Abstract

Introduction: The new-easily-fast-spreading-variant of SARS-CoV-2, B.1.1.529, is designated as a ‘Variant-of-Concern (VOC)’, the ‘Omicron’, now-suddenly-rise-of-more-transmissible-surprising-form, the "Sister", causing detrimental-COVID-19 that impacts on public health, especially breakthrough severity-of-illness due-to-reinfections-or-infections in fully-vaccinated-people, causing more-serious-illness-or-death than other-variants also. And the COVID-scientists are trying the actual reasons regarding the quick speedy transmission of the variant, intensity, and ability to evade vaccines. So, it will require COVID-vaccine-booster-doses to tackle the 'Omicron' as early-as-possible, and the main objectives of the present study are to find out the most suitable 'Preventive-Immunity-Booster-Community-Biomedicines-Vaccine (PIBCBV)'.

Methods: The mixing of fresh weeds-vegetables-fruits-spices-(WVFS); amaranth-okra-cowpea-cucumber-ginger-turmeric-(AOCCGT)@ (10g+25g+25g+35g+4g+1g=100g) respectively are prepared the 100g (a cup) of fresh-biomedicines-booster-meal-(BMBM)/ candidate (one-year to ninety-nine years-age-groups), taking-orally-in-different-forms @ twice-or-thrice/day (with any-kinds-of-nutritious-food) against naturally-occurring-coronavirus-2 infections-or-reinfections 45-days before COVID-19-infections, and in case-of-treatment, the dose may be increased depending on the intensity-of-diseases.

Results: The present-Booster-Combination-(BC) of Weeds-Vegetables-Fruits-Spices-(WVFS), the Biomedicines-Booster-Meals-(BMBM) have revealed-again that Preventive-Booster-Community-Biomedicines (PBCBM), are very-much-effective in controlling-diseases-by-boosting-natural-immunity-against coronavirus-2 with no side effects among the student's community.
Introduction

The new easily fast-spreading bad-variant of SARS-CoV-2, B.1.1.529, is designated as a 'Variant-of-Concern (VOC)'; the 'Omicron', and now—suddenly—rise-of-more-transmissible-surprising-form, the “Sister”-variant, including B.1.1.529, BA.1, BA.2 and BA.3, causing detrimental-COVID-19 that impacts on public health, especially breakthrough severity of illness due to reinfections or infections in fully vaccinated-people, causing more severe illness or death than other variants also (Figure 1; The New York Times and web pages) [1-4]. Scientists are puzzled to understand Omicron and the new more than 50 mutant SARS-CoV-2 variant causing the recent pandemic due to rapid and evade immunity, and they are assuming three key factors regarding evading immunity from vaccines or previous infections, transmissible limit, and the way and cause much severity. It has been already detected in South Africa, the United States, the United Kingdom, Japan, Hong Kong, Australia, India, and across Europe, and omicron has now been found in more than 70 countries and is rapidly gaining ground (Figure 1). And “The evidence that this is more transmissible is getting stronger every day,” from Denmark, 53 out of 150 high school students who attended a party went on to test positive for Omicron [5]. Now the COVID-scientists are trying to find out the actual reasons regarding the quick speedy transmission of the variant, intensity, and ability to evade vaccines, and protection against infection, clinical disease, and death, comparison to other variants; and risk, control measures, public health, and social strategies [1]. Now there is no time to waste for ‘Vaccine’ equity, and in rare cases, coronavirus

Figure 1: COVID 19 report of United States, United Kingdom, different countries and Purba Bardhaman (The New York Times and web pages).

