Corona Virus: A Pandemic

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In the midst of the continuous CORONA VIRUS pandemic, India has seen a gigantic flood of new cases in the previous 21 days. As of April month, 34,000 affirmed cases and 1074 passings have been accounted from near all the states/association regions of India. India has expanded the testing rate, has particularly fortified the medical services area to the battle of Coronavirus along with cross country lockdown. India with populace of more than 1.3 billion individuals which is a critical populace thickness in fact and the absence of all inclusive admittance to unsoiled water and generally speaking impoverished financial status, all have encouraged significant test to India's battle against Coronavirus. Not being able to control India's pandemic situation could have shocking results along with boundless cases and a large number of passings that could undoubtedly overpower the medical services framework of whole India. Could be converted into hotspot soon due to such devastating spread of pandemic of coronavirus. The WHO has expressed that "eventual pandemic's fate will rely upon how India handles it." During this time, our nation India is facing various tough challenges to fight against the pandemic coronavirus, so in this article, I have tried to collect the information about the current situation of India.

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INTRODUCTION

The tale of COVID-19 has just influenced over 6.9 million individuals, asserting in excess of 400 000 lives in more than 200 countries everywhere in the world. The massive number of cases were accounted from United States of America, Russia and Brazil on June 9, 2020, and that was the main concern for the whole world. While a few countries like China and South Korea have effectively had the option to level the pandemic bend, different countries think it is hard to accomplish the equivalent. Without any unequivocal treatment against Coronavirus, the flexibility of medical services foundation and wellbeing experts is being tested.

The epic Covid sickness has additionally invaded into India; up to this point more than 250 000 cases have been accounted from the nation. India could turn into the fresh focal point for COVID-19 with the population of 1.3 billion individuals. Because of the amazing populace thickness, poverty stricken finances and medical services assets, the World Health Organization (WHO) as of late expressed that "fate of the pandemic will rely upon how India handles it." Here, I have introduced a rundown of the current situation of CORONA VIRUS in the nation and India’s reaction along with significant difficulties that lie ahead. (World Health Organization, 2020)

In this article, it is also written that how India
controlled the spread of COVID-19 and the treatment used by India for the symptomatic relief of the corona patient and the different ways used based on the Ayurveda.

Current condition of Corona Virus India

The first instance of CORONA VIRUS in quite a while was accounted for on January 30, 2020; the file persistent was the understudy who had gotten back from Wuhan. From that point, just 2 additional cases were accounted for in February. Hence, In the long stretch of March, more cases went to the front line and there has been a drastic increase in cases since the last 50% of the end of April month of 2020. Till 9th June 2020, a total of 266,598 affirmed CORONA VIRUS cases from 32 states/association territories is accounted for as per the Ministry of Health and Family Welfare (MoHFW). From the conditions of Maharashtra, Delhi, Gujarat and Tamil Nadu, lots of cases are accounted. Until now, the Ministry of Health and Family Welfare have revealed 7470 passings because of COVID-19, converting into case-casualty pace of 2.7%.

On April 6, 2020, a gauge given by the MoHFW revealed that 76 percent from the total number of affirmed cases from the crowd were the only male. Individuals more youthful than 41 years of age and more seasoned than 60 years represented 48% and 20% of cases, separately. Unexpectedly, 63% of the apparent multitude of passings had happened in matured 59 years and more seasoned. The case-casualty rates were 0.40 percent, 2.36 percent, and 8.89 percent individually in 3 groups of age meetings, specifically less than 40 years of age, 40 to 60 years, and more than 60 years of age. Additionally, 86 percent of the passings were found in individuals with fundamental co-occurring, remarkably, diabetes mellitus, kidney infection, hypertension as well as cardiovascular sickness. Despite the fact that the general death rates are different in different countries, as it is minimum 0.6%-0.8% in Germany and maximum is 10%-11% in Italy, the manner in which mortality increases with propelling age and comorbidity presence due to CORONA VIRUS increases is reliable over all the countries. One more update by the Indian Council of Medical Research referenced 80 percent of cases are either asymptomatic or mild in India. This is fundamentally the same as what has been accounted for from the biggest Chinese series. (Ministry of Health and Welfare, 2020)

