Integral Health Recommendations to Maintain Wellbeing during CoVid

This briefing paper will look at a range of options in managing the risk of getting SARS-CoV-2. (COVID-19).

It should be viewed as a supplement to the mass bulletins from the Working Committee.

There is also a list of frequently asked questions at the end of this document re. COVID-19 for your information.

What factors can depress our immune system?

- Older age: As we age, our internal organs may become less efficient; immune-related organs like the thymus or bone marrow produce less immune cells needed to fight off infections. Aging is sometimes associated with micronutrient deficiencies, which may worsen a declining immune function.

- Environmental toxins (smoke and other particles contributing to air pollution, excessive alcohol): These substances can impair or suppress the normal activity of immune cells.

- Excess weight: Obesity is associated with low-grade chronic inflammation. Fat tissue produces adipocytokines that can promote inflammatory processes. [1] Research is early, but obesity has also been identified as an independent risk factor for the influenza virus, possibly due to the impaired function of T-cells, a type of white blood cell. [2]

- Poor diet: Malnutrition or a diet lacking in one or more nutrients can impair the production and activity of immune cells and antibodies.

- Pregnancy: Did you know pregnant women have altered immune function because their immune system is repressed in order to allow for fetal cells to grow and develop? Worldwide understanding of how pregnant women are being affected by COVID, either directly or indirectly, is mounting. There is an increase in the number of stillbirths and premature births. It’s probably best to avoid hospitalisation right now, and to seek home care for pregnancy care, childbirth and breastfeeding support.

- Chronic diseases: Autoimmune and immunodeficiency disorders attack and potentially disable immune cells.

- Chronic mental stress: Stress releases hormones like cortisol that suppresses inflammation (inflammation is initially needed to activate immune cells) and the action of white blood cells.
- Lack of sleep and rest: Sleep is a time of restoration for the body, during which a type of cytokine is released that fights infection; too little sleep lowers the amount of these cytokines and other immune cells.

So the general advice to minimise COVID is to follow these precautions: wear a mask, maintain social distance, avoid crowds, stay home if sick, avoid smoking tobacco or ‘weed’, reduce or stop drinking alcohol, lose weight, take regular exercise, give attention to your diet, ensure you have adequate sleep and consider the advice given below on taking known immune boosters.

Supplements that might help

A recent paper published in the BMJ Nutrition, Prevention & Health found that of 3,72,720 UK participants (1,75,652 supplement users and 1,97,068 non-users) the following supplements were found to reduce the risk of becoming infected with SARS-CoV-2.

- Probiotics – 14%
- Omega-3 fatty acids - 12%
- Multivitamins - 13%
- Vitamin D – 9%

What is already known on this topic?

☐ Dietary supplements have been shown to play key roles in supporting immune function, but the extent to which specific supplements are associated with reduced risk of SARS-CoV-2 infection is not known.

What this study adds

Individuals taking multivitamins, omega-3 fatty acids, probiotics or vitamin D were less likely to be tested positive for SARS-CoV-2 in three large independent cohorts of app users.

There was a significant protective association for vitamin D, omega-3 fatty acids, probiotics and multivitamins in female users across all ages and body mass index categories within the largest (UK) cohort; yet, there was no association in male users of this cohort.

Vitamin C, zinc and garlic supplements had no association with risk for SARS-CoV-2. (i.e showed no benefit)

☐ There is a need for randomised controlled trials of selected supplements.
Summary:

Lifestyle recommendations to maintain wellbeing during these stressful times with diet, exercise, mental health and sleep.

Diet and Exercise - Eat freshly prepared home-made foods with pulses or grains and vegetables along with spices (eg: ginger, turmeric, black pepper, cumin, coriander, cinnamon, basil, garlic etc). Fresh fruit for breakfast. Uncooked salad vegetables daily. Avoid Kapha-producing foods like dairy products and sugar/sweet food. If the digestion feels heavy, take a shot of Ginger-Turmeric-Black pepper powders after food.

