

Covid -19 Pandemic Transmission of disease, Precaution and Role of plants in Boosting Immunity

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ABSTRACT

Covid-19 is a pandemic disease that has been affecting people all over the world since December 2019 in Wuhan, Hubei Province, China. Almost every state in India will be affected by this pandemic. The emphasis of this article was on the transmission of a viral illness from person to person. Due to this crisis, all sectors, markets, and businesses have been impacted. Below is a list of some of the effects of Covid-19 on the Indian economy. We have made precautions such as hygiene cleaning, social distancing using sanitizer and sanitizer masks, social distancing, quarantine symptoms showing people to seek treatment as per government policy if they are in deep trouble. Disease is the result of a loss of immunity, so we create a diet that includes fruits, vegetables, and medicinally produced products to further enhance immunity.

Keywords: Covid-19, WHO, Transmission, Precaution, Medicinal plant immunity booster

INTRODUCTION

Epidemic diseases have a long history around the world. Most countries have seen pandemics such as Spanish flu, measles, smallpox, cholera, swine flu, SARS, and H7N9, among others, that have had a major impact on humanity for more than a century. (Kundu *et al.*, 2020, Barrett *et al.*, 2011 & Faden *et al.*, 2003). The COVID-19 pandemic is widely regarded as the most serious public health disaster of the century, as well as the largest threat to humanity since World War II. COVID-19 was named by the World Health Organization in December 2019 after a new infectious respiratory disease was discovered in Wuhan, Hubei Province, China (coronavirus disease 2019) (Chakraborty *et al.*, 2020). This disease has quickly spread across the world, affecting every continent except Antarctica. The World Health Organization has classified it as a pandemic (WHO, 2020). When a student returned home from Wuhan University in China on January 30, 2020, the first case of coronavirus outbreak in India was recorded in Kerala's Thrissur district

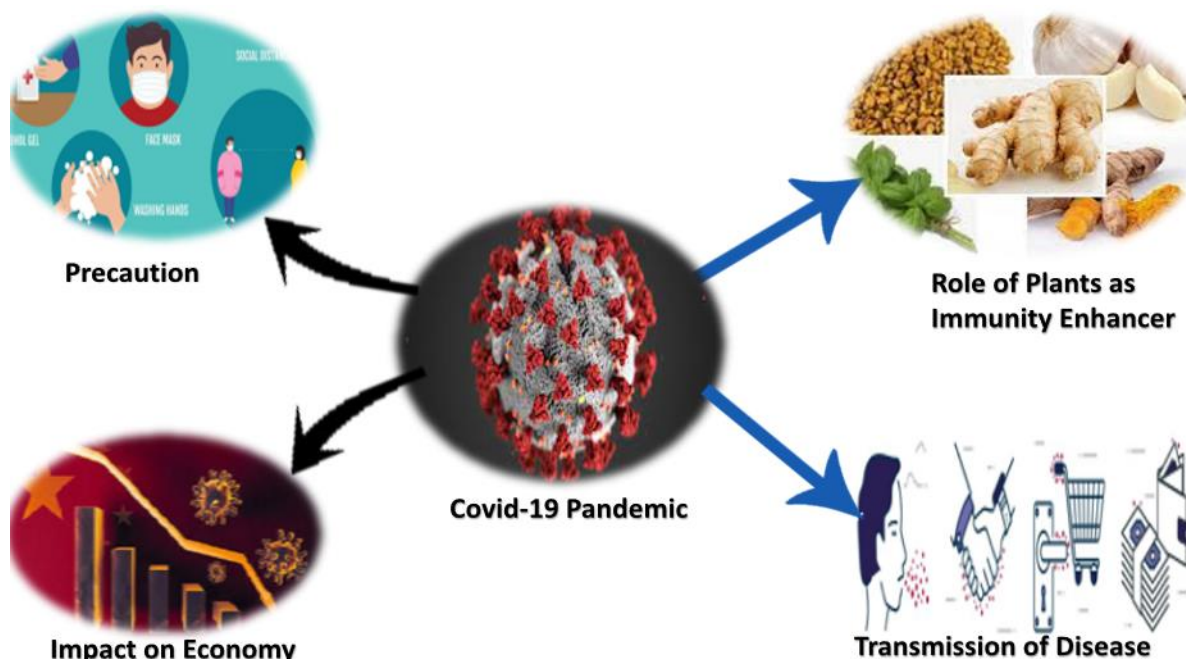


Fig. 1:

(Rawat, 2020). Many residents are prohibited from leaving their homes, with the exception of ambulance employees, police officers, and other emergency service personnel. As a result, social consequences include a major economic recession, slowed global capital markets, overburdened healthcare services, hungry families, and many workers losing their jobs (Kundu *et al.*, 2020).