Conclusions: The Booster-Combination-(BC) of only-100g-Weeds-Vegetables-Fruits-Spices-(WVFS), the most cost-effective eco-friendly easily-manufacture-able easily-applicable easily-available, and side-effects-free 'Biomedicines-Meals (BMM)' not-only-serve as the 'Natural-Gift': 'Potential-Preventive-Immunity-Booster-Community-Vaccine (PPIBCV) Against Omicron’ enriching 'Global-Public-Health-Forestry-Agriculture-Environment-Biodiversity-Wildlife-Conservation-Medical-Research-Science-Technology-Communication-Applications (GPHFAEBCMWRSTCA)” but also it acts-as-the “Nature’s-Gift to Human-Disease-Free-Global-Healthy-New-Normal-Life” OR fulfill the “Vaccine-Nationalism-to-Vaccine-Equity-and-Vaccine-Passport”. And in near future, it may be used mainly on “Public-Health-Epidemiology, Infectious-Diseases, and Pharmacology, Toxicology, Clinical-immunology, Clinical, and Bio-Medical-Education, and Pharmaceutical-Research also by developing different-forms-vaccines; ultra-high-diluted, steam-inhalation-therapy, etc., against 'Omicron-Deltacron-Rupacron-Radhracron-Futuracron’ like any ‘Sister’-variant OR ‘Future-X Disease’ which easily-prepare and distribute-enough-vaccines to immunize the world’s-population, and opening-a-path for the ‘Future-X-Epidemic also’ because-only-boosters-can-improve-immunity.

vaccines may cause Long Covid–like symptoms, and in the United Kingdom, a COVID–19 human challenge trial was conducted where the viral load peaked at 5 days after exposure, but the active virus was still detectable in some people after 12 days, and the peak levels were highest in the nose, reinforcing the importance of wearing a face–covering over both nose and mouth[6–8]. So, it will require the most suitable COVID-vaccine-booster-doses to tackle the ‘Omicron-Deltacron-and mouth[6-8]. So, it will require the most suitable COVID-

It is reported that spices and herbs play a significant role against coronavirus or other viral infections as well as boosting immunity, and the role of herbal medicine also for controlling coronavirus (SARS-CoV-2) disease (COVID-19) [9,10]. The following important references about the newest updates with respect to the discovery of new compounds, natural regimens, and add–on therapies effective against SARS-CoV-2/COVID-19 must be added to this manuscript to strengthen it and give it much credibility[11-21].

Primarily it has been observed that the weeds; different kinds of amaranth, vegetables; okra and cowpea, fruits cucumber, and spices; ginger and turmeric, are very much effective Biomedicines (BM) against COVID-19 [22–34]. It is reported, “Okra Maybe Potential Cost–Effective Personalized–Biomedicines Social–Vaccine against COVID-19: Improved Immunity Food–Security Green–Economy Science–and–Technology–Communication Applications” [22,25,33]. It is the oldest widely cultivated–oligo purpose, used as traditional medicine, forming the “Nature’s Gift to human disease–free healthy life” multipurpose crop [35–37] consumed in a variety of ways, fruits rich in vitamins, calcium, folic acid, carbohydrates, phosphorus, magnesium and potassium, iodine, mineral matters, and a good source of superior nutritional quality for human nutrition, and mature fruit and stems contain crude fiber, used in the paper industry and sugarcane industry of India, achieved first in the world. It is also known for several potential health beneficial effects on human diseases such as cardiovascular disease, type 2 diabetes, kidney diseases, skin infection, digestive diseases, some cancers, antioxidant, nootropic, eye, body immunity, blood pressure, obesity, asthma, constipation, heart disease, sexual health, and neurological disorders [38-40]. Like okra, the cowpea, fruits cucumber, and spices; ginger and turmeric contain a number of phytomedicines or biomedicine or bioagents or bionematicides only stand as a suitable and useful against different plants, animals and human diseases caused by pathogens, and recently also have been identified to possess potential against SARS-CoV-2 / COVID-19 [41-47].


Material and Method

The study of Kanchanagar designs with the effective Community–Booster–Biomedicines–Meals (CBBMM) with the activities of a local Higher Secondary (HS) student, doctors; Dr. Dipanwita Malick, MBBS, and Dr. Ranjan Mukherjee, District Coordinator of Sishu Sathi Scheme at Department of Health and Family Welfare, Purba Bardhaman, Burdwan–713102, West Bengal, India, and Dr. Subhas Chandra Datta, team leader [28–34]. All the info was counted for statistical analysis by the analysis of variance (ANOVA) (P<0.01).

- Selection of Bio–Medicines Meals
- Sample Groups
- Place of Experiment and Duration
- Activity and Function of Students
- Preparation of Biomedicines Meal
- Recipe for Consumption
- Processing Methods
- Clinical Symptoms
Clinical Treatments

Collection of Data and Maintenance Records

Observations

Science and Technology Communication

COVID Protocol.

