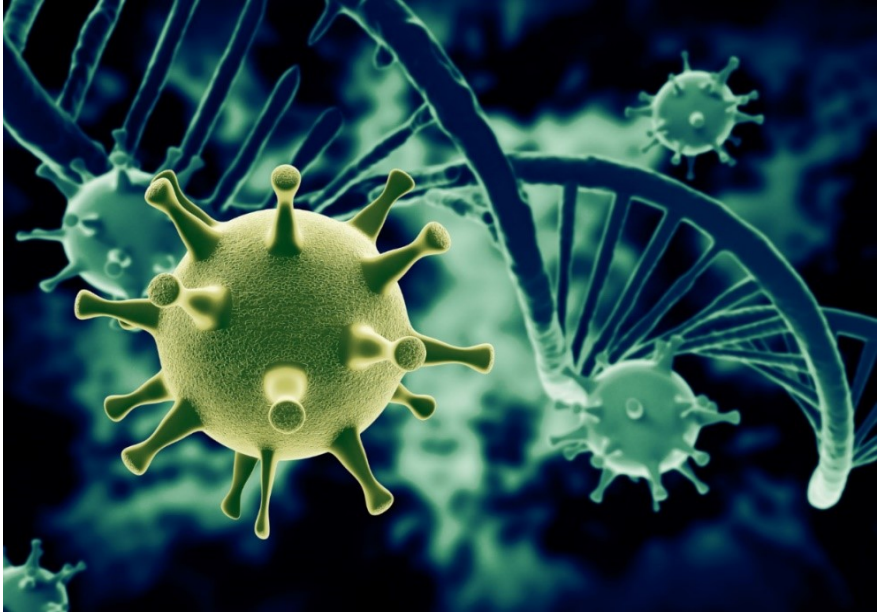


**THE
NOVEL
CORONAVIRUS
COVID 19**

THE NOVEL CORONAVIRUS COVID 19

**A Complete Guide for every
Family, Physician and Health
Care Personnel**

**Collaborators:
DR Harshi Dhingra, MD
DR Bhanu Partap, MBBS, DIP. CC**



Representational image © Licenced Photo Archive ¹

¹ Licensed to Alfabet Publishing under agreement with Deposit Photos Inc.

First published by Alfabet Publishing, 2020
This edition published by Alfabet Publishing, 2020

An imprint of Alfabet Enterprises, India, Private Limited

Copyright © 2020, Alfabet Publishing Private Ltd., India

Copyright Notice

If a physician wishes to copy limited passages from this book for patient use, this right is automatically granted without written permission from Alfabet Enterprises Private Limited (referred to as Alfabet Publishing). However, all Alfabet publications have copyrights. With exception to the above, copying our publications in whole or in part, for whatever reason, violates copyright laws and can lead to penalties and fines.

Should you want to copy tables, graphs, or other materials, please contact us to request permission (E-mail: contact@cassiopian.com). Alfabet Enterprises may grant permission for a very limited reproduction of our publications for internal use, press releases, and academic research. Such reproduction requires confirmed permission from Alfabet Enterprises Private Limited. The disclaimer above must accompany all reproductions, in whole or in part, of this book.

Alfabet Publishing, India, Private Limited.
Srishti Apartments,
115.T Sarat Ghosh Garden Road,
Kamala Park,
Kolkata -700031.
West Bengal.
India



Alfabet Publishing is a Brand under AEPL, India.

I S B N - 978-81-942194-2-2

Typeset in Times New Roman Pts.: IX -XIII; CaslonCP Pts.: XII-XIII
All Photographs or Images used in this work have been Licensed by AEPL or used Royalty Free

Disclaimer

This publication is NOT intended to be used for the diagnosis or treatment of a health problem. It is mentioned with the understanding that the publisher, editors, and authors are not engaging in the rendering of medical, psychological, financial, legal, or other professional services. This advocacy is for information only and shall be adopted in consultation with registered Medical/ Ayurvedic/ Homoeopathic/ Unani practitioners only.

References to any entity, product, service, or source of information that may be contained in this publication should not be considered an endorsement, either direct or implied, by the publisher, editors, or authors. Alfabet Enterprises, the editors, and the researchers are not responsible for the content of any Web pages or publications referenced in this publication.

Information regarding the outbreak is constantly changing, which means parts of this publication may become out of date relatively quickly.

