CORONAVIRUS
HELP GUIDE
OVERVIEW

Coronavirus is spreading horribly at a rapid rate, but is it really so frightening or can be controlled? First of all, don’t panic. Here, we have tried to provide you with the whole relevant information and answers to the questions arising among the society by majority of the population as well as affecting their thoughts negatively. This all information is provided after the approval of the medical professionals, Ayurveda experts and the reports of the World Health Organization (WHO).
WHAT IS CORONAVIRUS?

Coronavirus disease is recently declared as pandemic and named as COVID-19 by the WHO. It is a contagious disease spreading very quickly from one person to another. Coronavirus has “High Infectivity but Low Mortality Rate”.

![Coronavirus Image]
WHO IS GETTING AFFECTED AND HOW MUCH?

Anyone can get infected but as per the reports till the date, it is mostly affecting the people with weak immunity, including two groups of people at major. One is the old-age as their immunity level decreases with the increasing age. The other is with the pre-existing medical situations, because they are more likely to catch any infection due to the weak physical strength as well as immunity system.
WHAT IS ITS INCUBATION PERIOD? WHAT CAN BE DONE FOR THAT?

The incubation period of Coronavirus is 10 to 12 days. Incubation period is the symptom free period during which virus cannot be detected even during the screening. The virus test should be mandatory for all who are travelling from the affected regions to the other areas. So, one step that should be taken by the government is to make it compulsory to bring the recent test reports of Coronavirus test, while travelling to any other country to prevent the spread of the virus.

CAN ONE DIE IF GET INFECTED?

Coronavirus symptoms may mimic from common cough and cold to pneumonia. Mild cases can be controlled and treated, preventing the mortality. However if not treated timely and severity of disease increase with time can lead to death of the patient. But treating the symptoms and practicing the preventive steps as being provided by various health organizations as well as in this guide will help you to be safe against the virus also to help others in the same way.
CAN WE PROTECT OURSELVES AGAINST IT? WILL IT VANISH?

Whenever the weather changes or switches from one season to another, viruses appear at a high rate, some are so weak that disappears at a minor level, and some become dangerous, depending upon its properties. The outer temperature is unpredictable, but the inner temperature of the body is in our control. We can easily maintain it by drinking lukewarm water, having the rich sources of anti-oxidants in our diet, and avoiding the eatables of cold potency for a period of time until it gets resolved. We have provided all those food items which you can add in your diet for stronger immunity and can be easily available anywhere worldwide in this safety guide.
WHAT AYURVEDA SAYS ABOUT IT?

In Ayurveda, it is said that the evocation (Avaahan) of anything make its existence possible, whether it is negative or positive and such viruses are termed as “Bhoot” which simply means such elements which are invisible but creates problems. Till the time, the affected people are lower than that the frightened people. Thinking of Coronavirus all the time brings negative thoughts and disappointments leading to weak immunity, which makes a person, believe that he may be asymptomatic to the Coronavirus, even in the case of common cold and flu.

Let us not spread the fear and negativity about it but think positive and be positive, just act healthy and you can easily be safe against it. Negativity and Disappointment reduces the immunity of our body due to which we become more prone to the disease. Ayurveda provides with the best and most effective herbs which help to maintain your overall health by boosting up your immunity and protect against any type of diseases as well.
A GOOD STEP FOR BETTERMENT

So, the primary step towards it should be the positive thinking and strengthening immunity. Mental Balance along with the maintenance of physical health is the need of the time to restore the healthy environment and eliminate the effect of this virus naturally and more effectively. Let’s spread positivity and health to fight against this Coronavirus effectively.
HOW IS IT SPREADING AND WHAT IS ITS SOLUTION?

As it is always said that every problem has a solution, so do Coronavirus have. The solution of being safe against it lies in its features only.

