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Analysis of Immunity Booster in COVID-19



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Aishwarya R Sangade¹, Pramod A. Patil*¹, Pravin T. Sathe,² Ganesh Sarjerao Shelke², Atul R. Chopade¹

1. *Rajarambapu College of Pharmacy, Kasegaon, Taluka- Walwa, District – Sangli, Maharashtra, 415404. India*

2. *Ashokrao Mane Institute of Pharmacy, Ambap, Kolhapur. India.*

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ABSTRACT

To assess the awareness about immunity booster in rural areas in COVID-19 situation we took survey on general public to assess their knowledge and awareness about immunity booster. The survey included 20 questions based on immunity booster. We took this survey by online and offline methods. Present study shows that people are very well aware about immunity booster and benefits. Some peoples are unaware about immunity booster but use them as dietary sources due to COVID-19 situation. But number of people use immune booster to increase immunity, but there are few who use immunity booster frequently and wanted to relay on multivitamin uptake.



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INTRODUCTION

The immune system is the best defence because it supports the body's natural ability to defend against pathogens (eg, viruses, bacteria, fungi, protozoan, and worms) and resists infections.[1-3] As long as the immune system is functioning normally, infections such as COVID-19 go unnoticed.[4-6] The three types of immunity are innate immunity (rapid response), adaptive immunity (slow response), and passive immunity. Passive immunity has two types: natural immunity, received from the maternal side, and artificial immunity, received from medicine. Skin and inflammatory responses begin when the body is affected. However, when the body encounters germs or viruses for the first time, the immune system cannot work properly, and illness can occur.[7-10] This scenario is what has occurred in the case of COVID-19. With the onset and the rapid spread of the global pandemic, Corona, or COVID-19, the ones that are most likely to be affected are seniors.[5-10] This virus is more deadly for people with lower immunity and chronic health conditions. In such a case, older adults must pay more attention to improving their immunity. A better immune system would imply better chances of preventing or warding off the virus, and higher chances of recovery even if the disease has been contracted.

METHODS

Knowledge and awareness about immunity booster in rural areas we took survey on general public to assess their knowledge and awareness about immunity booster. The survey included 20 questions based on immunity booster. We took this survey by online and offline methods.

RESULT AND DISCUSSION

Outcomes from feedback written from / offline method:

We took this survey from general public around 50 peoples solved these questions from this survey we understood that people aware about immunity booster and some about immunity booster but use as dietary sources. Details are shown in survey chart 1 and figure 1A and B.

Figure 2 shows pictures clicked during survey. While Figure 3 depicts the Graphical representation of offline response in summarized manner.

When a question was asked about how you build up your immunity in the situation of

COVID-19? As well as did you know that fruits and vegetables. Therefore, are act as immunity booster? Then 45% people say that using fruits and vegetables and yes know that fruits and vegetables act as immunity booster. Therefore, here people know that immunity booster and some people unaware about immunity booster but use as dietary sources.

As mentioned, immunity boosters keep us healthy and free from harmful infections. They also have the following benefits-

- a) They help you prevent infections and diseases.
- b) They supply vital vitamins and minerals for proper body function.
- c) They improve your energy levels and help you stay productive.
- d) As you consume more immunity boosters, your body's healing ability improves.
- e) They support regulating digestion, circulation, body mass, cholesterol levels, and other processes.

Outcomes from the survey conducted by Google from / online method:

We also took survey by online method during lockdown through Google from. For this form we make 20 questions in the form of multiple choice questions (MCQ) .The link of Google from send through online media like WhatsApp. Figure 4 shows the Response recorded through online Google from survey. The people also very well responded by online survey. Above 50 people solved this Google from. The link be like – A Multidimensional Health Assessment Questionnaire About Immunity Booster Survey.

The questionnaire is used to evaluate a person experience with immunity booster try to answer each question. Please answer exactly as you think or feel. Thank you.

Responses shown in online Google from survey

In this method people solve questions in online mode. The responses of offline and online mode there are some similarities. Here, therefore we understood that people aware about immunity booster and some people are unaware about immunity booster but use as dietary sources. As well as No of people use immunity booster due to COVID-19 situation.

