

Protect yourself from Covid-19 Virus

Your health is in your hands

“Educate yourself, Save Lives”

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Purpose of the article: Gives a complete understanding of the Corona virus and the treatment protocols to easily recover from the virus at home. The article also deals with Prevention, Post Recovery and the Mutations, Variants & upcoming Waves.

The current COVID-19 pandemic is a serious threat to mankind. It will be there for a while, with ever increasing virus mutations. So read this article to the end, to protect yourself from the virus.

Basic Definitions and Understandings:

What is Corona Virus: Corona virus disease is an infectious disease caused by a newly discovered virus (SARS-CoV-2 or COVID-19).

How Corona Virus infects the Body:

A virus infects your body by entering healthy cells. There, the invader makes copies of itself and multiplies throughout your body.

The new coronavirus latches its spiky surface proteins to receptors on healthy cells. Specifically, the viral proteins bind into cells through ACE2 receptors. Once inside, the coronavirus hijacks healthy cells and takes command. Makes copies of itself (mRNA replication). Eventually, it kills some of the healthy cells. One virus-infected cell can produce hundreds to thousands of viruses, and they infect more cells and process goes on exponentially.

When does Covid 19 symptoms show up?

They show up from day 2 to 14, after your exposure to the virus/ infection. And those symptoms can vary from one person to the other. Most common sign is a fever, which for most adults can be 100.4 F or higher. It means the body is trying to fight off the virus.

About 50% of people who become ill have a dry cough. That's the kind that doesn't bring up any mucus or phlegm. But about a third have a cough with mucus.

One also might feel very tired. Less commonly, the throat may be sore and one might have head ache. Muscles and joints could hurt, and one might get chills, nausea, vomiting, or diarrhea.

What are the most common symptoms of Covid-19?

- Fever
- Dry cough
- Fatigue

Other symptoms that are less common and may affect some patients include:

- Loss of taste or smell,
- Nasal congestion,
- Conjunctivitis (also known as red eyes)
- Sore throat,
- Headache,
- Muscle or joint pain,
- Different types of skin rash,
- Nausea or vomiting,
- Diarrhea,
- Chills or dizziness.

Symptoms of severe COVID - 19 disease include:

- Shortness of breath,
- Loss of appetite,
- Confusion,

- Persistent pain or pressure in the chest,
- High temperature (above 38°C).

Other less common symptoms are:

- Irritability,
- Confusion,
- Reduced consciousness (sometimes associated with seizures),
- Anxiety,
- Depression,
- Sleep disorders,
- More severe and rare neurological complications such as strokes, brain inflammation, delirium and nerve damage.

What Organs in the body does the Corona virus infect?

Covid 19 primarily infects the lungs in the affected individuals and in severe cases causes death due to Acute Respiratory Distress Syndrome (ARDS) and pneumonia. It is important to remember that it does not lead to ARDS and pneumonia in all the cases, which is an occurrence in most severe cases. In the majority of the cases i.e. 80% will exhibit mild symptoms, 14% will have pneumonia, 5% will suffer from septic shock and organ failure (mostly respiratory failure) and in 2% cases it will be fatal.

AS PER CURRENT SCIENTIFIC LITERATURE: 80% of people will come out of Covid infection by themselves at home (does not mean they are back to normal like how they were before!), 20% end up in hospitals with Organ Damages and 2% will die. So one has to be very careful, how to protect from this virus or if one is exposed to virus, then one's immune system should be strong enough to kill the virus.

What Other Organs can the Corona virus cause damage to?

Cardiac damage / Nervous system damage / Kidney damage / Blood clots, etc.

The COVID-19 virus effects virtually all the organs. It causes inflammation, endotheliitis, vasoconstriction, hypercoagulability, and edema. Lymphocytopenia, elevated D-dimer, elevated fibrin degradation products (FDPs), and disseminated intravascular coagulation (DIC) are observed. Deep vein thrombosis (DVT), venous thromboembolism, pulmonary embolism (PE), systemic and pulmonary arterial thrombosis and embolism, ischemic stroke, and myocardial infarction (MI) are reported.

In the heart it can cause acute coronary syndrome, congestive heart failure, myocarditis, and arrhythmias. Kidney injury is usually secondary to systemic abnormalities. Stroke occurs even in young patients. Delirium and seizures are common. Anosmia and impaired sense of taste are reported. Psychological problems are common among patients as well as providers. Stool may contain virus. Lactate dehydrogenase may be elevated. Various skin manifestations including patchy erythematous rash are also reported.

