

## Immunity and Spiritual Care in Prevention of Covid 19

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### ABSTRACT

Coronavirus is causing widespread fear throughout the world. Human people have developed apprehensions about this new and strange illness. Until present, no medication has been identified. One thing to note is that the winners of COVID-19 are those who have adequate immunity. There are several strategies to boost and preserve immunity, including correct nutrition and diet. A bidirectional model integrating physiological variables, the immune system, behaviors, emotions, culture, and the surrounding environment underpins the psychophysiological approach. These altered states of consciousness have been utilized to develop intuition, as a source of creative inspiration, and to obtain revolutionary insights into the human psyche and the nature of reality since the dawn of time. Furthermore, investigating the ontological validity of meditation experiences has had far-reaching consequences in our understanding of consciousness, ide dynamic healing, and disease. When sickness is seen as having a physical, psychological, and spiritual dimension, as well as a personal crisis component, it has recently become a catalyst for positive transformation and spiritual recovery. This study investigates the functions of information transmission between traditional esoteric traditions and modern scientific outlooks, taking into consideration the secular approach to the subject of spiritual health. Several phytonutrients, vitamins, proteinaceous meals, as well as carbohydrate and fat, will aid in the

advancement of human immunity. The relevance of spirituality for the mind, as well as immune-boosting foods, has been highlighted in this review in order to find relief from the covid epidemic.

**KEYWORDS:** Mental health; Nutrients; Spirituality; Covid; Immunity

### INTRODUCTION

The continuing coronavirus illness 2019(COVID-19) that is sweeping the globe is calling into question our instincts for connection, such as visiting our friends and interacting with one another [1]. However, it is critical to remember that what we require most is social solidarity and physical separation, and that we should avoid hiding behind cubicles in the name of social separation in order to ensure our own safety. Because the COVID-19 pandemic has caused large-scale behavioural alterations and put enormous emotional loads on individuals, it constitutes a big worldwide health problem; hence, ideas from holotropic research can be utilized to assist align human behaviour [2].

Immunity is the ability to protect the body from infectious diseases produced by a variety of microorganisms. Innate and adaptive immunity are the two primary kinds of immunity. Innate immunity is made up of protective barriers such as the first line of protection (the skin) and the second line of defence (the muscles). The immune system is in charge of our lymphoid organs, which are found

all over our body. Our lymphoid organs, which are situated all over our body, are under the control of the immune system. During a pandemic, fear is one of the most common emotional responses [3]. Although unpleasant emotions arising from dangers can be infectious, and fear can make threats look more immediate, humans do have a set of defense systems to resist environmental hazards. Positive refocusing, a cognitive emotion regulation strategy that improves mental well-being and reduces depression and anxiety symptoms, has thus been deemed the most important protective factor, despite the fact that spiritual meditation, self-actualization, physical activity, and relaxation can also assist in coping with negative thoughts. To rescue our lives from this pandemic crisis, mental stability as well as physical immunity are both necessary.

### **Risk Factors**

If a guy comes into close touch with someone who is infected with the virus, he is in grave risk. It's also a danger factor to live with someone who's sick. COVID 19 is more likely to affect older adults with significant health problems such as lung infection, heart illness, HIV, cancer, obesity, renal damage, diabetes, high blood pressure, and liver disease. It is also a significant risk factor for women who are pregnant [4-7].

### **Zestful Immunities**

The traits that enable any organism to survive in the face of adversity are embodied by resilience. In a nutshell, it enables people to adapt to and recover from adversity [8]. A multitude of assets and resources inside an individual's life and environment ease the path to combating conflicts while also assisting in maintaining good relations on the ground. When it comes to stress, resilience typically refers to a defined capacity to minimize the negative consequences of a specific stressor [9], such as enduring interpersonal disputes, losses, and disasters, all of which have a significant impact on humans [10]. Even in the instance of the common cold, fresh information has led to a theory about how stress and worry affect illness susceptibility. In response to infection, the innate immune system does indeed produce pro-inflammatory cytokines. These chemical messengers aid immune cells in eliciting an inflammatory response in the diseased area, therefore coordinating the immunological defence against the infectious pathogen. However, if the immune system produces too many of these inflammatory substances, the result can be toxic or fatal. [11] The link between stress and infection is important because chronic worry interferes with the body's capacity to switch off the immune system's production of inflammatory chemicals, as immune cells grow hypersensitive to cortisol [12].