Reaction of India towards coronavirus

Nation has quickly reacted to the novel danger. Cross country lockdown has been forced with worldwide outskirts closed since March 25. On the planet, the response given by India was extremely high which surpassing the records from United States of America, Italy, Germany, France and the United Kingdom, according to the Oxford CORONA VIRUS Government Response Tracker. Without control and optimum lockout, by April 15, India would have had 820,000 events. Unexpectedly, as of April 15, the revealed number of CORONA VIRUS cases in India was 11,438, forestalling over 800,000 cases along these lines. The ICMR had previously expected that the complete number of cases would be decreased by 62 percent and the pinnacle number of cases by 89 percent by exact social separation (Bhatnagar et al., 2020). Likewise, the use of an ambiguous numerical model had predicted that by May 25, a continuous rise in CORONA VIRUS would have caused 3 million cases; as a general rule, as of May 25, there were 138,845 cases. In India, the CORONA VIRUS testing rates have increased significantly from 0.03/1000 individuals at the end of March to 3.29/1000 individuals as of 7th of June. ICMR approved and endorsed RT-PCR packs for the use in India till date. Rapid antigen test is being utilized for observational reasons. Testings were increased on a large scale and being done in 553 government laboratories and 231 private laboratories everywhere in India. The way for CORONA VIRUS testing has been extended to incorporate each one of those with suggestive illness having flu like symptoms. This increased number of tests done for screening and diagnosis might have become the reason for the drastic ongoing surge of the quantity of cases. Furthermore, as India needed strong medical support, so Indian government has set up more than 600 coronavirus devoted offices in all over India; as a reinforcement, the Indian Railways also supported a lot they have changed over 380 mentors into disengagement wards. To build mindfulness related Corona Virus and its avoidance by any means, communicated, web-based media all aspects have tried hard. (Research, 2020)

Upcoming issues afterwards

The greatest test in India’s battle against CORONA VIRUS is the populace, with a populace thickness that is just about multiple times that of China. The situation is conceivably more regrettable in metropolitan ghettos where the populace thickness will surpass in excess of 250,000/km², making social separating inconceivable. Every day pay staff are travellers of upwards of one forty million people in the country; with the inconvenience of cross-country lockdown, populace (mainly labourers) were compelled to run back to the cities without having the option of sending social distance warnings to the government. Unfortunately, the attitude and behaviour of a portion of the residents has
been another major obstacle in India’s fight against CORONA VIRUS; there have been incidental reports of regular people concealing travel history trying to get away from isolation and individuals taking an interest in any case prohibited monstrous strict gatherings. Although the medical services foundation has been earnestly reinforced and almost 2000 committed CORONA VIRUS offices have been amassed everywhere on the nation over a brief time, the deficiency of specialists can’t be made up for the time being. As contrasted with Italy’s 4.1, China’s 1.8, Spain’s 4.1, Iran’s 1.1 and the United States’ 2.6, India has 0.8 specialists per 1000. As of late, the critical situation were made by the super twister named Amphan in the eastern conditions of West Bengal and Odisha, which in the 2 states caused devastation. Individuals abandoned destitute by the daily catastrophe were covered and placed in tornado covers where it is virtually difficult to socially isolate. (Chetterje, 2020)

Various measure for control

The clinical highlights of CORONA VIRUS incorporate fever (not on the whole), breathing trouble, hack, laziness, headache, myalgia, sore throat, and conjunctivitis (likewise now and again). Subsequently, recognizing this illness from other respiratory contaminations is steadily testing, there is no appropriate treatment or any antibody available for Coronavirus. Patients having extreme intense lung disease, inspiratory or expiratory trouble, low oxygen content in blood, or stun requests quick o2 treatment. As a protective measure against the transmission of CORONA VIRUS, which trained such practices as through and customary hand washing using a hand sanitizer or cleanser based on liquor and water, while outside abstaining from touching eyes, nose and mouth, go around separation voyaging or swarm assembling and, urged breastfeeding children to improve insusceptibility. (Chen et al., 2020)