- Drink hot water with ginger and lemon or herbal teas (especially Tulsi – works wonder on the respiratory tract) or green tea.
- Eat 1tsp a day of Chyavanprash
- Organic fruits or vegetables are nature’s “Farm”acy, they might not look appetizing and shiny but they are full of vitamins and minerals and their seeds are “mother seeds” (they reproduce fruits or vegetables when you plant them, unlike hybrid or modified seeds that are sterile).
- Keep moving, do exercise, sweat it out even if it’s just 15 minutes per day.
- Keep your senses lubricated: drink enough water; put 2 drops of sesame oil or Anu Tailam (ayurvedic medicated oil) in each nostril in the morning and at bedtime; massage the sole of feet and palms of hands with sesame oil if you can’t do a full body oleation.
- Gargle with hot water, salt and a pinch of turmeric.
- Take steam inhalation for 1-2 minutes once or twice daily. Inhale through nose and exhale through mouth and repeat by inhaling through mouth and exhale through nose. Add Ajwain or Eucalyptus if preferred.
- Cultivate happiness and positiveness by nourishing your senses and mind with uplifting news, sounds, images, contacts.
- Clean the atmosphere with sage fumigation or holy basil vaporization.
- Wash your hands regularly especially before preparing and eating food and before/after the use of the toilet.
- Do not eat left-overs, stale or junk food or do not eat out in uncleaned premises
- Burn incense or do aromatherapy with eucalyptus, holy basil, rosemary, sage, sandalwood.

Action to take: Supplements, Ayurvedic preparations approved by the Indian Government (AYUSH) and sunbathing for Vitamin D, acupressure and a focus on positive energy and thoughts.
- **Supplements**

  Probiotics – 1 - 2 times per day, Omega-3 fatty acids 1 time per day, Vitamin D - 60000iu once a week for 3 weeks, and Multivitamins 2 times per day.

- **Sunbathing**

  Lie in the sun in a place that is private and remove all clothes. Lie on your back until warm then in sequence roll over on the right side, tummy and left side. This will increase your Vitamin D levels.

**Ayurvedic Medicines (Open attached links)**

- **AYURVEDA RECAP OF PREVENTIVE MEASURES FOR GOOD HEALTH**

- **HOW TO BOOST THE IMMUNE SYSTEM WITH AYURVEDA – (InTamil)**

**Immunity Enhancers - Single Drugs:**

- **Guduchi** (Tinospora cordifolia (Thunb.Miers): Consuming 500 to 1000 mg of aqueous extract of Guduchi or 1tsp of powder twice daily

- **Amla** (Indian gooseberry – Embilica officinalis L/ Phyllanthus emblica L): Consumption of fresh Amla fruit or dry Amla is also advisable

- **Haridra-Turmeric** (Curcuma longa L): Gargling with warm water added with turmeric powder and a pinch of salt or Turmeric (Curcuma longa L)

- **Tulsi** (Ocimum sanctum) Frequent sipping of water processed with Tulsi

- **Ashwagandha** root powder 3-5gm twice a day with warm milk or water/ ashwagandha extract 500mg twice a day with warm water

**Immunity Enhancers - Formulations:**

- **CHYAVANPRASH AVALEHA** - 6 - 10 - 12 gm / 1 Spoon

- **DRAKSHAVALEHA** - 10 - 12 gm / 1 Spoon

- **INDUKANTAM GRUTHAM** - 10 - 12 gm twice daily before food, when hungry

- **ARAVINDASAVAL** - 15 - 20 ml with equal quantity of warm water after food

- **BALACHATURBHADRA CHURNA** - 1 - 2 gm with honey

- **HARIDRA KHANDA** - 3 - 5 gm intermittently with honey/ warm water
Homeopathic remedies - Covid-19 Prophylaxis

The Government of India Ministry of AYUSH has suggested the homeopathic remedy, "Arsenicum album" as a possible Covid-19 prophylactic. The protocol is one dose (normally 3 globules) of the remedy taken once/day for three consecutive days.

For continuing support, the protocol may be repeated at three week intervals.

