

# **VIROLOGY, INFECTIOUS DISEASES AND COVID-19**

December 07-08, 2020 | Virtual Event

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## **Hit Hard and Hit Early concept along with alternative treatment options and combination measures to manage the COVID 19 Pandemic: Experience Based on Whats App Consultations**

**Introduction:** Amidst the growing corona virus pandemic which has affected nearly 49,031,012 cases with 1,239,608 as on date Nov 6th 2020. As on date we still do not have an effective cure for corona virus patients.

**Hit Hard and Hit Early Concept:** The key to successful treatment is starting the patients on Antivirals , Antibiotics (Augmentin 625mg three times daily ), Vitamin C 1000mg per day , Zincovit (Zinc plus Multivitamins plus Multiminerals plus Grape Seed Extract) , Lactobacillus (T Nutrolin B) , Anti pyretics along with salt water gargle and steam Inhalation from day one of onset of symptoms is the key for successful treatment in mild to moderate symptomatic COVID 19 patients.

**Salt water Gargle:** Salt water gargle with warm water to be done 3 times daily immediately from the onset of symptoms helps to reduce the viral load in throat.

**Ingredients for Steam Inhalation:** Steam inhalation to be done with 4 to 5 neem leaves or 10ml of neem leaf juice, one pinch of turmeric, one pinch of ashwaganta powder, small piece of crushed ginger, and two gloves of crushed garlic. All the ingredients to be mixed in water and boiled and steam inhalation to be done 3 minutes for 3 times daily can prevent the patients from landing in respiratory complications. Recommended only for COVID 19 Positive patients from day one of symptoms.

**Food Habits for COVID 19 Positives:** Ginger tea once in the morning and evening preferably not in empty stomach. In the night before going to bed, advice to take warm milk with a pinch of turmeric. Lime juice or hot chicken soups or frequent sips of hot water is also advised. Minimum three boiled eggs per day- One in each meal is recommended .Plenty of green leafy vegetables and onions are also advised. Strictly no smoking and no alcohol for all patients. Minimum exposure to sunlight for 10 to 15 minutes per day in your house roof top.

**Whats App Consultation:** I strongly recommend whats App consultation as a preferred mode of consultation for all patients with mild to moderate symptoms. In this way we can reduce the

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number of patients visiting the hospital, in turn which will reduce the viral load in the hospital environment. All treatment can be advised via Whats App. Drugs should be delivered to the patients house. All patients should be advised to monitor the SpO2 three times daily with Pulse Oximeter instrument and advised to send the values to treating doctor's whats App. The doctors can also monitor the patients via whats App video call. Further key to successful hospital referral is to advice the patients to get admitted in hospital once their SpO2 goes below 94.

**Conclusions:** A randomised controlled trial needs to be done with the drug Augmentin (Amoxicillin and Clavulinic acid). The effectiveness of salt water gargle and steam inhalation with the above mentioned ingredients needed to be studied further. Whats App consultations should be made a preferred mode of treatment for patients with mild to moderate symptoms of COVID 19.

## **Biography:**

Dr Ganesh .S.A has been working in the field of HIV/AIDS since 2006 in India .Has worked as Tamil nadu State AIDS Control (TANSACS) STI medical officer , ART medical officer and HIV Community care centre medical officer . After under graduation, completed his fellowship in HIV Medicine from Government Hospital of Thoracic Medicine (GHTM), Tambaram , which is a centre of excellence for HIV treatment , care and support in India. Has been selected as best outgoing fellow and worked as chief fellow in International Training and Education Centre for Health, India. Subsequently completed his MD in Community Medicine from Sree Balaji Medical College and Hospital (SBMCH) , Bharath University, Chennai. He was the first person as principal investigator to study about discordant response to ART in patients enrolled in a Government programme in India. Has done International Presentations of his research work in Africa , UK , India , Singapore , France , and in USA with many publications .Has been nominated by GHTM and SBMCH for the SAARC Prize on HIV/AIDS 2016 pertaining to his contributions in HIV research. He was conferred with Vocational Excellence Award by Rotary club of Anna Nagar, Chennai for Community Services and HIV Research.. Conferred with Bharat Vikas Award, National Award given by Institute of Self Reliance, Bhubaneswar, Odissa for his contributions to HIV Research and community services done during 2015 Chennai flood relief medical camp activities. Best clinical Researcher in Community Medicine and in HIV Medicine certificate received from ICCREEE (International Consortium for Clinical Research Excellence, Ethics and Education) for two of his publications related to HIV. While working as Assistant Professor in SBMCH, under his leadership free medical camps were conducted in various parts of Chennai continuously for a period of 3 years and his affiliated Bharath University was awarded NO 1 Rank in all India level in outreach activity by National Institutional Ranking Frame work in 2017. His area of research interest are discordant response to ART, virology, quality of life, clinical immunology and public health. Currently working as Associate Professor in Zoram Medical College, Mizoram, India in Department of Community Medicine.