



Editorial

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Immunity Boosting measures during COVID– 19

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ABSTRACT

Viral pneumonia outbreak in Wuhan, China, in 2019 was observed and a novel coronavirus was identified as the cause of this outbreak. COVID-19 was the official term given by the World Health Organization and announced this on February 11, 2020 publicly. Corona virus spreads through person to person contact. The novel corona virus has taken a few months to sweep the globe, there are certain questions that are impossible to fathom as the disease rages. As the vaccine for Covid-19 is not yet discovered, the virus is being controlled from spreading worldwide through numerous strategies. Therefore, noticing the virulence of this virus several preventive measures have been taken at a global level to protect the human race. One of the effective measures in controlling the spread of respiratory disease epidemics is maintaining social distance and, therefore, can be used as a way to reduce its spread. Improving the immune power of a person is another crucial measure adopted to obviate its spread. AYUSH system of medicine is performing a central role in the contribution of meliorating the immune system of a person. Variety of herbal combinations have proven to perform the same function. The very first and easy way to boost the immunity and kill the virus, is to drink warm water throughout the day. It is further also advised to take steam once a day. 30 minutes of daily practice of Yogasana, Pranayama and meditation contributes in boosting immunity. Also using Dhaniya, Haldi, Jeera and Lahsun in cooking helps. It is also advised to use Half teaspoon Haldi with 150 ml of Hot milk, once or twice a day. Consuming Chyavanprash 10 mg in the morning is equally helpful.

Keywords: COVID-19, Pandemic, Immunity, AYUSH.

INTRODUCTION

Viral pneumonia outbreak in Wuhan, China, in 2019 was observed and a novel coronavirus was identified as the cause of this outbreak. COVID-19 was the official term given by the World Health Organization and announced this on February 11, 2020 publicly [1]. COVID-19 poses from milder symptoms such as fever, aches, dry cough and shortness of breath to life threatening conditions like respiratory failure and multi-organ dysfunction. Severe impacts are noticed in older adults and those with pre-existing conditions (e.g., asthma) [2].

Corona virus spreads through person to person contact. The novel corona virus has taken a few months to sweep the globe, there are certain questions that are impossible to fathom as the disease rages. As the vaccine for Covid-19 is not yet discovered, the virus is being controlled from spreading worldwide through numerous strategies. Therefore, noticing the virulence of this virus several preventive measures have been taken at a global level to protect the human race. One of the indispensable measures that show evidence in controlling the spread of this pandemic is Social distancing [3].

Improving the immune power of a person is another crucial measure adopted to obviate its spread. Immunity is basically the ability of not being affected by the disease [4]. AYUSH system of medicine is performing a central role in the contribution of meliorating the immune system of a person.

Variety of herbal combinations have proven to perform the same function.

In a new study, researchers from the Institute of Infection and Immunity in Australia have been studying how the human immunity system responses to the new coronavirus. They were able to do a case study on a 47-year-old female patient in Melbourne who happened to have travelled from Wuhan, China and been infected with the SARS-CoV-2. She happened to have recovered from the virus without taking medications for the same. Many people have recovered from Covid-19, meaning it was already known that the human immunity is able to fight the virus but for the first time researchers were able to prove it [4].

Majority of the cases of the novel coronavirus present with less severe symptoms. Patients experience mild to moderate symptoms when they seek medical care. Such patients who happened to have no other underlying disease condition and were healthy in all other respects showed better prognosis than patients

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who had an underlying disease condition, like hypertension, diabetes, asthma, etc. According to statistics the case fatality rate for this virus is 3%. 60% of these deaths in India fall in the above 60 age group. In older age group, the formation of white blood cells declines. One's immunity weakens with age. While young adults make up most of the cases of coronavirus, their immunity is able to fight the virus and hence they are less prone to deaths due to the infection.

Cytokine Storm is a dangerous syndrome reported in the elderly. The body shows an overproduction of immune cells when attacked by a new virus. These overproduced cells attack the virus at the source such as lungs in case of COVID-19 patients resulting in severe inflammation, high fever and organ failure.

Italy has the 2nd highest population of oldest people in the world, with around 23% of people above the age of 65. These demographics may help explain the reason of such high mortality.

In an otherwise healthy person, a robust immune response can help fight the new coronavirus and result in clinical recovery. Therefore, the immunity has a large role to play in this fight against coronavirus. With the proper maintenance of health, we will be able to take an incredible step forward since as of now we have no such medicine against the Covid-19. As we are devoid of any vaccine for COVID-19 as of now, boosting immunity to prevent the disease would be a wise decision in this time of global emergency [4].

