Case report


Subhas Chandra Datta*

PhD & Research from Department of Zoology, VisvaBharati, Santiniketan-731235, and Headmaster & Secretary& Coordinator, Kanchannagar D.N. Das High School (HS), Kanchannagar, Burdwan Municipality, Purba Bardhaman, Burdwan-713102, West Bengal, India

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*Corresponding author: Dr. Subhas Chandra Datta, PhD & Research from Department of Zoology, VisvaBharati, Santiniketan-731235, and Headmaster & Secretary& Coordinator, Kanchannagar D.N. Das High School (HS), Kanchannagar, Burdwan Municipality, Purba Bardhaman, Burdwan-713102, West Bengal, India, Tel: +91 9832192464, +91 7602303924; E-mail: dattasubhas@rediffmail.com, subhaschandra.datta@gmail.com

ORCID: https://orcid.org/0000-0002-5718-4969

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Abstract

Introduction: Both the 1st- and 4th-pandemic outbreaks by SARS-CoV-2/3 causing COVID-19, starts in Wuhan, China, badly affecting human civilization with severe-post-COVID-diseases weakening the ability of COVID-19-vaccines to prevent SARS-CoV-2/3-infection-or-reinfection with side effects. So, it will require proper COVID-booster-community-vaccines-doses to prevent ‘Omicron’ like any-‘A-to-Z’-diseases as early-as-possible, fulfilling the main objectives of the current ‘Community-Case-Study-Reports’ are to find out the most suitable ‘Biomedicines-Vaccine’.

Methods: The ‘community-treatments’ were done with the mixture-extract of spices; Ginger, Garlic, and Turmeric forming the high-diluted ‘Spices-Community-Biomedicines’ dissolving @ 5-10 drops / 50ml-100ml (a half to a full cup) of moderately hot drinking water, orally administered @ 3-5 times/day at an interval of 1-2hrs, against naturally occurring coronavirus-infections-or re-infections, for 45-60 days, before-symptom-onset OR illness-onset (as a vaccine).

Results: The present-oral-‘community-treatments’ of ‘Spices-Community-Biomedicines-Physiology’ are very-much-effective in controlling-diseases-by-boosting-natural-immunity-against coronavirus-2/3 with no side effects among the students and their parent’s-community.

Introduction

Both the 1st- and 4th-pandemic outbreaks by different mutant-virus-pathogens SARS-CoV-2/3 causing COVID-19, start in Wuhan, China, badly affecting human civilization, our lives, our activity, behavior, food habits, etc. It causes globally more than 500 million coronavirus infections, and over 6.2 million mortality with emerging many-sever-post-COVID-diseases, and it affects long-term-serious-global-public-health-problems that weaken the ‘ability of COVID-19-vaccines’ to prevent SARS-CoV-2/3-infection-or-reinfection, and it arises the three key questions about what’s after Omicron next variant with the efficacy of the fourth dose of COVID-19 mRNA Vaccine against Omicron. And on 23 May 2022, BBC News, the head of the World Health Organization (WHO), warned that the world is facing “formidable” challenges, including Covid, the war in Ukraine, and monkeypox. It is known, that it’s a less-lethal relative of smallpox, Monkeypox, that has spread in many populations around the world (in 13 countries on 4 continents), and the scientists are trying to understand why the monkeypox virus, a rare viral disease seldom detected in at least 11 non-African countries in the past week. After the outbreak was first identified in the UK, the virus began to be seen across Europe—with public health agencies in Spain, Portugal, Germany, Belgium, France, the Netherlands, Italy, and Sweden all confirming cases [1a,1c-3]. The Covid-19 pandemic is not over yet, but some researchers are already worrying about monkey-pox also. The U.S. Food and Drug Administration (FDA) approves the COVID-19 vaccine treatment first time for young children under five, which has already begun in June, and the pediatric patients are 28 days of age and older weighing at least 3 kilograms. Currently, ‘The Guardian reports that South Africa may be entering its ‘Fifth Covid wave’ earlier than expected (Plate 1; In The New York Times, May 20, 2022). And globally, more than 11 billion doses of COVID-19 vaccines have already been administered in April 2022, but it has some side effects of vaccination like myopericarditis, and the scientist already been found that the heart inflammation risk after a COVID-19 vaccine is no different than after other shots [4,5]. To tackle these worst situations, it has already been reported that the physiology of different forms of traditional biomedicines, prepared from; ginger (Zingiber officinale Rosc.), turmeric (Curcuma longa L.), and garlic (Allium sativum L.) (Plate 2), are effective against COVID-19 or other viral infections or other diseases by boosting immunity [1a,6-27a]. So, the present ‘Community-
Treatments-Case-Study-Reports’(CTCSR) will require confirming proper COVID-booster-community-vaccines-doses to prevent ‘Omicron’ like any-future-‘A-to-Z’-diseases as early-as-possible, and it fulfills the main objectives of the current ‘Community-Treatments-Case-Study-Reports’ are to find out the most suitable ‘Biomedicines-Vaccine’. Now the main objectives of the current ‘Community-Treatments-Case-Study’ show some typical individual-preventive-and-therapeutic measures of ‘CTCSR’ of COVID 19 patients treated with high-diluted ‘Spices-Biomedicines-Extract’, prepared by mixing; ginger, turmeric, and garlic.

