

Symptoms and Treatment of Malaria

Ervin Khazi*

Department of Infectious Diseases, Shahid Beheshti University, Tehran, Iran

DESCRIPTION

Malaria is a potentially fatal blood disease spread by mosquitoes. Humans are infected with plasmodium, which is spread by the mosquito *Anopheles*. Fever, chills, and headaches are all signs of malaria, which is caused by parasites. When a mosquito carrying the virus bites a human, the parasites multiply in the host's liver before infecting and destroying red blood cells. Fever is one of the earliest symptoms, and it can cause internal organ damage and death. In some locations, early diagnosis can aid in the treatment and control of malaria. However, many countries lack the resources required to undertake effective screening. Globally, there would be roughly 241 million cases and 627,000 fatalities attributable to the disease in 2020. Malaria is becoming less common, while around 2,000 cases are reported each year, mostly among travelers returning from malaria-endemic areas. The World Health Organization authorized the first malaria vaccine, known as RTS, S (Mosquirix), in 2021. (WHO). It is not designed for use by tourists, and it is only available to young people in a few African nations. Pills to assist prevent infection are available for tourists.

Symptoms

Fever, chills, and headaches are all symptoms of malaria. It has the potential to have significant or fatal consequences. Some people may experience just slight symptoms or none at all, while others may get severely ill. Malaria symptoms are classified as either simple or severe by doctors. When a person has symptoms but no signs of severe disease or organ damage, they are said to have uncomplicated malaria. It can, however, progress to severe malaria if not treated or if a person's immunity is inadequate. Symptoms are usually similar to the flu which last 6–10 hours, and return every other day. Some parasite strains, on the other hand, might have a longer cycle or produce a variety of symptoms.

Other symptoms include fever with sweating, an enlarged liver, minor jaundice, which can cause the eyes to seem yellow, a faster respiratory rate, vomiting, body pains, and weakness. In locations

where malaria is rare, a clinician may mistakenly diagnose flu as malaria.

Treatment

Most patients with malaria will recover completely if they are treated early. Individuals with the condition may get the following treatments: supportive care medicine to remove the parasite from the circulation. Those with severe symptoms may be admitted to the hospital. In some circumstances, intensive care is required.

The following are the most common antimalarial medications: Artemisinin-based treatment, atovaquone-proguanil, chloroquine, hydroxychloroquine, primaquine. Typically, the therapy lasts two days. However, the type of medicine used and the period of treatment may differ based on the following factors: the *Plasmodium* parasite that causes malaria, how severe the symptoms are where the individual contracted malaria if they have previously taken antimalarial medications, and if the person is pregnant.

Malaria prevention strategies include: Using insect repellent and covering the arms and legs to avoid mosquito bites, for example. Before travelling to a malaria-endemic location, taking antimalarial pills. If someone suspects they may have the condition, they should receive a quick diagnosis and treatment. Providing the vaccination to youngsters living in malaria-endemic areas. Antimalarial medications are successful in preventing malaria in around 90% of cases.

CONCLUSION

The malaria vaccine is now available. It has been approved for use in children in Sub-Saharan Africa's moderate-to-high-risk areas, where *Plasmodium falciparum* infection is common. So far, approximately 2.3 million doses have been administered, with a satisfactory safety profile. While the vaccine will save lives, it does have drawbacks. It currently affects children under the age of five in the following ways: After four doses, it gives 30% protection against severe malaria, saving one life out of every 200 children vaccinated, and lowering the likelihood of the disease by 40%.

Correspondence to: Ervin Khazi, Department of Infectious Diseases, Shahid Beheshti University, Tehran, Iran, E-mail: hazi@ervin.com

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