

# Natural Approach to Fight Against **INFLUENZA**



The global outbreak of influenza infects a large proportion of the population worldwide and those at higher risk includes children, elderly and those with suppressed immunity. Influenza or flu is one of the most common contagious human infection. The influenza virus can spread easily through airborne droplets and particles emitted when coughing or sneezing. In Malaysia, several schools in the northern region had to be closed for a few days in early this year due to the outbreak of influenza.

There are two main types of influenza: Type A and B. Both types of influenza viruses are routinely spread in human and responsible for the seasonal flu and its symptoms. Influenza is usually associated with fever and respiratory symptoms such as cough, sore throat and running nose. Antiviral agents and conventional drugs are usually given to fight against influenza. Besides, there are also many adjuvant therapies such as complementary and alternative medicine (CAM) which is available in the pharmacy. CAMs have been used extensively to treat various illnesses in Europe and Asia. Cold and cough are the most common conditions treated with CAMs and the effectiveness and safety have been supported by numerous clinical studies.

**IvyLeaf**  
—EFLA 151

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## Ivy Leaf Extract

Ivy leaf is the most popular herbal medicine used in Germany and many other European countries. Ivy leaf possesses antimicrobial activity. The leaf's active component, Hederacoside C has the potential to inhibit influenza virus. Hederacoside C also has anti-inflammatory effect which it can help to reduce inflammation of respiratory system.

Moreover, Ivy leaf is helpful in relieving those respiratory symptoms which are associated with influenza. Ivy leaf contains  $\alpha$ -Hederin which is able to reduce mucus viscosity, promote bronchial fluid secretion and open up the airway. These will help to reduce cough frequency and makes breathing easier.

## Self-Care Tips for Preventing Influenza

We can prevent from getting influenza infection by taking these steps and maintain good personal hygiene.



**Wear a mask  
when we are sick**



**Wash your hands  
& face regularly**



**Drink plenty  
of water**



**Avoid touching  
public area**



**Do not always  
touch your face**

**References:** (1) Lutsenko Y., et al. "Hedera helix as a medicinal plant". *Herba Polonica* Vol. 56, No. 1 (2010). (2) Runkel F., et al. "An article on the mechanism of action of ivy". *Pharm. Ztg.* – 150, Jahrgang – 27 (2005).

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