

Coronavirus Symptom Cause and Measures

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ABSTRACT

Coronavirus is an important problem which affect more number of people nowadays. There are many research in progress to find the exact composition of medicine for coronavirus, many ancient medical practices and daily usage of vegetables or medicines to tackle cough, sore throat or respiration can be used for treating coronavirus also. This paper is to analyze the current situation, symptoms, effects and measures need to be taken to tackle coronavirus, and possibilities to use some daily used vegetables for coronavirus infection, and it also discusses the favorable and unfavorable environment.

INTRODUCTION

Corona virus, name derived from solar corona, looks like gaseoussubstance present around sun. Hence it is named as “corona” virus, itis similar to some other virus families, mingled with a new virus andit is named Coronavirus, Human coronavirus versions are SARS CoV in 2003, HCoV NL63 in 2004, HCoV HKU1 in 2005, MERS-CoV IN 2012, SARS CoV in 2019.

LITERATURE REVIEW

There were many researches in progress regarding coronavirus and in finding a medicine for coronavirus. Several journals were published regarding coronavirus. Some relevant journals required for this research were collected, studied in detail during preparation of this journal.

Peter T. Macklem did a research of mechanics of breathing. In his journal, he made research and provided more details regarding breathing, function of lungs etc.

Tha Pyai Htun, Yinxiaohe Sun, Hui Lan Chua, and Junxiong Pang, team prepared a journal regarding pneumonia, a disease similar to coronavirus.

Wei, Pei-Fang, made a research journal on diagnosis and treatment for novel coronavirus. It includes many practices and explains 56° C with solvents inactivating coronavirus.

Development And Spread:

Corona virus is developed from animal origin. Some theory says it is developed from animal meats, mostly rotten meats, or other non-vegetarian items. It was initially found in Wuhan city in China, in a market where non vegetarian items are sold different animal meats and fish. Some studies says, it was found in bats also.

How It Spread:

It mostly does not spread in pure air or pure water, it require some other living being to exist and multiply, it is somewhat similar to “parasite”. It is generated in animals, and spread to humans, and

then it spread to other people through saliva and mucus. It basically travels into human body through mouth or nose, during cough, sneezing etc. and travels to throat, multiplies in consuming humans, and enters into respiration. In most cases it does not affects other parts of body, some people it affects whole body or even blood is affected with virus. Hence it is named SARS, Severe Acute Respiratory Syndrome.

Severe Acute Respiratory Syndrome:

Corona virus is identified as “SARS”, Severe Acute Respiratory Syndrome. It is somewhat similar to other respiratory diseases such as Pneumonia, Asthma or Wheezing. Symptoms are similar to such diseases. Mainly it is caused because of rotten animal meats, somewhat similar to asthma or such diseases because of pollution, dust, impurity or allergy items for

respiration. Difference in affecting different parts of lungs, and impurity in food items, becomes favor for corona virus. It mainly develops a problem of shortness of breath that causes fatality. Hence it is Sever Acute Respiratory Syndrome.

Figure 1: Coronavirus - Appearance and infection in Lungs

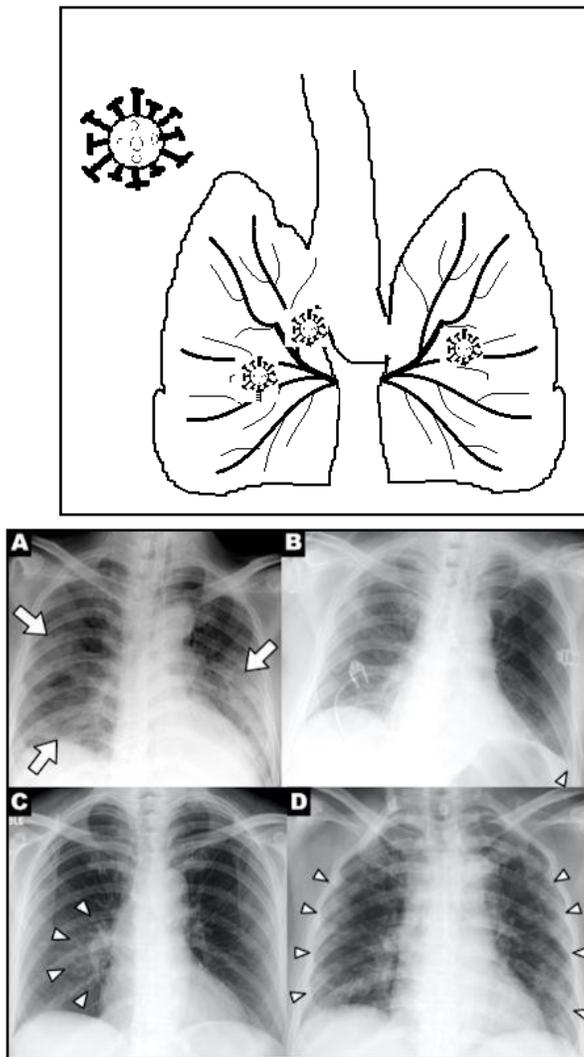


Figure 2: X Ray of Coronavirus affected persons

Symptoms:

1. Cough
2. Fever with high temperature
3. Sore throat
4. Shortness of Breath

Coronavirus enters through mouth and nose through saliva and mucus, causes problem in throat and enters into lungs and affects respiration. Mucus level increases is an indication for increase in infection. High temperature is because of virus infection and fever is mostly a symptom of many other diseases and it is a symptom of corona virus.