Selection of Bio-MedicinesMeals (BMM)

The weeds; different kinds of amaranth (*Amaranthus viridis* L. cv. CO-1), vegetables; okra (*Abelmoschus esculentus* L. cv. Ankur-40) and cowpea (*Vigna unguiculata* L. cv.5269), fruits cucumber (*Cucumis sativus* L. cv. local Slicing variety), and spices; ginger (*Zingiber officinale* Rosc.) and turmeric (*Curcuma longa* L.), are prepared biomedicines meals (BMM) against COVID-19 (Plate 1) for preventive treatment measures as biomedicines [22-34].

Sample groups

For preventive treatment measures as biomedicine meals (BMM); the total preventive treatment sample groups are divided into three age groups; students (1-19 years), guardians (20–59 years), and veteran’s (60–99 years), and the average number family member presenting-and-participating 1560, average number family visited 267, and the criteria of the study are the student’s communities of Kanchannagar with below poverty line. The rest of the total populations of the Burdwan Municipality of Purba Bardhaman District, West Bengal, India, represent the control group (without biomedicines meals) [22-34,50]. All the information was counted for statistical analysis by ‘ANOVA’ (P<0.01).

Place of experiment and duration

Treatment and visited locality are the student’s community of Kanchannagar D.N. Das High School (HS), Kanchannagar, Burdwan Municipality, with the duration of 6 months (from 08-04-2021 to 30-11-2021). All the info was counted for statistical analysis by ‘ANOVA’ (P<0.01) [22-34,50].

Activity and function of students

Maintaining all COVID-protocol, physically and virtually, the higher secondary (HS) students with the secondary students (SE) and guardian communities (GC) engaged the preventive treatment measures as biomedicine meals (BMM) under the leadership and guidance of headmaster and doctors, and the assistance of the Burdwan Medical College and Hospital and Chief Medical Officer of the Hospital (BMCH and CMOH) who supplied rapid antigen kits and examined (Table 1). All the info was counted for statistical analysis by ‘ANOVA’ (P<0.01) [22-34,50].
Table 1: Impacts of biomedicines meals on students, guardian and veteran’s family member regarding the infection or reinfection of coronavirus 2 / omicron of the student’s community of Kanchannagar D.N. Das High School (HS).

<table>
<thead>
<tr>
<th>Average Treatment Age Groups (years)</th>
<th>Treatment and Visited Area: Kanchannagar, Burdwan Municipality (08-04-2021 to 30-11-2021)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I. Veterans: (60-99)</td>
<td>512±0.06 89a±0.01 01b 03c 03c 04c (100%) Reinfection occur only in aged and comorbid patients after 2nd dose vaccination</td>
</tr>
<tr>
<td>II. Guardian: (20-59)</td>
<td>687±0.03 89a±0.01 02a 08b 10b 10b (100%) Reinfection occur only in aged and comorbid patients after 2nd dose vaccination</td>
</tr>
<tr>
<td>III. Students: (01-19)</td>
<td>361±0.01 89a±0.01 01b 13a 14a 14a (100%) Infection/ Reinfection occur</td>
</tr>
<tr>
<td>Total: (01-99)</td>
<td>1560 267 04 24 27 27 (100%) Remarkable good results</td>
</tr>
</tbody>
</table>

Table 1 showed the impacts of fresh Biomedicines Meals (BMM) on students, guardians, and veteran’s family members regarding the infection or reinfection of coronavirus 2 / omicron of the student’s community of Kanchannagar D.N. Das High School (HS), Kanchannagar, Burdwan Municipality, Purba Bardhaman, from 8th-April 2021 to 30th-November 2021, and all the data were significant difference by ‘ANOVA’ (P<0.01). All the treatment age groups (1 to 99 years) showed the absolute recovery in-home quarantine where active or passive infection or reinfection occurred after vaccination. The guardians of the 20 to 59 years middle age group showed the highest active reinfection after the 2nd-dose of vaccination. The students of the 01 to 19 years early age group received the highest passive infection/reinfection, and the veterans 60-99 late age comorbid patients after the 2nd dose of vaccination get the lowest reinfection.

