



# "COVID 19 IS NOT NATURE'S REVENGE. WE DID IT TO OURSELVES."

It is our responsibility to treat the world we live in with utmost respect and care. We need to be more responsible in our approach towards nature and not just enjoy the vast endless natural resources. This would possibly prevent future outbreaks of deadly viruses.

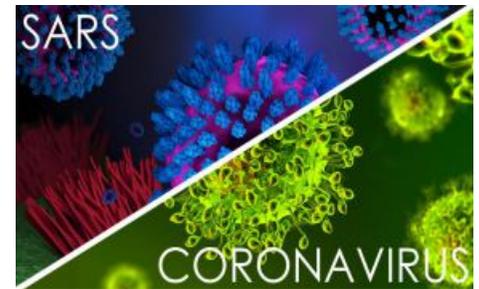


market where wild animals, including marmots, birds, rabbits, bats and snakes, are traded illegally. Coronaviruses appeared to have jumped from animals to humans. Hence, the possibility is that the first people infected with the disease (primarily the stallholders from the seafood market) contracted it from contact with animals.

East respiratory syndrome (MERS). This emerged in Saudi Arabia in 2012.

Coronaviruses are named for their appearance. Under the microscope, the viruses look like they are covered with pointed structures that surround them like a corona, or crown. The World Health Organization proposed an official name for the disease causes

On December 31, 2019, WHO's China office reported the first case of a previously-unknown virus causing pneumonia cases in Wuhan, a city in Eastern China with a population of over 11 million. The disease seems to have originated from a Wuhan seafood



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### Is CoronaVirus a product of natural evolution?

Covid 19 disease is not the first one we are battling with Coronavirus. Two such viruses have already caused a global outbreak. The first one we encountered was in 2002, the SARS coronavirus, which resulted in severe acute respiratory syndrome (SARS). The SARS virus epidemic primarily affected the populations of mainland China and Hong Kong, and it died off in 2003. The other one was the MERS coronavirus which was responsible for the Middle

East respiratory syndrome (MERS). This emerged in Saudi Arabia in 2012. by the new virus coronaavirus as Covid-19. It is an acronym that stands for coronavirus disease in 2019.

The cause of contracting these diseases is human being coming in contact with an infected animal. After originating from animals, the virus transmits from person to person. This is how previous coronavirus outbreaks have emerged, with humans contracting the virus after direct exposure to civets (SARS) and camels (MERS).

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China reported that “In Wuhan at the beginning of the outbreak, some people became ill from exposure to a source, most likely an animal, carrying the disease. This has been followed by transmission between people”.

On January 11, Chinese state media reported the first known death from Covid 19, a 61-year-old man, who was a regular customer at the market in Wuhan.

US biologist Thomas Lovejoy, a senior fellow at the United Nations Foundation and professor of environmental science at George Mason University, says “vast illegal wildlife trade and humanity's excessive intrusion into nature is to blame for the coronavirus pandemic”. He mentions that scientists are discovering two to four viruses every year, and there is a possibility that one of those could turn into a pandemic. The wet markets are the sources of



these viruses (Wet markets are traditional markets selling live animals - farm and wild, as well as fresh fruit, vegetables and fish, often in unhygienic conditions).

“This is not nature's revenge; we did it to ourselves. The solution is to have a much more respectful approach to nature, which includes dealing with climate change and all the rest,” Lovejoy said.



## ALTERNATIVE MEDICINE can treat Covid

AYUSH ministry plans to conduct study on 3 groups - common public, frontline workers such as police and healthcare staff, and Covid-19 patients.

**New Delhi:** The Ministry of AYUSH plans to conduct a study on 50 lakh people to find “evidence” about the efficacy of alternative medicines to fight Covid-19.

To design the format of the study, the AYUSH ministry has formed a working group, consisting of eight officers that is led by P.K. Pathak, additional secretary of the ministry.

The committee was formed after the ministry held an internal meeting on 17 April.

“We are planning to conduct a population-based study on huge number of people to collect evidences and strengthen the use of AYUSH interventions,” Vaidya Rajesh Kotecha, secretary, AYUSH ministry, told The Print, adding that “the proposed size of the study is 50 lakh”.

## Modi govt plans study on 50 lakh people to test if can treat Covid

The working group will consult the World Health Organization (WHO) to provide training to its researchers for the study.

“... The study will be divided into three parts — general public, frontline workers and Covid-19-positive patients,” said a senior official from the ministry, who didn't want to be named.