Medium Of Spread:

It spread through mucus and saliva. That means, through mouth and nose. Affected person when coughs, or sneezes, saliva, mucus, and it affects nearby people, there are chances to spread through eyes and ears also. In most cases in spread through mouth and nose. It does not live in a dry place for a long time. It can live only few hours in dry environment, it live in others living beings, dead animals, meats and it tries to find some other living being to live, it sometimes even kills other living beings with it. After enters through mouth or nose, it uses humans and starts multiplies in throat and then it travels to lungs.

Environment And Sun:

Whether makes a difference in affecting number of people. Temperature, humidity and other such parameters are influencing the development of coronavirus. Temperature more than 25 degree centigrade is a good environment to tackle coronavirus easily. When the temperature goes down, it becomes easy for coronavirus to survive, in not a very low temperature or not a high temperature, it survives easily, and so making environment warm is easy to tackle such virus infection. Even the number of people affected worldwide shows a clear picture for the influence of temperature in coronavirus. It is required to make the environment unfavorable for Coronavirus. Sun light is a good source for heat and other medical benefits. Using Heater or Campfire is good to tackle Coronavirus. Similar to moving to some safer place during flood, it is good to move to some safer place where more sun light or warm environment to reduce coronavirus infection.

Ancient Medical Practices And Medicines To Reduce Infection:

There are many diseases, from which people are surviving, and humanity survives in developing good behavior etc. from overcoming animal behavior. Many such diseases were found during Lord Krishna, before 5,000 years, in ancient days, and development of Siddha medicine is from how Lord Shiva treated Goddess Parvathi. It is still under progress to find a single exact medicine for coronavirus. There are many such common medicines available to tackle such diseases. In English medicines also, there are different composition of medicine were used because of unavailability of exact composition. There are many proven medicines that can help to reduce the infection and spreading of coronavirus.

In school subjects in Tamil text books, it is mentioned as medicines for treating cough and other such diseases, “Sukku, Milagu and Thippili”, Dry Ginger, Black Pepper and Long pepper.

MEDICINES USEFUL FOR CORONA

There are number of vegetables or similar items used in regular practices can be used as a medicine for coronavirus. Each medicine have some medical benefits and it can help to reduce the infection to some extent. Garlic is a good antioxidant, anti-acid, in raw garlic some medical benefits, allicin is a medical property found in raw garlic, and it is good to tackle such diseases.

1. Black Pepper, it also have a name called King of spices. It is very much useful in treating cough, and similar.
2. Ginger, is a proven item to tackle cough, dry cough or sore throat, sore throat is also a type of cough or throat problem, causes because of viral infection.
3. Garlic. It is a good antioxidant, anti-acid, "Allicin" is a medical property found in raw garlic, contains lot of medical benefits.
4. Fruits with vitamins and Stamina

Mechanical Treatment:

Mechanical or Artificial respiration is used for treating coronavirus using ventilators, during artificial respiration, it is also required to clean virus. Some hot air, or medicated air can help in treating coronavirus. Inhaler or nasal type medicine can give immediate relief for coronavirus. Keeping throat and lungs clean can help to tackle coronavirus.

Preventive Measures:

There are many prevention measures required to tackle corona virus,

1. Wearing mask
2. Eyeglasses and covering ears
3. Goggles for hands
4. Cleaning hands frequently using medicated soaps
5. Avoid non vegetarian food
6. Taking proper medicine for other existing diseases
7. Healthy food
8. Keep environment clean and good
9. Staying psychologically strong
10. Using Sun light or Warm environment

11. Check mucus level and cleaning mucus at private location on their own and clean it properly without spreading.
12. Avoid people talking, coughing, sneezing without mask, etc.
13. Check Temperature and Respiration frequently
14. Avoid chances for fever or cough

Developing a new device or a preventive device similar to a two wheeler helmet can completely protect head from coronavirus spreading. Velocity of air and saliva from mouth or nose is high during sneezing or coughing and so more chances to spread to nearby people.

CONCLUSION

Coronavirus becomes a problem now with more number of people affected throughout world. It is required to control the number of people getting affected. There are many ancient medicines and other vegetables used in daily practices for cough etc, can be used to reduce the infection of coronavirus, such as ginger, garlic and pepper. Warm environment can drastically reduce infection and spreading. Sun light is a good source for heat and stamina. Using all preventive measures for safety is important to avoid spreading and infection.

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