The government of India (state and central) was working hard to reduce the cases and outcomes every day and it is seeking a way to tackle the challenges and threats faced by this emerging undetectable pandemic conflict, including media, clinical affiliation, attendants, non-governmental organisations, police staff, also paramilitary forces. Sincere endeavors of cutting edge laborers particularly clinical specialists, medical attendants, medical services staff, disinfection laborers, police faculty, volunteers, and dynamic help and the sole possible cause attributable to rife monitoring and therapy was the dutifulness of individuals of India. This condition should be resolved at an advanced level in the experiments to treat/stop this CORONA VIRUS disease. Indian government got fundamentally engaged with the CORONA VIRUS flare-up and began checking each individual. The research office currently contains a real-time PCR test, Point-of-Care sub-atomic analytical tests, a fast neutralizer test (appropriate for recognition as the results will be available after single or two weeks of the pandemic disease), a simple antigen discovery test for early CORONA VIRUS detection. Beginning from under 100 tests for everyday basis, In its war against COVID-19, India reached a test milestone of 2,00,000 on 18 May. This two thousand overlap increment got attainable with collaboration from carriers, railroads, clinical universities, services, postal administrations, research organizations, and testing labs. India country had a solitary lab test for Coronavirus in January 2020, at National Institute of Virology of the Indian Council of Medical Research, Pune, and 555 laboratories were founded nationwide on 20 May and there are currently 1105 operational laboratories (788 government laboratories and 317 private laboratories) to handle CORONA VIRUS cases. Up to this point, 1,15,87,153 examples were attempted aggregate and 2,80,151 as of July 11, 2020. Moreover, since the first of April, around 2,03 crore N95 face masks and 1.20 crore PPE kits have been circulated in Indian states and UTs for nothing. India has sent the portable application ‘ArogyaSetu’ to monitor the developments.

Hydroxychloroquine (HCQ) is recommended as a chemical preventive drug for medical care faculty who are not having symptoms and taking care of CORONA VIRUS victims, cutting-edge labourers, and asymptomatic contacts of the affirmed cases without immunisation or antiviral treatment available against SARS-CoV-2, while the azithromycin-hydroxychloroquine blend is advised for patients with genuine infection. Nonetheless, IHRS(Indian heart rhythm society) suggests that utilization of HCQ according to the ICMR team proposals, firmly debilitates its utilization for the overall population without clinical management and solution. Likewise, ICMR encouraged to direct ECG palpitations, chest torment syncope throughout prophylaxis. The states were given more than 6.12 crore HCQ tablets. In spite of the fact that the turn of events and clinical preliminary of medications is a continuous cycle, MoHFW, India, said that it may take between 1.5 and 2 years for an antibody to mature. Bharat Biotech International Ltd. later developed one CORONA VIRUS immunisation team with the ICMR-National Institute of Virology, Pune. To examine it more inside and out examination, drug controller general of India allowed stage one and two clinical prelimi-
naries. Even though ICMR launched the clinical preliminaries of plasma therapy, it is said that it is very early to give green signal due to little achievements of this procedure by the chief of ICMR. Medication must be viewed as the highest quality level if the preliminary when directed haphazardly, gives a huge positive outcome from the patients on whom trial drugs were trying.

Department of AYUSH presented some suggestions for respiratory well being of populace. On the basis of Ayurveda and boosting immunity and some basic habits for preventions. Therapeutic plats are beneficial to some extent, eg. For fever and cold andrographis paniculate can be used, Cydonia oblonga zizyphus jujube Cordia mixa can be used as antioxidants, smooth muscles relaxants, against hypersensitivity, Tinospora cardiphia can also be used for persistent fever and agasta haritaki for contamination of upper respiratory tract, and some antivirals and cell reinforcement plants are brayonia alba, atropa baledona, rustoxico dendrum all of the above can be used in corona virus positive patients for immunity boosting purposes and for symptomatic treatments, we can also include some self care measures (ayurvedic methodology) for improving resistance. Such as consuming warm water whole day, doing yogasanas and pranayamas for half an hour every day and inclination of flavours like garlic, corriender and turmeric, drinking kadhas made using black pepper, cinnamonam, tulsi and dry ginger this should be consumed multiples times a day, we can also include golden milk (turmeric and milk), inhaling clove powder or smoke from it as well as some rasayanas like chyavanprash 1 to 2 teaspoon twice a day.