1. SPREADING BY COMING IN TOUCH WITH AN INFECTED OR SICK PERSON

**SOLUTION:** Maintain a distance or if required then have a protected contact with the sick people.

2. SPREADING BY COMING IN TOUCH WITH AN INFECTED SURFACE

**SOLUTION:** Always keep sanitizer with you and use it after touching anything like door knobs, handles, pens, etc. at banks, reservation centers, or other places, buttons of machines such as ATMs, computers, etc. where they are being used by many people.
3. SPREADING THROUGH COUGHING OR SNEEZING

**SOLUTION:** Always use handkerchief, a tissue or bent elbow while coughing, or sneezing.

4. DROPLET INFECTION AFFECTING THE AGED PEOPLE AND PEOPLE WITH WEAK IMMUNITY MAJORLY

**SOLUTION:** Make your immunity strong by eating healthy diet and avoiding the dead and unhealthy food. For stronger Immunity you should also have a sound and healthy sleep and be in the stress-free and positive environment.
5. IT STAYS FOR MAXIMUM 24 HOURS ON THE SURFACE, BUT CAN STAY FOR 2 TO 3 DAYS ON THE SCREENS OF MOBILE PHONES AND PLASTIC

**SOLUTION:** Maintain hygiene and cleanliness around you, regularly clean up the doors, chairs and all the other surfaces in your premises, whether it is residential or official, which comes in contact with the people. Try to keep your mobile phones in covers and avoid direct touching your nose or mouth with your hands while or after using phone without washing them or using sanitizer.
OTHER TIPS FOR SAFEGUARDING YOURSELF AGAINST THE CORONAVIRUS:

1. Going to crowded places can be avoided for some period of time such as Shopping Malls, theatres, but while going to the public places, transport, crowded places, and others which can’t be avoided, then you should use the masks.

2. Avoid travelling much and being in the crowded places, until it is must.

3. If you are a cashier, or involved in a job which needs getting in touch with the currency, then you must wear the gloves or avoid touching your mouth or nose before using sanitizer or washing hands, as the money is the one thing that rotates everywhere and can’t be controlled. Opting for the use of digital currency more can help you in this to an extent.

4. Wash your hands periodically, it doesn’t mean that you should create phobia that have to wash hands again and again, it’s just avoid touching your nose and mouth after touching any surface before washing hands or using sanitizers.
5. A few drops of Desi ghee, Badam Rogan Oil or Anu Tailam will help you to avoid the dirt, virus and bacteria to enter your body through your nostrils, hence is a supportive therapy to save you against the infections.

6. Performing some Yoga-Asanas like Pranayam, Kapaal Bhati and Anulom Vilom will help you to boost your immunity and balance your mental health, hence to bring positivity within the body.

7. **Yagya therapy** is also one of the best therapies to purify the environment, spread positive energies and eliminate negativity. It is not necessary to follow the complete ritual every time, you can just take a small piece of Guggul (*Commiphora wightii*), a pinch of hing (*Ferula assa-foetida*), some leaves of Neem (*Azadirachta indica*), pinch of Turmeric (*Curcuma longa*), and some leaves of Tulsi (*Ocimum tenuiflorum*), mix them and burn in a mud, iron or copper bowl and spread its smoke in your room, home, office and your surroundings then keep it in a common room. It will help to vanish many viruses and bacteria in the environment resulting in the purification of air, hence creating positive and healthy environment.
DIET RECOMMENDATIONS FOR STRONGER IMMUNITY AND PREVENTING CORONAVIRUS

WHAT TO CONSUME FOR STRONGER IMMUNITY?

1. Be habitual of drinking 1 glass of Super Green Smoothie every day in the morning. Making Super Green Smoothie is very simple, just take all or any of the following ingredients, add some water, grind and drink it. Ingredients for Healthy Super Green Smoothie are:

- Indian Gooseberry (Amla) – 1-2
- Spinach – 2-3 leaves
- Coriander Leaves – 6-7
- Fenugreek Leaves – 6-7
- Tulsi Leaves – 6-7
- Wheatgrass – 6-7 leaves
- Green Grapes – 6-8
- Mint Leaves – 6-7
- Spirulina Powder - ½ tsp
2. Be habitual of drinking 1 glass of red juice everyday in the evening. Making Red Juice is also very simple, just add all or most of the following ingredients in a grinder, some water if requires, grind it well and drink it. Ingredients for a perfect Red Juice are:

- **Beetroot**
- **Carrot**
- **Pomegranate**
- **Red Grapes**
- **Apple**
3. Taking Amla Juice - 3 tsp thrice daily will help you more during this Corona period as it is the best natural herb for boosting immunity. Also you can take Amalaki Rasayan capsules – 2 capsules two times in a day, as per your age and advised by the physician. Capsules are more convenient to take if you are travelling or at work.