How to protect yourself from Corona virus?

Stay safe by physical distancing,
wearing a mask,
keeping rooms well ventilated,
avoiding crowds,
sanitizing your hands,
coughing into a tissue and
Enhance one's Immunity System.

How to control / treat the covid 19 viral infection at home?

As per Indian Council of Medical Research (ICMR), the guide lines for a Covid positive person is home isolation with symptomatic treatment with some suggested drugs which may or may not work!.

But in ground reality, there are plenty of clinical studies going on various effective drugs to control the virus. This information is very important for the effective treatment to control the virus replication in the body for a corona positive person in the early days of exposure. All viral infections are treated with antiviral drugs from day1. That's because, the nature of the virus is to multiply and exponentially proliferate in the body. So one has to use either phytochemicals from herbs (Ayurvedic Herbs) or any effective antiviral drugs for Covid-19. Both will work very effectively in stopping the multiplication of the virus in the body.

If fatality is 2%, In a day when 3,500 people have died as per the reported data, which means 1,75,000 people got infected, of which 35,000 (20%) have serious organ damage issues in them. What about mild to moderate organ damages in the patients? Surviving Covid infection patients, does not necessarily bring you back to the same you as before! So one needs to take every precautions to protect from virus and recover from virus.

In the case of most virulent virus like Covid 19, if the patient is NOT treated with antiviral drugs from day 1, then the situation can become very serious just in a matter of a week depend on your immune system. Nobody should be allowed to be in this situation, because this will lead the patient to a moderate to severe symptoms, where the to control the virus becomes increasingly more difficult.

ICMR cannot recommend a drug for Covid 19 treatment, because none of them got approved **specifically** for Covid-19. Hence they cannot recommend one specific drug, but can only suggest drugs like Ivermectin, HCQ and Budesonide and few more will be added to their list as there are many clinical studies going on.

For example, Antiviral drug such as Bamlanivimab alone and bamlanivimab with etesevimab together are authorised under special/emergency pathways, in the context of the pandemic, in the US and the EU. In addition, bamlanivimab alone is authorised for emergency use in Canada, Panama, Kuwait, the UAE, Israel, Rwanda, Morocco and numerous other countries, BUT NOT in India yet.

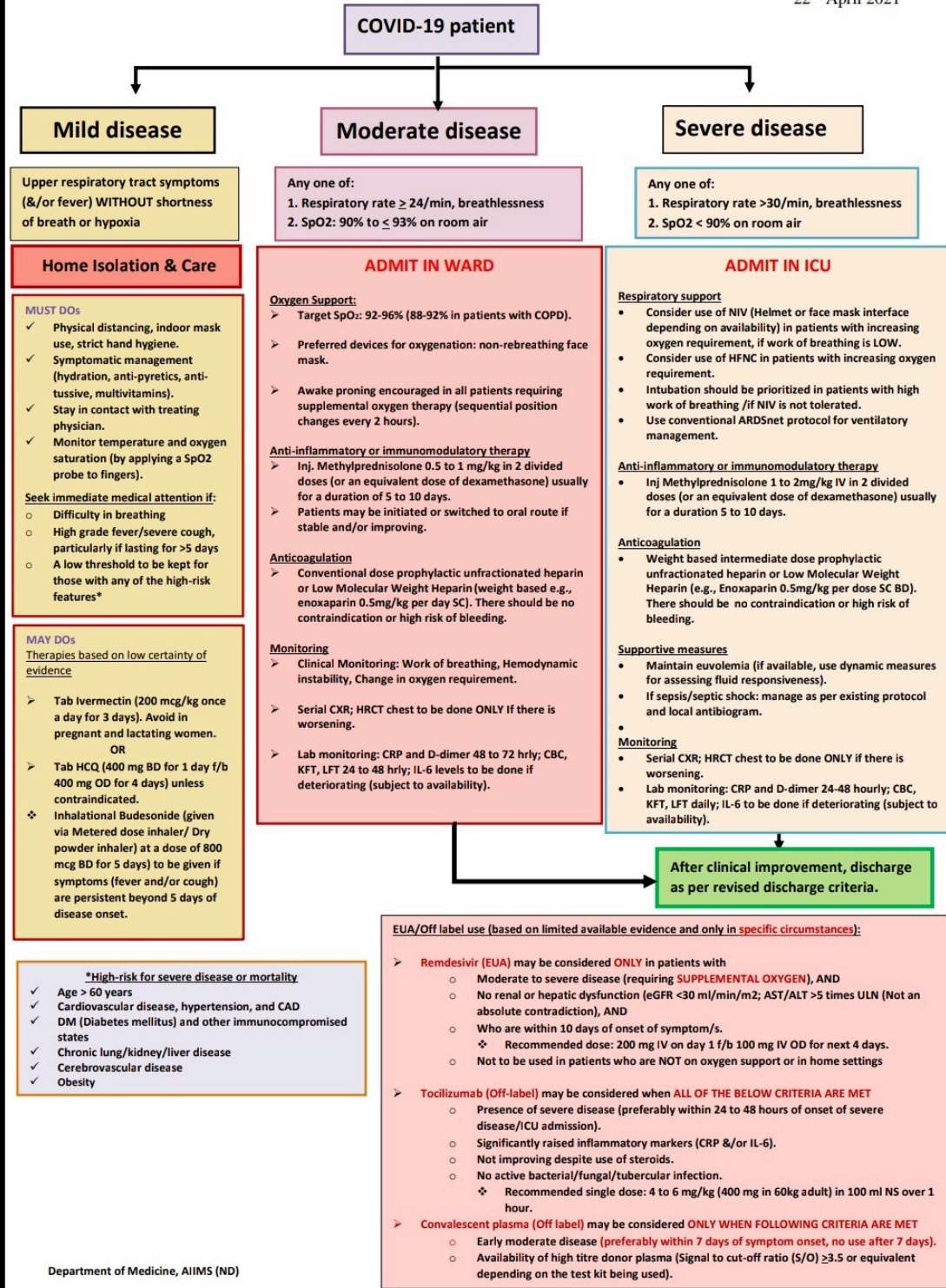
Favipiravir is another such broad-spectrum antiviral drug (this is important, as most antivirals are effective against a specific virus only). Favipiravir is a viral RNA polymerase inhibitor. Clinical studies in India are showing excellent results.

