

## SCIENCE

### PRINCIPLE OF TREATMENT

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There are two ways to treat an infectious disease. These are:

(i) **Reducing the symptoms** : By reducing the effect of disease without killing the infectious agents. This could be done by two methods:

(a) By taking medicines to reduce the fever or pain or to stop loose motion as the case may be.

(b) By taking complete bed rest. Bed rest is advised to conserve energy and for making the same available for healing.

(ii) **Killing infectious agents** : By eliminating or killing the cause of the disease. For complete recovery from the disease, it is essential that antibiotics specific to the disease causing micro-organisms are taken. **Antibiotics** are drug which can block the biochemical life processes of bacteria without harming human cells.

- Making anti-viral medicines is harder than making antibacterial medicines is that viruses have few biochemical mechanisms of their own. They enter our cells and use our machinery for their life processes. This means that there are relatively few virus-specific targets to aim at. Despite this limitation, there are now effective anti-viral drugs, for example, the drugs that keep HIV infection under control.