Conclusive points of study survey

- To maintain the immune system against a wide range of infections and diseases and to help manage some diseases maintain a balanced diet adding immunity booster.
- Natural immunity booster should be implemented on daily basis since the synthetic drugs have specific adverse effects on long term usages.
- Under the present survey to assess their knowledge and awareness about immunity booster, present study shows that people are very well aware about immunity booster and benefits.
- Some peoples are unaware about immunity booster but use them dietary sources due to COVID-19 situation number of people use immune booster is increases but there are few who use immunity booster frequently and wanted to relay on multivitamin uptake.

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Conflict of Interest- All authors declare no conflicts of interests.

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Survey chart 1.

Multidimensional Health Assessment Questionnaire about Immunity Booster Survey.

The questionnaire is used to evaluate a person experiences with Immunity Booster lease try to answer each question, even if you do not think it is related to you at this time. Please answer exactly as you think or feel.

Thank you.

Name: _____ Date: / /20Age:Sex:Male: Female

:

Address: _____ Occupation:-----

Please check the ONE best answer for your abilities at this time:

Questionnaire for peoples

| Que have stions | Select appreciate options as per your knowledge | | | |
|--|---|-----------------------|-----------------------------|------------------------------------|
| 1) You ever heard the word immunity booster before? | A) Yes | B) No | C) heard from you | C) sometimes |
| 2) Have you taken a multivitamin so far ? | A) yes | B) No | C) Use fruit and vegetables | D)can not sure |
| 3) Do you feel like multivitamin and immunity boosters are same? | A) yes | B)No | C) No idea | D)There are some similarites |
| 4) How much fruits and vegetable do u have in diet ? | A) Daily | B) twice a week | C) sometimes | D) Idont like fruits or vegetables |
| 5) did you know that fruits and vegetable acts as | A) yes | B) don't know exactly | C) heard from you | D)feels a little |

| | | | | |
|---|--------------------------------|---|----------------------|------------------------|
| immunity booster? | | | | |
| 6) how about you build up your immunity in the situation of covid 19? | A)Medicen prescribed by docter | B) use of fruits and vegetables | C)vitamine tablets | D)by yoga and exercise |
| 7) how many of you have consumed chavanprash? | A)yes | B) no | C)for a limited time | D) eats despite |
| 8) According to you turmeric is immunity booster food? | A)yes | B) uses but dose not know that immunity increases | C) I dont know | D) None of the above |
| 9) What vitamins did you take to boost Immunity during covid19? | A) vitamin c | B) Vitamin A | C) Vitamin B12 | D)vitamin D |
| 10) Where does vit.C come form ? | A) Citrus fruit | B) Strawberry | C) Papaya | D) orange |
| 11) What are natural sorces of immunity ? | A) Leafy vegetables | B) fruits | C) Vitamin | D) medicine |
| 12) Which vit does almond contain ? | A) vitamin A | B) vitamin C | C)Vitamin E | D) No Idea |
| 13) which of the following a preparatios are available as Immunity booster ? | A) Ayurvedic | B) Herbal | C) Allopathic | D) Home remedies |
| 14) which preparations | A) Chvawanpr | B) Triphala churna | C) Ashwangdha | D)Dabar Rantnaprash |

| | | | | |
|---|--------------------------------------|---------------------------------|------------------------------------|------------------------------|
| You prefer as immunity booster ? | ash | | | |
| 15) you do use Home remedies to boost immunity ? | A) yes | B)to a lesser extent | C) no | D) NO, medical medicine use |
| 16) do you want to use immunity booster everyday? | A) yes | B) to lesser amount | C)no, when feels weakness then use | D) I don't think so |
| 17) from what point of view do you approach immunity booster? | A) medicine which use boost immunity | B)medicine use to treat disease | C) Medicine which cause dependance | D) medicine use to safe life |
| 18) citrus fruits, almond ,papaya, garlic, ginger, from this how many items you use in diet? | A) all of the above | B)some | C) leave the almond and papaya | D)more than three |
| 19) Role of ayurvedic booster ? | A)medicine which use boost immunity | B)medicine use to treat disease | C) Medicine which cause dependence | D) medicine use to safe life |
| 20) what do you think increases immunity booster? | A) by a taking medicine | B) By doing exercise | C)By use of immunity booster | D)By taking proper diet |