Preparation of Biomedicines Meal (Bmm)

The fresh only100g (a cup) biomedicines-booster-meal (BMBM) is prepared by the mixing of weeds-vegetables-fruits-spices (WVFS); amaranth-okra-cowpea-cucumber-ginger-turmeric(AOCCGT) salad @10g+25g+25g+35g+4g+1g respectively [22–34,51].

Recipe for consumption

The BMBM; amaranth, cucumber, cowpea, okra, ginger, and turmeric (AOCCGT), are tasty delicacy found in many dishes, making it quite versatile vegetable, and consumed during a sort of ways and may be utilized in salads, soups, stews and sauces, chopped, sliced, fresh or dried, fried or boiled [22–34,47].

Processing methods

Different processing methods of vegetables and fruits plants; boiling, sprouting, steaming, frying, soaking, de-hulling, and grinding, are often combined to supply different meals [22–34,47].

Clinical symptoms

The observation of symptoms are fever, cough, tiredness, loss of taste or smell, sore throat, headache, aches, and pains, diarrhea, a rash on the skin, or discoloration of fingers or toes, red or irritated eyes [22–34,47].

Clinical treatments

After preparation a cup of the fresh 100g biomedicines-booster-meal (BMBM) only / candidate (one year to ninety-nine years-age-groups), taking-orally @ twice or thrice a day (with any kinds of nutritious food) against naturally-occurring-coronavirus-2 infections-or-reinfections 45-days before COVID-19-infections, and in case-of-treatment, the dose may be increased depending on the intensity-of-diseases [22–44,47,48,51].

Collection of data and maintenance record

The higher secondary (H.S.) students collected data from the communities clinical-treatments groups maintaining records of the data for statistical analysis by ‘ANOVA’ (P<0.01) [22–44,47,48,50].

Observations

The higher secondary (HS) students observed different behavior and attitude of the communities in different ways [22–44,47,48,50].

Science Technology Communication Applications (STCA)

The Students, scholars, researchers, teachers, staff, community, photographers, different scientists, academicians, clinicians, administrators, institutions, farmers, and media personnel, visited making the news and published in different journals [22–44,47,48,50,52].

COVID protocol

The HS students and NGOs organized different social-awareness virtual camps (VC) among the communities in many ways; using masks, cleaning hands with soap, maintaining physical distance, and avoiding touching eyes-nose-mouth, etc [22–44,47,48,50,52–54].

Results

Table 1 showed the impacts of fresh Biomedicines Meals (BMM) on students, guardians, and veteran’s family members regarding the infection or reinfection of coronavirus 2 / omicron of the student’s community of Kanchannagar D.N. Das High School (HS), Kanchannagar, Burdwan Municipality, Purba Bardhaman, from 8th-April 2021 to 30th-November 2021, and all the data were significant difference by ‘ANOVA’ (P<0.01). All the treatment age groups (1 to 99 years) showed the absolute recovery in-home quarantine where active or passive infection or reinfection occurred after vaccination. The guardians of the 20 to 59 years middle age group showed the highest active reinfection after the 2nd-dose of vaccination. The students of the 01 to 19 years early age group received the highest passive infection/reinfection, and the veterans 60–99 late age comorbid patients after the 2nd dose of vaccination get the lowest reinfection.

Special note

In the present ‘Manuscript Standing Epitome’, it is clearly mentioned, “The present Manuscript mainly focuses on the central idea of the manuscript. The analysis of the data and interpretation of the results are fair. The author has taken care
of ethical considerations while developing the manuscript. The writing style and language are fair. The references are judiciously used in the manuscript. So, there is no need for any 'Supporting/Supplementary Data Files' provided to support any of the demonstrated results inside the main manuscript.

Discussion

All the clinical–treatments groups showed the absolute recovery only in home quarantine due to treatment with the 100g fresh biomedicines–Booster–Meals (BMBM) which content many active effective phytoconstituents or bioactive compounds, and it provides booster immunity or hard immunity or innate immunity preventing also many diseases; analgesic, diuretic, diuretic, anti-fungal, vermifuge, anti-ulcer, laxative, antiviral, asthma, ulcers, diarrhea, swelling of the mouth or throat, and high cholesterol and hypertension, hepatoprotective and antioxidant activities. It develops the blueprint for potential diagnostics, booster vaccines, and therapeutics against novel coronavirus-2 or omicron or future X–disease, due to presence of new compounds, natural regimens, and add–on therapies effective against SARS–CoV–2/COVID–19 [10–48,51–54], and it is already proved that the okra, the cowpea, fruits cucumber, and spices; ginger and turmeric contain a number of phytochemicals or biomedicines or bio-agents or biomaterials or bioactive or phytomedicines only stand as a suitable and useful against different plants, animals and human diseases caused by pathogens, and recently also have been identified to possess potential against SARS–CoV–2 / COVID–19 with biosafety and biosecurity approaches to restrain/contain and counter SARS–CoV–2/COVID–19 pandemic [41–48,51,55,56].