AS PER CURRENT SCIENTIFIC LITERATURE: All viral infections are treated with antiviral drugs from day1. That's because, the nature of the virus is to multiply and exponentially proliferate in the body. If one's innate immune system does not fight off effectively, then one falls into moderate and severe symptoms and lead to organ damages



**AIIMS/ ICMR-COVID-19 National Task Force/Joint
Monitoring Group (Dte.GHS)
Ministry of Health & Family Welfare, Government of India
CLINICAL GUIDANCE FOR MANAGEMENT OF ADULT COVID-19 PATIENTS**

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As per ICMR guide lines for severely infected person who is admitted at the hospital have options like

ROAD – Remdesivir, **O**xygen Support, **A**nticoagulation, **D**examethasone

TOAD - Tocilizumab, **O**xygen Support, **A**nticoagulation, **D**examethasone

Convalescent Plasma treatment – Effective only within 7 days of symptoms, no use after 7 days.

If the infected person does not control the virus at home, then by each minute, the virus is multiplying in thousands and lakhs in your body. Virus in each cell can multiply from hundreds to 1000s, and they get out and infect 1000s of cells and this goes on. By any means this is not desirable. So what to do then?

How to Stop Covid-19 Virus Replication in the Body?

Recently, no drug has been developed for the treatment / prevention of Covid-19. Anti-viral activity is reduced through inhibitors, either through plant's phytochemicals or manufactured drugs. Many plants and synthetic molecules have shown promising antiviral, and anti-neuroinflammatory results through following inhibitors.

- ACE2 (Angiotensin-Converting Enzyme ACE2 receptor) Inhibitors
- Spike Protein Inhibitors
- RdRp (RNA-dependent RNA polymerase) Inhibitors - At the virus replication stage, the key viral protein, called RdRp catalyzes Covid-19 RNA replication and thereby is considered an important antiviral inhibitor.
- TMPRSS2 Inhibitors
- PL Protease Inhibitors
- 3CL Protease Inhibitors

The above inhibitors can be obtained through either Allopathy (synthetically manufactured molecules) or Phytochemicals (natural molecules from plants)

No specific antiviral drugs have been approved for the treatment of COVID-19. But, some of the following drugs were tested for the efficacy for the treatment of COVID-19. World wide clinical studies are under way for the following.