"Extinction is the rule. Survival is the exception." - Carl Sagan (American astrophysicist)

**Dedicated to the common cause of
humanity: to survive and prosper.**

Contents

Understanding Viruses	1
About Viruses	2
Some common viruses	15
Probability Comparison–The deadliest diseases	20
General prevention and treatments	21
Application of Viruses in the modern world	27
About Corona Virus (SARS CoV).....	28
History and origin	29
SARS CoV 2019 outbreak	35
Epidemiological Statistics	40
Phylogenesis.....	45
Epidemiology and Mode of Transmission	49
Symptoms and clinical features.....	59
How COVID 19 ravages the body–organ by organ	64
Treatments for COVID 19.....	71
Supportive treatments.....	71
Diagnosis and Emerging Treatment Modalities.....	71
Potential Coronavirus vaccinations under development.....	90
RNA Vaccines.....	94
Vitamin D supplementation.....	96
Using Antibodies.....	98
Approved Ayurvedic treatment protocols.....	99
Approved Homoeopathic treatment.....	101
Chinese Experimental Herbal Medicine ‘Pneumonia I’ (Fang)	102
Comparison study – N CoV- SARS-MERS	103
Case studies and lessons	105
Lessons in Containment & Strategies - COVID 19	123
Difference between a Global Pandemic and a short-lived outbreak.....	123

Containing the ‘Tipping Point’	124
Flattening the Viral Transmission Curve	129
Critical findings on how to better control an outbreak.....	130
The Critical Balance:	135
Lessons in Proactive Pandemic Management (Globally): ..	136
Surviving Coronavirus	145
How likely are you to catch COVID-19?	146
The 72-hour Immune Booster to stave off COVID 19.....	148
Preparing for a pandemic.....	151
Essential supplies and planning—the ‘Contagion Kit’.....	151
Building an emergency food supply	161
Home care for COVID 19 patients.....	167
How to optimize cleaners, sanitizers and disinfectants	173
Mask wearing guidelines.....	177
About Wearing Face Masks	177
Why always wear Masks when going out?.....	177
Guidelines on Different Masks for different people:	179
Mask wearing essentials at home:.....	180
Hand-washing guidelines	181
The effective steps to a good hand washing:.....	181
The best scenarios where you MUST wash your hands: ..	181
The Science behind Hand washing:	182
How to use Sanitizers?	184
Hygiene etiquettes (general).....	186
Hygiene etiquettes (at home).....	194
Hygiene etiquettes (for children)	196
Physician Resources	200
Centre for Disease Control (CDC) -country wise list.	201
Ministries of Health Worldwide.....	206
Healthcare professional’s guidelines.....	228
Ongoing medical research	231
Patient Resources	238

Periodicals and news covering Coronavirus.	239
Books & Resources on the SARS virus.....	243
Handpicked Web resources.....	244
World hospital directory	254
WHO -resources & guideline	255
WHO -trainings on Coronavirus	256
National Institute of Health (NIH) resources.....	258
Alternative therapy recommendation(s).....	262
Afterthought	263
How to avoid Coronavirus misinformation?	264
Medical Terms Explained	267
Bibliography & References	272

Introduction

Welcome to the “Novel Coronavirus 2019, an essential guide”. You are holding a book that will soon turn into your friend in need. Remember: what you don’t understand you can never conquer. This book is your first step to understanding The Novel Coronavirus 2019 in depth.

We base everything here on hard facts and evidence. Our philosophical musings will end with this introduction. I hope you’d appreciate that in dealing with a life event as potentially catastrophic as COVID 19, we’ve all become a little glassy eyed, wouldn’t you agree? Kindly excuse us with the abstractions only till the end of this introduction.

Scientists and medical researchers have, for years, differed over the exact definition of a pandemic (is it a pandemic, or an epidemic), but one thing everyone agrees on is that the word describes the widespread occurrence of disease, over what might normally be expected in a geographical region. And here we are right now -at the cross-roads of that ‘pandemic’ one more time in history.

The effects of COVID-19 will differ greatly from those of past pathogens, which struck populations far poorer than people today, and with less knowledge of things like viruses and bacteria. This time the toll should be on a different scale than that exacted by the Black Death or Spanish flu. The ravages of the past point to us how the global economy may change because of the coronavirus. The human costs of pandemics are dreadful, and so are the long-run economic effects that follow. A virus kills not just a person but attempts to shake our faith in the progress of humanity. It’s an antithesis to civilization as we know it.

Most of us in the current generation would have never faced the catastrophic effects of a global epidemic. Neither do we want to. None of us would want to lose a loved one before their time, none of us would want to shift from living a life of freedom to one of

fear. Unfortunately, Novel Coronavirus 2019, causing what is now the ‘Coronavirus Diseases 2019’ or COVID 19, may find us witnessing a threat larger than the nuclear holocaust or more terrific than the Black Death that extinguished close to 200 million people from the world!

