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## Fighting Covid-19 Strength and Challenges of Community

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### ABSTRACT

In this 21<sup>st</sup> century, the whole globe is facing the pandemic of Covid- 19. This infectious disease has extended its clutches over all the nations. This is a novel virus, which has no any definite treatment modality till date. Many nations have implemented Lockdown measures, to prevent and cut down the chain of spread of this infectious pandemic. On one hand, the medical fraternity is fighting with this disease and on the other hand, the scientists are tirelessly involved in the development of a definitive medicine or vaccination for the disease. The whole world is following the golden principle of "Handwashing, Wearing masks and social distancing "to prevent the spread of the disease. This is the time when the whole humanity is thriving hard to improve the overall immunity to safeguard them from this Pandemic. This article is focussing on an overall view of the pandemic – Covid-19, its origin, its manifestations, precautionary measures, treatment modalities used and preventive measures. Thus a wave of awareness can be generated among the common man regarding this global Pandemic.

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### INTRODUCTION

The pandemic Covid-19 is a disease that originated in China and spread worldwide. This disease spread through droplet infection from person to person. There is no vaccine of medication on this vaccine, though whole world is trying to develop vaccine. Previously it was said that its spread is through contact of infectious person. Now recently after

repeated researches it has been proven that the spread of disease is through air. WHO also declared that this is airborne disease. During this pandemic, it's time to identify our strengths & implement it. Also we have to identify challenges of community and take out solutions for it. This overview is the need of today to fight against Covid – 19.

### Aim

Identify the strengths & Challenges of community to fight against Covid 19.

### Objectives

To find strengths of the community to fight against Covid 19.

To identify challenges of the community to fight against Covid 19.

To give solutions to resolve challenges.

### Strengths of community

### Available Indigenous Knowledge

Indigenous Science is the treasure of knowledge. It

is experienced based & developed through repeated experiential trials. At a time of crisis like this, it would be the essential source to use indigenous knowledge in regards to prevention of health in pandemic condition. Lots of immune boosting drugs rasayanas are mentioned in Ayurveda to boost up the immunity (Pradnya, 2014). Lifestyle management through dincharya & rutucharya in the condition of voluntary isolation may help to comp up through crises. This voluntary isolation has already become a global trend for safety of health purpose. This is just a part of knowledge possessed by indigenous people. Measures of boosting immunity by using the herbs and spices that is easily available in our houses to be used as they provide safety from coronavirus (Limbu, 2020). This remedy is not curing the diseases but definitely boost the immunity so our body can fight back the Covid-19 deadly virus.

Rasayanchikitsa as immunity bust up is mentioned in Ayurveda as Chyawanprash (Gurmule, 2020) for all & Suwarnaprash (Rathi and Rathi, 2017) is mentioned especially for children. Our grandmother's where used to give herbal medicine whenever we were down the fever, cough or cold. And those medicines were very effective, though we didn't know what she was using as medicine but what we know is indigenous people have medicinal knowledge that can be used when modern science fails to find cure for epidemics like coronavirus. In Indigenous culture, when someone is ill or effected that person is not allowing to go outside i.e. that person should be in isolation to avoid/ prevent further possible infection to the community.

### **Practice of Yoga for health**

The novel coronavirus disease, Covid-19 has been among the greatest challenges humanity has faced in recent history. As the pandemic continues to kill thousands each passing day and the country slowly tries to get back to the new normal, the emphasis on physical and mental health is more today than ever before. Yoga the ancient practice originated in India has been helping as a tool for physical, mental and spiritual well beings of people (The Times of India). Yoga boosts immune system of the body; one must include Pranayam, yoga or breathing exercises, strengthens our respiratory system. It is more relevant in the current times as Covid-19 affect the respiratory system of the body. Yoga provides potential co-benefits for both physical and psychological health (India Today, 2020).

### **Government support to boost up these things**

Taking initiative by the government to convert existing infrastructure like schools, railways, coaches, hotels, offices etc. into isolation wards. Rapid

measures were undertaken such as imposing travels restrictions and lockdown that enable India to balance its supply and demand. All domestic/international travellers and offices are mandated to undergo a compulsory thermal screening check. Emphasis could more effectively be placed on the measures that benefits smaller business by government of India. Government also investing in strengthening broader healthcare and social safety nets form which everyone gets benefits.