1. Anti-malaria drug Hydroxychloroquine
2. Ebola drug Remdesivir
3. Japanese flu pill Favipiravir
4. Rheumatoid arthritis drug Tocilizumab
5. Parasite infestations treating drug Ivermectin

1. Anti-malaria drug HydroxyChloroquine – **Not Effective.**
2. Ebola drug Remdesivir – **Not Effective.**

Facts about Remdesivir - According to a WHO study, Remdesivir **fails** to prevent deaths among patients, but may reduce the length of hospital stay. Thats it! Remdesivir cannot stop death? That's because it is given to a patients (Moderate to Severe) who are already admitted in the hospital. By then, the patient's whole body is filled with virus. Remdesivir can ONLY make a dent in the hospitalization days, because the virus is out of control already and inhibiting the virus replication at this juncture, though it does ease off, but the timing is off. Yes, it does ease off of 1-3 days, only if you are lucky to come out alive!

It can be effectively used between the second and tenth day (10th day is already late, perhaps within the first 5 days) of infection (symptoms) to improve its effectiveness (stopping virus replication) among the patients. Remember, President Donald Trump, walked out of the hospital in 3 days! after taking Remdesivir. So it should be given only in the onset of Covid symptoms, NOT unlike situation where the ICMR says when the patient has progressed to moderate to severe case! which means the virus has multiplied

exponentially enough in the body to be get admitted in the hospital!. That's why it cannot prevent death, but reduce only hospital stay by 1-3 days!

ROAD or TOAD protocols have "Off Label" drugs, which means, they are not under guidelines, but one can try! why? because hoping something will work on patient. The truth is, when the virus load in the patient body is so high already, no medicine is really effective.

AS PER CURRENT SCIENTIFIC LITERATURE: Remdesivir does not SAVE a patient from death. All it does is, reduces the hospital stay by 1-3 days only. The public has got an impression that Remdesivir will save a patient from Covid-19 death. So the people are scrambling for Remdesivir and created a black market.

3. Japanese flu pill Favipiravir – **Very Effective.**

Favipiravir is a broad-spectrum antiviral drug (this is important, as most antivirals are effective against a specific virus only). **FabiFlu** the first oral Favipiravir - approved medication in India for the treatment of **COVID-19**. Covid-19 patients have recovered from the mild and medium category for which the drug has been approved. A patient of this type need not be admitted to the hospital and can stay at home and take Favipiravir. Favipiravir has been used in Russia, Japan and China to treat such patients and has been **proved successful**.

Also, people who are assisting Covid-19 patient at home also not contracted or tested positive for the virus, who has taken low does of FabiFlu 400 mg per day. This is very significant step in stopping the Covid-19 virus from infecting population. Favipiravir is sold in india as CoviHalt / FluGuard / FabiFlu etc.

4. Treating parasite infestations drug Ivermectin - **Very Effective.**
5. Rheumatoid arthritis drug Tocilizumab – **Not Effective.**

Tocilizumab belongs to a class of drugs known as Interleukin-6 (IL-6) blockers. Interleukins are cytokines or proteins that are involved in immune system cell signaling. The drug works by blocking IL-6, a cytokine produced by the body that plays a key role in transitioning inflammation from acute to chronic. Tocilizumab is not an antiviral drug. But it is given as TOAD protocol, only to suppress the person's immune system only.

What is Cytokine Storm?

A cytokine is a type of protein secreted by the immune system that helps to ward off infection. A problem occurs when they are produced in excess, leading to 'cytokine storm', which is among the causes of deaths in Covid-19 patients. Cytokine storm is where the body starts to attack its own cells and tissues rather than just fighting off the virus. Here the immune system goes into uncontrolled situation.

6. Plasma therapy - Not Effective.

Convalescent therapy uses blood from people who've recovered from an illness to help others recover. These are antibody-rich blood products are taken from the blood donated by people who have recovered from COVID-19. ICMR drops plasma therapy from COVID-19 treatment guidelines on May 17, 2021. Trials had found no significant benefit from the use of plasma.

Antibiotics drugs for Covid-19

Antibiotics, which are not prescribed for viral diseases because they are ineffective in the treatment of viral infections, may be prescribed if a person with a viral disease develops a secondary

bacterial infection, such as bacterial pneumonia, bacterial bronchitis, or encephalitis.

Anticoagulation Drugs

Unfractionated heparin, or low molecular weight heparin.

Other Facts about Covid-19

To compound it all, unnecessary CT scans and blood investigations are sending patients in frenzy, as they try to make sense out of long lab reports that in reality have nothing useful to tell them. Many private-clinic doctors, and quacks, have been known to ask for chest CT scans for patients as soon as the latter have tested positive for COVID-19.

