



CREATURES IN THE WORLD ARE IMMORTAL,  
IT IS IMPOSSIBLE TO PREVENT DEATH, BUT  
IT IS POSSIBLE TO PREVENT DISEASES.

SHARANGADHARA SAMITA

CORONA AWARENESS

**YOU ARE  
NOT ALONE ON  
THIS JOURNEY**

LET'S FIGHT THE DARKNESS  
TOGETHER WITH AWARENESS,  
WISDOM, AND COMPASSION

No need to get panic, instead we can fight together with our awareness, wisdom, and compassion.

## CARE & SHARE ARE EXPRESSIONS OF LOVE!

**Care** everyone who is in need, don't create worries and put others in mental stress. Mental stability is very important for boosting one's immunity.

Don't **Share** food, clothes, bed, and seats ( If you have any kind of flu ). Communicable diseases spread from person to person by contact, touch, respiration, sharing of food, bed, seats, cloth, etc.

Hence if you are having any kind of common cold or flu (not necessarily corona) take care of yourself properly. Not share your belongings with others is also an expression of love

Relax - Don't stress out. Breathe.



No need to get panic, instead we can fight together with our awareness, wisdom, and compassion.

## PREVENTION IS BETTER THAN CURE

Give importance to body strength ( **immunity** ), try to recognize and avoid doing things which affect your immunity

Try to avoid

- Excessive exercises
- Over fasting
- Less intake of healthy foods
- Sticking to any particular taste of food only (ex: excessive use of pickles, sweets, salty food)
- Night awakening
- Exposure to fear, sorrows, worries
- Addiction to alcohol, tobacco, cigarettes

Relax - Don't stress out. Breathe.





## What we have to do ?

- Listen to your body
- Take warm, freshly prepared food, that too when you feel proper hunger
- One teaspoon of grated fresh ginger with a pinch of salt is a good appetizer
- Drinking buttermilk with a pinch of ginger or cumin powder helps digestion
- Excess intake of cold drinks reduces resistance and creates excess mucus
- Drink boiled water
- Maintain personal hygiene
- Do sesame oil/coconut oil massage for maintaining the healthiness of skin, body strength, promote blood circulation and induce sound sleep. (avoid if you have a fever, common cold, indigestion)
- Do Nasyam (nasal drops) anutailam/sesame oil 2drops in each nostril once daily
- Do proper exercise (walking, jogging, swimming)
- Make sure you have enough sleep in the night
- Do not repress the natural urges of the body like defecation, urination, coughing, sneezing, yawning, belching and passing gas
- Don't do self-treatment, kindly approach any of the health systems for proper care and advise
  
- Last but not least is "**healing starts from one's consciousness**" so mental stability and calmness is more important than anything else.



## LEARN FROM OUR MISTAKES

If we choose to learn from rather than fear, this virus, it can reveal the source of the chronic epidemic that is the real threat to our species.

When we separate ourself from nature and destroy diverse ecosystems, nature's response of checks and balances kicks in

It is not the virus we should fear instead, the human behavior which created the biological pressure for the mutation for this to occur and the emerging immune system vulnerability of the global population we collectively created.

For public concern prepared by



Dr Parvathy  
Arogyaniketan Ayurvedic  
Treatment Center  
Thiruvannamalai, Tamilnadu  
Contact: +91 9895 134 212  
<https://arogyaniketan.in>  
[parvathy.arogyaniketan@gmail.com](mailto:parvathy.arogyaniketan@gmail.com)

Dr suchithra Viswan  
Devamritam Ayurvedic Clinic  
Tiruvalla, Kerala  
Contact: 9400 864 944  
[suchithra.viswan@gmail.com](mailto:suchithra.viswan@gmail.com)



# Coronavirus Disease [COVID-19]

## Research and Statistics

by Our World in Data

### **Coronavirus Disease (COVID-19) - Statistics and Research**

Coronavirus Disease (COVID-19) is a new global problem. This is our overview of the early research and data on the outbreak. We update this page daily.



Stunning insights into the Coro... ⋮

