

THE CORONAVIRUS AND DISEASE CALLED: COVID-19

EDITORIAL TEAM

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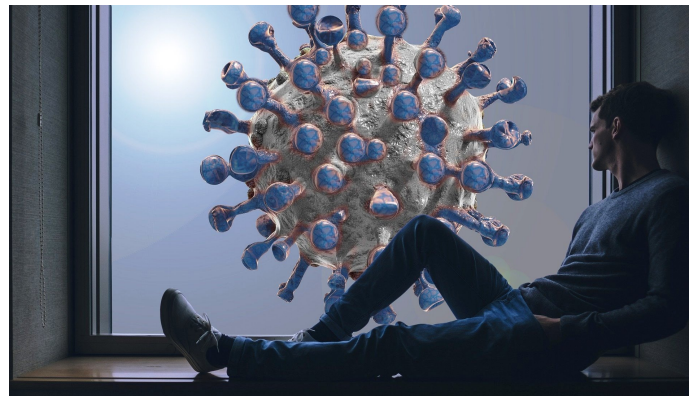
Coronavirus disease 2019 (COVID-19) is an infectious disease caused by a newly discovered coronavirus, called the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) which was first identified as the cause of a disease outbreak that began in China in 2019. In March 2020, the World Health Organization (WHO) declared COVID-19 a pandemic.

How does COVID-19 spread?

Data has shown that it spreads from person to person among those in close contact (within about 6 feet, or 2 meters). The virus spreads by respiratory droplets released when someone infected with the virus coughs, sneezes or talks.

What are the symptoms of COVID-19?

COVID-19 symptoms can be very mild to severe. Some people have no symptoms. Mild symptoms may include fever, fatigue, cough, sore throat, headache, and decreased sense of smell or taste. More severe symptoms may include shortness of breath, chest pain, severe vomiting and diarrhea. Symptoms may



appear 2 to 14 days after exposure. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Elderly people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

Can COVID-19 be prevented or treated?

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. A vaccine isn't currently available for the coronavirus disease 2019 (COVID-19). No antiviral medication is recommended to treat COVID-19. Treatment is directed

at relieving symptoms.

What can I do to avoid becoming ill?

The CDC recommends following these precautions for avoiding COVID-19:

Avoid large events and mass gatherings.

Wear a cloth face mask in public areas.

Avoid close contact (within about 6 feet, or 2 meters) with people outside of your home.

Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Cover your mouth and nose with your elbow or a tissue when you cough or sneeze. Throw away the used tissue.

Avoid touching your eyes, nose and mouth.

Clean and disinfect surfaces you often touch on a daily basis.

Stay home if you feel unwell.

Refrain from smoking and other activities that weaken the lungs.

Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people. If you have a chronic medical condition and may have a higher risk of serious illness, check with your doctor about other ways to protect yourself.

Sources:
WHO, CDC.
mygov.in

WASH YOUR HANDS
SPREAD THE WORD,
NOT THE VIRUS.

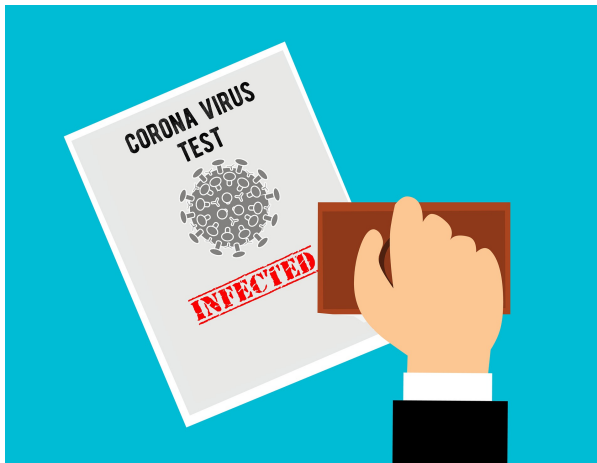
REMOVING THE BARRIER - ZOOM WAY

Now that the majority of the country is practicing physical distancing, the way we get connected has dramatically changed. Musicians are streaming concerts on YouTube, comedians are going live on Instagram, and people all over the world are using WhatsApp video calls. Taking the benefit of the technology, Zoom meeting was conducted on April 13, 2020 by Dr. Mahendra Balar and

Dr. Neetu Jain to get connected with PIYAS' regulars. Dr. Mahendra answered questions related to COVID-19 and how attention to other major illnesses has been affected. COVID-19 related anxiety was eased with a session of laughter by Dr. Neetu during the session. Dr. Neetu gave tips on yoga, diet and maintaining optimal mental health. Like every time, the session ended with a big smile and happiness.