The eminent homeopath, Dr. Rajan Sankaran, feels that the remedy "Camphora" is effective as a Covid-19 prophylactic. His protocol is two doses of the remedy (in 1M potency) twice/day for two consecutive days.

It is not clear at what intervals this protocol needs to be repeated to support long term prophylaxis.

Summary

3 Globules Arsenicum Album 30C (once / day for 3 consecutive days)
OR
3 Globules Camphora 1M (twice / day for 2 consecutive days.)

Do not take the two remedies at the same time at any stage.

Nothing but water in the mouth for at least 15 minutes before and after taking any homeopathic remedy.

Acupressure to stimulate flow of Chi energy:
Applying manual pressure with the thumb to certain points in the body is known to confer immunity and improve respiratory effort.

Individuals can learn to apply intermittent pressure over acupressure points IG-4, IG-11, Rt-6, Tr-5, Vc-17, E-36 (French abbreviations).

See link for list of Acupressure points
- Joy, Mood & Mental Health

Joy is certainly one of the main ingredients to stay healthy.

During times of COVID, people may experience the stress of isolation through possible need for quarantine, or because of Government regulations on isolation and the need to distance from each other in order not to spread the virus. Isolation may lead not only to loneliness, but also to unwanted mindsets and emotions, that can generate physical related side-effects like sleeplessness or loss of appetite, and sometimes to depression and anger. Here are a few possibilities on how to keep a mind and being full of joy, regardless of the circumstances, in particular during periods of isolation.

1. Knowledge, understanding what is happening within:

- Normality of mood changes: Fluctuations of mood are normal and should be considered and accepted as such. Living is passing through experiences which may lead to joy or sadness. Although one’s goal should be to reach a balanced state of mind, it is not always easy to reach and to remain in it. Be kind to yourself!
- **Be aware of too big gaps in mood changes**: Alternating between highs and lows of mood is as similar for the body as alternating from hot to cold temperature. At some point however, it becomes overwhelming and may lead to issues.

2. **Techniques, Tool-box to balance**:

- **Observing**: The immediate effect of observing is that you withdraw from the ‘doer-attitude’, changing your focus and bringing immediate relief.

- **Reframing**: A very accessible tool is to treat the problem on a higher level than its origin. The purpose of reframing is for the problem to be diluted into something bigger, and helps it to dissolve.

- **Entertainment**: Doing something enjoyable and totally different brings a change of focus, and in doing so, the concern is put aside temporarily but long enough to consider that the matter was not actually as big as it seemed.

- **Socialising with friends**: Interactions allow us to feel less lonely and also naturally reframes personal concerns that can easily be diluted into collective ones. Chat frequently with relatives and close friends. This can prevent loneliness and bring acceptance.

- **Doing “as if”**: is a great tool for:
  1. Experiencing things differently
  2. Bringing some immediate relief
  3. Making things easier for the next time

3. **Feel free to ask for help, whenever needed**

Several structures in Auroville are offering their help for deep listening. You can reach out to us in case you would like someone to talk to. Many individuals are ready to help and listen.

- Mattram - 9487746051, 0413 - 2623551 or mattram@auroville.org.in
- Santé Clinic – 0413 - 2622803 or sante@auroville.org.in
- Deep adaptation

'Remain quiet within, concentrated only on receiving strength and health, confident that we are with you all the time, and you will soon be all right.'
Frequently Asked Questions

1. How is COVID-19 spread, how to manage risk of infection?

COVID-19 is thought to spread mainly through close contact from person to person, including between people who are physically near each other (within about 6 feet). People who are infected but do not show symptoms can also spread the virus to others. Cases of reinfection with COVID-19 have been reported but are rare. The best way to prevent illness is to avoid being exposed to this virus. You can take steps to slow the spread.

Wear a mask that covers your nose and mouth to help protect yourself and others. Stay 6 feet apart from others who don’t live with you.

- Avoid crowds and poorly ventilated indoor spaces.
- Wash your hands often with soap and water. Use hand sanitizer if soap and water aren’t available.
- Stay home and isolate from others when sick.
- Routinely clean and disinfect frequently touched surfaces and take other steps to stop the spread at home.