### **Measures taken by government**

In the wake of the rising death numbers of under directions of World Health Organizations (WHO) that declared the novel virus as a pandemic, The Indian government took actions to defect, treat and reduce the transmission of the virus.

Measures taken by Indian government to control the pandemic spreads are as follows ( Tatacapitalblog, 2020). Everybody should undergo heavy screening. Mandatorily quarantined incoming international travellers and suspended all visas. All across national borders were sealed. Railway operations were suspended. All schools, gyms, mall, clubs, hostels, community halls, etc. were shut.

Due to the increased risk of so read of the virus, on March 24, the Prime Minister announced at complete 21- days lockdown for the entire nation. The government provides authentic information on the virus, its spread, preventions, guidelines, helpline numbers, registered cases, death tool etc. were available on the Ministry of Health's official websites.

India is the largest supplier and producer of Hydroxychloroquine, a prospective drug for treating Covid-19 (The Hindu, 2020).

### **Support of media to educate people**

Social media acts as a source of information. Medical helps in distinguishing between trust worthy and untrust worthy. Terms like social distancing and home quarantine are also explained well by media. It also acts as marketing platform. Media is a powerful way to bring positivity to scary time. Social media acts as a fundraising platform for social health. The news/ digital media provide proper information of patient, death tools and important information regarding Covid-19 pandemic (Kushner, 2020).

### **Support of NGOs**

Though it is the responsibility of government to take care of migrant workers. The contribution and role played by non-governmental organizations (NGOs) deserve all the appreciation for coming forward to

help them by providing food, water and transport during the difficult time of Covid-19 pandemic.

### Development of Arogya Setu App

Indian government launched ArogyaSetu App, this app is a coronavirus tracker of sort works on the basis of contact tracing can help a user identify possible coronavirus "hotspot" around the user area. It can help people stay safe and adopt necessary precaution in some areas where there are cases and accordingly help stop or prevent community transmission to an extent.

### Challenges of Community

Population – India is the second country in the world having such a large population. This wide population of India is the biggest challenge of community. Social distancing, supply of sanitizer for repeated hand wash, avoid crowd at public places is the big challenge. People gathered at public places & there observed a big question mark on the criteria of social distancing. Illiteracy especially in regards to disease & it's spread. Even educated people, those who have knowledge about the disease also do not follow the guidelines properly. Affection towards social functions, marriage celebrations are also responsible for such a pandemic condition. People have a big stigma for quarantine conditions. Psychological barriers relating to isolation & fear of quarantine conditions. Because of poverty in the country malnourished people & their poor immunity is the big challenge. Because of poor immunity these people are high susceptibility to disease. In the country only in cities emergency healthcare infrastructure available. In villages, there are no smooth approaches available to manage the emergencies developed in Covid 19 crises. Professionals' shortage is another big challenge. Generally behind 1000 population; one doctor is required. But in our country the ration is four times less. Behind 4000 population one doctor is available. In such circumstances how pandemic conditions can manage. Poor hygiene standard in locality ([Mahajan and Agrawal, 2020](#)).

### Suggestions to overcome the challenges

Spread awareness about the disease and disease spread through social media news and health care workers. Educate people about the isolation term and its positive effects on the further spread on disease/infection. Provide immunity boosters from government and educated people about the home remedies of boosting immunity.

Increase/develop healthcare infrastructure and professionals. Educate peoples about maintaining hygiene. Provide sanitizers soaps, medicines to the poor people.

### Discussion

Covid-19 is infectious pandemic, this pandemic originated in China and spread to whole world ([Bogoch et al., 2020](#)).

This information/ article has been based on or explains the strength and the challenges faced by the community while fighting Covid-19.

### CONCLUSION

This article is an attempt to have a view regarding the strengths and challenges and threats of community fighting against Covid-19 pandemic through this article an attempt is made to create awareness among the public. Also, it has emphasized on how man can improve his way of living and maintaining balance during Covid-19 by knowing strengths & challenges faced by community during this pandemic.

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### Conflict of Interest

The authors declare that there is no conflict of interest for this study.

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