



ORIGINAL RESEARCH PAPER

Biological Science

WORLD OF PATHOGENS & INSIGHT ON CORONA VIRUS – TIP OF THE ICEBERG?

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ABSTRACT

A short insight on the evolution of diseases in our lives, their spread and is Corona Pandemic just a start or the beginning?

There are many questions to be answered:

1. Are we here to see many more like these?
2. Why did these diseases not become pandemic earlier?
3. Why these diseases are becoming pandemic now?

We will see answers to many more questions like these in the article below

INTRODUCTION

Before I start with the article, I want you to think on the question & in the mean time I will go ahead:

1. If I were to break a branch of a tree and shake it, what would happen?
2. What is the main function of any living organism?

Let us understand it is just not the virus, there are plenty of natural pathogens all around us, besides lots of man-made pollutants.

I decided to take up this topic in wake of Corona Virus when I realized lot of Misconceptions and Assumptions floating around about it – be it the spread or be it the treatment. I am going to highlight on both of them. This article today contains almost 99% facts which are scientifically proven in various forms be it Research done by Scientists, Zoologists and other Senior Personal Involved, however, there is always a Gray Area which probably no science can prove and we have to then put our Heart, Mind and Soul to differentiate between the Right and Wrong

We are going to start from the very basics and since in the current situation we all are surrounded by the so-called **Corona Virus** Fear, we will mostly stick our discussion to it, but we will definitely see some well-known examples to back the information on Corona Virus

The reason I always love to start from the basics, because that is the place where we make mistakes on. For example: if we have a headache, our mind will always think of the worst first – DO I HAVE A TUMOR? So, why not first start with the very basics – **Basics Will Always Lead Us To The Right Road.**

I call the current fight between Humans and the Corona Virus as an ARM RACE. Why? ARM RACE simply means OVER POWERING the other. Current Era is the era of Competition between Humans, Pathogens, Animals, Urbanization and Various other factors which **CO-EVOLVE CONTINUOUSLY (I stress on this word) – or are in the process of OVER-POWERING by destroying the other. In short it means – JUNGLE RULE**

So, starting with basics, I am sure all of us remember **we all had a subject called Biology in school and I am sure,** readers who have children and studying will know that their children have Biology. So, let us go back to school.

There are various modes of Disease Transmission like from

- Plants to Animals
- Plant to Humans
- Animals to Humans and also Vice Versa
- Food Borne
- Water Borne

- Vector Borne

Here we will talk about Germs / Pathogens getting transferred only from Animals to Humans and these are called Zoonotic Diseases

We actually do not know in this novel world – how many pathogens actually exist – but what scientific research says – there are about 1415 Pathogens known to infect humans out of which 61% are known to be of Zoonotic Origin – meaning pathogens from animals infecting humans i.e. about **864 pathogens, is it not a huge number?** Whereas we know only a few of them RIGHT?

Definitely many diseases are also restricted to some country boundaries for example EBOLA to AFRICA ... Many or should I say most commonly suffered LONG STANDING diseases in India are all of Zoonotic Origin because of incorrect practices that we follow. Let us see a few examples

One thing we need to remember and I would like to definitely bring to the attention – Even Domesticated ANIMALS & BIRDS ARE ALL WILD, however because of the mild nature a few can be domesticated, we all know – CATS, DOGS, COWS, BUFFALOES, SHEEP, GOATS, HORSES, CAMELS AND SO ON ...

Seeing A Few Examples Below:

These are most common diseases found in India which are of Zoonotic Origin and there are couple of examples of Corona Virus that has caused epidemic at intervals in other parts of the world due to meat eating