Materials and methods

Here, the manuscript entitled: Whole tumor volume based histogram analysis of ADC for differentiating between WHO grade II and III glioma focuses on the central idea of the manuscript [27b]. So, it will be more interesting if the author has taken care of ethical considerations while developing the manuscript as well as better understanding, and has suggested justifying the questionnaires given below:

Type of study

This is not considered to be a ‘Clinical Case Presentation’.

It is only a ‘Community-Treatments-Case-Reports-Study’ following the “Integrating Research into Community Practice -Toward Increased Diversity” [7-22,28 -31].

Justification of ‘Community-Treatments-Case-Reports-Study’

It is the ‘Community-Treatments-Case-Reports-Study’ only because the “Clinical trials of drugs are usually described based on their phase, and the FDA typically requires Phase I, II, and III trials to be conducted to determine if the drug can be approved for use (vide https://www.fda.gov/patients/learn-about-drug-and-device-approvals/drug-development-process). It is notified in the “Drug Target Review-COVID-19 research hub, and NIH Clinical Alerts and Advisories / Disclaimer (vide https://www.nia.nih.gov/health/what-are-clinical-trials-and-studies#four), the U.S. National Library of Medicine, ClinicalTrials.gov” [28-31]. This ‘Community-Treatments-Case-Reports-Study’article aimed to explain the reasons why Asian spices including ginger etc., were considered special and valuable drugs with curative powers in Medieval Europe, and the spices are most widely and frequently used as medicine according to medieval medical textbooks, where the system fundamentally based on the humoral theory invented.
by Hippocrates and Galen, and this theory was modified by Arab physicians and imported to Europe during the Middle Ages. Asian spices with hot and dry qualities were used to balance the cold and wet European diet, and dry qualities were employed to cure diverse diseases, particularly those caused by coldness and humidity. Europeans mystified oriental spices, with the belief that they have marvelous and mysterious healing powers. Such mystification was related to the terrestrial Paradise. They believed that the oriental spices were grown in Paradise which was located in the Far East and were brought to the Earthly world along the four rivers flowing from the Paradise [6].

Ethical considerations and consent form & IRB form

The questions may arise regarding “There is no mention of the approval from an ethics committee and taking signed informed consents from participants before study initiation”. So it is necessary to provide this information. It is reported, “In India over 3,000 years ago, Ginger, Garlic, and Turmeric formed the high-diluted ‘Spices–Community–Biomedicines’, primarily used as a culinary spice and traditional Indian ayurvedic medicine”. The most important active ingredient in the case of ‘Turmeric’ is curcuminoids with effective doses is 500–2,000 mg of curcumin per day, and the average Indian regular diet provides around 2,000–2,500 mg of curcumin (60–100 mg of curcumin) per day, and the same amount in extract form may pack up to 1,900–2,375 mg of curcumin [6–21,31]. And turmeric and conventionally formulated curcumin products are probably safe when taken orally or applied to the skin in the recommended amounts, and it’s safe to use turmeric in amounts greater than those commonly found in food while breastfeeding also [21,31,32]. Here, the High-Diluted Turmeric Extract (TE) or turmeric MT, prepared from the turmeric-rhizome, Curcuma longa L., or ‘Spices–Community–Biomedicines’ is used as communitybiomedicine@1-2mg in 10-20 drops are mixed in cup (100ml-150ml) of drinking-water per candidate, administered orally every-day in the early morning @once/day for thirty-days, in the 11-slam-area of Purba Bardhaman District. And the used doses are below the recommended doses. So, automatically it is no need for ethical approval or consideration for the permissible doses and safety concerns or any ethics committee and taking signed informed consent from participants before study initiation [6–22,31,32]. So, it is required “No consent form & IRB form (https://www.hhs.gov/ohrp/register-irb-and-obtain-fwas/forms/irb-registration-form/index.html), as the study was conducted on humans” [7–22,28–32].

