye infections. HSV-induced conjunctivitis can be more severe and may lead to corneal ulcers.
4. Varicella-zoster virus: This virus, which causes chickenpox and shingles, can also lead to viral conjunctivitis in some cases.
5. Influenza virus: In rare cases, the influenza virus can cause conjunctivitis as a secondary symptom of the flu.
6. Measles virus: Measles can cause conjunctivitis as one of its symptoms, along with other characteristic signs like a red rash.

It's essential to practice good hygiene, such as frequent handwashing and avoiding touching your eyes, to prevent the spread of viral conjunctivitis. If you suspect you have viral conjunctivitis, it's important to consult a healthcare professional for proper diagnosis and treatment, as treatment may vary depending on the underlying virus.



Disruption of Eye Flu

To prevent the spread of eye infections like conjunctivitis (commonly known as "pink eye"), you should:

1. Practice Good Hand Hygiene: Wash your hands frequently with soap and water, especially before touching your face, eyes, or contact lenses.
2. Avoid touching Your Eyes: Minimize touching your eyes with your hands to reduce the risk of introducing germs.
3. Avoid touching Your Eyes: Minimize touching your eyes with your hands to reduce the risk of introducing germs.
4. Avoid Sharing Personal Items: Don't share items like towels, eye drops, or makeup with others to prevent the spread of infection.
5. Proper Contact Lens Care: If you wear contact lenses, follow proper hygiene and disinfection procedures. Consider temporarily switching to glasses if you have an eye infection.
6. Stay Home When Contagious: If diagnosed with an eye infection, follow your healthcare provider's advice and avoid close contact with others until you're no longer contagious.
7. Prescribed Medications: If prescribed eye drops or ointments, use them as directed by your healthcare provider.
8. Clean and Disinfect: Clean and disinfect surfaces and objects that come into contact with your eyes, like eyeglasses or sunglasses.
9. Seek Medical Advice: If you suspect an eye infection or experience persistent symptoms, consult a healthcare professional for proper diagnosis and treatment.
10. Vaccination: For certain types of eye infections, like viral conjunctivitis caused by adenovirus, vaccination can help prevent outbreaks.

Controlling Eye Flu on Human Body

Eye flu, also known as conjunctivitis, can be caused by viruses, bacteria, or allergies. To control and prevent eye flu on the human body, consider the following measures:

1. Hand Hygiene: Wash your hands frequently with soap and water, especially before touching your eyes or face. This can help prevent the spread of viruses or bacteria that may cause conjunctivitis.
2. Avoid touching Your Eyes: Refrain from touching your eyes with dirty hands, as this can introduce germs into your eyes.
3. Good Hygiene Practices: If you have eye flu, practice good hygiene by avoiding close contact with others, not sharing personal items like towels

or pillows, and frequently cleaning surfaces that you touch.

4. Warm Compress: Applying a warm compress to your eyes can help relieve discomfort and reduce swelling.

5. Artificial Tears: Over-the-counter artificial tears can help relieve dryness and irritation associated with conjunctivitis.

6. Prescribed Medications: If your eye flu is caused by bacteria, your doctor may prescribe antibiotic eye drops or ointments. For viral conjunctivitis, there may not be a specific treatment, and you may need to wait for it to resolve on its own.

7. Allergen Avoidance: If your eye flu is due to allergies, identify and avoid allergens that trigger your symptoms. Allergy medications, prescribed by a doctor, can also help manage allergies.

8. Proper Contact Lens Care: If you wear contact lenses, ensure you follow proper hygiene and care instructions. Consider switching to glasses temporarily if you have eye flu.

Occurrence & Severity of Eye Flu Disease

The term "eye flu" is often used colloquially to refer to viral conjunctivitis, which is an infection of the conjunctiva, the clear membrane that covers the white part of the eye and lines the inside of the eyelids. Viral conjunctivitis can be caused by various viruses, including adenoviruses and enteroviruses.

Antibiotics

Drug	Brand
Erythromycin	Ilotycin
Bacitracin	Aktracin Ocutracin
PolymyxinB Trimethoprim	Polytrim
Ciprofloxacin	Ciloxan
Ofloxacin	Ocuflax

Steroids

Drug	Brand
Fluoromrtholone	Fml
Loteprednol	Alrex 0.2% Lotemax 0.5% Inveltys 1%
Rimexolone	Vexol

The occurrence and severity of viral conjunctivitis can vary depending on the specific virus involved, the time of year, and the level of hygiene and precautions taken by individuals. It is a contagious condition and can spread easily in places like schools, daycare centers, and healthcare settings.

Common symptoms of viral conjunctivitis include redness, itching, tearing, and discharge from the eyes. The severity of the condition can range from mild discomfort to more severe symptoms.

