

Covid-19 an Opinion about the Plan to Control

Dr. Rehab Mohamed Atta El-Desoukey*

Microbiology and Immunology Department, National Research Center, Giza, Egypt and Biology Department, Faculty of Science and Humanities in Al Quwai'iyah, Shaqraa University, KSA

***Corresponding Author:** Dr. Rehab Mohamed Atta El-Desoukey, Microbiology and Immunology Department, National Research Center, Giza, Egypt and Biology Department, Faculty of Science and Humanities in Al Quwai'iyah, Shaqraa University, KSA.

Received: March 29, 2020; **Published:** April 04, 2020

In light of the current conditions of developments and the rapid spread of the new corona virus Covid-19 and in order to reach a rapid containment of the crisis, all scientists must be as a team work all over the world. The efforts must be joined in several areas to study the disease on the basis of three main directions.

First, from the side of the virus

1. Virus sensitivity and stability: What leads to its elimination in terms of (temperature, pH, radiation and disinfectants).
2. The tendency of the virus to attract to the T-lymphocyte and respiratory system, we have to search for the receptors of the virus and try to block it.
3. The genetic map of the virus, calculating the error rate of replication and the time period for the emergence of a new strain, and trying to stop the reverse polymerase enzyme which responsible for this replication.
4. Factors of the virulence of the virus and work to weaken it.

Second, on the patient's side

Study the factors that lead to the disease:

- a. An age and considering the low rate of child infections and the absence of symptoms and linking the matter to the large size of thymus gland which responsible for production of T-lymphocytes, whether or not it could be an entrance to find a cure.
- b. Nutrition, where the effect of nutrition on the immune system is certainly present, and here an important question is attending to the possibility of a chronic presence of the virus inside China as a result of feeding on bats, rats... etc. but its appearance has been linked to a stimulator which have to be discovered. The effect of Chinese nutrition on their immune system and if any change lead to increase their suitability and made them a source of infection endemically this have to be studied.
- c. Weather Does the weather affect the virus for example the weather with the extreme cold rate, to help spread the virus, as well as the effect of moisture, etc. such as influenza viruses.
- d. Bad habits in terms of not adhering to sterilization methods and personal hygiene, smoking and trying to harm others while intentionally contracting the disease.

- e. The nature of the work, where health practitioners, doctors, pharmacists and nurses work in addition to workers in all sectors that need to be in contact with large numbers of people, affecting the spread of the disease.
- f. Methods of burial and disposal of patients' waste, as there are some countries that may not adhere to proper burial methods or even not knowing that the deceased was sick with this virus and there are countries that are buried in underground rooms and place the dead and then open after a while to bury another person that could lead to the spread of the disease again after a while so commitment and awareness must be done.
- g. Another important point for patients is the immune system how can I increase the efficiency of the immune system for patients to be able to deal with the virus, especially how to raise the number of T- lymphocytes which are responsible for fighting the virus. For example, there is a study conducted on some herbs called Triphala concluded that they enhance and increase the number of T lymphocytes [1]. This study must be taken into account in addition to many of natural herbs, vegetables or fruits that affect the content of the immune system from a healthy integrated nutrition system that contains vitamins, especially vitamin B6, folic acid, selenium, zinc, and vitamin D in addition to omega 3 and probiotics, and avoid foods full of fat, sugar, carbohydrates, and commitment to the number of hours of sleep in addition to body exercises all this strengthens the immune system.

The third important aspect is the disease itself

- a. As previously indicated, it is possible that the virus is primarily present in China either latently or chronically within people and appears and activates in the form of waves, of course, stimuli linked to the immune system and its weakness and financial.
- b. The disease must be studied if there are chronic cases in addition to the acute cases and deaths that have been recorded and if there complication with secondary infection by pathogenic bacteria which lead to deaths or only it occur by the virus.
- c. The epidemiology of the disease has to be studied also. It is possible to use the RFLP test for different isolated virus strains of patients at the level of each country and the world to determine the extent of similarity and difference and compare it with previous types of the virus.
- d. There is one last point, but the most important thing is treatment. Where the use of a serum or vaccine and the serum can be prepared from the antibodies formed inside any sick person who was infected and then recovered, but requires, as I indicated previously, that there is a determination of the similarity between the strains of the virus or not. for the vaccine, here it will work on inhibitors of the virus receptors on the cell, which are angiotensin-converting enzyme 2 (ACE2) receptors. Here, it must be studied that this inhibition does not affect the role and function of these receptors if they are disrupted by other organs in the body. Or work to stop the process of replication of the virus, whether by cutting enzymes, for example, but to ensure targeting a specific sequence of the virus's RNA that is unique to the virus only, so that the cell itself is not affected if it is added. For example, Chloroquine and related quinolines inhibit the novel heme polymerase enzyme, Chloroquine disrupts the ability of the SARS-CoV virus to enter and replicate in human cells. In addition to some treatments of blood pressure like (azilsartan, candesartan, losartan...etc). Also the effect of some antiviral protein such as which present in *Momordica charantia* and as zinc finger proteins.

All of these ideas that I thought should be shared at the present time with researchers, so that they may be able to serve or strengthen an idea or promote to find a solution or set a road map to get out of the current virus problem.

Bibliography

1. Phetkate P, et al. "Significant increase in cytotoxic T lymphocytes and natural killer cells by triphala: a clinical phase I study". *Evidence-Based Complementary and Alternative Medicine* (2012): 239856.

© All rights reserved by Dr. Rehab Mohamed Atta El-Desoukey.