

COVID-19 or Corona Virus-2019 is a fast growing, unfolded Pandemic.

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What is COVID-19 or Corona Virus?

NCOVID-19 is a new disease spreading across the world at rapid rate. World Health Organization (WHO), on February 11 2020 announced this infectious respiratory disease as pandemic. This virus closely resembles the virus which had spread in 2002 called as SARS COV (Severe Acute Respiratory Syndrome Corona virus-2). Hence, COVID-19 is also called as *Corona virus* as it is caused by new strain of larger family of viruses SARS COV-2. Cancer patients, survivors and their families among others are at greater risk of getting affected with this virus and should take adequate preventive measures. This disease causes infection in the respiratory system and can cause illness in humans as well as animals. The respiratory infection may range from common cold to Severe Acute Respiratory Syndrome (SARS). This virus is newly discovered when its outbreak started in Wuhan city of China in December 2019. This microorganism when seen under the microscope appears to have a spiky crown across its surface hence it is named as crown or corona (in Latin) virus. This virus is different from the viruses that cause common cold and flu. There are more than 200 viruses that cause cold which we generally refer as 'common cold'. In medical terms common cold is a type of corona virus and it is very difficult to differentiate common cold cause by other viruses and that caused by NCOVID-19 without proper medical test.



"Having a name matters to prevent the use of other names that can be inaccurate or stigmatizing" -T.A. Ghebreyesus, Director General, WHO.

What are most likely symptoms of COVID-19?

COVID is a popular term but technically it is referred to as NCOVID-19. It generally affects persons with weak immune system. This means different people will get affected with this virus differently. However, there are few symptoms which *are* observed in affected persons which may be mild to moderate initially, and can become severe with time. Common symptoms are as follows:

- Mild to high fever.
- Fatigues and tiredness.
- Dry cough.
- Nasal blockage.
- Pangs and pains.
- Running discharge through nose.
- Sore throat.
- Congestion in the chest
- Diarrhoea/loose motion

It is observed that symptoms in affected persons are not seen immediately until 3-4 days. In some cases, it may even go up to 14 days for symptoms to appear. In most cases people may be affected but they may not show any symptoms at all, such people even may not feel unwell. Therefore, it is strongly recommended that if there are mild feelings of fever, headache, and difficulty in breathing or dry cough, one should take medical advice. Cough is of two types. The productive cough produces phlegm and mucus which cleans the air ways and lungs. However, non-productive cough which is also called as 'dry cough' does not discharge phlegm and mucus and hence air ways and lungs are not cleaned which increases difficulty in breathing.



- **Why COVID-19 Pandemic has to be taken so seriously.**

Mortality rate (number of people dying) of NCovid-19 patients is higher (around 3.4% ref. WHO), whereas seasonal Flu has 0.1% mortality (US data). It is important to know who is at higher risk of death in NCOVID-19?

Worldwide it is observed that many patients with low immunity due to frequent use of medicines for various chronic illness, such as; immunosuppressant medicines for joint problem, ulcerative colitis, cancer patients, systemic lupus erythematosus, sarcoidosis, asthmas, tuberculosis, diabetes mellitus etc., and also old age persons, Persons with sedentary lifestyle, person who becomes sick with minor environment changes, children, persons who lack exercise are all prone for low immunity and thus are at high risk to NCOVID-19.

Often in long term illness, consumption of medicine lowers the immunity as mentioned above. While managing the disease with the medicines we ignore the effect of these medicines on the immune system of the body. For instance, in diabetic treatment only sugar management is considered, and complications of diabetes are ignored. Patients who are managing sugar since 20 years also suffer from retinopathy, nephropathy etc., while controlling sugar. So treatment approach should be to improving immunity and delaying or avoiding complications. This is the approach adopted in Ayurved since thousands of years.

What are preventive measures for high risk patients?

Considering today's outbreak of Covid-19, there is more probability of same health issues in future. So person suffering from disease likes AIDS, Hepatitis A,B,C,E etc., Herpes simplex zoaster (Nagin), various brain fever and various viral infections should take care to improve immunity. Ayurved Rasayana which is immunity boosting, particularly used for specific disease (Vydhipratnik, strotas pratnik, Avayavpratnik) could be

ultimate solution. Rasayana therapy is useful for temporary relief (antiviral or antiretroviral etc.) As per our experience there is less mortality rate due to chronic illnesses when Rasayana therapy approach is used.

How does Corona virus multiply?

NCOVID-19 disease can spread at rapid rate from person to person. The affected persons when coughs, sneezes or exhales the droplets from nose or mouth, these small droplets spread in the air. The virus which is present in these droplets immediately settles on the floor, other objects and flat surfaces around the person. It is observed that the diameter of NCOVID 19 virus is 60-140nm and it hardly remain suspended in air. If the affected person comes in the contact with the healthy person during this virus is exhaled, then it enters the respiratory system of healthy person through breath. It is also observed that the virus in the droplets remain active for more than 72 hrs. on plastic and steel surface. Healthy persons can also get affected if they touch these objects, then touch their nose, eyes or mouth. It is therefore advisable to always maintain minimum distance of 1 mtr. from the person who is sick and has symptoms of corona virus.

It is believed that if precautions are not taken and social distancing is not maintained then 1 affected person can pass this virus into as much as 59,000 people in 10 human interactions. This is how rapid is the multiplication of this deadly virus. It is also observed that even if the person is not having any symptoms of the disease, he may be carrying this virus within him and other persons may get affected. It is therefore recommended that mouth and nose should always be covered while interacting with any person irrespective of him/her is sick or not. Looking at the speed with which these viruses multiply it is important to note that there is no evidence of it getting transmitted through other sources like air and houseflies etc. This virus can be inactivated by using lipid

solvents and chlorine contained disinfectants. Using sanitizers and frequent washing of hands with detergent will help in arresting its spread.



