

## Covid-19 - Traditional Medicine Can Contribute: Need of Assimilation

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Still World is fighting with the Covid-19 pandemic, Importance of time when first patient of COVID appeared is important. Shortly we'll analyze this.

Very recent upsurge of Corona virus patients in China and Brazil is an eye opener, we need a more broad view in understanding this epidemic.

Modern Medicine, done a remarkable job in developing an effective.

Vaccination in short time and many lives are saved, in fact many viral diseases are difficult to cure, but Corona virus had created much panic because of its fast transmission and infectivity.

I feel this is the time we should assimilate knowledge from different systems of treatment so that we can fight this situation better.

Soon after emergence of epidemic, based on clinical evidences we came to know that level of Vitamin D in patients infected by Corona virus and patients with optimum levels of this Vitamin had less chances of complications. Most natural way if getting Vit D is exposure to Sunlight, although there are other dietary sources and you can also take pharma salt. But most natural way is exposure skin to the sunlight, below elbow and below knee 20 minutes daily exposure is sufficient.

Then we came to know that in vitro, various surfaces were tested for how speedily virus is inactivated, it was in early 2021, found that virus on Copper surfaces gets inactivated in least time among many surface examined, let me add here in Medical Astrology Copper is metal of Sun planet.

It was the time when patients suffering from Covid were being prescribed Zinc, as Zinc is known to improve general immunity, here we can get Zinc formulations without any prescription, soon patient were taking Zinc in overdoses.

There emerged development of cardiac complications, at this time I remembered early work done in the Modern Medicine that proper ratio of Copper/Zinc is must for cardiac care, although copper is an essential trace ailment but it is required in very trace amounts, over doses may be harmful. I prescribed rich diets in Copper as Nuts and greens helped such patients in reversing symptoms, later same was observed in patients suffering from mucormycosis after Covid infection.

Now coming to Medical Astrology and analyse what was the peculiarity of this time, Nov 2020 when first patient of Covid 19 surfaced.

Before proceeding further I would like to submit that Medical Astrology is being practiced since early ages and it is part of Ayurveda, but deep knowledge of general Astrology is required to practice Medical astrology.

Medical astrology for any epidemic disease pattern examines in detail atmospherical parameters to declare that it is the time for erupting any epidemic.

Every year and in 2020 also Sun was in debilitation from Oct 15 to Nov 15, means that degree of Sun or Earth as we take of Geocentric location was such that if joined by another fertile grounds there can be fertile grounds to erupt a new disease.

You may rightly ask when Sun remains in this degree every year why not every year we get a new virus, Astrology can only indicates that disease can erupt, But other man made factors; and our own life style and eating habits also operate equally.

Now coming to what we get advice or self help to prevent infective diseases and our immunity stronger, there are many.

Sun salutations or Surya Namaskar of our own Indian system, have been proven to improve immunity.

Exposure to Sunlight daily, there are many studies proving that besides Vitamin D synthesis there are other roles of Sunlight in improving Lung functions.

Keep a habit of early rising before Sun comes to the horizon, is a good habit to keep you biological clock tuned.

On earth all energies being utilized can be traced back to Sun and sunlight is the sole factor for photosynthesis. Sun being the boss of this Earth, so wake up before Boss arrives.

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