



Nutrition amid the COVID-19

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Short Communication

In December 2019 in Wuhan, China, a series of acute respiratory disease was recorded which started spreading rapidly. Soon it was discovered as novel corona virus and it is named as SARS CoV -2 or 19 nCoV which is today a global pandemic. Within no time there was a great hustle in unfolding both curative and preventive measures. At the one side of the door research is being carried out for the vaccine, whereas the other side of the door still remains closed with multiple questions about nutrition and its role in preventing infection of corona virus.

Search engine queries in India about the corona virus have risen to 1100 % more in volume from September 2019, among which nutrition is the major concern. Will eating nutritious food reduce the risk of corona virus infection? This is the basic question in everyone's mind. Well WHO (World Health Organization) the specialized agency of the United Nations responsible for international public health couldn't provide concrete evidence for this question.

Some renowned studies from Harvard introduced concepts like budget food where a chart with food products with necessary nutrients in the available budget and kid friendly meals for children to reduce the risk of Coronavirus infection has been proposed. Nutrition is really

a challenging aspect in a country like ours where 69% of deaths of children who are under the age of 5 years are only due to Malnutrition.

However, the centre for disease control suggested having a healthy diet, being physically active and managing stress and getting enough sleep as the basic measure for individual health in this pandemic. Now what is the so-called healthy diet suggested by our professionals. According to a study a healthy diet should include proper meal planning (taking nutritional value in consideration) proper cooking (washing of vegetable and maintain hygiene) and healthy eating habits aids in improving our wellbeing.

Being homoeopaths, there is a necessity to talk about mental health which has a huge impact on the body. So, managing stress and anxiety is also of primary concern. It has been suggested to take foods rich in vitamin c, vitamin d and zinc which play key role in fighting against infections and the inflammatory processes. Grains, legumes, vegetables, fruits, nuts and animals food are to be included in the diet in adequate amounts and to minimize the intake of salt (which causes a marked increase in the sodium levels in our body and decreased potassium levels) which increase the chances of stroke. At the end all we got to do is to have a healthy body and far more a healthier mind to fight with this deadly virus.

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