Community-Drug Preparation

Community–Treatments–Drug Preparation, based on what? Is there any community trial of these–mixture? Is there any method of validation and development? Please see the specifying below-mentioned updated study reports for doubt-clearance as follows:

• The Community–Treatments–Drug Preparation, based on the “Preparation of Medicinal Plants: Basic Extraction and Fractionation Procedures for Experimental Purposes, by Abubakar and Haque (2020)” [33].

• It is also mentioned in “Biomedical research in developing countries: Opportunities, methods, and challenges” [34].

• The Community–Treatments–Drug Preparation, based on, “Does Carica papaya leaf extract increase the platelet count? An experimental study in a murine model” [35].


• The “Reviews the Clinical Case Reports of Biomedicines Ginger Preventive Vaccines Against ‘Omicron to Any Future X Disease’ Improving BioMedical Health Physiology Research Science Technology Communication Environment Wildlife Biodiversity Conservation” was accepted in the International Journal of Clinical Case Reports and Reviews [18].
• “Rupacron’ Loveable of ‘Omicron’ Controlled by ‘Ginger–Biomedicines’ [19]” is the recent information.


And recently another community case study reported ‘Abstract’ entitled “Traditional–High–Diluted–Spices–Community–Biomedicines–Physiology Prevent Future–‘X’–Diseases Improving Herbal–Medicine–Natural–Therapies–Wildlife–Biodiversity–Conservations”, has been accepted for the ‘Key Note Presentation’ in Scientific Webinar on “Evidence–Based Traditional Chinese Medicine (TCM), Scientific Sessions of Herbal Medicine, held on May 30, 2022”. It is also noted, “In a Comparison of the Antioxidative and Anti–Diabetic Potential of Thermally Treated Garlic, Turmeric, and Ginger” [36].

Type of your ANOVA statistics

Eminent bio–satiation and biologist cum educationalist, Dr. Tapan Mondal, Assistant Teacher in L.Sc., Ramnagar High School (HS), Purba Bardhaman, West Bengal, India, has followed here, the two ways of statistical analysis by the analysis of variance (ANOVA) with S.E. (Standard Error), critical analyzing the significant level P<0.01 (https://www. technologynetworks.com/informatics/articles/one–way–vs–two–way–anova–definition–differences–assumptions–and–hypotheses–306553) were done [7–22,33–36].

Community-Treatments

The oral–community–drugs–treatments were done with the fresh 10g mixture of spices @ ratios; (Ginger + Garlic + Turmeric= 7:2:1) forming ‘Spices–Community–Biomedicines–Extract’ (SCBE) dissolving @ 5–10 drops in the 50ml–100ml (a half to a full cup) of moderately hot sterile–distilled–or pure–drinking–water, preparing high–diluted–‘Spices–Community–Biomedicines’[7–22].

Community-Treatment Schedule

The high–diluted–‘Spices–Community–Biomedicines’ were orally administered 3–5 times/day at an interval of 1– 2hrs, against naturally occurring coronavirus–2/3–infections–or re–infections, for 45–60 days, before–symptom–onset OR illness–onset (as a vaccine) OR onset–of–symptoms where patients in hospital–associated COVID–19 infections have been reported (clinical treatments), and the dose may be increased depending on the intensity of diseases in case of treatment advised by family–doctors [7–22].

Community-Samples and area

The community samples (Plate 2) were the different close related family members as samples of COVID–19 infected or reinfected of the Burdwan Municipality, Purba Bardhaman District, West Bengal, India, with ethical consideration and permission [7–22].

Community-Treatments duration

The duration of oral community treatments for all age groups was 1st–December 2021 to 1st–April 2022, and up–to–date [7–23].

Community-Doctors

Two respected doctors; Dr. Dipanwita Malick, and Dr. Ranjan Mukherjee, Ex–District Coordinator of Sishu Sathi Scheme at Department of Health and Family Welfare, Purba Bardhaman, Burdwan–713102, West Bengal, India, and his recent designation: M. O., MHT, H. O. D., Cardiac care, RTC, Reader ( Pathology), MKHMCH (JKD), and Dr. Subhas Chandra Datta, team leader, 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 information was counted for statistical analysis by the analysis of variance (ANOVA, P < 0.01).