4. You can mix Indian Gooseberry (Amla), Mint leaves (Pudina), Tulsi (Ocimum tenuiflorum) and Coriander Leaves (Dhaniya) to make fresh and healthy sauce for daily consumption in place of other packed or other home-made sauces, as it will provide you all the essential nutrients for your health.

5. Consuming Indian Gooseberry (Amla) daily in raw or any form helps in boosting your immunity at a very higher rate as it is the richest source of Vitamin-C, and anti-oxidants. It is a perfect combination of health with taste.

6. Coriander is rich in Vitamin C, calcium and iron which makes your bones stronger as well as increase your immunity. Adding this in your daily diet will be much helpful. You can add coriander in your diets in many
ways, such as, to garnish your food, in Salad, in Green Juice, Coriander Sauce, etc.

7. Consume Almond, Walnuts, Cashew Nuts, Raisins, Dates and figs daily to improve your immunity. Soaked dry fruits will provide the best results.

8. Sprouts are the most important part of a balanced and healthy diet, consuming it daily prevents various diseases.

9. Consume more fruits and vegetables to boost your immunity and be safe against the diseases.

10. Curcumin, desi ghee, Cinnamon, Tulsi, Black Pepper (Kali Mirch), Ginger, Unrefined Sugar, and Jaggery are full of the anti-allergic and anti-biotic properties that helps in preventing as well as treating many diseases and maintain a stronger immunity.

11. Replace your normal tea or coffee with Tulsi-Ginger Tea and Arjun Tea for balancing the internal functions of the body and maintain a good health. You can add Black Pepper, Curcumin, Mulethi (Glycyrrhiza Glabra) in your Tulsi-Ginger tea for the better results.

12. Giloy (Tinospora cordifolia) is considered as the best anti-oxidant and anti-ageing herb. It is being used and has
the proven benefits in case of any type of fever. So, taking giloy in any form daily will help you to improve your immunity and fight infections. You can take Giloy stems, soak them overnight and drink the water in the morning or can take the Giloy Capsules, Giloy powder or Giloy juice, whatever is easily available.

13. You can take Pippali (Piper longum) as it helps in cough and different types of throat infections. It will help you to have a clear throat.
CAN A PERSON WITH STRONG IMMUNITY ROAM AROUND FREELY?

As we are constantly discussing that it majorly affects the people with weak immunity, but it does not mean that the people with stronger immunity are free to do anything. You may have the stronger immunity, but what if you transfer the infection by coughing or sneezing to a person with weak immunity? You will recover from it easily but after the spread, it will affect others, who may not recover like you. So, all should take care of the preventive measures that are being provided by various health organizations.
THIS WHOLE INFORMATION FOR YOUR GOOD HEALTH AND WELLBEING IS BEING PROVIDED BY

PLANET AYURVEDA

CONTACT US

Address: Plot No. 627, JLPL, Industrial Area, Sector - 82, Mohali -140306, Punjab (INDIA)

Phone: +91-172-521-4030, +91-172-521-4031

Cell Phone: +91-991-559-3604, +91-842-749-4030


E-mail Id: herbalremedies123@yahoo.com

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www.twitter.com/planetayurveda9
Ayurveda always focuses more on the Prevention than the Cure. Hope, these preventive measures and information will help you all to prevent Coronavirus and spread healthy and good vibes all over the world, so that we can fight it together.

Stay Positive!! Stay Safe!!

Thank you