



Ayurvedic Immune Boosting Therapy against COVID-19

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Abstract:

Coronavirus disease 2019 (COVID-19) is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and result to pneumonia. The first case was identified in Wuhan city of Hubei Province, China at the end of 2019. On 11 March 2020, the World Health Organization has declared COVID-19 outbreak as global pandemic. Already more than 55 million people affected in 213 countries, areas or territories globally and died approximately 3.4 million more. No drug or vaccine justifies for short term cure and long term prevention till today. In this circumstances, immune boosting is the way to fight against COVID-19. Some Ayurvedic procedures like avoiding of causative factors, nasal instillation, rejuvenation therapy, behavioral therapy, yoga and meditation; daily regimen and seasonal regimen are very supportive to boost up immunity and these measurers may help to prevent COVID-19.



Biography:

Nazmul Huda is an assistant professor in Department of Ayurvedic Medicine, Government Unani and Ayurvedic Medical College, Mirpur 13, Dhaka 1221, Bangladesh

Recent Publications:

1. Nazmul Huda, Nepal Journal of Obstetrics and Gynecology, 2018