

The Effectiveness Of Medications In Easing Cold Symptoms

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Abstract

The aim of the current study is to determine the effectiveness of medications in alleviating cold symptoms. Are medications effective for viral diseases such as the common cold? What are the treating physician's instructions for someone suffering from cold symptoms? A questionnaire was created electronically via the Google Drive program (for fear of a slight presence of Covid-19), and then distributed via mobile phone to (residents of the city of Mecca) between the ages of 25-55 years, as the number reached more than 600 questionnaires that were distributed (randomly).) via mobile phone, and 550 questionnaires were received on the researcher's email. The questionnaire consists of ten questions, all of which are closed-ended answers (yes, no). This study found that 86% believe that medicines are very effective in combating viral diseases, compared to 14% who do not see any effectiveness in alleviating the symptoms of the common cold (viral disease).

Keywords: *effectiveness, medications, easing cold symptoms*

Introduction

The popular cold or the cool is a viral contaminated illness of the upper respiratory tract that primarily impact the respiratory

mucosa of the nose, throat, sinuses, and larynx.(1)(2) Signs and symptoms may show fewer than two days after exposure to the virus.(1) These may contain coughing, sore throat, runny nose, sneezing, headache, and

fever.(3)(4) People usually regain in seven to ten days,(3) but some display may last up to three weeks.(5) sometimes, those with other health trouble may develop pneumonia.(3) Well over 200 virus lines are involve in causing the common chilly, with rhinoviruses, coronaviruses, adenoviruses and enteroviruses being the most common.(6) They expand through the air during close contact with spoiled people or indirectly through contact with objects in the environment, followed by transport to the mouth or nose.(3) danger agents include going to child care facilities, not sleeping well, and psychological stress.(1) The signs are mostly due to the body's immune reply to the contagion rather than to tissue destruction by the viruses themselves.(7) The symptoms of influenza are similar to those of a cold, although generally more acute and less likely to contain a runny nose.(1)(8) The widespread cold is the most recurrent contaminated sickness in humans.(9) Under normal circumstances, the average adult gets two to three cools a year, while the medium child may get six to eight.(2)(10) Infections place more commonly during the winter.(3)These pollutions have existed throughout human history.(11) The common chilly is an contaminated of the upper respiratory tract which can be raised by many various viruses. The most commonly implicated is a rhinovirus (30–80%), a kind of picornavirus with 99 known serotypes.(12) Other commonly implicated viruses implicate adenoviruses, enteroviruses, parainfluenza and RSV.(13) Frequently more than one virus is ready.(14) In total, more than 200 viral kinds are linked with colds.(4) The viral reason of some common cools (20–30%) is unknown.(13) The distinction between viral upper respiratory tract infections is loosely based on the location of symptoms, with the common cold assuming primarily the nose (rhinitis), throat (pharyngitis), and lungs (bronchitis).(2) There can be significant overlap, and more than one area can be influenced.(2) Self-diagnosis is frequent.(4) segregation of the viral factor engaged is little performed,(14) and it is generally not possible to identify the virus kind through symptoms.(4) The only useful ways to minimize the expand of cool viruses are physical measures(16) such as using true hand washing technique and face masks; in the

healthcare environment, gowns and disposable gloves are also used.(16) Isolation or quarantine is not used as the illness is so widespread and symptoms are non-specific. There is no vaccine to save against the common cold.(17) Vaccination has proven hard as there are many viruses involved and they mutate rapidly.(16)(17) Creation of a broadly effective vaccine is, therefore, highly improbable.(18) regular hand washing appears to be effective in reducing the transmission of cold viruses, especially among children.(19) Whether the addition of antivirals or antibacterial to normal hand washing provides greater benefit is unknown.(19) Wearing face masks when around people who are infected may be beneficial; however, there is insufficient evidence for maintaining a greater social distance.(19) It is unclear whether zinc supplements affect the likelihood of contracting a cold.(20) Routine vitamin C supplements do not reduce the risk or severity of the common cold, though they may reduce its duration.(21) .Getting plenty of rest, drinking fluids to maintain hydration, and gargling with warm salt water are reasonable conservative measures.(22) Much of the benefit from symptomatic treatment is, however, attributed to the placebo effect.(23) As of 2010, no medications or herbal remedies had been conclusively demonstrated to shorten the duration of infection.(24)

Material and Methods:

