

# COVID19 Immunity To Immunology

Subjects: Immunology | Pharmacology & Pharmacy | Sociology

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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 ! . It is our sociological consiousnrss to maintain strictly our immune system will be strong enough to fight against this Viral Curse .In the Pandemic world of Covid19 there are 300 types of vaccine-evelopment works are ongoing . In india also we have seen SII ( Pune ) are under trial of Phase2-3 trials . AstraZeneca - Oxford university , Cansino , Pfizer are trying under trial vaccine . As we are all aware that it is a long way to nd out the ethical trial ( Clinical eciency ) universally U.S.S.R has been under claim stage . We the common people are in good hope that the vaccination will get in success to stop such Spike Crown .Without the term immunity vaccination will not be effecrive to irradiate the viral infection .

Keywords: Covid19 ; Immunity ; Immunology ; Vaccine developement ; Social consiousness ; Vaccine biotechnology ; Infectious diseases ; Virology ; SARS-COV-2 ; Reproducibility test ; Clinical trial and safety ; Convalesent plasma therapy

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**Immunity** greatly depends on the following good habis and social consiousness that " Prevention is better than cure " .

## 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 is 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 .

**IMMUNOLOGY AND VACCINATION** - Firstly it is needless to say that immunity is the key function of any kind of vaccination

including Covid19 .Detailed discussion along with necessary links are as follows :

**Vaccination trial and development** - <https://www.nature.com/articles/d41586-020-02400-7> **Nasal Spray as Corona Vaccine - approved by China** - [https://health.economictimes.indiatimes.com/l.php?url=https%3A%2F%2Fhealth.economictimes.indiatimes.com%2Fnews%2Findustry%2Fchina-approves-first-nasal-spray-covid-19-vaccine-for-trials%2F78050740&mailer\\_id=0&item\\_id=3917954&dt=2020-09-11&utm\\_source=Mailer&utm\\_medium=ET\\_batch&utm\\_campaign=ethealth\\_news\\_2020-09-11](https://health.economictimes.indiatimes.com/l.php?url=https%3A%2F%2Fhealth.economictimes.indiatimes.com%2Fnews%2Findustry%2Fchina-approves-first-nasal-spray-covid-19-vaccine-for-trials%2F78050740&mailer_id=0&item_id=3917954&dt=2020-09-11&utm_source=Mailer&utm_medium=ET_batch&utm_campaign=ethealth_news_2020-09-11)

**Covid vaccination trial is paused by Serum Institute ,India - DGCA has put a showcase notice** - <https://health.economictimes.indiatimes.com/tag/serum+institute+of+india>

**Covid vaccination trial is paused by Serum Institute ,India - DGCA has put a showcase notice** - <https://health.economictimes.indiatimes.com/tag/serum+institute+of+india>

Eu Commission has planned to order **200 million doses of Covid -vaccine from BioNTech- SE & Pfizer -US** - <https://health.economictimes.indiatimes.com/tag/european+commission>

**AZD1222-** A decision is taken by the panel of **expert of AZ Pharma** will review the unexpected of UK patents - <https://health.economictimes.indiatimes.com/tag/unexplained+illness>.

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Covid19 Vaccine is totally unpredicted -[https://health.economictimes.indiatimes.com/l.php?url=https%3A%2F%2Fhealth.economictimes.indiatimes.com%2Fnews%2Findustry%2Ftaking-the-good-with-the-bad-how-potential-covid-19-vaccines-offered-hope-and-disappointment%2F78069594&mailer\\_id=0&item\\_id=3919885&dt=2020-09-12&utm\\_source=Mailer&utm\\_medium=ET\\_batch&utm\\_campaign=ethealth\\_news\\_2020-09-12](https://health.economictimes.indiatimes.com/l.php?url=https%3A%2F%2Fhealth.economictimes.indiatimes.com%2Fnews%2Findustry%2Ftaking-the-good-with-the-bad-how-potential-covid-19-vaccines-offered-hope-and-disappointment%2F78069594&mailer_id=0&item_id=3919885&dt=2020-09-12&utm_source=Mailer&utm_medium=ET_batch&utm_campaign=ethealth_news_2020-09-12) .**A venture of Serum Institute of India** -<https://health.economictimes.indiatimes.com/tag/serum+institute+of+india> .

**Whether Mask is an equivalent Vaccine** - <https://www.webmd.com/lung/news/20200909/could-your-mask-be-a-kind-of-vaccine-against-covid-19> .

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<https://health.economictimes.indiatimes.com/tag/bharat+biotech> .

**Spain to start vaccine trial with Johnson & Johnson** -  
<https://health.economictimes.indiatimes.com/tag/coronavirus+vaccine> Vaccine trial volunteer around 35 % are infected with Covid19 - [https://health.economictimes.indiatimes.com/l.php?url=https%3A%2F%2Fhealth.economictimes.indiatimes.com%2Fnews%2Fdiagnostics%2F35-of-vaccine-trial-volunteers-found-infected-with-covid-19%2F78102298&mailer\\_id=0&item\\_id=3923783&dt=2020-09-15&utm\\_source=Mailer&utm\\_medium=ET\\_batch&utm\\_campaign=ethealth\\_news\\_2020-09-15](https://health.economictimes.indiatimes.com/l.php?url=https%3A%2F%2Fhealth.economictimes.indiatimes.com%2Fnews%2Fdiagnostics%2F35-of-vaccine-trial-volunteers-found-infected-with-covid-19%2F78102298&mailer_id=0&item_id=3923783&dt=2020-09-15&utm_source=Mailer&utm_medium=ET_batch&utm_campaign=ethealth_news_2020-09-15) .