Transmission:

According to current evidence, COVID-19 virus is transmitted between people through respiratory droplets and communication routes. When a person comes into direct contact (within 1 m) with someone who has respiratory symptoms (e.g. coughing or sneezing), his or her mucosae (mouth and nose) or conjunctiva (eyes) may be exposed to potentially infective respiratory droplets (which are usually thought to be > 5-10 m in diameter). Fomites in the immediate area around the infected individual will also transmit the virus by droplets (Ong *et al.*, 2020). As a result, the COVID-19 virus can be transmitted through direct interaction with infected individuals as well as through indirect contact with surfaces in the immediate environment or items used on the infected person (e.g. stethoscope or thermometer). Airborne transmission differs from droplet transmission

in that it refers to the presence of microbes within droplet nuclei, which are commonly described as particles with a diameter of less than 5m and that form as a result of the evaporation of larger droplets or within dust particles. They will last in the air for a long time and be transmitted over distances of more than one metre. Airborne transmission of COVID-19 can be feasible situations and settings where aerosol-generating procedures are carried out (World Health Organization.2020).

Covid- 19 Impact of Indian Economy:

The Indian economy will be severely impacted by the coronavirus pandemic. Supply networks have been disrupted because of the national lockdown. Several private firms, including airlines, restaurants, hotels, multiplexes, and other entertainment venues, have closed and are terminating employees. Economic analysts estimate that the lockdown cost the Indian economy 7-8 lakh crores in just 21 days. It will influence the GDP loss in the economy. Big companies all over the world have shut down several factories. The Entertainment Management Association registered losses of about Rs.3000 crore because of convention and big show cancellations. Most private-sector employees will be laid off. After the third week of March, e-commerce platforms like Flipkart and

Amazon have stopped selling non-essential products in India, and e-groceries like Big basket and grofers have narrowed their services. The film world is also heavily influenced by it. Movie release dates have been set back all over the country, and the global box office has fallen by billions of dollars. The closing is wreaking havoc on middle-class self-employed individuals, as the government mostly assists the vulnerable and disadvantaged. In this case, the government has already proposed a large initiative that would influence the overall economy (Kundu *et al.*, 2020 & Economic time article 2020).

Precaution:

Good hygiene and good health can effectively avoid respiratory diseases. As a result, personal hygiene precautions such as hand washing and wearing a face mask are advised. The use of different amounts of alcohol-based hand sanitizers and disinfectants such as bleach has made SARS-CoV-2 inactive (Fong *et al.*, 2020). Biocidal agents such as hydrogen peroxide, alcohols, sodium hypochlorite, and benzalkonium chloride were used for disinfection in a variety of settings around the world, mostly in healthcare settings. In COVID-19, 95 % ethanol with 30 seconds of treatment was found to be the most effective biocidal agent for disinfection (Kampf 2020). Since social gatherings are the primary source of COVID-19 transmission in the environment, community-based interventions to mitigate local transmission should be carefully regarded and adopted wherever possible. This means that public places like parks, universities, and commercial enterprises, as well as public transportation, would be closed (Bhusare *et al.*, 2020) Hospitalized patients with pre-symptoms or COVID-19 confirmed patients should be quarantined. The close contacts of these quarantined individuals must be carefully watched, licenced, and quarantined at home or in specially designated quarantine facilities. As a result, the COVID-19 mindset principle would be selfishness about ourselves first, followed by society. Therefore, the asymptomatic patient's self-declaration and separation efforts, as well as the acceptance of health department and legislative decisions, are important. Controlling COVID-19 pathogenesis is complicated by the virus's accelerated evolution, high infectivity, and a lack of adequate and effective therapies. Even though many medicinal alternatives such as antiviral steroids, ayurvedic, allopathic, and conventional Chinese medicine exist, the

most favourable and successful medicine against COVID-19 is still ayurvedic medicine. (Cowling, *et al.*, 2020)

Role of medicinal plants to improve immunity:

A healthy diet along with physical exercise or yoga can aid in the development of a strong immune system. Fruits and vegetables contain vitamins, carbohydrates, and other compounds that help to strengthen our immune system (Baidya *et al.*, 2020) Fruits and vegetables play an important part in ensuring perfect immunity. Viruses, bacteria, fungi, and other parasitic microorganisms may cause severe diseases that can contribute to pandemics, such as COVID-19, which was caused by a coronavirus. Natural products derived from medicinal plants can be effective tools in the fight against certain diseases. (Haque *et al.*, 2020) Chavanprash is an effective Ayurvedic medication that should be taken on a regular basis. Kushmanda and Shankhpushpi work on the CNS (Central Nervous System), increasing Ojha, reducing fatigue, and improving memory. Immunity and CNS drugs are inextricably linked. Amla, Guduchi, and Haritaki, among others, are popular CNS-acting immunity enhancers. Phytosterols, saponins, flavonoids, triterpenes, and carotenoids found in herbs such as garlic (*Allium* family), mint (*Labiatae*), ginger (*Zingiberaceae*), and carrot (*Umbelliferae*) have chemo-protective, antioxidant, and immune-stimulating properties. (Pathak *et al.*, 2020).

Conflicts of interest: The authors stated that no conflicts of interest.

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