Signature:

**Rajarambapu Collage of Pharmacy Kasegaon,
Ta-Walwa Dist-Sangali Pin code-415404**

A MULTIDIMENSIONAL HEALTH ASSESSMENT QUESTIONNAIRE ABOUT IMMUNITY BOOSTER SURVEY.
The questionnaire is used to evaluate a person experiences with IMMUNITY BOOSTER lease try to answer each question ,even if you do not think it is related to you at this time. Please answer exactly as you think or feel. Thank you.

Name: Joshana Mahavir Gaware Date of Birth: 12/20 Age: 32 Sex: Male: Female :
Address: Jawala (Ni) Ta. Paranda Occupation: House wife

1. Please check the ONE best answer for your abilities at this time:

Questionarie for peoples

| Questions | Select appreciate options as per your knowledge | | | |
|---|--|---|-----------------------------|------------------------------------|
| | A) Yes | B) No | C) heard from you | C) sometimes |
| 1) have you ever heard the word immunity booster before? | <input checked="" type="checkbox"/> | | | |
| 2) have you taken a multivitamin so far ? | <input checked="" type="checkbox"/> | | C) Use fruit and vegetables | D) can not sure |
| 3) do you feel like multivitamin and immunity booster are same? | <input type="checkbox"/> | <input checked="" type="checkbox"/> | C) No idea | D) There are some similarites |
| 4) how much fruits and vegetable do u have in diet ? | <input checked="" type="checkbox"/> | B) twice a week | C) sometimes | D) Idont like fruits or vegetables |
| 5) did you know that fruits and vegetable acts as immunity booster? | <input checked="" type="checkbox"/> | B) don't know exactly | C) heard from you | D) feels a little |
| 6) how about you build up your immunity in the situation of covid 19? | A)Medicen prescribed by docter | B) use of fruits and vegetables <input checked="" type="checkbox"/> | C)vitamine tablets | D)by yoga and exercise |
| 7) how many of you have consumed chavanprash? | A)yes | B) no <input checked="" type="checkbox"/> | C)for a limited time | D) eats despite |
| 8) According to you turmeric is immunity booster food? | A)yes <input checked="" type="checkbox"/> | B) uses but dose not know that immunity increases | C) I dont know | D) None of the above |
| 9) what vitamins did you take to boost immunity during covid19? | A) vitamin c <input checked="" type="checkbox"/> | B) Vitamin A | C) Vitamin B12 | D) vitamin D |

Figure 1A Sample chart of collected questionnaire in English

| | | | | |
|---|---------------------------------------|-----------------------------------|--------------------------------------|------------------------------|
| 10)where does vit.C come form ? | A) Citrus fruit ✓ | B) Strawberry | C) Papaya | D) orange |
| 11)what are natural sorces of immunity ? | A) Leafy vegetables ✓ | B) fruits | C) Vitamin | D) medicine |
| 12)which vit does almond contain ? | A) vitamin A | B) vitamin C | C)Vitamin E ✓ | D) No Idea |
| 13)which of the following a preparatios are available as immunity booster ? | A) Ayurvedic ✓ | B) Herbal | C) Allopathic | D) Home remedies |
| 14)which preparations you prefer as immunity booster ? | A) Chvawanprash ✓ | B) Triphala churna | C) Ashwangdha | D)Dabar Rantnaprash |
| 15) you do use homeremedies to boost immunity ? | A) yes ✓ | B)to alessser extent | C) no | D) NO,medical medicine use |
| 16)do you want to use immunity booster everyday? | A) yes | B) to lesser amount | C)no, when feels weakness then use ✓ | D) I don't think so |
| 17)from what point of view do you approach immunity booster? | A) medicine which use boost immunity | B)medicine use to treat disease ✓ | C) Medicine which cause dependance | D) medicine use to safe life |
| 18)citrus fruits, almond,papaya,garlic,gin ger,from this how many items you use in diet ? | A) all of the above | B)some ✓ | C) leave the almond and papaya | D)more than three |
| 19)role of ayurvedic booster ? | A)medicine which use boost immunity ✓ | B)medicine use to treat disease | C) Medicine which cause dependance | D) medicine use to safe life |
| 20) what do you think increses immunity booster ? | A) by a taking medicine | B) By doing exercise | C)By use of immunity booster | D)By taking proper diet ✓ |