The exploits of COVID-19 are our very technologies; the systems we grew so proud of. It is in these very things we nurtured for human progress. This global interdependence we boast; this unprecedented human to human camaraderie; our exploding social do—the virus uses all this to spread faster and faster. It is mocking at our pride and grinning like a goon.

So far, we are at ‘War’ now. We will fight a good fight in the months and years ahead. The only difference from conventional war is that our enemy is this silent, natural, sinister, mutating and invisible foe. Its effects are felt in our mounting fear, paranoia every passing day. Its arsenals implode in the global economic meltdown unseen in generations before.

However, despite everything, we plan to bring hope in this book. We want YOU, our readers, to think differently. We want you to rise and take this as an opportunity. Yes, Opportunity! Every war carries within it seeds of unprecedented growth. Rapid innovations happen when lives are endangered. True knowledge shifts paradigm. It’s time we think like a ‘reverse paranoid’—someone who takes every curse and treats it like a blessing!

Think of it this way: a virus doesn’t want to kill us, really. It’s not in its interest to kill a host. The Coronavirus is simply trying to find a new host in humans but is ending in bitter terms with our army—the immune system. What if all this is for a purpose? What if this pathogen was trying to teach us something? What if it’s trying to wake us up to a reality -that if we don’t learn fast and evolve, we will definitely die? What if it is tasked to push us, change us, make us adapt faster, improve efficiently, turn our wheels of progress at a record pace? What if?

We feel this will be a glory moment for humanity. We will win COVID 19 and return stronger. This will bring our world closer

together than ever before—making us believe even more strongly in our common goal- to thrive and prosper. Our plurality will converge into this unabated singularity to avoid death at any cost, be it our own or our neighbours’. Just watch how we desperately seek each other out in order to save our own lives. Our innate selfishness will reveal itself in collective unselfishness. This virus is a great unifier!

While the world has faced pandemics, some recorded, some not, every successive wave has left humans more resilient in the face of imminent extinction. Every time it threatened us with mass extinction, humans have used their fiercest weapon - the ingenuity of their mind. We sought, and then we destroyed. Our scientists devoted their very lives so we could live a better one ahead. Our leaders taught us self-sacrifice and resilience in the face of imminent defeat to natural enemies. Repeatedly this species—you and I- endured. We enamoured our Gods above, draped with our indomitable spirit.

This time will be no different. This book is a testament to what we have learned from the past, the facts in the present and what beholds us in the days and years to come. Every bit of evidence, scientific data and thoughts on this virus is an attempt to empower YOU. Understanding this virus, its implications, our responses and its eventual deterring is our common goal. To plan, to prepare, to be ready is what will make us more intelligent.

Research on COVID 19 keeps evolving. We have tried to keep as updated as possible. We hope you’d enjoy reading this book as much as we enjoyed writing it so far. If at all you feel this has added value to your understanding and tackling of the current situation, then please drop a line on our official ID and let us know. Our very endeavour is to bring a smile to your face—be it one of understanding or one of confidence.

We leave you now with an empowering quote from the German philosopher Friedrich Nietzsche who said this on the resilience of the human spirit: ‘That which does not kill us makes us stronger’.

And stronger we will be, in time to come.

GOD bless us all.

From the desk of the Director – Alfabet Publishing

Acknowledgement

To all the researchers from around the world who have helped us in compiling this reference book:

Thank You, for doing such a tremendous job in such a short time for the sake of humanity. Your contributions will be remembered and rewarded in the blessings of the people you heal in time to come.

A special note of thanks our valuable physicians Dr. Bhanu Partap, M.B.B.S., a highly experienced physician and a member of the 'American College of Cardiology' and Dr. Harshi Dhingra, MD, Assistant Professor, Pathology in 'Adesh medical college', Bathinda, Punjab.

Dr. Partap has brought that extra vigilance on data only a trained physician can bring on this work. With years of experience in critical care and clinical cardiology, his contribution as part editor is invaluable, and that makes this work even more authentic and acceptable to people who will care to enjoy it.

Dr. Dhingra finished her MD degree from the esteemed Rajiv Gandhi University of Health Sciences, Bangalore. She's now actively involved in teaching, research, and diagnostic work.

Dr. Dhingra helped unravel meticulous detail on current treatment protocols for tackling COVID 19. This is a precious work and we can't thank her enough for her contribution to humanity as a Medical professional².

² The exact scope of individual contributions have been provided in more detail at the 'Bibliography and References' section.