Only 100g cost–effective fresh biomedicines–booster–meals act as preventive biomedicines, because it is already proved that many plant extract “Synthesis PR–Proteins/Gens Developed Potential Biomedicines–Vaccine against Plants–Diseases and COVID–19” [57–79].

It was remarkable that the less than 20 age group showed as passive coronavirus carrier with absolute recovery. It was remarkable that the below 20 years early students age group showed the highest passive infection/reinfection due to the potential effects of biomedicines meals. The booster–combination (BC) of the cost-effective eco-friendly easily-manufacture-able easily-applicable easily-available, and side–effects-free ‘biomedicines–meals (BMM)’ not–only–serve as the “Potential–Preventive–Immunity–Booster–Community–Vaccine (PPBCV) Against Omicron” enriching “Global–Public–Health Forestry–Agriculture–Environment–Biodiversity–Wildlife–Conservation Medical–Research–Science–Technology–Communication–Applications (GPHFAEBWCMRSTCA)” but also it acts as the “Nature’s Gift to Human–Disease–Free–Global–Healthy–New–Normal–Life” OR fulfill the “Vaccine–Nationalism–to–Vaccine–Equity–and–Vaccine–Passport” [22–48,51–85].

Future research

In near future, it may be used mainly on “Public–Health–Epidemiology, Infectious–Diseases, and Pharmacology, Toxicology, Clinical–immunology, Clinical, and Bio–Medical–Education, and Pharmaceutical–Research also by developing different–forms–vaccines; ultra–high–diluted, steam–inhalation–therapy, etc., against ‘Omicron like variant’ OR ‘Future–X–Disease’ which easily–prepare and distribute enough–vaccines to immunize the world’s–population, and opening–a–path for the ‘Future–X–Epidemic also’ because only boosters can improve immunity, and these biomedicine meals may also be used as ultra–diluted–form about the most important findings of this study and the possible applications of the study in the near future with respect to the human health (medicine is one of the major scopes and aims of the journal [22–48,51–85].

In the ‘New Year–2022’, this ‘Booster–Biomedical Future Ideas’ will be the most ‘Potential–Biomedicines’ for its; eco-friendliness, side-effects–freeness, cost–effective, easily–prepare–ability, easily–availability, easily–manufacture–ability, easily–equitability, easily–marketability, and easily–supply–ability, etc. extremely ultra–low doses, popular and regular use as traditional–medicines, easily tackle many diseases and complications, use in different pharmacological medicines preparation, extremely low–toxicity, and potential efficacy, many potential different phytochemicals in a diverse range, and develop the best quality biomedical and life-scientific information on all aspects of pharmacology and its analytical nanoparticles studies or proper side-effects free effective medicines or drugs also. Last year has brought us the new ‘Omicron’ OR ‘Future–X–Pandemic’–challenges even as the old ones COVID 19 persist. If anything, these preventive–‘Booster Vaccine Future Ideas’enhances innate immunity resisting the entry of SARS-CoV-2, and it has taught us to tackle the ongoing pandemic to rethink differently about any further epidemic challenges and questions where we recently face when it comes to big issues like climate change, gender equality, inflation, and economic measurement also, and only wildlife conservation may be future omicron like preventive epidemic covid–19–model enriched forestry–horticulture–agriculture environment–health–biodiversity science–technology–communication–application–issues. And we will enjoy throughout the year, “Happy New Year 2022!” And it also acts as the “Nature’s Gift to Human–Disease–Free–Global–Healthy–New–Normal–Life” OR fulfill the “Vaccine–Nationalism–to–Vaccine–Equity–and–Vaccine–Passport” [11–48,51–85].

Conclusion


**Acknowledgement**

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**References**