HOW TO BOOST YOUR IMMUNITY? [7]

- The very first and easy way to boost the immunity and kill the virus, is to drink warm water throughout the day. It is further also advised to take steam once a day.
- 30 minutes of practicing the Yoga, Pranayama and meditation daily.
- To use Dhaniya(Coriander), Haldi(Turmeric), Jeera(Cumin) and Lahsun(Garlic) in cooking.
- It is also advised to use Half teaspoon Haldi with 150 ml of Hot milk, once or twice a day.
- To take Chyavanprash 10 mg in the morning.
- Consume Khameera Marwareed (Unani Medicine) 10g with milk twice a day.
- Drink herbal tea/decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black Pepper), Shunthi (Dry Ginger) and Munakka (Raisin) – once or twice a day(Add jaggery(natural sugar) and/or fresh lemon juice to your taste, if needed).
- In morning and evening sesame oil or coconut oil can be applied in the nostrils (Pratimarsh Nasya)
- Oil Pulling Therapy can be done once or twice a day by taking one tablespoon sesame or coconut oil in mouth. Do not drink, swish in the mouth for two-three minutes and spit it off followed by warm water rinse.

- Fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be used for steam inhalation once a day in case of sore throat and dry cough.
- Laung (Clove) powder mix with natural sugar/ honey can be taken 2-3 times a day (it is best to consult a doctor if symptoms of dry cough and sore throat persist).
- Munakka(Raisin) 5-6 and Tulsi (Basil) is a good immune-modulators for children can be given twice a day.
- Following few herbs can be used in any form for the purpose of boosting immunity in this pandemic crisis:-
 - **Holy basil** - Holy basil is green leafy plant, also known as *Ocimum sanctum* L. and tulsi, is native to Southeast Asia.
 - **Amla** – *Embilcaofficinalis* Gaertn. or Amla is also reported to possess immunomodulatory activities.
 - **Brahmi** -*Bacopamonnieri*, also called brahmi, water hyssop, thyme-leaved gratiola, and herb of grace.
 - **Guduchi** –Guduchi or Giloy, one of the most valued herbs in the Ayurvedic pharmacy, is considered an effective treatment for a wide range of ailments and specially maintaining the immunity of an individual.
 - Drug Hydroxychloroquine in appropriate dosage is advised by Indian Council of Medical Research (ICMR) for Healthcare and Paramedical staff and whosoever is at high risk.
 - Arsenic Album 30 (Homeopathic Medicine) once a day for three days, early morning, repeat after one month.

The infographic is titled "Improve Immunity by AYUSH Systems of Medicine" and is issued by the Directorate of AYUSH, Department of Health and Family Welfare, Government of NCT of Delhi. It features the logos of AYUSH, the Government of India, and a "No COVID-19" symbol. The content is organized into three main sections: Selfcare Measures, Ayurveda, and Homeopathy/Unani.

Selfcare Measures

- ⇒ Drink adequate lukewarm water throughout the day to keep oneself hydrated.
- ⇒ Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes.
- ⇒ Regular use of spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) in cooking.
- ⇒ Always take light, easily digestible and nutritious food.
- ⇒ Take adequate sleep for at least 7-8 hours daily.
- ⇒ Maintain personal hygiene, wash hands frequently for minimum 20 seconds with soap and water, practice social distancing and use homemade masks whenever you go out.
- ⇒ Spend quality time with family members, play indoor games and be happy.

Ayurveda

- ⊙ Take Chyavanprash 10gm (one Tbsp) in the morning. Diabetics should take sugar free Chyavanprash.
- ⊙ Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar), if needed.
- ⊙ Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.
- ⊙ Simple Ayurvedic Procedures like Nasal application of sesame oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
- ⊙ Samsamani Vati-2 tabs (125 mg) two times a day for 15 days (further doses only on the advice of ayurvedic practitioner).

Homeopathy

- ⊙ Arsenic Album 30 (4-5 Globules) once a day for three days, early morning, repeat after one month; (further doses only on the advice of homeopathy practitioner).

Unani

- ⊙ Joshanda of Bahidana 5gm, Barge Gaozaban 7gm, Unnab 7 Dana, Sapistan 7 Dane, Darchini 3gm, Banafsha 5gm. Boil these ingredients in one litre of water for 15 mins and take warm like regular tea once or twice a day.
- ⊙ Use of Khajoor (dates), Anjeer, Sabudana, Moong Dal, Barley, Soups of seasonal vegetables etc. in diet.

For more information, please mail your queries to directoratoefsmh@gmail.com
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