Dr. Neetu Jain and Dr. Mahendra Balar during Zoom meeting.



DIAGNOSTIC TESTS FOR SARS-COV-2

The pandemic of coronavirus disease 2019 (COVID-19) continues to affect much of the world. Diagnostic tests for severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is still evolving. There are 2 types of diagnostic tests commonly in use for SARS-CoV-2 infections:

RT-PCR (reverse transcriptase-polymerase chain Reaction) and **ELISA** (**IgM and IgG en-**

zyme-linked immunosorbent assay).

RT-PCR test performed using nasopharyngeal swabs or other upper respiratory tract specimens, including throat swab or, more recently, saliva. Specificity of most of the RT-PCR tests is 100%. ELISA-based IgM and IgG antibody tests have greater than 95% specificity for diagnosis of COVID 19.

COVID - 19 AND SUNSHINE VITAMIN

Research studies have shown a strong correlation between vitamin D levels and cytokine storm (a serious complication of COVID-19 infection).

Cytokine storm can severely damage lungs and lead to acute respiratory distress syndrome and death in patients. Patients from countries with high

COVID-19 mortality rates, such as Italy, Spain and UK had lower levels of vitamin D.

Frequent coughs & cold, low mood, poor muscle strength, aching bones, recurring infection, and constant fatigue could be signs of vitamin D deficiency.



SWITCH OFF COVID, SWITCH ON IMMUNITY - JAIN SEVA MISSION, DUBAI.

On Friday, May 15th, 2020, 5 - 6.30 pm (Dubai Standard Time), Jain Seva Mission - Dubai hosted a Holistic Health Webinar. Experienced doctors from PIYAS Bangalore Dr. Mahendra Balar and Dr. Neetu Jain and Team PIYAS (comprising of Dr. Mirza, Dr. Jayaprakash, Dr. Vishnu Prakash, and Dr. Poosamathi) shared their insight on staying healthy in relation to the pandemic of COVID-19. More than 240 IDs logged in to participate in the Webinar. Live question and answer session was done. The theme of the Webinar was "SWITCH OFF COVID, SWITCH ON IMMUNITY." Broadly speaking, exaggeration behind the causes, hyped speculated statistics, and natural reasons were the three facts and misconceptions amongst many behind the outbreak and spread of this virus that Dr. Mahendra Balar demystified. He tried to lay bare the facts and stressed that there was no need to panic or harbor misconception but at the same time suggested to take precautionary measures to be safe. Apprehensions post lock down scenario was cleared. According to Dr. Neetu Jain, building immunity is the way forward and yoga and naturopathy are the panacea that the world should wake up to. She suggested and demonstrated



simple stretches, Sup-tatadasana, Ujjayi and Shitkari breathing amongst many to be done daily to improve lung strength. She advised on taking "God made foods," i.e., fresh fruits and vegetables and also herbs and concoctions with immunity

boosting potency. The session concluded with a quick presentation and 12 key takeaway points. The hosts thanked team PIYAS for their valuable inputs.

Below is the snapshot of the 12 takeaway points shared in Webinar.

TIPS TO PREVENT/TREAT COVID

Aim: To maintain good appetite, sound sleep, calmness of mind and providing nutritious food with minimum medications to boost the immunity.

