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## What is coronavirus disease (Covid-19)? Its unani management

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### Abstract

The all coronaviruses has been estimated to have existed as recently as 8000 BC. Covid-19, belong to the beta coronavirus genera, it appears that bats as warm blooded flying vertebrates, ideal hosts for coronavirus gene source. The disease was first identified in 2019 in Wuhan, the capital of China,s. The common symptoms include fever, cough and shortness of breath. Incubation period, 02 - 14 days. The lungs are the most affected by Covid-19, because the virus accesses host cells via the enzyme ACEZ, which is most abundant in the type 2nd alveolar cells. It's also affected gastric, duodenal and rectal epithelium small intestine. The Unani treatment as prevention and prophylactic, interventions to the conventional care and preventive measures.

**Keywords:** Covid-19, Unani Medicine, Ibne sinah, PPE.

### Introduction

Corona virus (COV) are a large family of viruses that causes respiratory illness severe acute respiratory syndrome (SARS-Cov-2) and middle east respiratory syndrome (MERS-Cov) is an infection diseases caused by a new coronavirus like Novel Corona virus (Covid-19), with symptoms such as a cough, fever and in more severe cases, difficulty breathing. Coronavirus disease spreads primarily through contact with an infected person when they cough or sneeze. It also spreads when a person touches a surface or objects that has virus on it, and then touches their eyes, nose, or mouth <sup>[1]</sup>.

The disease was first identified in 31 December 2019 in Wuhan, the capital of china's Hubei province and has since spread globally, resulting in the ongoing 2019-20 coronavirus pandemic <sup>[2, 3]</sup>. 213 Countries or territories reported Covid-19 incidence with 25, 30, 095 confirmed case and 1, 74, 727 deaths as per WHO Factsheet as on 22 April 2020. As on 16 April 2020, total 18, 985 confirmed cases and 603 deaths are reported in India from various parts <sup>[4]</sup>.

### Others names

1. nCoV-2019 Acute respiratory disease
2. Novel Coronavirus Pneumonia <sup>[5]</sup>
3. Wuhan Pneumonia
4. Wuhan Coronavirus
5. SARS-CoV-2 <sup>[6]</sup>

Common symptoms include fever (88%), dry cough (68%), and fatigue or myalgia (38%). Uncommon symptoms such as shortness of breath (19%), pain muscles or joint (15%), loss of smell and abdomen pain (15-30%), headache (14%), sore throat (14%), diarrhea (4-30%), nausea or vomiting (5%). In severe cases symptoms like confusion, bluish face, coughing up blood, chest pain decreased RBC, RF, High fever and multi-organ failure <sup>[7, 8, 9]</sup>.

### Incubation Period (IP)

The incubation period (Time from exposure to the development of symptoms) Typically 05 to 06 days, but may range from of the novel coronavirus-19 is estimated to be between 02-14 <sup>[10, 11]</sup> or 00-24 days, 97.5% of people who develop symptoms will do so within 11,5 days of infection <sup>[12]</sup>. SARS 2-27 days, MERS 2-14 days, Swine flu 01-04 days based on the following sources:

- China's national health commission (NHC) has initially estimated an IP for Covid-19 to be between 10-14 days.
- The United States (CDC) estimates the IP for Covid-19 to be between 2-14 days.

### Evolution

The all Coronaviruses has been estimated to have existed as recently as 8000 BC, about 2400 BC Alpha Coronaviruses, 3300 BC Beta Coronaviruses for present bats, 2800 BC Gamma Coronaviruses and 3000 BC Delta Coronaviruses present for birds. It appears that bats and birds, as warm blooded flying vertebrates, are ideal hosts for Coronaviruses gene source with Bats for alpha and beta <sup>[13]</sup>.

### Taxonomy of Covid-19

- Kingdom: Virus
- Realm/Phylum: Riboviria
- Order: Nidovirales
- Family: Coronaviridae
- Genus: Beta Coronavirus
- Species: SARS-CoV/SARS-CoV-2 or Covid-19 <sup>[14]</sup>

### Cause

The disease is caused by the SARS-Cov-2. It is primarily spread between people during close contact and via respiratory droplets from coughs and sneezes <sup>[15]</sup>. This virus no viable after 4 hours on copper, 24 hours on cardboard, 72 hours on stainless steel & plastic. The virus has also been found in faeces 1 to 12 days, and transmission through faeces is being researched <sup>[16]</sup>.

### Pathophysiology

The lungs are the organs most affected by Covid-19, because the virus accesses host cells via the enzyme ACEZ, which is most abundant in the type -2 alveolar cells. It is also affected gastric, duodenal and rectal epithelium of small intestine <sup>[17]</sup>.

### Diagnosis

- CDC Rrt-PCR: (Polymerase chain reaction) test Kit for Covid-19 <sup>[17]</sup>
- CxR-Are of little value in early stages
- CT-Scans of the chest

### Risk factor

Travel, Viral exposure

### Prevention

Observe good personal hygiene, Avoid touching your eyes, nose and mouth with unwashed hands, Hand washing with antiseptic soap, Quarantine, Physical or social distancing, Avoid to travel, Avoid contact with live animals and consumption of raw/ undercooked meats, wear a mask if you have respiratory symptoms such as cough, rung nose <sup>[18]</sup>.

### Management

The Unani system of medicine gives focus on prevention through lifestyle modification, dietary management prophylactic interventions for improving the immunity and simple remedies based on presentations of the symptoms <sup>[18]</sup>.

- **Masks like N-95**
- **Preventive and Prophylactic:** Preparation of

decoction by boiling, Behidana (*Cydonia oblonga*) 3gm, Unnab (*Zizyphus jujuba*) 5 in number, Sapistan (*Cordia myxa*) 9 in number in water, Boil these in 250 ml water-boil it keep in a glass bottle and use it lukewarm. The drugs used in the preparation of this decoction have been reported to have antioxidant, immunomodulator, antiallergic, smooth muscle relaxant and anti-influenza actively. This decoction may be taken twice a day for 14 days <sup>[18]</sup>.

- **Interventions to the Conventional Care:** Unani Medicine useful in the management of Corona virus infection. *Khamira Marwareed* 3-5gm once a day, *Tiryaaq Arba* 3-5gm twice a day, *Tiryaaq Nazla* 5gm twice a day, *Sharbat Unnab* 10-20 ml twice a day, *Arq Ajeeb* 4-8 drops in fresh water and use four times a day. <sup>[18, 19]</sup>
- **O<sub>2</sub> Support and Supportive care:** Fluid, Oxygen support- if severe dyspnoea, Ventilator support- if affected vital organs <sup>[20]</sup>.
- **PPE (Personal protective equipment):** During the pandemic, the PPE consists of garments placed to protect the health care workers or any other persons to get infected. These usually consist of standard precautions:
  - Respirator or Face mask N-95 according to WHO <sup>[21]</sup>
  - Gown
  - Medical gloves
  - Head cover
  - Rubber boots
  - Eye protection <sup>[22]</sup>.

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