These scans are futile because the sort of major changes that a CT scan can 'see' only show up seven days after symptom onset, and with clinical deterioration. Unfortunately, CT scans are quite expensive, potentially increasing the out-of-pocket expenses of already drained patients and their families, and **expose a patient to radiation equivalent to 200-500 chest X-rays** each time one is taken. Recently, Dr. Randeep Guleria, the director of AIIMS New Delhi, advised against the misuse of CT scans saying they can increase the risk of cancers in the future. A chest X-ray is a more pragmatic and cheaper alternative for people with mild to moderate COVID-19. They also produce reports faster, and the results are more easily understandable.

Further, a pricey test called serum IL-6 is often prescribed along with other inflammatory markers. Blood levels of various inflammatory markers like LDH, ferritin, CRP and IL-6 are important determinants of clinical course and aggressiveness of therapy. Higher levels in the blood of these markers point to a deregulated and hyperactive immune system, which can exacerbate the lung injury in COVID-19.

When one immediately follows what to do at the onset of symptoms, then there is no need to talk about the values in blood test reports, CRP, D-Dimer, HRCT Scores, CORADS, and IL-6 etc. These are for the Covid-19 patients, who have progressed to medium to severe symptoms.

Virus Mutations, Variants & Waves

National Centre for Disease Control (NCDC) confirmed that over 24,000 mutations in the virus have been recorded in over 6,000 variants in India.

One variant of interest is the B.1.617 variant, or triple-mutant strain, first found and circulating in North India now. Recently, a new Covid-19 variant N440K is spreading a lot more in the southern states of India.

There will be many waves of Covid virus variants will come, each one more adapted to escape the antibodies and RT-PCR tests. So just don't blindly follow the RT-PCR test is negative. Some times RT-PCR test's software may not be detecting specific variant of virus mutation.

What is Mucormycosis?

It's the same black fungus you see on onions as a black powder. Its there in the air and everywhere. If our immune system does not kill the fungus, its just grows and keep eating your cells! So again we going back to strengthening the immune system. When medications are making the immune system suppressed! For extended time, Like Steroids and IL-6 blockers given by doctors beyond restricted dosage and days, black fungus invades the system and there is no immune system to destroy them. What saves you (like steroids) can also kill you when abused. Most of the doctors are prescribing steroids beyond the stipulated time and putting patients lives and their finances at risk in India.

Conclusion

When Covid-19 symptoms arise, “Doing nothing is doing harm.” Don’t be in just home isolation for 9 to 10 days doing nothing, hoping the virus will go away! If you are one of the 20% of the people who gets admitted into hospital due to falling oxygen levels or difficult to breath. You cannot afford to say oops! Why fall into the 20%, and damage your organs and threaten life itself? Take action by taking plant’s phytochemicals from herbs as preventive to boost immunity, which have time tested for 1000s of years under Ayurveda. It’s a good thing to take antiviral herbs as a preventive (prophylactic) as well as during the home isolation days having symptoms along with allopathic medicines.

For every other viral infection, an antiviral treatment starts from day 1. So for the most potent Covid-19 virus also one must start antiviral treatments from day 1. Do not do home Isolation with symptomatic treatment only. This will lead (20% at least) of patients to moderate to severe symptoms and some hospitalizations. New clinical studies are showing very effective treatment to control Covid-19 at home.

The people who are asymptomatic are the ones who have a T-Cell response in them (because the T-Cells remember the previous exposure to the coronaviruses). Hence the immunity system takes care of the new coronavirus (Covid-19) when they are exposed.

About 40-60% of the people have the ability to recognize the Covid-19 virus and quickly respond, these people may get mild symptoms (these people’s response is like someone who is vaccinated). Rest needs to be prepared for strong immune system, vaccination and learn about the Covid-19 facts and treatments.

When you know the facts about how to manage the Covid-19, hospitalizations can be prevented and hence deaths can be

prevented. There is no need to panic, very effective treatments are available through allopathy and through herbs (AYUSH).

The phytochemicals from plants are very effective in inhibiting ACE2, Spike Protein, RdRp, TMPRSS2, PLpro, and 3CLpro. The following list of herbs were shown to possess one or other medicinal properties like immune modulatory, antitussive, thrombolytic, anti-inflammatory, cytoprotective, anti-microbial, and antiviral, which will reduce the symptoms of Covid-19.

