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How To Boost Immune System Against Covid-19 Infections

Hypothesis: Present hypothesis give information related how to improve our immunity against COVID-19 and Treatment for Corona virus Disease. In current condition no effective medicines for treatment. But we are protecting our self to improving our immunity against covid-19 infections.



IMMUNITY



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Protect Yourself
with a Healthy Immune System

The Strategies Outlined Below May Boost Your Immune Health, Protect Specifically Against COVID-19:

1. Get Enough Sleep:

- Sleep and immunity are closely tied.
- In fact, inadequate or poor quality sleep is linked to a higher susceptibility to sickness.
- Getting adequate rest may strengthen your natural immunity. Also, you may sleep more when sick to allow your immune system to better fight the illness.
- Inadequate sleep may increase your risk of getting sick. Most adults should get at least 7 hours of sleep per night.

The Strategies Outlined Below May Boost Your Immune Health, Protect Specifically Against COVID-19:

2. Eat More Whole Plant Foods:

- Whole plant foods like fruits, vegetables, nuts, seeds, and legumes are rich in nutrients and antioxidants that may give you an upper hand against harmful pathogens.
- The antioxidants in these foods help decrease inflammation by combatting unstable compounds called free radicals, which can cause inflammation when they build up in your body in high levels.
- Furthermore, fruits and vegetables are rich in nutrients like vitamin C, which may reduce the duration of the common cold.

The Strategies Outlined Below May Boost Your Immune Health, Protect Specifically Against COVID-19:

3. Eat More Healthy Fats

- Healthy fats, like those found in olive oil and salmon, may boost your body's immune response to pathogens by decreasing inflammation.
- Olive oil, which is highly anti-inflammatory, is linked to a decreased risk of chronic diseases like heart disease and type 2 diabetes. Plus, its anti-inflammatory properties may help your body fight off harmful disease causing bacteria and viruses.
- Omega-3 fatty acids, such as those in salmon and chia seeds, fight inflammation as well.

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4. Eat More Fermented Foods or Take a Probiotic Supplement

- Gut health and immunity are deeply interconnected. Fermented foods and probiotics may bolster your immune system by helping it identify and target harmful pathogens.

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5. Limit Added Sugars

- Emerging research suggests that added sugars and refined carbs may contribute disproportionately to overweight and obesity.
- Obesity may likewise increase your risk of getting sick.
- Curbing your sugar intake can decrease inflammation and aid weight loss, thus reducing your risk of chronic health conditions like type 2 diabetes and heart disease.
- Given that obesity, type 2 diabetes, and heart disease can all weaken your immune system, limiting added sugars is an important part of an immune-boosting diet.
- Lowering your sugar intake may decrease inflammation and your risk of these conditions.

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6. Moderate Exercise

- More, regular, moderate exercise may reduce inflammation and help your immune cells regenerate regularly.
- Although prolonged intense exercise can suppress your immune system, moderate exercise can give it a boost.
- Moderate exercise can reduce inflammation and promote the healthy turnover of immune cells. Jogging, biking, walking, swimming, and hiking are great options.

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7. Stay Hydrated

- To prevent dehydration, you should drink enough fluid daily to make your urine pale yellow. Water is recommended because it's free of calories, additives, and sugar.
- While tea and juice are also hydrating, it's best to limit your intake of fruit juice and sweetened tea because of their high sugar contents.
- Given that dehydration can make you more susceptible to illness, be sure you're drinking plenty of water each day.

The Strategies Outlined Below May Boost Your Immune Health, Protect Specifically Against COVID-19:

8. Manage Your Stress Levels

- Relieving stress and anxiety is key to immune health,
- Long-term stress promotes inflammation, as well as imbalances in immune cell function.
- Activities that may help you manage your stress include meditation, exercise, journaling, yoga, and other mindfulness practices. You may also benefit from seeing a licensed counselor or therapist, whether virtually or in person.
- Lowering your stress levels through meditation, yoga, exercise, and other practices can help keep your immune system functioning properly.

Role of Vitamins And Minerals May Boost Your Immune Health, Protect Specifically Against COVID-19:

- Research has shown that supplementing with certain vitamins, minerals, herbs, and other substances can improve immune response and potentially protect against illness.