Disease Names	From Animals
Tuberculosis	Infected Cattle, Deer, Pigs, Domestic Cats
Rabies	Dogs, Bats, Monkeys, Cattle, Goats, Sheep, Horses, Cats
MERS – Middle East Respiratory Syndrome – CORONA VIRUS	Bats to Camels – 2012
Leprosy	Monkeys, Rabbits, Mice
Influenza	Horses, Pigs, Domestic & Wild Birds, Minks, Wild Aquatic Animals & Farmed Carnivores
HIV – Human Immunodeficiency Virus HIV 1, HIV 2,	Monkeys, Chimps
Roundworm	Parasite in the intestines of dogs and cats – present in infected dog and cat faeces.
Salmonellosis	Livestock and poultry (chicks, ducklings), reptiles (turtles, snakes, lizards), amphibians (frogs, salamanders, toads), rodents, and even fish in aquariums
Shiga toxin-producing "E. coli	Healthy cows, goats, deer and other animals have in their intestines / Infected Humans and Animals in their faeces
Turkey Coronavirus	Turkeys – 1951
Severe acute respiratory syndrome (SARS) – CORONA VIRUS	Bats to civet cats – 2002 – 2004

So, it's time to answer the question – what is the most important function of any living organism – **It is none other than Reproduction**, I am sure all will agree to it. Be it anything, even as basic as an ALGAE. Be it Humans, Animals – the same applies to all Pathogens – **Including Viruses and Bacteria – not just CORONAVIRUS - ALL REPLICATE & GROW.**

Just like an ovum and a sperm is required to produce a baby (alone one sperm or ovum cannot replicate), similarly **2 strains of any virus or bacteria are required in the same individual to reproduce**. The 2 strains could be of a different virus coming together and forming a new one or of the same strain – could either mutate (combine) into a stronger one – which could be harmful or beneficial. Could there be something more to it? Yes, something beyond our imagination.

HUMANVIROME

Human Body naturally consists of 38 Trillion Bacteria and 380 Trillion Viruses. Now also if a strain of an external virus or bacteria was to be stronger and got to be attracted to one of them living inside us, could mutate and form a new one – so do we see the catch here?

Let us see a few examples:

1. Mule (Combination of Male donkey and Female Horse)
2. Mutation in Garden Moses – normally flowers are yellow, can become orange because of Mutation
3. Mutation in Human beings – Sickle Cell Anemia - I am not going into too much of detail – however as we all are aware about it where the Red blood cell becomes / adapts the shape of a crescentic moon. This happened from atleast 4 – 5 mutational events about 3000 – 6000 generations ago ... approximately 70,000 – 150,000 years back

And there can be many more like these

Because there was a lack of proper diagnostic tests in the earlier era, hence many of them have come up or have been realized in the past 70 – 80 years with this branch of Diagnostic Science developing enormously

So, now the important part to think is will viruses just by falling on us mutate with our viruses to form a new one, will animal viruses just mutate with our viruses to create a pandemic. The answer is NO. Nature has not made it so simple.

Every species hosts hundreds and thousands of viruses. **Viruses need to blast through 5-6 barriers to infect others. It means there is a hammering effect required for a new strain of virus to be created.**

Now comes the answer to the first question I asked you in the beginning. What happens when we break a branch and shake it? What we see with the naked eyes is dust falling on us. But it is just not the dust falling on us, it is also the invisible viruses that fall on us. When we shake the viruses lose from their natural host – it definitely requires a new host. So, if we are disturbing it, we are the new host to the virus – be it from plants or animals.

What are the other sources of New Human Host for Virus –

1. When we destroy forests, animals lose their natural habitat and come in close contact with humans
2. When we do deforestation – pathogens from the forest need a new host and its we humans
3. Disrupting ecosystem – even water bodies for that matter

Remember:

Rodents and Bats thrive even when Natural Habitats are Disrupted and Most Likely promoters of the any pathogens from one species to the other. Rodents for example – can travel from below the ground

CORONA – CROWN LIKE

Why the diseases have grown enormously in last 70 – 100 years?

