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## update on corona virus

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### Update on COVID19

April 2<sup>nd</sup> 2020

This virus is passed on from human to human.

It is also present in the air molecules around a person or material infected with the virus.

Corona Virus has not and will not infect animals or birds. Only humans are affected.

COVID 19 did not just appear as a flu virus. It was biologically created by China. It was spread all over the world from here.

This virus was created or evolved from snakes, reptiles and poisonous species, even bats and rats. There are many animals and reptiles that spew poisonous emissions when killed. This then gets transmitted to people or anything nearby. The effect of this venom remains active until 72 hours. Lesson for humanity is to stop killing animals and come on a vegetarian diet as nature had made man to be herbivorous.

The anti-dote of this also has to come from some vaccine that is made from poison substance which will create anti bodies to fight the virus. Or something that simply kills or neutralizes the virus effect.

After Sun enters into Aries, that is 15<sup>th</sup> April, some remedy will be available. This will continue until April 25<sup>th</sup>. Then from April 29<sup>th</sup> on wards there will be recovery. India will play a significant role in this whole world crisis.

Even though from April 15<sup>th</sup> there will be a control of the virus spreading, the existing cases will have to endure the calamity.

People will have to keep maintaining the precautions or else from June 30<sup>th</sup>, there will be another bout of the virus multiplying, or else June/July there may be huge storms and other natural calamities.

Keep in isolation at home. At least until April 15<sup>th</sup>. Follow all the recommended precautions

Do not go out. If you absolutely have to, then wear a mask and gloves and walk at least 6 feet away from any passerby. Don't stand in a crowded area. Come back home and wash your hands with soap and take some steam inhalation.

Keep having tea, coffee, hot soups many times a day.

Making tea with the following:

Ginger powder – ½ part

Turmeric powder – ½ part  
Holy basil leaf powder –1 part  
Pure camphor – ¼ part  
Long Pepper – ¼ part

You can buy all these online maybe from Amazon. Mix all these powders well and put in a jar and mix half a teaspoonful of this mixture in a cup of water and boil it for 2 minutes.

You may add sugar for taste and have this tea in sips at least 4 times a day. This will keep your throat and lungs clear and healthy and protect you from viruses.

Do your self-test for the virus at home every day. Inhale a deep breath and hold for at least 30 seconds. If you do not cough or experience any discomfort, then you are clear of any kind of lung infection or virus. With healthy lungs you should be able to hold your breath for at least 1 minute.

Homeopathic remedies:

1. Arsenic Album
2. Antim Tart
3. Camphora
4. Bacillinum
5. Hydrastis
6. Carbo Veg
7. Bryonia
8. Kali Brom

All these in tinctures can be added together and you can take 30 drops of this mixture in half a cup of water early morning every day. Or take 5 drops of each in half a cup of water. You can buy 30 ml of each, potency 200.

Try not to eat food from outside. And do not eat non-vegetarian food.

Build up a strong immune system. Buy these herbal powders online.

1. Giloy (Tinospora Cordiflora)
2. Moringa (Moringa Oleifera)
3. Ashwagandha (Withania Somnifera)

Take about quarter of a teaspoonful of each of these and mix them and either swallow the powder and drink lukewarm water or mix all these three in water and drink it. You may add honey or sugar for taste. This will surely boost up your immune system. This will not only help you in the present situation but will be very good for your health overall.

Synopsis:

Dear friends

Lots have been seen, said and heard about the corona virus and the masses of people infected by it and thousands dying. While there is no cure for this at the moment, I am giving the world some simple remedies that can help everyone overcome this very dangerous virus and the death threat. These are natural Ayurvedic herbs and I also give some Homeopathic remedies. None of these have any side effects, nor do any one of these interact or react with anything else. These are totally safe to consume. So please take care of your health and well being.

God Bless

Dr Rakesh Kumar  
Chairman  
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