Signature: J. M. Gowate

Practice School Project By- Aishwarya sangade(2020-21)
Guided by Atul Chopade [Dept. of Pharmacology]

Figure 1B Sample chart of collected questionnaire in English



Figure 2 Some pictures clicked during survey

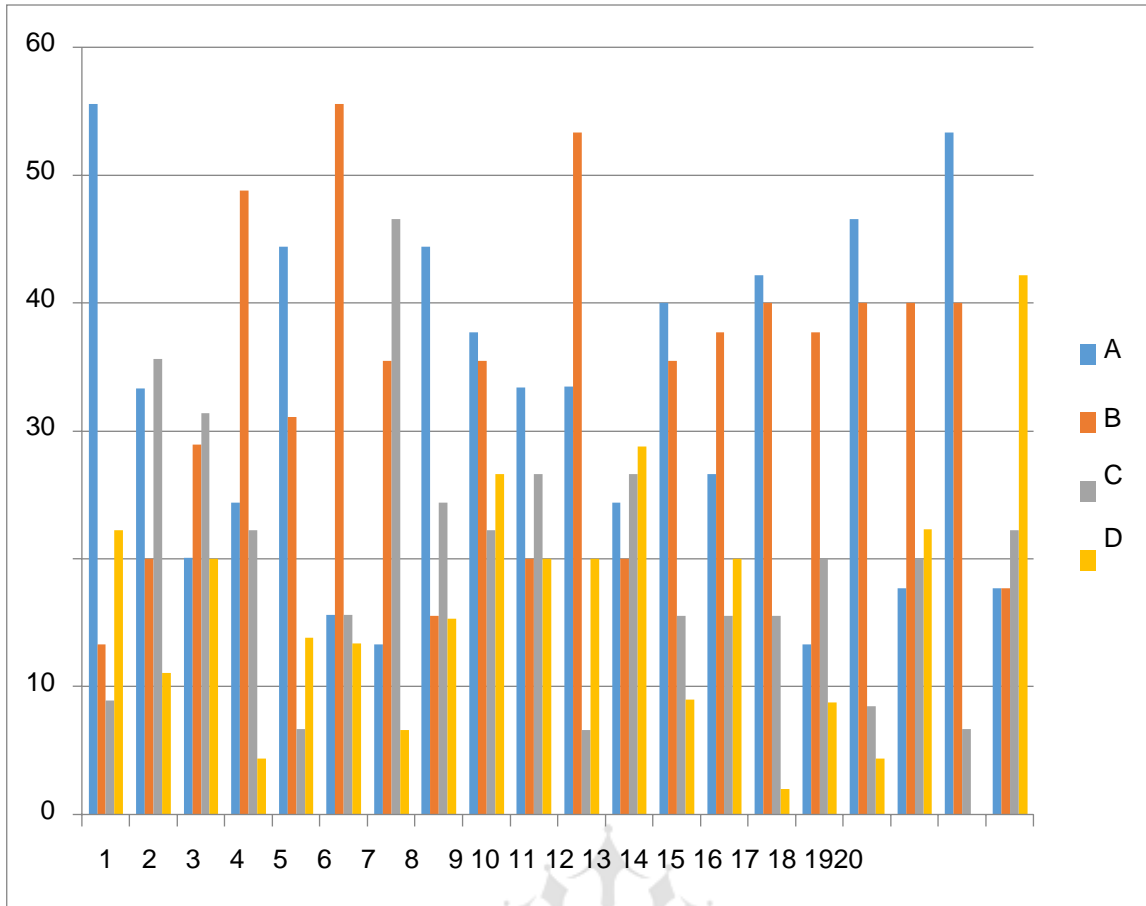


Figure 3 Graphical representation of offline response in summarized manner

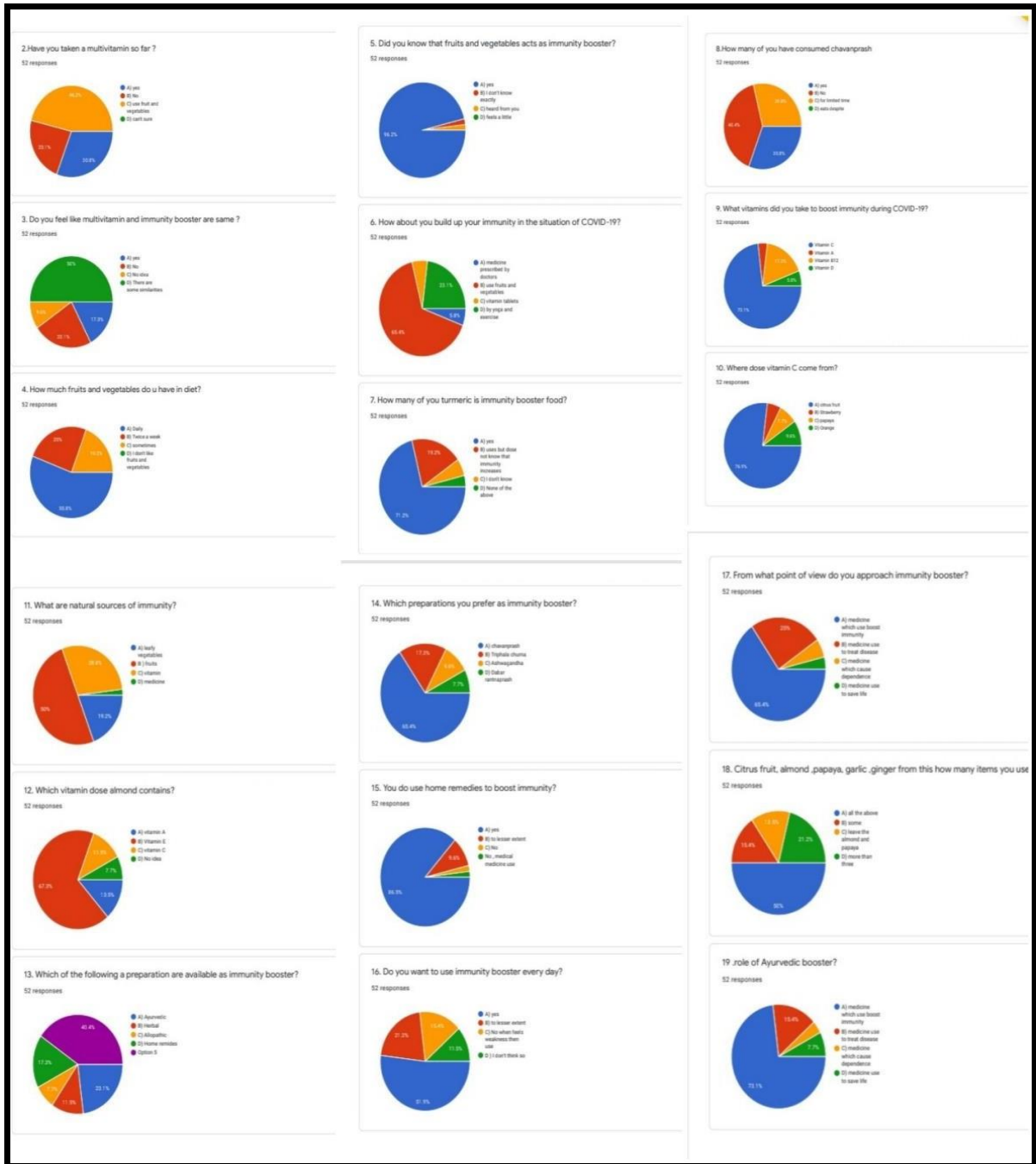


Figure 4 Response recorded through online Google from survey