- **Prior to these years** – humans were mostly confined to the areas where they would stay. There was hardly any means to relocate or they had to walk down 100s and 100s of kilometers to go from one place to another, hence humans thought better to stay in place where they were born and brought up
- **So, people staying in coastal areas**, even if they ate fish and people staying in jungles even if they ate animals, the diseases were localized even if they caught them – there was no means to spread them
- **In those times – people ate food only when they required it** – today we eat it more for taste and if there is nothing to do, we are sitting idle – oh common lets order for this and have this. If we are in the office – people working – everyday someone or other gets different things to eat – so we eat it.... **SO IDLE TIME** we want to MUNCH on whatever is available and with so many cuisines around – because of easy transportation meat – basically flesh of any animal / bird / aquatics / amphibians have become easily available round the clock – **A MAJOR REASON OF TRANSPORTATION OF DISEASES TOO**

I am sure we all had a brief idea of how the diseases are actually getting transferred to Humans from Animals .. So it is none other than ourselves who are responsible for INVITING these diseases.

We all call Nature as MOTHER NATURE and MOTHER we know is not partial – **SHE IS KNOWN TO PROTECT ALL HER CHILDREN**. Hence, MOTHER NATURE has created several viruses and bacterias in all living beings to protect them if they are too much invaded – it is how Mother Nature protects them

Let us take a very common example which we can see in reality - of trees and soil . Where there is forest, the soil is not eroded – why because the roots of trees hold the soil even in the heaviest of the rains. However, where the trees have been uprooted, we experience floods there. Where trees have been uprooted we hear falling of mountains there – because it is the roots of the trees that hold the big rocks of mountains

So mother nature has her own way of protecting her other kids – be it trees, mountains, or animals

I am sure – we would have some picture in front of us how viruses get transferred to humans and a probable cause of the Current Corona Virus Pandemic that has come up, **because RATS / MICE & Bats are those communities of animals that can survive even WHEN NATURAL HABITATS are DISRUPTED**

Remember when we are disrupting NATURAL HABITATS – like forests for example – A Forest would have in birds to say VULTURES, EAGELS (many others too) who tend to feed on various smaller animals and that also includes RATS / MICE & Bats.

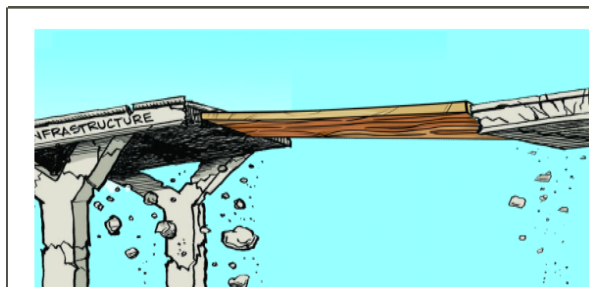
However, these smaller animals survive the disaster but bigger animals don't – THE ENTIRE ECOSYSTEM GETS DISTURBED. I am sure we remember the time about 15 – 20 years back when plague spread and rat community were known to spread it.. So, measures were taken to kill them ...

BRAIN STORM YOUR MINDS – whether they actually were spreading the disease or we were responsible for spreading by destroying the NATURAL FOREST HABITAT and MICE / RAT community surviving the same

However, now we will further see current treatment myths in

actual treatment that is being recommended. **Sounds Funny Treatment Myths in Actual Treatment**

I Would Want You To Do A Little Brain Storming On This Picture



This as we see is a picture of broken bridge and instead of repairing it totally, a wooden plank has been attached temporarily. Do you think from this bridge cars can pass without any fear of not falling down as it used to be before when the bridge was fine? If you say yes, I am sure we all remember a couple of years back the Andheri bridge falling – what if the government would have just put a wooden plank and not repaired it thoroughly – **I AM CONFIDENT YOUR ANSWERS WILL CHANGE – IS IT NOT**

AND This is what EXACTLY is our Current Situation of Immunity. First we try to disrupt it using UNNATURAL / ARTIFICIAL FOOD / FAD DIETS / FOOD NOT MEANT FOR HUMAN CONSUMPTION & then We always try and repair it with something artificial meaning medicines. Medicine is just like this wooden plank which can do a job of a temporary repair but cannot make it strong as a NORMAL BRIDGE over which you can pass your vehicles without fear

Let me ask a question to you – taking an example of diabetes – because this one of the most common diseases that is present be it young or old – especially those who have diabetes

How many of you even after having a strict exercise schedule for about 60 minutes or more a day and following the same diet as you were following before – have been able to defeat diabetes. You may be able to maintain the same reading or dosage of medicine may increase at a very slow pace, but I am sure – you are not getting rid of it

The reason is that your bridge is like this wooden plank where your immunity is temporarily fixed which can fall anytime.

