

Coronavirus: COVID-19 is Now a Pandemic

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Received: March 24, 2020

Published: April 01, 2020

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C-O-R-O-N-A: C: Clean Your Hands, O: Off from Gatherings, R: Raise Your Immunity, O: Only Think to Wear Mask, N: No to Hand Shake, A: Avoid Large Crowds.

Coronavirus is a large family of viruses which contains some enveloped, positive-sense, single-stranded RNA virus [1,2]. The name "Coronavirus" came from the Latin word Corona and the Greek word korone, which means crown. There are four types of coronaviruses (CoV) such as alpha coronavirus, beta coronavirus, gamma coronavirus and delta coronavirus. Severe acute Respiratory Syndrome Coronavirus (SARS-CoV) and Middle East Respiratory Syndrome-related Coronavirus (MERS-CoV) are under the beta coronavirus [3,4], which enters into the host cells and binds to the specific receptor such as ACE2 and DPP4 receptor respectively [1,2]. COVID-19 is a novel coronavirus which first came in Wuhan, China, in December 2019 and now it is pandemic in worldwide [5,6]. Actually, coronaviruses are zoonotic, that means they are transmitted through animals to people. SARS-CoV spread through civet cats to humans and MERS-CoV transmitted from dromedary camels to humans. But in case of COVID-19, the mechanism of action is unknown because this is a mutated gene of coronavirus. COVID-19 produced by much more number of mutations into host [5]. Vaccines and antiviral drugs are not approved till now for the treatment of COVID-19. World Health Organization (WHO) authorized 15 laboratories to provide reference testing support for COVID-19.

World's oldest medical system is Ayurveda, which can help in the management of many diseases with minor or no side effects sometimes. COVID-19 causes respiratory syndrome, where Tulsi

(Ocimum sanctum) is an effective medicine. Tulsi is generally used in headache, pain, cough and fever which are common symptoms of COVID-19. The leaves of Tulsi with cow ghee were considered as the best medicine for pneumonia and it has also antiviral activities [6].

In the whole world 209,839 confirmed cases are found according to WHO. Among these confirmed cases 8,778 peoples are dead unfortunately and 168 countries, areas or territories are affected [7]. Most affected country is China, then Italy, Spain, Iran, Germany, USA, France, South Korea and so on. India having 234 cases till date, in between these 5 people is dead and recently dead 1 people [8].

Common signs of this infection are fever, cough, respiratory symptoms, shortness to breath and suffering in breathing difficulties. In more severe cases it can cause pneumonia, kidney failure and even death [5]. For older peoples who are crossed 60 in ages this disease is developing severe and causes death [9].

World Health Organization told about some precautions to preventing in spreading of COVID-19 i.e. regular hand washing, covering mouth and nose at the time of coughing and sneezing, thoroughly cooking meat and eggs, avoid to touching your face, keep in from that activities which is responsible for the weakening of lungs. And mostly avoid close contact with anyone showing symptoms of respiratory diseases such as coughing and sneezing [5]. If someone suffering from any symptoms that mentioned above, for his/her safety quickly contact with the doctors and take the advise or/and do your check-up [9]. Be alert and stay safe. Hopefully our scientists and researchers will produce antidote as soon as possible.

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