



**Primary study for scope of future research for containment of Corona Virus (COVID-19) infection**

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**Idea Originator:** Jv'n Dr Panckaj Garg

**Acknowledge to the Idea Originator:** The idea to analyse the safety measures for containment of Corona Virus (COVID – 19) infection is brainchild of Jv'n Dr. Panckaj Garg, who always strives for betterment of community, this study is the part of those chain of efforts being done by him for community development, the basic purpose is to search & study the all safety practices which can be done to combat corona infection & to save the humans from this fatal corona pandemic.

**Publication Ideology:** The University initiative behind this publication is to exhibit the uniqueness of the research work done in which the reviewers were actively involved where Jv'n Dr. Panckaj Garg acted as the chief mentor and all other authors as mentors, under the aegis of “**Centre of Planning, Integration and Correlation**” which acts for integration of research and planning being done at “University Thought Process” and to correlates the same with Indian literature. The work done in this paper includes “Primary study for scope of future research for containment of Corona Virus (COVID-19)” is outcome of “University Thought Process” which is integrated and further correlated with the ancient literature, invention, and science & technology.

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**Abstract**

**Research Concept:** Need to Breakdown materials of Lipid Envelop (outer layer) of Corona virus & destroy its RNA/Protein Cells, Mean - Corona Destroyed

**Containment Measures**

1. Wash Hands with foam Soap for 20-30 seconds time to time & also clean the whole Tap to break the Lipid Envelop (outer layer of Corona virus).
2. Wipe your entire House with Detergent then Phenyl, or cow urine (Gomutra) to break the Lipid Envelop ((outer layer of Corona virus).
3. If complain of sore throat, Drink Ammonium Chloride solution & gargles with Vinegar which destroy/loosen the virus lipid envelop (outer layer of virus) & get pushed into Gut. Gut enzymes completely destroy the Lipid Envelop of virus & its RNA /Protein cells after taking vinegar & Hydroxychloroquine tablets as per Doctor's advised.
4. Use citrus fruits /vitamin C to enhance Immunity which also helps to destroy virus in Gut.
5. Expose your body in Sun light or take Vitamin D everyday that reduce the growth rate of virus.
6. Open the windows of your house & let the sunlight enter the house, as Sunlight is an Effective Disinfectant.
7. Perform Traditional worship- "Havan" to. Sanitize the.Air. "Havan" fume is Disinfectant & Air purifier.

8. Breathing Exercise - DO Annulom-Vilom everyday It expends Lungs & improve the lung capacity & infectious mucus root out if persist in throat .

A detailed analysis of mentioned points has been undertaken in this paper. This study under the aegis of “**Centre of Planning, Integration and Correlation**” and can be a useful basis for future research work to be done in the direction to find a suitable and effective regimen for containment of Corona Virus (COVID-19) infection.

**Keywords:** COVID-19, Corona, CPIC, Gomutra, Sanitize, Hawan & Annulom-Vilom

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## **Introduction**

Corona virus disease (COVID-19) is a contagious disease caused by a novel discovered coronavirus. Most people effected with the COVID-19 virus will experience mild to moderate respiratory discomfort. Elderly people, & those with. Medical conditions like cardiovascular disease, diabetes, chronic respiratory disease, & cancer are more prone to develop serious illness.

The best way to avert & slow down transmission is be fully informed about the COVID-19 virus, the disease its aetiology & how it spreads. Save yourself & others from infection by cleaning your hands or using an alcohol containing rub frequently & not touching the face.

The COVID-19 virus spreads mainly through droplets of saliva or contagious discharge from the nose when an effected person coughs or sneezes, so it's very important to practice respiratory etiquette & hygiene (for example, by coughing into a flexed elbow).

At this time, there is no specific vaccine or treatment available for COVID-19. However, there are many ways by practicing them we can combat with corona. (Source: WHO Communication – 2020 March)

The Jayoti Vidyapeeth Women's University, Jaipur has been established by the Government of Rajasthan through Act No. 17 of 2008 as per UGC Act 1956 dated April 21, 2008. the University is NAAC Accredited having recognition & approvals from related statutory councils. The University has established Non Granted Innovation Centre, Incubation Centre, R & D Centre, Research Laboratories with have sufficient Research Resources & integrative supportive units.

