

*Perspective***A detail note on hepatitis and its viral causes**

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DESCRIPTION

Hepatitis, an inflammation of the liver caused by various, infectious and non-infectious causes. Infectious diseases that cause hepatitis include viruses and parasites. Non-infectious causes include certain drugs and toxic agents. In some cases hepatitis is caused by an autoimmune reaction in the body's liver cells. There are five main types of viral hepatitis - A, B, C, D and E. Of those, Hepatitis A, B and C are the most common types in the United States, according to the Centres for Disease Control and Prevention (CDC). Viral hepatitis sometimes goes away without treatment, but in some cases, the virus stays in the body and causes an incurable disease.

Viral causes of hepatitis

Hepatitis A: An infectious liver disease caused by the Hepatitis A virus. It is severe and in many cases, the symptoms could not be detected in young people. Symptoms include vomiting, nausea, fever, severe abdominal pain; jaundice, weakness and these symptoms can last up to eight weeks. It is transmitted to others through food, contaminated water and close contact with an infected person. It can be detected by a simple blood test. The Hepatitis A vaccine helps prevent infections.

Hepatitis B: An infectious disease caused by the Hepatitis B virus. It is found in flat, tired wounds, in

contact with blood, saliva, body fluids. Sharing personal items such as razors or a toothbrush of an infected person can also cause Hepatitis B.

- Symptoms of Hepatitis B include abdominal pain, fatigue, and jaundice. Symptoms do not appear until one to six months. It can be detected by routine blood tests.

- Hepatitis B vaccination can be done for both adults and children. It combines three intramuscular targets. The second and third vaccines are given after one and six months after the first vaccine.

Hepatitis C: A disease caused by the Hepatitis C virus in the liver. This can be transmitted through infected needles, at birth, through the body fluids of an infected person, through sexual contact with many partners, especially people with HIV. It does not distribute food or water. Symptoms include anorexia, fatigue, frequent fevers, yellowing of the skin or eyes, joint pain, urinary incontinence, and abdominal pain. These symptoms occur after six or seven weeks of exposure to the virus. Symptoms may take up to a few years to develop in rare cases.

Hepatitis D: It is one of the most serious liver infections caused by the virus Hepatitis D. It spreads from infected blood to the wound. It can sometimes occur in conjunction with Hepatitis B.

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Hepatitis E: This is a waterborne disease transmitted by the aforementioned virus. It can be spread through food, water, and contaminated blood. It can be intense or chronic.

Symptoms

If we are living with chronic liver disease, such as hepatitis B and C, we may not show any symptoms until the damage to the liver works. In contrast, people with acute hepatitis may show symptoms immediately after acquiring hepatitis B virus.

Common symptoms of infectious hepatitis include:

- Fatigue
- Symptoms such as the flu
- Black urine
- Pale faces
- Abdominal pain
- Loss of appetite
- Unexplained weight loss
- Yellow skin and eyes, which may be signs of jaundice