Vitamin D

- Vitamin D is a fat-soluble nutrient essential to the health and functioning of your immune system.
- Vitamin D enhances the pathogen-fighting effects of monocytes and macrophages — white blood cells.
- Vitamin D supplements may improve response to antiviral treatments in people with certain infections, including hepatitis C and HIV.
- Vitamin D is essential for immune function. Healthy levels of this vitamin may help lower your risk of respiratory infections.

Role of Vitamins May Boost Your Immune Health, Protect Specifically Against COVID-19:

Zinc

- Zinc is a mineral that's commonly added to supplements and other healthcare products like lozenges that are meant to boost your immune system. This is because zinc is essential for immune system function.
- Zinc is needed for immune cell development and communication and plays an important role in inflammatory response.
- Zinc supplements may protect against respiratory tract infections like the common cold.

Role of Vitamins May Boost Your Immune Health, Protect Specifically Against COVID-19:

Vitamin C

- Vitamin C is perhaps the most popular supplement taken to protect against infection due to its important role in immune health.
- This vitamin supports the function of various immune cells and enhances their ability to protect against infection. It's also necessary for cellular death, which helps keep your immune system healthy by clearing out old cells and replacing them with new ones.
- Vitamin C has been shown to reduce the duration and severity of upper respiratory tract infections, including the common Cold.

Treatment for Coronavirus Disease (COVID-19)

- The CDC **recommends**, that all people wear cloth face masks in public places where it's difficult to maintain a 6-foot distance from others.

Some treatment options that are currently being investigated for protection against SARS-CoV-2 and treatment of COVID-19 symptoms:

1. Remdesivir:

- Remdesivir is an experimental broad-spectrum antiviral drug originally designed to target Ebola.
- Researchers have found that remdesivir is highly effective at fighting the novel coronavirus in isolated cells.
- This treatment is not yet approved in humans, but two clinical trials for this drug have been implemented in China. One clinical trial was recently also approved by the FDA in the United States.

Treatment for Coronavirus Disease (COVID-19)

Some treatment options that are currently being investigated for protection against SARS-CoV-2 and treatment of COVID-19 symptoms:

2. Chloroquine:

- Chloroquine is a drug that's used to fight malaria and autoimmune diseases. It's been in use for more than 70 years and is considered safe.
- Researchers have discovered that this drug is effective at fighting the SARS-CoV-2 virus in studies done in test tubes.
- At least 10 clinical trials are currently looking at the potential use of chloroquine as an option for combating the novel coronavirus.

Treatment for Coronavirus Disease (COVID-19)

Some treatment options that are currently being investigated for protection against SARS-CoV-2 and treatment of COVID-19 symptoms:

3. Lopinavir and ritonavir:

- Lopinavir and ritonavir are sold under the name Kaletra and are designed to treat HIV.
- According to the World Health Organization (WHO), there could be benefits to using Kaletra in combination with other drugs.
- The drug treatment includes a mixture of Anti-HIV drugs LOPINAVIR and RITONAVIR, in COMBINATION with Flu drug OSELTAMIVIR in large doses.

Treatment for Coronavirus Disease (COVID-19)

Some treatment options that are currently being investigated for protection against SARS-CoV-2 and treatment of COVID-19 symptoms:

4. APN01:

- A clinical trial is set to start soon in China to examine the potential of a drug called APN01 to fight the novel coronavirus.
- The scientists who first developed APN01 in the early 2000s discovered that a certain protein called ACE2 is involved in SARS infections. This protein also helped protect the lungs from injury due to respiratory distress.
- From recent research, it turns out that the 2019 coronavirus, like SARS, also uses the ACE2 protein to infect cells in humans.
- The randomized, dual-arm trial will look at the effect of the medication on 24 patients for 1 week. Half of the participants in the trial will receive the APN01 drug, and the other half will be given a placebo. If results are encouraging, larger clinical trials will be done.

Treatment for Coronavirus Disease (COVID-19)

Some treatment options that are currently being investigated for protection against SARS-CoV-2 and treatment of COVID-19 symptoms:

5. Favilavir:

- China has approved the use of the antiviral drug favilavir to treat symptoms of COVID-19. The drug was initially developed to treat inflammation in the nose and throat.
- Although the results of the study haven't been released yet, the drug has supposedly shown to be effective in treating COVID-19 symptoms in a clinical trial of 70 people.



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YOU