2. What is community transmission?

Community transmission is when we are no longer able to relate confirmed cases through chains of transmission. In that case, so many people have the virus that it is not possible to identify a single source. It means the sick person did not necessarily catch the virus from someone he/she knows who has been diagnosed with COVID-19, or they did not get infected due to travelling to some other location or from a different country. That is, they acquired it locally from an unknown source.

Earlier in the pandemic, contact tracing told us who the infected people mingled with and those people would be quarantined. But in the next stage - local transmission - it becomes impossible to know who or where a person contracted the infection. It could be a neighbour, a co-worker, someone at a wedding, funeral or at a shop in Pondy.

People who are physically near (within 6 feet) of a person with COVID-19 or have direct contact with that person are at greatest risk of infection.

When people with COVID-19 cough, sneeze, sing, talk, or breathe they produce respiratory droplets. These droplets can range in size from larger droplets (some of which are visible) to smaller droplets. Small droplets can also form particles when they dry very quickly in the airstream. Infection is primarily spread via airborne transmission.
It is now more commonly thought that the primary mode of Covid transmission is through airborne aerosols. Covid particles stay in the air for hours and can travel more than 10 metres. So, the longer time period that people sit in a poorly-ventilated room with a person who has Covid, the more likely it is for the other people to become infected.

3. What is herd immunity?

Herd immunity occurs when a large portion of a community (the herd) becomes immune to a disease, making the spread of disease from person to person unlikely. As a result, the whole community becomes protected — not just those who are immune.

Often, a percentage of the population must be capable of getting a disease in order for it to spread. This is called a threshold proportion. If the proportion of the population that is immune to the disease is greater than this threshold, the spread of the disease will decline. This is known as the herd immunity threshold.

What percentage of a community needs to be immune in order to achieve herd immunity? It varies from disease to disease. The more contagious a disease is, the greater the proportion of the population that needs to be immune to the disease to stop its spread. For example, the measles is a highly contagious illness. It's estimated that 94% of the population must be immune to interrupt the chain of transmission.

Herd immunity works through achieving a threshold immunity at the population level that is able to theoretically cut the transmission chain of a given infectious disease, be it obtained through natural infection or vaccination. Therefore, it would be wise not to view natural herd immunity or immunity from vaccines as a perfect solution but instead as steps on the way to pave (in addition to other control measures) to eliminate COVID-19. Let's not put all of our eggs in one basket. Immune boosting, social distancing, mask wearing, and frequent hand washing are important infection prevention measures that we can continue in order to limit the spread of the virus.

4. How does CoVishield vaccine effect immunity?

When the vaccine is injected into a person, it tells the immune system to start making antibodies and those antibodies will be available to defend the body if any coronavirus infection gets in. The vaccine is made from a weakened version of the common cold virus from chimpanzees. It has been modified to look more like coronavirus - although it can't cause illness. The vaccine is administered in two doses given between 4 and 12 weeks apart.

The vaccine has been shown to be 70.4 percent effective at preventing symptomatic Covid-19 occurring more than 14 days after receiving two doses of the vaccine.
5. If I have had COVID-19 or have had both vaccinations can I stop using precautions?

Even after you have been vaccinated or had Covid-19, you should still follow all the precautions, such as wearing a mask and maintaining distance from other people.

6. What are long-term effects of COVID-19 virus infection?

Long COVID is a range of symptoms that can last weeks or months after first being infected with the virus that causes COVID-19 or can appear weeks after infection. Long COVID can happen to anyone who has had COVID-19, even if the illness was mild, or they had no symptoms. People with long COVID report experiencing different combinations of the following symptoms:

- Tiredness or fatigue
- Difficulty thinking or concentrating (sometimes referred to as “brain fog”)
- Headache
- Loss of smell or taste
- Dizziness on standing
- Fast-beating or pounding heart (also known as heart palpitations)
- Chest pain
- Difficulty breathing or shortness of breath
- Cough
- Joint or muscle pain
- Depression or anxiety
- Fever
- Symptoms that get worse after physical or mental activities

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