Community-Nomenclature of Familycron…Futurecron… ‘X’–cron…Nilocron…

The ‘Person’ infected with ‘Omicron’ for long time, the combined–named is coined or termed as ‘Personicron’ (Person + Omicron = Personicron) following the name ‘Deltacron’ (Delta + Omicron = Deltacon). So, Family + cron = Familycron, Rupa + Omicron = Rupacron, Bodhi + Omicron = Bodhicron, Radhes + Omicron: Radhacron, Pradip + Omicron = Pradipcron, Future + Omicron = Futurecron, ‘X’ + Omicron= ‘X’–cron, and Nil (without infection) + Omicron = Nilocron, etc. are the combined–names [15–22].

Community-COVID Protocols

The students, NGOs, and different volunteers organized many COVID–awareness virtual camps (VC) among the communities in different ways; using masks mandate (Plate 2), cleaning hands with soap, maintaining physical distance, and avoiding touching eyes–nose–mouth, etc. [37–39].
Community-Studies-Record

All the community-study samples were collected by Dr. S. C. Datta from the Hon’ble treating doctors with the help of students, communities, and NGOs, and all the data were also tried to clarify Dr. Datta [37–39].

Community-Science Technology Communication Applications Issues (STCAI)

The different students, NGO-Burdwan Green Haunter, and Students’ Goal with the different communities, scholars, researchers, artists, teachers, staff, community, photographers, different scientists, academicians, clinicians, administrators, institutions, farmers, media personnel, visitors making the news and published in different medical journals [7–22,37–40].

Community-Case-Study-Reports-Presentation

Table 1 showed the presentation of community-case-study reports from high-diluted-biomedicines—Spices-Community-Biomedicines—Extract—treatments in the Burdwan Municipality (Plate 1).

Table 1: Community case study reports from high-diluted-biomedicines—Spices-Community-Biomedicines—Extract—treatments in the Burdwan Municipality.

<table>
<thead>
<tr>
<th>Treated Community Case Study Reports</th>
<th>Duration of Community-Treatments: 1st-December 2021 to 1st-April 2022 &amp; Up-to-Date Follow-Up, Sample Area: Burdwan Municipality</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rupacron 5a±0.01 &amp; 55-79</td>
<td>Y M O 1-29 30-49 50-99</td>
<td>No. of CP</td>
</tr>
<tr>
<td>I-Rupacron 5a±0.01 &amp; 55-79</td>
<td>Y M O 1-29 30-49 50-99</td>
<td>No. of CP</td>
</tr>
<tr>
<td>II-Bodhicron 5a±0.01 &amp; 22-80</td>
<td>Y M O 1-29 30-49 50-99</td>
<td>No. of CP</td>
</tr>
<tr>
<td>III-X-Familycron 16±0.02 &amp; 3-78</td>
<td>Y M O 1-29 30-49 50-99</td>
<td>No. of CP</td>
</tr>
<tr>
<td>IV-Radhescron 3a±0.01 &amp; 2-39</td>
<td>Y M O 1-29 30-49 50-99</td>
<td>No. of CP</td>
</tr>
<tr>
<td>V-Y-Nilcron 16±0.02 &amp; 1-78</td>
<td>Y M O 1-29 30-49 50-99</td>
<td>No. of CP</td>
</tr>
<tr>
<td>VI-Z-Futurecron 4±0.02 &amp; 18-84</td>
<td>Y M O 1-29 30-49 50-99</td>
<td>No. of CP</td>
</tr>
</tbody>
</table>

Community-Studies-Record

All the community-study samples were collected by Dr. S. C. Datta from the Hon’ble treating doctors with the help of students, communities, and NGOs, and all the data were also tried to clarify Dr. Datta [37–39].

Community-Science Technology Communication Applications Issues (STCAI)

The different students, NGO-Burdwan Green Haunter, and Students’ Goal with the different communities, scholars, researchers, artists, teachers, staff, community, photographers, different scientists, academicians, clinicians, administrators, institutions, farmers, media personnel, visitors making the news and published in different medical journals [7–22,37–40].

