

Corona virus – Tips to enhance immune system

Dear friends this is the spring time and you were all waiting for Holi to come , but the coronavirus has pressed your panic button...

Let's not panic.

As respiratory care practitioners , I am Dr Bose, it's my moral responsibility to share tips to enhance your immune system & stop the spread of this droplet infection.

Corona virus are regular like any other virus .

We had few viruses from time immemorial , but we could control these . It's not just vaccination that can stop the spread of virus , our simple common sense tips can help you.

Common sense tips that can help you :

- 1) When you get up in the morning after you brush your teeth , have plenty of vitamin C rich in ascorbic acid - lemon tea , this can enhance your immune system and it's an anti virus.
- 2) First have a glass of smoothie rich in vitamin C fruits like oranges and plum lemons, and add good veggies rich in lycopene and beta carotene like carrots and tomato, so have your own smoothie , try not to add water .
- 3) Do a regular Betadine gargle morning and evening, Betadine is a iodine, the moment this gets in contact with your throat - Pharyngeal mucosa it's converted into a nascent iodine. Undiluted Betadine germicidal gargle is a very healthy way of cleansing your upper airway .

Dear friends, this virus gets into your upper respiratory tract by a droplet infection like sneezing or coughing something , but , by using those facial masks , tissues doesn't really help you , what you have to do is , because these are very tiny particles the cleansing is the most important thing.

So if you follow your cleansing techniques it's very useful.

Now what exactly is a cleansing technique :

Simply this , we have those hypertonic saline solution are available, by the name of nasoclear all salt spray , you can use one in each nostril, clean your upper respiratory tract , because cleansing is important , as this respiratory virus gets into your respiratory tree thro' this upper mode , so use nasal spray to cleanse your upper respiratory system.

Then take a lot of steam inhalation , we normally tell people to take this medicated steam use tea bag steam inhalation , it is rich in antioxidants and of course the yogic method of neti pot - or the nasal wash , very useful tool you can cleanse your upper respiratory tract with a good nasal wash .

So :

- Do nasal wash
- Do cleansing Betadine gargle
- Have plenty of vitamin C
- And for your immune system take plenty of sun .

- Wash your hands follow the six basic steps of hand washing and always see to it that you have a carbolic acid soap in your washroom , the Lifebuoy soap , which is a very good cleansing carboxylic acid or carbolic acid soap which cleanses your germs .

So I think friends , need not press the panic button, these are simple tips , as respiratory practitioners we follow it and are able to avoid this kind of infections, we handle ICU OPD patients , we see so many patients in bulk , it's very difficult to segregate who has got corona and who is non corona , if you follow this , boost your immune system , eat a lot vitamin C fruits , follow the simple steps told , play Holi , meet people , don't get carried away by small whatsapp messages ,Corona can really never damage you if you thus take care of yourself. So enjoy Holi , meet people , just follow these tips ,do it twice a day , it shall enhance you and protect you ...

Thankyou.

If you want you can spread this message , this is

Dr Bose

Senior consultant SSSIHMS

Respiratory care practitioner.

And if you want to ask any thing you can text me at 9810159667

Thank you so much ...

Betadine gargle

Pour Povidone-Iodine (BETADINE®) Gargle & Mouthwash into the cup. Dilute with an equal amount of warm water if taste is an issue. Swish part of the solution briefly in the mouth and spit it out. Tilt your head backwards and gargle for a total of 30 seconds via swirling the liquid at the throat.

To prepare lemon black tea, start by putting 1 cup of boiling water in a mug and steeping a black tea bag in it for 3 to 4 minutes. After you take the tea bag out of your mug, add 2 tablespoons of honey and 1 tablespoon of lemon juice to your tea. If you want, add a slice of lemon to your mug as a garnish.

Naso clear saline nasal spray

This product is used to treat dryness inside the nose (nasal passages). It helps add moisture inside the nose to dissolve and soften thick or crusty mucus. In babies and young children with stuffy noses who cannot blow their noses, using this product helps to make the mucus easier to remove with a nasal bulb syringe.