



An Appraisal of Immunity Boosting Measures against COVID- 19 in Unani Medicine.

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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). It was first identified in December 2019 in Wuhan city of China, and has been declared as pandemic by W.H.O . It emerged as a global public health concern, due to a large scale community based outbreak across countries within a short period of time. This is a new coronavirus, which primarily spread between people during close contact, most often through small droplets produced by coughing, sneezing, and talking. The droplets usually fall to the ground or onto surfaces rather than travelling through air over long distances. It is most contagious during the first three days after the onset of symptoms, although spread is possible before symptoms appear. The clinical manifestations include high grade fever, dry cough, dyspnoea, generalized body aches, malaise and loss of smell and taste. While the majority of cases are asymptomatic or result in mild symptoms, some progress to acute respiratory distress syndrome (ARDS). There is no medicine or vaccine for COVID-19 as of now, it is better to adopt preventive measures and also take certain steps which will help to boost our immunity. The recommended preventive measures to combat infection include maintenance of hand hygiene, respiratory hygiene, maintaining physical distance from others wearing of masks & strengthening of one's immunity. Unani medicine, being the science of life, believes in promotion & preservation of health through holistic approach. There is an extensive description of



Tabiyat & immune-modulation in classical literature of Unani Medicine to maintain a healthy life style in order to keep away from diseases. The details of the concept of immune-modulation in Unani system of medicine for disease prevention and health promotion will be described in full length paper.

Biography

Dr. Azad Hussain Lone is a doctor by profession and is presently working as Assistant Professor, Department of Dermatology & Cosmetology, Govt. Unani Medical College & Associated Hospital Srinagar Kashmir, India affiliated with the Department of Health & Medical Education Government of Jammu & Kashmir. The author has a vast clinical, research and teaching experience in the field of herbal Unani medicine. He has published a number of papers published in National & International journals of high repute. Besides, the author has attended various conferences/ seminars at National & International level and presented many papers/ presentations as a resource person.

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