Community-Case-Study-Reports-Presentation

Table 1 showed the presentation of community-case-study reports from high-diluted-biomedicines—Spices-Community-Biomedicines—treatments in the Burdwan Municipality (Plate 1).

i. Rupacron Community-Case-Study-Report: In the ‘Rupacron’ (Rupa + Omicron) case report; all the 5comorbid-member-family with 55-79 years, with diabetes, hypertension, heart, UTI, and cancer patients were regularly followed ‘Oral Clinical Treatments’ with the high-diluted ‘Spices-Community-Biomedicines’, except ‘Rupa’, showing no COVID-19. But the 50 years old severe comorbid patient, ‘Rupa’ was rarely administered ‘Oral Clinical Treatments’, suffering in ‘Long-COVID-19’ named ‘Rupacron’ with anosmia for 5-day only, prevailing up to 80 days with many side effects. And from the ‘Day-81’ she habituated to following a drug schedule curing of long-COVID-19 within 15 days (Table 1).

ii. Bodhicron Community-Case-Study-Report: In the ‘Bodhicron’ (Bodhi + Omicron) case report; the 5 member-family with 22-80 years, with comorbid patients, were regularly followed ‘Oral Clinical Treatments’ with the high-diluted ‘Spices-Community-Biomedicines’ except Bodhi, showing no COVID-19. But 22 years aged Bodhi’ healthy young did not administer any ‘Oral Clinical Treatments’, suffering in more or less asymptomatic—COVID-19 with a slight cold attack with mild—runny—nose irritation. And after following the high-diluted ‘Spices-Community-Biomedicines’ schedule, the mutant—‘Bodhicron’ were left away within five days (Table 1).

iii. X-Familycron Community-Case-Study-Report: In a very large 16-membered family; ages ranging from 3 years to 78 years, all were suffering from COVID-19 with mild cold and cough with a mild runny nose and were started to the high-diluted ‘Spices-Community-Biomedicines’ schedule, and all were cured of COVID-19 within 5-8 days (Table 1).

iv. Radhescron Community-Case-Study-Report: In a very small 3member-family; ages ranging from 2 years to 39 years, all members were suffering from COVID-19 with severe cold and cough with mild—runny—nose, but the Radesh had been suffering in severe long—COVID-19’ for 11 days, named ‘Radhescron’ with anosmia, and then all member was started to follow the high-diluted ‘Spices-Community-Biomedicines’ schedule, and all were cured of COVID-19 within 7-14 days (Table 1).

v. Y-Nilcron Community-Case-Study-Report: In
another 16-member big–healthy–family; ages ranges from 1 year to seventy–eight years, and the 78-aged mother was comorbidity–patient, was regularly followed the high–diluted ‘Spices–Community–Biomedicines’ schedule, showing no COVID–19 till date (Table 1).

vi. ‘Z’–Futurecron Community–Case–Study–Report: In the 4 membered–family; ages ranging from 18 years to 84 years with a comorbidity–patient, did not follow the high–diluted ‘Spices–Community–Biomedicines’ schedule, showing all COVID–19 positive, suffering in severe long–COVID–19, and then all were started to follow regularly with the high–diluted ‘Spices–Community–Biomedicines’ schedule, and all were cured of COVID–19 within 7–14 days (Table 1).

Control Community–Case–Study–Reports

In the Burdwan Municipality, the 20 healthy families with 108 members from 1 year to 99 years, did not follow the high–diluted ‘Spices–Community–Biomedicines’ schedule, with mask mandate, and they were considered as ‘Control Family’ for the ‘Control Clinical Case Report’, where 10% were asymptomatic COVID–19 with 2% mortality of the comorbidity–patients, and the 32% were suffering mild, and the rest 58% were asymptomatic with Long–COVID–19. And 98% were cured after taking antibiotics with cover doses advised by specialist doctors (Table 1).