At Present, Dr. Panckaj Garg, Founder & Advisor along with his Team is fully involved in thinking & finding the ways how to eradicate Corona Virus. The University has been also been declared as “500 Bedded Quarantine Centre” by the Government of Rajasthan for the containment of COVID-19. This paper is the outcomes of 'University Thought Process for containment of Corona Virus.

This study can be a useful basis for future research work to be done in the direction to find a suitable and effective regimen for containment of Corona Virus (COVID-19) infection.

## **Correlation with Ancient Indian Literature**

The Atharvaveda (AV) is by all explanations a useful compendium of medicine in its various stages of evolution & includes the most primitive as well as some of the most highly developed phases of therapy. In AV the word Brahma is used in the sense of Physician. The name Atharvan is mainly synonymous with Bhesaja or medicine. The AV represents the charm system of the Ayurveda of the Vedic era. The refrain of AV is that, charms & talismans are more efficacious than herbs & medicines. Kayacikitsa (general medicine) is one of the eight parts of Ayurveda, which has

detailed mention in the AV & helps to establish the continuity of medical practice in the Vedic period. So some scholars had mentioned Ayurveda as Upaveda or Upanga of AV. AV mentions a large number of diseases both major & minor in clear terms. The term used in AV for severe respiratory disease is Yaksma. AV details regarding etiology factors, classification & various medical disorders with special reference to Yaksma & other severe respiratory disorders. (Source: Prasad et al, 2002)

### **Detailed study & literature analysis**

Methodology & their detailed analysis for containment of corona virus (COVID-19) is detailed in this section with listing of important measures & the specific mechanism involved with the measure for containment

### **Containment Measures**

1. Wash Hands with foam Soap for 20-30 seconds time to time & also clean the whole tap to break the Lipid Envelop (outer layer of Corona virus)

**Mechanism Involved:** The corona virus is a self-confined nanoparticle in which the breakable link is the lipid bilayer. Soap dissolves the lipid/fat membrane & the virus gets destructed (Tordarson et al, 2020)

### **Source Reference**

URL: <https://www.theguardian.com/commentisfree/2020/mar/12/science-soap-kills-coronavirus-alcohol-based-disinfectants> - Accessed on 26 March

2. Wipe your entire House with Detergent then Phenyl, or cow urine (Gomutra) to break the Lipid Envelop (outer layer of Corona virus)

**Mechanism Involved:** Presence of chemicals like urea, creatinine, swarn kshar (aurum hydroxide), carbolic acid, phenols, calcium, & manganese in gomutra has strongly explained the antimicrobial & germicidal properties of Cow Urine - Gomutra (Kaur et al, 2015)

**Source Reference:** Gurpreet Kaur Randhawa & Rajiv Sharma, Chemotherapeutic potential of cow urine: A review, *Ethnopharmacol.* 2015 Apr-Jun; 4(2): 180–186.

3. If complain of sore throat, Drink Ammonium Chloride solution & gargles with Vinegar which destroy/loosen the virus lipid envelop (outer layer of virus) & get pushed into Gut. Gut enzymes completely destroy the Lipid Envelop of virus & its RNA /Protein cells after taking vinegar & Hydroxychloroquine tablets as per Doctor's advised.

**Mechanism Involved:** Ammonium chloride acts as an expectorant due to its irritant action on the bronchial mucosal layer. This effect causes the production of high respiratory tract fluid which in turn facilitates the effective expulsion of infective content.

**Source Reference:** URL: <https://www.drugbank.ca/drugs/DB06767> - Accessed on 26 March

Hydroxychloroquine concentrates in the lysosomes of the microorganisms, raising the pH of the food vacuole. This activity interferes with the parasite's ability to proteolyse hemoglobin, prevents the normal growth & replication of the parasite. Hydroxychloroquine also interferes with the action of parasitic heme polymerase, allowing for the accretion of the toxic product beta-hematin.

