

## VIRAL ILLNESSES THROUGHOUT HUMAN HISTORY

by:

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Throughout human history, tumultuous number of human sufferings had been reported. There are hundreds and millions of souls that had been taken afar, not because of war or accident, but due to viral illnesses. These fatal illnesses affect the whole world in a snap in different timelines (Microbiol, 2020). Diseases are, indeed, agonizing to counter since it is something that we cannot see. Without technological advancement and scientific interventions, the disease spread all to the vast majority of the world that conquers lives of different races.

### Plague of Justinian

The infamous first plague originated in Egypt around 541 to 543 C.E., which arose from *Yersinia pestis* with an unbeknownst reason how they incur it. This plague took over 25 million Roman lives making it the fifth deadliest plague in the history (MPH Online, 2020).

### Black Death

Black death, also known as the Great Plague of London, started from the pathogen, *Yersinia pestis*, similar to the Justinian plague. This pathogen was mainly produced from fleas and rodents. Luckily, this bacterium is already extinct and cannot fester the Earth once more. The black death commenced from 1347 up to 1351 that extinguished over 200 million people which is almost half of the population of Europe: hence it the biggest and deadliest pandemic. This spreads throughout the whole Europe and parts of Asia since it is exacting to manipulate without proper medical intervention.

## Cholera Pandemic

There are seven recorded cholera pandemic that infest the human beings. Cholera is caused by the pathogen *Vibrio cholerae*. This targets the small intestine and releases cholera toxins that causes the person's dehydration. Mainly, the vector where it was incurred is from contaminated water. The first cholera started in 1817-1824 at India and expands all throughout regions of the world. Unlike today, the technology in ameliorating transportation is still low; so, the spread of the virus is protracted and facile to manipulate. However, unlike now that medical experts already have patent on what to do in certain medical emergencies, they know what type of safety protocols to employ, back then, they don't.

## Influenza

There are five major flus that the world suffered to: Russian flu, Spanish flu, Asian flu, Hong Kong flu, and Swine flu. These three are all caused by the vector avian; however, their pathogens are different from one another namely Influenza A/H3N8, Influenza A/H1N1, Influenza A/H2N2, Influenza A/H3N2, and Influenza A/H1N1 respectively.

## Severe Acute Respiratory Syndrome (SARS)

In 2002 up to 2003, SARS-COV dominated parts of the world. This virus came from bats and infected humans. Due to the upgrades in transportation, SARS spreads much easily than other viruses from before. This disease targets the lungs and evolves to atypical pneumonia which will lead to respiratory failure—the common cause of death of people who suffered the disease. This only kills around 700 lives but spreads all throughout 29 countries in North America solely.

## Middle East Respiratory Syndrome (MERS)

Whilst SARS-COV is starting to spread, MERS-COV also arrive in Jeddah. The symptoms are very unalarming which makes it harder to trace and determine. Fever and body pain are the customary signs that a person is suffering from the virus. This disease affected 27 countries and produces a death toll of 866. Because of this, World Health Organization urged to execute mandatory vaccines for both humans and camels, the animal which the virus originated.

## COVID-19

Today, the world is infested with the newest virus – the COVID-19 that evolves from the SARS-COV family pathogen. This is one of the biggest and longest pandemics that ever occurred in human history. It is still not yet over; however, it already sealed 6.2 million deaths. The symptom of this disease includes high fever, cold, cough, diarrhea and others.

Illnesses, the ones with scientific pathogens, are now being monitored by the respective institutions. It is lucky for the people of today that they now have a pattern on what to do if a pandemic hits; easier for them to understand concepts and deploy actions that they think are effective to prevent the spread of COVID-19.

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