Preventative measures such as handwashing, avoiding contact with infected individuals, and not sharing personal items like towels or eye makeup can help reduce the spread of viral conjunctivitis. If you suspect you have viral conjunctivitis, it's important to seek medical advice for proper diagnosis and treatment.

Drug under Eye Flu

Antihistamines

Over the counter antihistamines may provide temporary relief by relieving itching & decreasing allergic responses associated with this eye infection. Non-steroidalAnti-inflammatory Drug (NSAIDS) can also to decrease inflammation, redness and discomfort within the eye itself

Antimicrobials

Drug	Brand
Natamycin	Naracyn
Ganiclouir	Zirgan
Trifluridine	Viroptic
Cystamine	Cystarn

Action of Drug

ANTI-HISTAMINE: -

Antihistamines are commonly used to relieve the symptoms of allergies, including allergic conjunctivitis, often referred to as "eye flu." When you have allergic conjunctivitis, your eyes become red, itchy, and watery due to an allergic reaction. Antihistamines work by blocking the action of histamine, a chemical released by your body during an allergic reaction. This helps reduce the symptoms of redness, itching, and excessive tearing in the eyes.

Antihistamines can be taken orally in pill form or used as eye drops, depending on the severity of your symptoms. It's important to consult with a healthcare professional for proper diagnosis and guidance on the appropriate antihistamine treatment for your specific condition.

ANTIBIOTICS: -

Antibiotics are typically not used to treat viral eye infections, often referred to as "eye flu" or viral conjunctivitis. Viral conjunctivitis is usually caused by viruses like adenoviruses and does not respond to antibiotics. Instead, treatment usually involves relieving symptoms with artificial tears, warm compresses, and good hygiene practices to prevent the spread of the infection. If you suspect you have viral conjunctivitis, it's important to consult a healthcare professional for proper diagnosis and guidance on managing your symptoms.

STEROIDS:-

Steroids, in the form of corticosteroid eye drops, may be prescribed by a healthcare professional to treat certain types of eye conditions or inflammations, but their use in the context of "eye flu" (conjunctivitis) can vary depending on the underlying cause and the severity of the condition. Here's how steroids may be used:

1. Allergic Conjunctivitis: In cases of allergic conjunctivitis, where the inflammation is triggered by allergies, corticosteroid eye drops may be

prescribed to reduce inflammation and alleviate symptoms. These drops can help relieve itching, redness, and swelling.

2. Non-Infectious Inflammatory Conditions: Steroid eye drops are also used to treat various non-infectious inflammatory eye conditions, such as uveitis or iritis. These conditions involve inflammation within the eye, and steroids can help reduce this inflammation.

If you suspect you have an eye condition, including conjunctivitis, it's essential to seek professional medical advice. Your healthcare provider will determine the cause of your eye symptoms and prescribe the appropriate treatment, which may or may not include steroid eye drops, depending on the diagnosis.

ANTIMICROBIALS: -

Antimicrobial drugs can be used to treat eye infections caused by microorganisms like bacteria or viruses. The choice of antimicrobial drug depends on the underlying cause of the eye infection:

1. Bacterial Conjunctivitis: If the eye infection is caused by bacteria, antimicrobial drugs, typically antibiotics, can be prescribed. Antibiotics work by targeting and killing the bacteria responsible for the infection. Common antibiotics used for bacterial conjunctivitis include eye drops or ointments containing chloramphenicol, gentamicin, or ciprofloxacin.

2. Viral Conjunctivitis: Antimicrobial drugs are generally not effective against viral infections, including viral conjunctivitis. Viral eye infections are typically self-limiting and resolve on their own. In such cases, treatment focuses on managing symptoms and preventing the spread of the virus through good hygiene practices.

Conclusion of Eye Flu

Eye flu, also known as viral conjunctivitis, is a common viral infection of the eye. It typically resolves on its own without treatment within a week or two. The key conclusions about eye flu are:

1. Viral Infection: Eye flu is caused by a virus, often adenovirus or enterovirus, and can be highly contagious.
2. Symptoms: Common symptoms include redness, itching, tearing, and discharge from the eye. It can also cause sensitivity to light and discomfort.
3. Self-Limiting: Eye flu is usually self-limiting, meaning it gets better on its own over time.
4. Precautions: To prevent spreading the infection, good hygiene practices such as frequent handwashing and avoiding touching the eyes are essential.
5. Medical Evaluation: If symptoms are severe, persistent, or if there is a risk of a more serious eye condition, it's advisable to seek medical evaluation and treatment.
6. Contagious Period: People with eye flu can be contagious for up to two weeks, so precautions should be taken to prevent transmission.
7. No Specific Treatment: There is no specific antiviral treatment for eye flu, but artificial tears and warm compresses can help alleviate discomfort.
8. Different from Influenza: It's important to note that eye flu is different from the seasonal flu (influenza), which primarily affects the respiratory system.

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