Stress has the ability to alter different elements of immune function, resulting in greater or less disease resistance [13]. However, the link between stress and immunity is not one-way, since immunological mediators can affect variables that contribute to resilience, and stress can also increase immunity, for example, by caus-

ing tumours to spontaneously shrink [14]. In this way, resilience should be viewed as a dynamic process whose ultimate goal is to help people achieve a positive outcome in the face of adversity. In a nutshell, immunity is based on two evolutionary different ways of perceiving the organism's exterior environment and monitoring its internal condition [15]. The "innate" immune system is the first mode, with more basic and less sophisticated sensory systems. This arm of immunity is made up of a variety of primordial phagocytes, each with its own set of characteristics dependent on tissue distribution. They eat particle microorganisms, as well as kill ineffective, malignant, and damaged host cells, among other things [16]. These immunocytes are the initial line of defence and the resting state of physiological immunity, since they monitor and restore the ongoing surveillance and restorative processes. Although this system has independent activities, the addition of an antigen, a material capable of eliciting an immunological response, may result in integration with the second mode of immunity, the "acquired" immune system. This second line of defence has developed mechanisms that are extremely particular in their detection capacities and have "immune memory" for prior sensitization. Acquired immunity is mediated by many types of lymphocytes, which can be activated by phagocyte first-encounters or act as initial responders in specific physio-pathological conditions, among other things [17]. Nevertheless, both the innate and acquired immune cellular elements are regulated by a vast array of soluble molecular factors that serve to either activate or dampen the immune responses [17], where the complexity of diverse cell types, the mediators of their interactions, the contextual determinants that guide immune reactivity, and the wide range of physiological functions in which immunity participates, result in a comprehensive modelling [18]. For example, the eye is the window to the soul (of the immune system), and it may be utilized to better understand immunological responses in transplantation and autoimmune [19]. As a result, the immune system provides a rich example of biological organizational complexity, which leads to the philosophical question of how organismal identity is formed and maintained. A person duplicates itself and has anatomic limits, harmonic communication between its components, a division of labour for the benefit of the whole, and a hierarchical dominance and control structure, according to the general consensus [20]. The immune system is in charge of building and preserving such an individual's integrity, according to these requirements. Symbiosis, on the other hand, challenges this established definition of the individual organism: homeostasis is governed by shared physiologies; anatomic margins are blurred; development is intertwined among several phylogenetically defined entities; and the unit of evolutionary selection is a multiplex genome [21]. Individuality is replaced by complexes of organisms that resist any one definition of organismal identity as autonomous agents in this consortium perspective. Symbiosis mediated by immunological tolerance, in terms of commensal interactions, refers

to a stable adaptation to a complex of varied living elements that dwell in a coherent ecosystem, both within and outside the organism's conventional limits [22]. Furthermore, the ontological consequences of this reformulation are critical for philosophical identity research [23].

### **Coherence of Spiritual**

The idea of a tight relationship between thinking and being remains valid as a foundation for the relationships between microcosm and macrocosm [24]. This style of thinking provides life an overwhelming tendency of recline and assurance, which is related to the ascetic intuition that gives life an overwhelming inclination of recline and certainty [25]. Thus, a definite contiguity that blends the sensuous and spiritual leads to the realm of pure inwardness, which is required to develop a completely stirred self-consciousness and a reigning ability to uncover the association of inward and external universes as an unbearable anthropomorphism of human features [26]. Indeed, the mixing of rationality and mysticism, like the handling of modular originations involving plausibility and the requirement for an energy characteristic in actual objects, appears to cast the universe in a hazy light in which human qualities are attributed to it. As a result of the abolition of this discord between the logical and substantial parts of things, spiritual freedom has occurred [27]. The goal is to arrive at a fair articulation of the theoretical schematic character that presupposes the picture of reality and emphasizes the relevance of knowledge as an endeavour to understand the nature of being itself [28]. The platform of conceptual ontological conceptions becomes an important element of reality as a result of this viewpoint, where the rich and varied entirety of life provided by such originations consists of a simple growth of the logical side of things. Furthermore, this distinction between thinking and existence is not new to antiquity; rather, it demonstrates that they were aware of the opposition between the subject and its seen worlds.