Results


Discussion

In the recent oral community–treatments–case–study–reports, all the 6–clinical treated–family (Plate 2) of all the ages with –community–treatments–case–study–reports from high–diluted–biomedicines–‘Spices–Community–Biomedicines’ treatments in the Burdwan Municipality against COVID–19 showed a ‘preventive biomedicines’ or were the absolute recovery only in–home quarantine (Table 1) due to treatment with the preventive–‘Spices–Community–Biomedicines–Extract’ on family against COVID–19, because the high–diluted–biomedicines–‘Spices–Community–Biomedicines–Extract’ contains many different bioactive effective phytoconstituents or compounds that provided booster immunity or innate immunity preventing many diseases also like analgesic, diuretic, antifungal, vermifuge, antilucre, laxative, antiviral, asthma, ulcers, diarrhea, swelling of the mouth or throat, and high cholesterol and hypertension, hepatoprotective and antioxidant activities [2,6–27a,30–36,41]. And these were the main reasons that all the clinically treated treatments age groups, year to 90 years’ showed absolute recovery only in--home isolation or home quarantines where they were active or passive infection or reinfection occurred after preventive—‘Spices–Community–Biomedicines’ (Table 1). And it may develop the blueprint with the help of ‘Students–NGO–Model etc., for potential diagnostics, booster–‘Spices–Community–Biomedicines–Extract’–vaccines, and therapeutics against novel coronavirus–2 or omicron or any kinds of future ‘X’–disease [30–40]. For these reasons, the family, ages range from one year to eight–four years suffering from COVID–19 with mild cold and cough, and were started to use the high–diluted–‘Spices–Community–Biomedicines–Extract’ (Table 1)–drug schedule with the ‘Mask mandate’, all were cured of COVID–19 within 5–15 days only [30–36]. Whereas the total–study–reports ‘Control Family’ for the ‘Non–total–case–study–reports–presentations’(Table 1), where 10% were symptomatic COVID–19 with 2% mortality of the comorbidity–patients, and the 32% were suffering mild, and the rest 58% were asymptomatic with Long–COVID–19. And 98% were cured after taking antibiotics within 7–14 days after taking the ‘antibiotic cover dose’ (Table 1) advised by specialist clinical physicians and doctors [7–22, 30–36].


Study limitations

Very negligible limitations were seen during this “Community–Case–Study–Reports’ of high–diluted–‘Spices–Community–Biomedicines–Physiology’ regarding biomedicine–extract availability, preparation, consumption, and data collection. It should be noted for more success; study design, skills– procedures, sampling, availability of more population, community–trial and error, missing–data–records, statistical–data–limiti
tations, missing-findings, all-time observations, collection of good quality data, and at last good humanity for all.

Future prospects

It is already found 'Omicron or other viral diseases' from this 'Community-Case-Study-Reports' with the high-diluted 'Spices-Community-Biomedicines-Extract-Physiology', should be focused on the novel and significant ideas for the 'Future Research' distributing equally and preventing shortfalls and global crisis, and oath ourselves "Vaccine equity and there is no time to waste" [43]. Soon, it may be used as different ultra-high-diluted forms of 'Spices-Community-Biomedicines-Physiology' for the 'Future-Universal-Preventive-Emergency-Pandemic-Vaccine' against any future diseases, including the recent 'Monkeypox outbreak' with all-round development [1a,1c,7-22,30-36].

Conclusion

In the present "Community-Treatments-Case-Study-Reports of the Spices-Community-Biomedicines-Physiology" were done with the mixture of spices; Ginger, Garlic, and Turmeric forming the high-diluted 'Spices-Community-Biomedicines' dissolving @ 5-10 drops / 50ml-100ml (a half to a full cup) of moderately hot drinking water, orally administered @ 3-5 times/day at an interval of 1-2 hrs, against naturally occurring coronavirus-infections or ret-infections, for 45-60 days, before-symptom-onset OR illness-onset (as a vaccine). The high-diluted 'Spices-Community-Biomedicines-Physiology' is very-much-effective again in controlling diseases by boosting natural immunity against coronavirus-2/3 with no side effects among the students and their parent's community. And the present "present "Community-Treatments-Case-Study-Reports of Spices-Community-Biomedicines-Physiology Act as Archives of Preventive-Booster-Community-Vaccines Against Omicron-Like-Any-'A-to-Z'-Diseases By Immunizing Public-Health-Socio-Economy-Environment-Wildlife-Biodiversity-Conservation-Science-Technology-Communication-Applications-Ecology-Retaining-the-World-in-Old-Forms Again". And only 'Archives-community-biomedicines-physiology' may save the world even recent 'Monkeypox-diseases' also.

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Last but not the least; I am thankful to the eminent Senior Consultant Physician, Dr. Ranjan Mukherjee, M.B.B.S., M.D., Ex-District Coordinator, and his recent designation: M. O., MHT, H. O. D., Cardiac care, RTC, Reader (Pathology), MKHMCH (JKD), and Dr. Dipanita Malik, M.B.B.S. of Sishu Sathi Scheme at Department of Health and Family Welfare, India for inspiration and guidance.

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