Extracts from the list of plants: Black Turmeric, Turmeric, Black Pepper, Amla, Kalonji, Fenugreek, Himalayan Rhubarb, Green Tea, Garlic, Licorice, Amaranthus, Katak, Giloy, Ginger, Clove, Tulasi, and much more.

The above herbs are very potent virus replication inhibitors and immune boosters. To boost one's immunity and for healthy lungs, keep taking the above herb extracts either as tablets or concoctions. One can also buy MNB's Cellular – Armor Ultimate Immunity Booster and MNB's Cellular Armor - Respiratory Relief Liquid online at www.hfnlife.com or www.amazon.in. Also one should keep taking multivitamins and minerals as preventive and post recovery. If one loses weight, one might also start taking protein drinks, such as Ensure.

It is now recorded that scores of people have got recovered at home and have never stepped into the hospital due to no onset of severity of Covid-19. They all got well in the first 5 days of the onset of the symptoms. People usually are in denial, in thinking the fever is due to this and that, cough is due to this and that, but as days go by their conditions worsen, then they go for a CT scan. By this time its usually 5th or 6th day of first symptoms of Covid-19. So do not delay. This virus is very virulent and aggressive. By the time they realize they need to be on medication, the local medical shop (especially in small villages and towns) will not have the right drugs available due to high demand and creating a panic situation to scramble for medicines. Get these medicines and keep them

stocked with you. They will help either you or someone who is in urgent need. Buy and keep the following medicines with you.

Do your own research on what is going on in the clinical trials.

Data is taken from <https://trialsitenews.com/> and other leading trial references for treating Covid-19

EFFECTIVELY. Many doctors have cured hundreds of Covid patients with the following medicines.

Personally I know, more than 300 people got benefitted and no one ever went to hospital.

Buy & Keep following medicines at home. Use when one notices Covid Symptoms.

Antivirals to take as soon as one experiences Covid-19 symptoms:

1. Tablet Ivermectin 1 sheet. Take with Food.
(Day 1 to 10, total 12 mg per day, 0-1-0).
2. Tablet. Fabiflu 400 mg – 1 box (17 tablets). After Food.
(Day 1, 4.5-0-4.5, Day 2 to 4, 2-0-2).
3. MNB's Cellular Armor - Ultimate Immunity Booster.
Need 2 bottles. Buy www.hfnlife.com or www.amazon.in.
From Day 1-7, mix 80 ml in 1000 ml water, drink throughout the day every two hours, each time 100 to 200 ml.
4. Tablets Vitamin C, D, & Zinc Tablets. Dosage per day.
Vitamin C (2000 mg per day), Vitamin D3 (10000 I.U per day), & Zinc (60 mg) per day. Tablets Take with Food.

If one has Cough or Breathing issues, then take the following.

5. MNB's Cellular Armor - Respiratory Relief Liquid.
Buy at www.hfnlife.com or www.amazon.in
Need 2 Bottles, Steam 4-6 times day (Day 1 to 10).
6. Tablet Doxycycline 100 mg 1 sheet (Day 2 to 4, 1-0-1).
Take After Food.

If one has Fever & Phlegm

7. Tablet Dolo 650 (only when fever is there)
8. Syrup. Jvtuss LS 1 bottle. (Only when cough with phlegm)

(mucus)
(5 ml, 1-1-1), With or without Food. Or
Mucinac 600mg, Add the tablet in half glass of water and
allow it to dissolve completely, and drink 1 hour before food.

After 7-8 days later, still breathing issues, low oxygen saturation <95%, take following

Steroids (these should not to be taken beyond 5 days. Some patients were asked to take up to 30 days post hospital discharge. This will lead to prolonged health risks and also Mucormycosis issues.)

9. Tablet Dexamethasone or Tablet Medrol or Tablet Goutnill –
1 sheet OR Tablet Peritol Tablet (Cyproheptadine) - 1
sheet

- **To Neutralize Corona Virus in the body, please do the Blue Light Activation Twice a Day. The Energetic Frequency of Blue Light, Inactivates the Virus.**

Directions: Take deep breaths, close your eyes, then imagine you are standing in front of the Sun and the Blue rays of the sun are falling on you. Imagine as you breath, the blue light is filling your entire lungs and radiating into every cell of your body. Do this for 30 seconds. Then again, imagine the white rays of the sun are charging your entire body and healing you from inside. Thank the Sun for healing you.