

Immunology and COVID 19.

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Abstract

Immunology is the science and study of the many complex biochemical interactions involved in the functioning of the defenses of the body against any insult that the body distinguishes 'self' from 'non-self'. Immunology has applications in numerous disciplines of medicine, particularly in the fields of organ transplantation, oncology, rheumatology, virology, bacteriology, parasitology, psychiatry, immunization, blood banking, and many others.

"SARS-CoV-2" is a novel virus that causes a disease that has been named "coronavirus disease 2019" (abbreviated "COVID-19"). They are enveloped viruses with a positive-sense single-stranded RNA genome and a nucleocapsid of helical symmetry. SARS-CoV-2 has infected many humans and have claimed the lives of millions. WHO announced on March 11, 2020 that COVID 19 is pandemic.

Many journal article talks about foods and supplements, exercise outdoors, and good sleep as boosting steps towards a good immune system. Functional foods optimize the immune system capacity to prevent and control pathogenic viral infections, while physical activity augments such protective benefits. Functional foods that contain immune-boosting elements are vitamins and minerals, including vitamin A, B6, B12, C, D, E, and trace elements, including zinc, iron, selenium, magnesium, and copper.

Biography

Kazim has completed his PhD at the age of 40 years from Sheffield University, UK. He has held many positions in the health field, and he is currently the manager of cord blood processing and cryogenic labs at DHA. He has given many scientific talks in international symposia. He was

Senior Research Associate of Council of Scientific and Industrial Research (CSIR), Government of India. He qualified National Eligibility Test (NET) of Government of India & received full fellowship for Doctoral research.