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## Malaria

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### ABSTRACT

Malaria is a day by day increasing major worldwide health problem in the tropical and sub tropical regions. It is induced by protozoan parasites of the genus Plasmodium transmitted via the bite of infected anopheles mosquitoes. There are in total 250 million of the people affected with malaria. Nearly 94 percent of reported cases were noted in the African areas. In order to avoid or delay the establishment of anti malarial drug resistance. WHO advise the administration of combination therapy for all attacks of malaria with a minimum of 2 effective anti malarial agent with different mechanism or action. Malaria is an alarming disease that results from parasites infesting a type of mosquito. Malaria can be fatal disease if it's not quickly diagnosed and treated. Treatment as early as possible commonly averts death and serious illness.<sup>1,2</sup>

**KEYWORDS** :- Malaria, Anopheles mosquitoes, Antimalarial drugs, Malarial resistance.

### INTRODUCTION :-

Malaria is a disease that is caused by the parasites. The parasite is transmitted to humans by the bite of infected mosquitoes. To prevent malaria infection globally programmes distribute preventive drugs and insecticides -treated bed nets to guard people against mosquito bites. Malaria is common in tropical areas where it's hot and humid. Most cases happen in Africa and South Asia. It's rare in the U.S.

Without treatment, malaria can cause brain damage, organ failure and death. See a healthcare provider right away if you live in or have travelled to an area where malaria spreads and you have symptoms. People don't transmit malaria to other individuals like the common cold or flu. Also malaria is not an Sexually transmitted to other person. <sup>3,4,5</sup>

### SYMPTOMS :-

Malaria sign and symptoms usually starts in a few weeks after being bitten by an infected mosquito. Malaria presents with varied symptoms such as

- Fever
- Chills
- General ill feeling
- Headache
- Nausea and vomiting
- Diarrhea
- Abdominal pain
- Muscle and joint pain
- Fatigue
- Short breathing
- Short Heartrate
- Cough

- Seizures
- Kidney failure
- Mental Confusion
- Coma 6,7,8

#### **Prevention :-**

If you are going to an area where malaria is prevalent then discuss with a health care professional how you can avoid infecting.

Your doctor may give you anti malarial drugs to take before, during, and after staying in an area where malaria is prevalent.

Medication may lower the risk of contracting malaria. If you fall ill with malaria while you're on an antimalarial medication, it's not effective for curing it.

Some of the precautions taken frequently are

1. Wear long pants and long sleeve to keep your skin covered.
2. Treat clothing, Mosquitoes nets, Tents, Sleeping bags and other fabric with a bug repellent called Permethrin.
3. Place screen on window and doors.
4. Cover bed with mosquitoes netting.
5. Use DEET mosquito repellent to expose skin.
6. Stay out of area with considerable mosquito activity especially in late evening and at night.
7. Utilization of vector control measures.
8. Educate people by setting up camps on public health education.
9. Application of insecticide treated nets.
10. Indoor application of indoor residual sprays. 9,10,11,12,13

#### **Causes :-**

Malaria is caused by parasites known as Plasmodium which gets transferred to man through the bite of an infected female anophele mosquito. There are many causes of malaria but some of the frequent causes are :

- 1.infection due to parasites.
- 2.mosquito Bite :- When an infected female anophele mosquito bites a human being, it transmits the parasite into the blood stream. 14,15,16
- 3.\other routes of transmission .
  - A.\blood transfusion.
  - B. Organ transplantation.
  - C. Same needles.
  - D. Congenital malaria.
4. Environmental and social factor.
  - A. Stagnant water.
  - B. Poor sanitation.
  - C. Lack of mosquito nets or insect repellent.
  - D. Travel to or residence in areas where malaria is endemic.17,18,19,20

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#### **DIAGNOSIS AND TREATMENT :-**

Various diagnosis and treatment of malaria exists but some common diagnosis and treatment of malaria are :

1. Rapid diagnostic test. (RDTs).
2. Polymerase chain reaction (PCR).

3. Serological tests.
4. Artemisinin combination therapies. (ACTs). 21,22,23
5. Supportive treatment.
6. Primaquine.
7. Chloroquine.
8. Microscopy.24,25,26

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## CONCLUSION :-

One of the most prevalent and easy avoidable causes of death world wide is malaria. The incidence of malaria as well as the rate of malaria related deaths has been declining for decades, the progress appear to the stagnating. Despite progress in prevention and treatment, it continues to cause substantial morbidity and mortality, specially among young children and pregnant women's.27,28,29,30

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