The study started in (the holy city of Mecca in Saudi Arabia), began writing the research and then recording the questionnaire in July 2022, and the study ended with data collection in November 2022. The researcher used the descriptive analytical approach that uses a quantitative or qualitative description of the social phenomenon (The effectiveness of medications in easing cold symptoms). This kind of study is characterized by analysis, reason, objectivity, and reality, as it is concerned with individuals and societies, as it studies the variables and their effects on the health of the individual, society, and consumer, the spread of diseases and their relationship to demographic variables such as age, gender, nationality, and marital status. Status, occupation (25), And use

the Excel 2010 Office suite histogram to arrange the results using: Frequency tables Percentages (26). A questionnaire is a remarkable and helpful tool for collecting a huge amount of data, however, researchers were not able to personally interview participants on the online survey, due to social distancing regulations at the time to prevent infection between participants and researchers and vice versa (not coronavirus participation completely disappearing from society). He only answered the questionnaire electronically, because the questionnaire consisted of ten questions, all of which were closed. The online approach has also been used to generate valid samples in similar studies in Saudi Arabia and elsewhere (27)

Results and discussion:

The total percentage of approval to participate in the research questionnaire was 99.2%, and the percentage of those who refused was 0.8%. The percentage of participants' ages was 25-55 years as follows: 25-34 years, 21.3%, 35-44 years, 51.2%, 45-55 years, 25.2%. In terms of their gender, the percentage of males was 94.4%, and the percentage of females was 5.6%. As for the nationality of the participants, they were 96.9% Saudis and 3.1% non-Saudis. As for the status of their professions, it was as follows: student, self-employed, housewife, entrepreneur (the same percentage, all 0.5%), government employee 94.5%, private sector employee 3.5%. As for their educational status, it was as follows: middle school 0.5%, secondary school 2%, diploma 42.9%, university 38.1%, master's 11.1%, doctorate 5.4%. As for distributing the questionnaire to the participants and their responses to it, their answers were (yes first) as follows: The first question: What accompanies colds, stuffy and runny nose sneezing - watery eyes? Yes 99.2% and no 0.8%. The second question about the common cold is a viral infection of the upper respiratory tract, which is more common among humans? Yes 100% and no 0%. The third question: Most people recover from colds within a week to 10 days, and do they last longer with smokers? Yes 95.3% and no 4.7%. The fourth question is about who is most susceptible to the following colds: nasal congestion - feeling of pressure in the sinuses -

runny nose - stuffy nose - loss of sense of smell or taste - sneezing - watery or mucous nasal secretions - mucous secretions at the end of the nose at the throat? 99.2% or 0.8%. The fifth question: what are the following symptoms of a head infection (cold): watery eyes - headache - sore throat - pain or pressure in the ears - cough - swollen lymph nodes? Yes 92.9% and no 7.1%. The sixth question is about the following symptoms of infection in the body (cold): feeling of general fatigue - chills - body pain - low-grade fever less than 38.9 C - feeling after rest in the chest - difficulty breathing in the throat? Yes 95.2% and no 4.8%. The seventh question is about 97.6% or 2.4%. The seventh question is about consulting your physician if you develop the following symptoms: Symptoms that get worse or improve - Fever over 38.5°C lasting more than 3 days - Return of fever after it disappears - Shortness of breath - Whistling sound while breathing or coughing - Severe sore throat or... Persistent headache that doesn't respond to painkillers? Yes 97.6% and no 2.4%. The eighth question: What are the causes of the common cold: rhinovirus - infection by another person - physical contact with a person who has a cold - through contaminated objects? Yes 96.8% and no 3.2%. The ninth question: There is no treatment for colds with antibiotics, but only to relieve symptoms? Yes 88.5% and no 13.5%. The tenth question: What are the following ways to relieve colds: gargling with salt water - drinking plenty of fluids - menthol ointments - inhaling with salt water - taking zinc supplements - afnasia supplements? Yes 93.7% and no 6.3% figure.No.1).

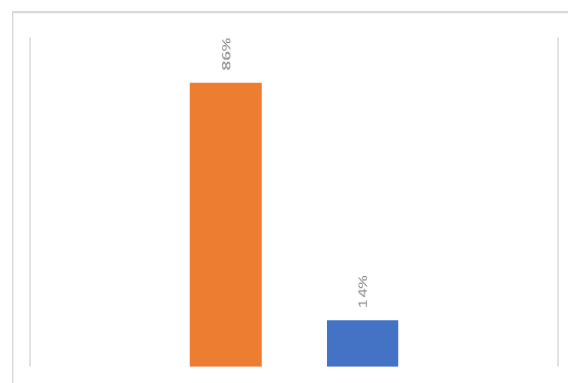


Figure No.1: Participants' opinions about the effect of medications in alleviating cold symptoms

Conclusion:

Through this current study, the participants' opinions about the effect of medications in alleviating cold symptoms were identified. From the responses to the questionnaire, we find that 86% of the participants believe that medications have an effect on the common cold or reduce or alleviate the severity of its symptoms, while 14% of them believe that they have no effect because it is a viral disease. 93.7% say to relieve colds: Do the following: gargling with salt water - drinking plenty of fluids - menthol ointments - inhaling with salt water - taking zinc supplements - avanasia supplements? And 6.3% say nothing works for him.

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