Topic - Malaria

Malaria is a mosquito- borne infectious disease that affects humans and other animals. Malaria causes symptoms that typically include, tiredness, vomiting, nausea, high fever, and headaches. In severe cases, it can cause yellow skin, seizures, coma, or death.

Types of malaria

There are five species of plasmodium parasite that affects humans. Plasmodium malariae, plasmodium Ovales, plasmodium falciparium, and plasmodium Vivax .Two of them are considered the most dangerous.

- **Plasmodium falciparum:-** This is the most common malaria parasite in Africa and it causes the most malaria related death in the word plasmodium falciparium multiplies very quickly, causing severe blood loss and clogging blood vessels .
- **Plasmodium Vivax:-** This is the malaria parasite most commonly found outside of sub- saharan Africa especially in Asia and Latin America. This species can lie dormant, then rise up to infect your blood months and years after the mosquito bite. Plasmodium malaria is the worst kind of and kills the most people . When plasmodium enters the blood, they are then called sporozoites. Sporozoites go to the liver where they make many more sporozoites. The liver then releases these new malaria parasites back in to the blood stream where they infect red blood cells and multiple further.

Causes of malaria

Malaria is a life- threatening disease. It is typically transmitted through the bite of an infected(female)1

Anopheles mosquito. Infected mosquitoes carry the plasmodium parasite and when the mosquito bites you, the parasite is released into your bloodstream.

- Malaria is caused by the protozoan parasite plasmodium
- Humans occasionally become infected with plasmodium species that normally infect animals such as cows and goats.
- The malaria parasite is transmitted by female Anopheles mosquitoes which bites mainly dusk and dawn.

  Diagnosis of malaria

  Malaria parasite can be identified by examining under the microscope a drop of the patient's blood, spread out as a "blood smear" on the microscope slide. Prior to examination, the speciment is stained (most often with the Giemea stain) to give the parasite a distinctive appearance.

  Prevention of malaria
- Apply insect repellent to exposed skin.
- Wear long sleeved clothing and long pants of you are out door at night
- Using a mosquito net over the bed if your bedroom is not air- conditioned or screened
- Spray an insecticide or repellent on clothing, as mosquitoes may bite this clothing.

Treatment of malaria

Malaria is treated with prescribed drugs to kill the parasite.

Common antimalarial drugs include-

- Combination of atovaquuone and proquanil (malarone)
- Quinine sulphate with Doxycycline
- Metloquine
- Primaquine sulphate
- Artemether- lumenfantrine(coartem).