The reason I had to mention the above was – whenever there is an epidemic / pandemic – we try to do quick fixes like this wooden plank – would it actually work & even without thinking about it – just blindly?

Let Us Consider Ayurveda System Of Medicine

- We know Ayurveda has been there since times medieval and deals with herbs some of them we even use in our Indian kitchens & we call them spices. So, knowingly / unknowingly – we all have NATURAL PHARMACY IN OUR HOUSE.
- A few herbs / spices that have been recommended by the Ayush Department are as you see (Read it out) and I am sure we all use them in our Kitchen on a daily basis from years and generations except for one or two here and there....

SO IDEALLY OUR IMMUNITY SHOULD HAVE BECOME STRONG BY NOW & NO FEAR OF ANY DISEASE. WHERE IS THE GAP?

- **Our Eating Habits:** modified by various advertisements
- **Laziness to prepare natural meals**

- **Switching to Chemical / Processed Foods:** Ready to Eat Meals
- **Our Tastes:** we want to have so called Healthy food to suit to our tongues
- **Our Demand for Food:**
 - Not meant for us.
 - Not suitable for Lifestyle
- **Following FAD Diets like Keto / High Protein / etc etc to achieve quick results**
- Consuming Supplements rather than Natural Food
- Consuming Meal Replacements rather than Natural Food

And many more examples like this. By following the above – you may succeed in temporary bridging the gap by replacing with the wooden plank – but the strength is in the ORIGINAL BRIDGE FORMATION – with right cementing and water – is it not?

There is a thought that comes to my mind – which probably could have remained unanswered and some of you may have questions on it – how can deforestation be avoided. Though it has to be taken on a bigger scale – probably at the National and International Level – however, can each individual help in this? Yes Definitely we can... let us see how?

Let Me Share A Simple Example: we have a sufficiently big house – and happy with it also. However, we have seen advertisements of Second Homes. We think ok let us have a second vacation home too because we have money Imagine – if everyone / or even half the population was to have a second home – probably there would have been no forests left behind ... As I mentioned earlier – PATHOGENS LOOSENED UP – now need a new host – bats and mice immediate host – passing it to the other domesticated animals & when eaten – passing on to Humans... **JUST SHAKE YOUR MIND on this**

There are many more examples that can be shared

Let me share a self-experience and a current example... In 2014 I was on a trip to a holy place in India around Mathura & Vrindavan. In the interiors of the villages – where there were abundant green forests less populated and less houses, I could see hundreds of peacocks, parrots and a few more birds chirping around – a mix of nature unlike city where you mostly find – crows, pigeons and sparrows. In these jungles, I have seen peacocks eat snakes / mongoose and snake fights / big birds eating live rats & mice – in short ecosystem being maintained. However, when it comes to cities, I am sure we have experienced snakes on many occasions – is any-one in the ecosystem to kill them? I am sure the answer will be no !!

Recently because of lockdown – where nature is healing itself, we have seen pictures of peacocks coming even in metro cities like Mumbai, some species of animals which were thought to extinct – have been seen – all picture floating on internet & Facebook

Hence, to survive – it is just not HUMANS – every part of ECOSYSTEM IS IMPORTANT, be it animals, forests, water bodies. However, definitely call is yours. So, when we protect the ecosystem consisting of animals and plants – we protect ourselves from epidemics and pandemics

***WARNING / CAUTION: Few Scientists globally have warned against the Apocalyptic Virus – which if it becomes a Pandemic – has the strength to destroy half of the human population across the globe & reason will be consuming of unhealthy poultry meat**

So, it is we have to decide whether we still want to continue destroying nature, being violent towards others existing in Nature or stay with them in togetherness