



IMMUNE SYSTEM DEVELOPER FOR COVID-19: A MINI REVIEW

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Recommended food, vaccination, drugs and supplementary for immunity system for coronavirus According to the WHO, healthy foods in addition to hydration are vital. People consuming a well balanced diet are improved with a strong immune system and have less risk of chronic illness, infectious diseases. The importance of vitamin and mineral is vital. Vitamin B, which is insoluble in water, protects from infection. Vitamin C protects us from flu like symptoms [1]. Lack of vitamin D and E can straight us to infection of COVID-19 [2] but vitamin D can be found in sunlight and vitamin E can be found in oil, seeds, fruits, etc. Lack of iron and excess iron can lead to risk [3,4]. Zinc is essential for maintaining our immune system [5]. Food rich in protein should be on the top priority because it has immune properties (immunoglobulin production) and potential antiviral activity [6-8]. Hence, in usual meal, people should eat fruits, vegetables, legumes, nuts, whole grains, and foods from animal sources. Food found from plant containing vitamin A should be consumed. 8–10 cups of water should be drunk daily. Malnutrition is risky for coronavirus patients and appropriate nutrition should be provided [9,10]. Fruit juice, tea, and coffee can also be consumed. A large amount caffeine, sweetened fruit juices, fruit juice concentrates, syrups, fizzy, and still drinks must be avoided. Unsaturated fats, white meats, and fish containing low fat are advised to consume. Saturated fat, red meat, more than 5 g salt per day, and industry processed food should be avoided [11]. Along with diet, physical activity is another factor. Nutrition recommendation for adults throughout the coronavirus outbreak [11]. Be active and do physical exercise on a regular basis to boost the immune system and should have good sleep [12]. Although there is no registered medicine for coronavirus treatment but hydroxychloro-quine and remdesivir are prescribed which are moderately effective [13].

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