

Covid19 : IMMUNITY AND LIFESTYLE

Subjects: Immunology | Virology

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Immunity is an important term directly related to prevent any kind of infection spreading -particularly Covid19 under this pandemic situation . The specs of immunity depends on various factors like Foods & Diets , Environment / Ecology , Good Habits , Natural Remedies like Herbs& Anti-Oxidant therapy. Now we will discuss the every aspects of Immunity for boosting it up for a natural prevention of Covid19 ! . If we maintain the following factors strictly our immune system will be strong enough to fight against this Viral Curse !! .

The most important is the REFERENCE section where some queries / discussions are pointed out related to the Immunity factors majorly .

Keywords: Covid19 ; Immunity Booster ; Natural Remedies ; Habits ; Lifestyle

1 . **Balanced and hygienic Diet -**

As per nutritional biochemistry a balanced diet is nothing but a appropriate combination of Protein ,Carbohydrate & Fats . Intake of animal & vegetable protein is a matter of our interest . An healthy as well as healthy drinks should be an additional interest . The Diet factor also includes a great issue ie malnutrition - As we are all aware that Malnutrition is a great curse even in 21st century due to Poverty , under-nutrition as well as heavy intake of fast foods causing some nutrition related disorders like Rickets , Scurvy , & musculoskeletal disorders like Rh. Arthritis even neurological disorders – this type of patients are in high risk zone in spreading the Corona Virus . The second component of Food is adulteration - it is a fact against the above three phenomenon as well as deterioration of Health even death . Adulteration is a great curse of Society by some intoxicification of harmful chemicals as well as pathogenic contaminants . This is probably the greatest enemy of Immunity ie indirectly a friend of Corona attack .

2. Anti-Oxidant / Therapeutic Anti-Oxidant - It include Balanced diet combined with Health Supplements, Herbs , Green Vegetables and Citrus food . The most important activity of antioxidant is to prevent the attack of Corona Virus as well as spreading of the Infection by quenching free radical also known as free radical scavenger . Green Tea as well as Black Coffee within specified limits helps the Patient for quick recovery.

3. Good Habits & Wellness – Smoking damages the lungs through a coating of nicotine directly and the Patient is rapidly near the death by Pneumonic attack followed by sepsis ie death . The key point of wellness is to maintain a good mental health to relief stress during prolonged Lockdown period / under Quarantine condition . Sound SLEEP is a good secret of wellness ie to minimize the recovery time during attack of Covid19 .

4. Environment & Ecology – Now we will look back the most important factor the SUSTAINABILITY of Environment or Ecology ie probably the major cause of the spreading of the virus through the weak Immune system! . The excessive stress of GREEN HOUSE GASES , OZONE HOLE – damage through UV attack , Heavy metal pollutants like lead (Pb) , Arsenic in waste water as well as air pollutants . Higher SUSPENDED PARTICULATE MATTER (SPM) content will spread this infection through aerosolised condition.

SELF REFERENCE FOR DETAIL (**Datta J , Researchgate.net**) :

Do We belive that spreading & death of people by Covid 19 is due to severe damage of Environmental Sustainability ? (Started April 7 ,2020) .

How Drugless therapy helps us to Improve our health as well as to prevent Viral attack ?(Started February 28) .

Shall we beleive that the Covid19 has a asymmetric characteristics of Malaria and Crown virus ? (Started May 1,2020) .

What is Malnutrition - Do You agree it is a Global Problem particularly in the Third world countries ? (Asked December 11,2019) .

What is GREEN HEALTH ? (Asked December 1, 2019) .

What is Food adulteration - Is it a Big Problem ? (Asked November 11 , 2019)

What is balanced diet - Will You support that it is essential to fight against COVID-19 ? (Asked November 7 , 2019) .

What do you prefer to take ANIMAL or VEGETABLE protein under attack of corona virus ? (Asked October 28 , 2019) .

Mental Frustration during LOCKDOWN period of Covid19 is more prone towards infection Share your feelings ? (Asked December 19 , 2019) .

What is SLEEP ? (Asked October 9 , 2019)

Your favourite food as Anti-Oxidant - Let us discuss ? (Started September 27 , 2019)

TEA or COFFEE - Which one is good for health ? (Started October , 29 , 2019)

HEALTH & ENVIRONMENT: A SOCIOLOGICAL CONSCIOUSNESS (Preprint)

- ***November 2019***

BALANCED DIET & ADULTERATION : An Impression (Experimental Findings)

- ***February 2020***

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