In contemporary times, man obtains the power of self-consciousness to put himself as a result of an infinite desire to conquer the whole world, and his existence has therefore become a fight with the cosmos more than ever before. However, man's movement has entered and dominated his spirit so profoundly that it has created a gulf that is impossible to cross [29]. Nonetheless, it is not uncommon for abstract thinking to become divorced from reality, making it difficult to return from abstraction to concreteness. This issue may be solved by associating human reason with a supernatural quality that rules the cosmos, and by believing in such a concept, one can have faith in human potential to obtain truth. As a result, one attempts to find a touchstone for distinguishing between the genuine and false in consciousness notions with clarity and distinction, as well as for conceptualizing things from awareness to the world [30]. Thought and being as presence stand freely over one another from this vantage point, but they both have a place in

the very general life that conveys and accepts them, and both exist and proceed in correspondence to one another, where the order and connection of ideas are the order and connection of things. In truth, each individual soul feels the entirety of infinity inside itself in a state of immediacy, free of any worldly mediation [31].

In this sense, the parallelism hypothesis provides a firm urge to envision each of the distinct sides in its own trademark style on its own side, and any blending of the two is most strongly rejected through this technique. It is possible to merge the two into a continuous association and progress, and to weld them together in a far more unambiguous and unified manner. This research is valuable because of its in-depth examination of the modern world's major endeavour to regard nature and the life of the soul as separate provinces while maintaining the universe's oneness, which has philosophical validity [32]. Thus, thought work answers to the needs of the universal and all-important situation, and the frequent movement away from thought work toward the variety of outward objects does not render it foreign to reality.

### **Physical Immunity Boosting Nutrients**

Because essential fatty acids cannot be produced by the human body, they must be obtained from food. Fats give more energy than protein and carbohydrates combined. These fatty acids include linoleic acid, linolenic acid, and arachidonic acid. These have a number of therapeutic properties, including the ability to reduce allergy sensitization, reduce cellular inflammation, and improve immunological response. [33] A sufficient supply of proteins and amino acids aids in the development of immunity. Proteins serve as blood clotting factors, enzymes, hormones, and immunoglobulins, among other functions. [34]. Probiotic supplements regulate the intestinal microbial flora, and they hold promise as a functional method to improve gut and immunological function. Probiotics must activate innate and acquired components of the mucosal immune system to serve as effective preventive agents against common illnesses [35]. Macronutrients (calcium, salt, and so on) are essential for normal physiological function. It provides its benefits by due to its antioxidant property. [36] Beta-carotene and other carotenoids influence immunological response. Carotenoids, which may or may not be linked to improved immunity as a result of beta carotene intake, may also improve reproductive strength, in addition to breast health. [37].

### **CONCLUSION**

There is no part of the human body that is completely immune to the impact of the spirit. Mending the body is critical, but healing the spirit is essential. And, as the majority of our illnesses are psychosomatic in nature, it is critical that healing take place in the person's soul or spirit, the core of his being where awareness resides. According to research, leukaemia and lymphoma typically develop in the context of despair, worry, rage, or hopelessness.

The impact of emotions on the body may be witnessed in everyday situations like flushing when we're embarrassed or going white as a sheet when we're scared. When emotions go out of control, tension builds up, interfering with the free functioning of various bodily components until physical illness ensues. Fear, grief, and guilt are the worst culprits when it comes to emotions. Learning to understand anxiety is an adventure that every man must undertake if he is not to perish either by not understanding it or by succumbing to it. He who has learnt to be anxious in the proper way has therefore acquired the most essential lesson, because nothing in life should be feared, but rather accurately understood. As a result, lowering our fear may transform our life if it encourages us to make new friends, take on new tasks, explore new possibilities, and achieve personal growth and fulfilment. The coronavirus disease (COVID-19) pandemic is a good illustration of how this may be distressing for people. Fear and worry about a new sickness, as well as the anticipation that comes with it, may be overpowering, causing powerful feelings in both adults and children. Social distance, for example, can make people feel alone and lonely, which can raise stress and anxiety. However, in order to combat this infectious illness, certain measures are required. As a result, dealing with stress in a healthy way will strengthen you, your loved ones, and your community.

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