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<https://health.economictimes.indiatimes.com/> l.php?url=https%3A%2F%2Fhealth.economictimes.indiatimes.com%2Fnews%2Fdiagnostics%2Fwho-head-urges-rich-nations-to-join-vaccine-scheme-by-friday-deadline%2F78106353&mailer\_id=0&item\_id=3924062&dt=2020-09-15&utm\_source=Mailer&utm\_medium=ET\_batch&utm\_campaign=ethealth\_news\_2020-09-15

**Russiun vaccine Sputnik V** - Covid19 vaccine - REF : Credit: Natalia Kolesnikova/AFP/Getty - Nature news Letter ( 16.09.20 ) - nature.com ( Image Source ) d41586-020-02619-4 18 369638.jpg.

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Whether Recovered patient having **sufficient antibody** - Preprint Characterization of neutralizing ver-sus binding antibodies a. . . Immunity & vaccine - great query - Without adequate immunity how a vaccine works ?- <https://nature.us17.list-manage.com/track/click?u=2c6057c528fdc6f73fa196d9d&id=7e971950ba&e=5944515236> .

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#### SUMMARY FROM DISCUSSION LINK :

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1. AZD1222-A decision is taken by the panel of expert of AZ Pharma will review the unexpected of UK patents - <https://health.economictimes.indiatimes.com/tag/unexplained+illness> For Immunity booster -new formulation based on Zinc Gluconate and natural Vitamin C coming from Acerola Cherry for boosting immunity -To accelerate vaccine work <https://health.economictimes.indiatimes.com/tag/covid-19+drug>.

2. Covid19 Vaccine is totally unpredicted [https://health.economictimes.indiatimes.com/l.php?url=https%3A%2F%2Fhealth.economictimes.indiatimes.com%2Fnews%2Findustry%2Ftaking-the-good-with-the-bad-how-potential-covid-19-vaccines-offered-hope-and-disappointment%2F78069594&mailer\\_id=0&item\\_id=3919885&dt=2020-09-12&utm\\_source=Mailer&utm\\_medium=ET\\_batch&utm\\_campaign=ethealth\\_news\\_2020-09-12](https://health.economictimes.indiatimes.com/l.php?url=https%3A%2F%2Fhealth.economictimes.indiatimes.com%2Fnews%2Findustry%2Ftaking-the-good-with-the-bad-how-potential-covid-19-vaccines-offered-hope-and-disappointment%2F78069594&mailer_id=0&item_id=3919885&dt=2020-09-12&utm_source=Mailer&utm_medium=ET_batch&utm_campaign=ethealth_news_2020-09-12)

3. A venture of Serum Institute of India <https://health.economictimes.indiatimes.com/tag/serum+institute+of+india>

4. Whether Mask is an equivalent Vaccine - <https://www.webmd.com/lung/news/20200909/could-your-mask-be-a-kind-of-vaccine-against-covid-19>
  5. CPT( Consultant plasma therapy ) -Not effective to reduce the mortality of severe Covid-infection <https://www.webmd.com/lung/news/20200909/could-your-mask-be-a-kind-of-vaccine-against-covid-19> Variation "of SARS-COV-2 -Waiting for a vaccine -10.1056/NEJMp2026913
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  8. Military Growing policy through vaccine research in China <https://www.nature.com/articles/d41586-020-02523-x> .
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  - 10 .Please look back on Gam-COVID-Vac - <https://www.raps.org/news-and-articles/news-articles/2020/3/covid-19-vaccine-tracker>
  11. The third trials of AZ resumes trial in U.K - <https://www.hindustantimes.com/worldnews/suspension-of-astrazeneca-covid-19-vaccine-trials-showed-fallacy-of-approach-rd/cfo/story-rw09PX3WZQAKo1onyT6WEL.html>
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## 5. Conclusion

Social consciousness to be developed for better lifestyle more immune to us against viral attack or antibody generation . Immunity is surely correlated for vaccination or immunological biotechnology of SARS-COV-2 infection . The above discussion links are showing a great effort of a potent Covid -vaccination with **appropriate clinical safety and efficacy trial** .

### Reference ( Including self Citation ) :

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  - 2.2) How Drugless therapy helps us to improve our health as well as to prevent viral attack ? ( Started February 28 ) .
  - 2.3 ) Shall we believe that the Covid19 has asymmetric characteristics of Malaria and Corona virus ? ( Started May 1 ) . What is Malnutrition - Do you agree it is a Global Problem particularly in the Third world countries ? ( Asked December 11, 2019 ) .
  - 2.4 ) What is GREEN HEALTH ? ( Asked December 1, 2019 ) .
  - 2.5) 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 ) .
  - 2.6) 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 ) .
  - 2.7) 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 ) .
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