1. Early to bed, early to rise.
 2. After brushing, Steam inhalation with Pudina (Mint) leaves and Ajwain seeds added to boiling water.
 3. Gargling with Warm Salt-Turmeric water
<https://www.youtube.com/watch?v=6QiZrp5KScg>
 4. 2 drops of PIYAS Nasal drops into both nostrils morning & evening
 5. Thirty minutes of body loosening exercises, stretching and relaxing Asanas, Pranayama and Meditation.
 6. Intake of Herbal tea once or twice a day – prepared as shown in PIYAS Youtube channel.
https://www.youtube.com/watch?v=a_YOtoBu2mU&t=84s
 7. Spices like Turmeric, Cumin, Coriander and Garlic are recommended in cooking. Increase intake of Vitamin C – Lemon, citrus fruits etc.,
 8. At evening – Do Gargling before going to bed and Drink Herbal Tea
 9. Sunbath daily once (between 6 – 9 am) to get Vitamin D, which is very important to protect against infections.
 10. Room fumigation (Dhoopana) with Turmeric, dried Neem leaves, camphor added with ghee.
 11. Social Behaviour changes – maintain physical distance when out, avoid going out in crowded areas / groups, wear a mask / cloth barrier when in public areas, maintain good hygiene practices
 12. Most Importantly – Do not FEAR / Panic
- For more information visit – <https://bit.ly/piyasyoutube>

YouTube VIDEOS - PIYAS



<https://youtu.be/czHitNGzbzU>

India Lockdown - unlock a better you. 0:55



<https://youtu.be/tdHj9UuVV8k>

Immunity, The Vedic way (in the times of Corona) 24:43



<https://youtu.be/u7b48IXq2xM>

7Cs: To Keep Covid-19 away 9:18



<https://www.youtube.com/watch?v=crkAGUYh95s>

What next? Is it over yet ? 6:01



<https://youtu.be/KeKkZpAXpF8>

Top Natural Immunity Boosting Tips 6:38



https://youtu.be/dB6tlqQ-_el

Dr Neetu Jain from PIYAS on World Hemophilia Day for KHS 7:56

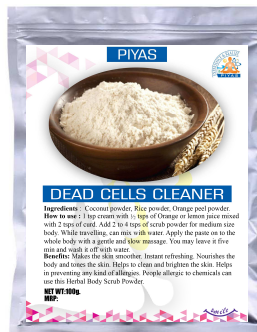
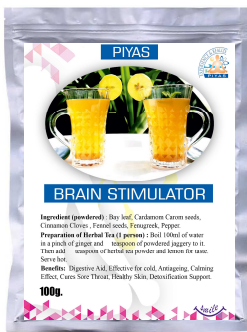
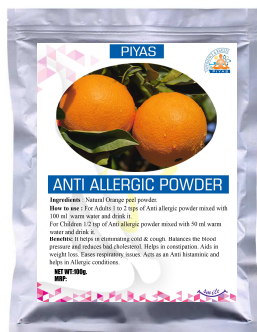
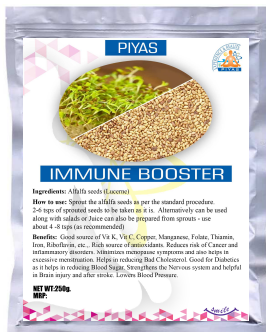
PIYAS LAUNCHES IMMUNITY BOOSTING WELLNESS PACKAGE (OUTPATIENT & INPATIENT)

The program includes:

- Yoga: Sukshma Vyayama (gentle stretching exercises) to Dhanurasana, Vajrasana, Bhujangasana, etc.
 - Yogic Kriyas: Jala Neti, Kunjala, and Laghu Shanka-prakshalana.
 - Pranayama.
 - Meditation and relaxation.
 - Gargling 3 - 4 times per day with warm salt water and turmeric.
 - Steam bath and steam inhalations.
 - Sun bathing.
 - Warm water drinking.
 - Nasal drops.
 - Hydrotherapy packs.
 - Colon hydrotherapy.
 - Hot foot bath.
 - Immunity boosting drinks and diet.
 - Acupuncture and acupressure.
 - Aromatherapy.
 - Music therapy.
 - Pertinent laboratory testing.
- ... and much more.
#atmanirbharswasthya
- Be Your Own Doctor

PIYAS - MAITRI DIAGNOSTICS





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PIYAS Herbal tea is our daily morning & evening energy & health booster and my day never starts without one.
- Pallavi Jain

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Services we offer

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