**Break in the dark cloud**

In India certain elements, albeit speculative, offer kindness a restricted spread of CORONA VIRUS pandemic, eminently, the surrounding temperatures in a tropical area, endemicity of malaria, widespread BCG immunization, and the deep rooted Indian convention of welcome by namaste instead of a handshake. Of late, CORONA VIRUS packs are being created in the nation itself by more than one maker; along these lines, reducing the cost of testing. Testing rates are however much less as compared to the created countries and at standard with the nearby non-industrial nations, equal to Indonesia, Philippines, Myanmar, Thialand and Pakistan. Moreover, the number of individuals having more than or equal 70 years old is just 3.4% in India, on the other hand, 11.8% in China and 37.5% in Italy, in this manner; the death rate is low in India to them. At last, India is the biggest maker (and provider) of hydroxychloroquine in the whole world, is the drug which have been found to have an advantage in the treatment of coronavirus to somewhat extent. But still many observational studies like randomized control trial showed advantages are inadequate. In any case, an ongoing report directed among medical services labourers in India has demonstrated that prophylactic utilization of at least 4 upkeep dosages of hydroxychloroquine was related with a huge decrease in the chances of getting contaminated alongside a good result profile. *(Gautret et al., 2020)*

**Overall scenario in India (positive effect)**

gaseous contamination in India is serious and adversity affects human wellbeing causing in excess of 3,60,000 new instances of youth asthma, 16,500 unexpected passing every year. This is due to the nitrous oxide and particulate issue in the scope of 3 $\mu$ m to 10 $\mu$m measurement noticeable all around produced from petroleum derivative consuming and principally from the vehicle area in India. Because of lockdown, air flight, and each conceivable method of transportation, alongside businesses, these are the essential wellsprings of gaseous contamination were stopped. Henceforth an improved quality of air was available.

Presumably, the climate is the main area that got a tremendously sure effect structure this CORONA VIRUS situation. Worldwide energy office revealed that worldwide coal utilize was near about 10% lower in the principal 4 months in 2020.

There is a lot of reduction in nitrogen dioxide during lockdown is shown by the various satellite of India. Delhi and Mumbai had near about 40 to 50% nitrogen discharge decrease contrasted with the earlier year. The power utilization level decreased by up to 9.2% while essential mechanical states Tamil Nadu and Maharashtra confronted a 4% to 6% decrease in power utilization till the finish of March month of 2020. A few urban communities in various places in Gujarat are furnished with power plants and transportations, outside waste cremation, development, block ovens coming about helpless air quality, likewise recorded a 30% force utilization decrease because of lock-down alongside there is marked reduction of 40% to 70% in nitrous oxide, Sulphur dioxide and carbon monoxide which increases the air quality in India. All the coal based forced plants under 300 km around Delhi in up, Haryana, Punjab due to less interest. Due to the secured down March, absolute non-renewable energy source utilization diminished to 18% contrasted with a year ago’s March. Due to the decrease in NO2 principle stage is secured. The presently air quality of Delhi, which is the capital of India is filed up to 20, which
was used to be 900 because of the presence of the 11 million enlisted vehicles on the streets. The decrement of PM in Delhi is disturbing, which is 2.5.

Because of account of stone quarrying and pounding Dwarka stream bowl is dirtied. The extreme PM10 is reduced from 278 micrograms per cube meter to 50-60 microgram per cube meter after 18 days lockdown. Betterment in the nature of the Yamuna Waterflow (centralizations of pH, EC, disintegrated oxygen, organic oxygen interest, and substance oxygen request diminished by 2–11%, 32–64%, 50%, 46–92%, and 32–80% separately) was additionally seen because of Delhi national capital region venture closes down, which generally used to add the harmful effluents into the water streams. There is decrement of 3–5 °C in surface temperature, while the commotion level dropped which was above 85dBA to <65dBA. Henceforth, during lockdown conditions waterways of Ganga also improved a lot. Basically jeopardized, after a span of near about 30 years the dolphins of south Asia river were seen in the Navi Mumbai. A huge number of flamingos have accumulated in the city of Navi Mumbai. The winged creatures regularly relocate to the region consistently, however, occupants have revealed that this year they have seen a monstrous expansion in their numbers. Water from Har-Ki-Pauri, which is in hardwar, is cleaned for drinking just after chlorination which is stated by Uttarakhand pollution control board.

CONCLUSIONS

India is by and by seeing a fast flood in the quantity of CORONA VIRUS cases. In spite of the fact that the cross country lockdown has had the option to reduce the spread of infection, the nation's increasing populace, strikingly high populace thickness and poverty stricken finances are significant boundaries in India's fight against Coronavirus. The general case-casualty rate is low, however, it is consoling to some extent. Lots of efforts have been taken by the medical care suppliers and the government of India. In addition, by adhering to government alerts of regulation and social removal, people can help sustain the fight against the pandemic.

Conflict of interest

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