“We have already received the approval of 1,80,000 people for participation through state governments. Many more nominations are coming,” he added.

The design of the study, the official said, has been made in consultation with various epidemiologists and health experts, including from the Indian Council of Medical Research, Public Health Foundation of India and National Institute of Epidemiology.

Besides the study, the ministry also plans to conduct clinical trials on traditional herbs ashwagandha, guduchi, mulethi to find out if they can prevent Covid-19.

# SPRING ALLERGY THE UNKNOWN CULPRIT



Spring season is in March and April (season after winter and before summer). It is considered as one of the most beautiful seasons. But it is also a crucial time of year for seasonal allergies. Spring allergies are also known as hay fever and seasonal rhinitis. The culprit behind spring allergy is typically pollen and dust. The immune system mistakenly sees the pollen and dust as a danger and releases antibodies to attack the allergens. This leads to the release of chemicals called histamines into the blood. Also, this produces symptoms like runny nose, sneezing, watery eyes, cough, itching in eyes, nose, ears, mouth, throat, wheezing, etc.

From the Ayurvedic point of view, Spring, in particular, is the season of increased Kapha Dosha. Kapha has



heavy, cold, and bad qualities that naturally tend to dampen the digestive fire. Ultimately this invites the ama/ allergy process to develop.

Ayurvedic treatment approach towards Allergy: Nidana Parivarjana (stay away from the causative factor), Agni Deepana (boost the digestive fire), Pathya (adjust the diet), Shodhana (detoxification), and Rasayana Therapy (restore the strength of the immune system). Spring is the best season to undergo Vamana Chikitsa (Detoxification of the body done through vomiting).



## Preventive measures to follow to overcome Spring allergies:

### Do's:

- Drinking warm water throughout the day.
- Avoiding heavy foods like dairy products, fried foods, cold foods, beans and legumes, etc.
- Minimizing spices, pickles and chillies in cooking.

- Eating fresh, seasonal fruits for your daily dose of antioxidants against the damaging effects of weather, pollution, and to prevent allergies.



- Eating at least two hours before going to bed.
- Always consuming fresh food and avoiding food that is prepared with preservatives, dyes or other chemical additives.
- Taking a short walk in the fresh air combined with breathing exercises to prevent allergies.
- Practising Yoga and Pranayama to strengthen the natural defence system.

### Don'ts:

- Don't expose yourself to cold wind, wet clothes and a sudden change of temperature like working in an air-conditioned cabin to deal with outside heat.
- Don't eat fermented foods and take late-night heavy meals. Dinner should be light and digestible.
- Don't consume food in a hurry or overeat or consume only a particular variety of food.
- Don't sleep during the day.

## After Yoga, world will accept benefits of Ayurveda: PM Modi

In his monthly 'Mann ki Baat' radio address, the prime minister said it is a "misfortune" that people of the country always refuse to acknowledge own strengths and glorious traditions.



"Of course, the youth will have to resolve to do this and explain these principles to the world in a scientific language so that they understand it," he said.

*Courtesy: The Economic Times*

After Yoga, the world will accept India's age-old Ayurveda principles, Prime Minister Narendra Modi said on Sunday and added that the youth will have to take the lead in explaining it to countries scientifically.

In his monthly 'Mann ki Baat' radio address, the prime minister said it is a "misfortune" that people of the country always refuse to acknowledge own strengths and glorious traditions.

"But when another country says the very same thing on the basis of evidence-based research, when they teach us our own formula, we instantly accept it," he lamented. Possibly, this is largely due to hundreds of years of "bondage" (foreign rule). "Due to this, often we fail to realise our own strengths," he said.

He said just as the world has happily accepted yoga, it will surely accept India's age-old Ayurvedic principles.

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## COVID 19 Ayurvedic Tips to Boost Immunity

### Simple Ayurvedic Procedures



**Nasal application** – Apply sesame oil/coconut oil or ghee in both the nostrils (Pratimarsh Nasya) in the morning and evening.



**Oil Pulling therapy** – Take 1 table spoon sesame or coconut oil in mouth. Do not drink, instead rinse for 2 to 3 minutes and spit, followed by warm water rinse. This can be done once or twice a day.

### During Sore Throat/Dry Cough



Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once a day.



Lavang (Clove) mixed with natural sugar/ honey can be taken 2-3 times a day (it is best to consult a doctor if symptoms of dry cough and sore throat persist).

**Note:** Ayurveda is the science of life and it propagates the gifts of nature in maintaining healthy and happy living.