**Source Reference:** URL:<https://www.drugbank.ca/drugs/DB01611>- Accessed on 26 March

4. Use citrus fruits /vitamin C to enhance Immunity which also helps to destroy virus in Gut.

**Mechanism Involved:** Ascorbic acid quickly accretes in microvascular endothelial cells, engulfs reactive oxygen species, & acts through tetrahydrobiopterin to stimulate nitric oxide production by endothelial nitric oxide synthase. A major reason for the long duration of the improvement in microvascular function is that cells retain high levels of ascorbate, which effects redox-sensitive signaling pathways to reduce septic induction of NADPH oxidase & inducible nitric oxide synthase. (Wilson et al, 2009)

**Source Reference:** Wilson JX, Mechanism of action of vitamin C in sepsis: ascorbate modulates redox signaling in endothelium, Biofactors. 2009 Jan-Feb;35(1):5-13.

5. Expose your body in Sun light or take Vitamin D everyday that reduce the growth rate of virus.

**Mechanism Involved:** Vitamin D acts as important stimulant for innate immunity & calcitriol enhances the antimicrobial effects of macrophages & monocytes also, which are important responsible cells, fighting against pathogens with enhancing chemotaxis & phagocytic power of innate immune cells. (Prietl et al, 2013)

**Source Reference:** Barbara Prietl, Gerlies Treiber, Thomas R. Pieber, & Karin Amrein, Vitamin D & Immune Function Nutrients. 2013 Jul; 5(7): 2502–2521.

6. Open the windows of your house & let the sunlight enter the house, as Sunlight is an Effective Disinfectant.

**Mechanism Involved:** Vitamin D acts as important activator for innate immunity & it gets synthesized in presence of sunlight Vitamin D. On exposure of sunlight 7-dehydrocholesterol in the skin absorbs UV B radiation & it gets converted to previtamin D3 which in finally isomerizes into vitamin D3. (Wacker et al, 2013)

**Source Reference:** Matthias Wacker & Michael F. Holick, Sunlight & Vitamin D A global perspective for health, Dermatoendocrinol. 2013 Jan 1; 5(1): 51–108.

7. Perform Traditional worship- "Havan" to sanitize the Air. "Havan" fume is Disinfectant & Air purifier.

**Mechanism Involved:** Ghee & camphor is used mainly in all categories of hawan.

➤ When Ghee is burnt like oil it produce natural fumes that heal the respiratory system & clear any blood clots & bacterium interrupting the nasal pathways & lungs. (Bansal et al, 2015)

➤ Another important component in *Hawan* is "Camphor" obtained from the plant *Cinnamomum camphora*. When the camphor is burnt in the fire during hawan, the bronchi's of breathing system is cleared quickly. (Bansal et al, 2015)

Components used in hawan samagri - Sweets like honey and gur (jaggery), nutrition like dry fruits, aromatic herbs like ela, dalchini. Lavang rose petals, antibiotic herbs like guggal and gyal when burnt purify the atmosphere. In addition, sandalwood used as important component of hawan samagri is an effective disinfectant itself. (Khalsa et al, 2020)

**Source Reference:** Parveen Bansal, Ramdeep Kaur, Vikas Gupta, Sanjiv Kumar, & Raman Preet Kaur, Is There Any Scientific Basis of *Hawan* to be used in Epilepsy-Prevention/Cure?, J Epilepsy Res. 2015 Dec; 5(2): 33–45.

8. Breathing Exercise - DO Annulom- Vilom everyday It expends Lungs & improve the lung capacity & infectious mucus root out if persist in throat .

**Mechanism Involved:** Annulom- Vilom Pranayam may be regarded as a activator to enhance ventilation & oxygenation of the paranasal sinuses & the positively effects the nasal respiratory epithelium by enhancing better surface availability of oxygen & negative pressure in to the nasal cavity. (Bhardwaj et al, 2013)

**Source Reference:** Atul Bhardwaj, Mahendra Kumar Sharma, & Manoj Gupta, Endoscopic evaluation of therapeutic effects of “Anuloma-Viloma Pranayama” in *Pratishyaya* w.s.r. to mucociliary clearance mechanism.& Bernoulli's principle, *Ayu*. 2013 Oct-Dec; 34(4): 361–367.

**Conclusion:** It can be concluded that although COVID-18 is a serious threat to mankind but by practicing certain measures as discussed in the paper, the containment of COVID-19 infection can be done in effective manner.

**Future Scope of Work:** This study can be a useful basis for future research work to be done in the direction to find a suitable and effective regimen for containment of Corona Virus (COVID-19) infection.

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