Are Cancer Patients vulnerable to NCOVID-19?

Ref: National Cancer Institute (NCI) - USA

NCOVID19 or SARS-CoV2 is a new virus and since there is currently no vaccine to prevent it or any other specific treatment for curing it, anyone who is exposed to it is at risk of becoming infected and developing COVID-19.

However, cancer patients are more vulnerable to NCOVID-19. This is because some cancer treatments such as chemotherapy and radiotherapy can weaken your immune system (cause you to be immunocompromised) and may increase your risk for severe illness from COVID-19.

Besides cancer there is other risk factors which may also increase your risk for severe illness from COVID-19, including:

- asthma
- lung, heart, liver, or kidney disease
- obesity
- diabetes
- immune deficiencies, including HIV and AIDS
- a history of smoking
- a history of bone marrow or organ transplantation
- prolonged use of corticosteroids or other medications that can weaken the immune system

People who were treated for cancer in the past and currently recovered from cancer may have weakened immune systems, which can increase their risk for severe illness from COVID-19. Cancer survivors should discuss their concerns about COVID-19 with their doctors and understand the best way to prevent illness and to avoid being exposed to the virus.

How can I protect from Corona virus?

Ref: National Cancer Institute (NCI) - USA

The US Centres for Disease Control and Prevention (CDC) recommends following preventive actions that patients with cancer and other chronic illness, having poor immune system, should take to protect from developing serious illness from NCOVID-19.

- Avoid touching your eyes, nose, and mouth;
- Wash your hands very often with detergent and preferably warm water for at least 10-15 seconds, every time after going to the bathroom; before meals; after blowing your running nose, coughing, or sneezing; and before and after coming in contact with other persons- sick or otherwise;
- Stay home as much as possible;
- Make sure you have access to several weeks of medication and supplies in case you need to stay home for prolonged periods of time;
- Clean and disinfect frequently touched surfaces, including door knobs, light switches, keyboards, countertops, phones, handles, faucets, sinks, and toilets;
- Stay at least 6 feet away from other people;
- Avoid crowded places;
- Wear a cloth face covering; be careful not to touch your eyes, nose, or mouth when removing it; and wash your hands right after removal.

- If you feel to carry mild temperature and difficulty while breathing, immediately seek medical advice to get diagnosed for any respiratory infection or other serious concern.



For cancer patients what special care Ayurveda clinicians should take during NCOVID-19 pandemic?

Dealing with NCOVID-19 disease and providing treatment to such patients, in itself is a challenge before medical fraternity worldwide; however, administrating treatment to patients with cancer, survivors and patients with other chronic illness like asthma; problems involving heart; lung; kidney; etc., is a greater challenge before the clinicians, especially during the period of crises where whole world is trying to look out for medical solution to deal with this deadly virus.

Ayurveda try to tackle this problem, particularly with the patients who have gone into poor immune system due to the treatments like chemotherapy, radiation, organ transplant, HIV-AIDS, etc., by boosting the immune system which increases the resistant to fight against the cancer.

Rasayu Cancer Clinic primarily focuses on the condition of the patient and analyse the medical reports and adopt patient centric approach. Cancer patients during the outbreak of NCOVID-19 disease should consult medical service providers even if they are not gone into any symptoms of the virus such as fever or cough. Precautionary measures in the current situation will work much better, in which the body develops capacity to build immunity to fight and resist the effect of this virus on the vital

respiratory mechanism of the body. While the researchers and clinicians are trying hard to develop vaccine for prevention of this disease, Ayurvedic therapies which are available to improve the immunity of the body, is the best alternative in the current situation. Ayurveda believes that human body is the best doctor for all ailments provided we maintain all the parameters of the body and improve its ability to fight against any infection that may affect its functioning. For more information on boosting your immune system and for treatment of other types of cancer please visit our clinic or fix a call for consultation.

Where can I get more information on NCOVID-19?

Government of India like any other world health organization is taking all necessary steps to ensure that we are prepared well to face the challenge and threat posed by the growing pandemic of NCOVID-19 the Corona Virus. For more information on this disease you may visit following links:

www.ncdc.gov.in

www.who.int

www.mygov.in

www.cancer.gov/coronavirus

www.mohfw.gov.in

www.coronavirus.gov/

www.dhr.gov.in

www.nih.gov/coronavirus

www.india.gov.in

www.aacr.org

Since NCOVID-19 is a new virus and there is no medicine available to treat or prevent it, you should understand the facts and not rely on the mere myths.

Know the facts:



Thermal scanners can detect if people have a fever but cannot detect whether or not someone has the Corona Virus.



Antibiotics do not work against viruses, antibiotics only work against bacteria.



There is no evidence that companion animals/pets such as dogs or cats can transmit the Corona Virus.



Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body.



To date, there is no specific medicine recommended to prevent or treat the Corona Virus.



Cold weather and snow cannot kill the Corona Virus.



Hand dryers are not effective in killing the Corona Virus.



There is no evidence that regularly rinsing the nose with saline has protected people from infection with the Corona Virus.



The Corona Virus can be transmitted in areas with hot and humid climates.



Ultraviolet light should not be used for sterilization and can cause skin irritation.



Garlic is healthy but there is no evidence from the current outbreak that eating garlic has protected people from the Corona Virus.



The Corona Virus cannot be transmitted through mosquito bites.

Note : Content is Sourced from World Health Organization