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Immunity and nutrition – prevention and management of COVID-19

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Coronavirus disease (COVID-19) is an infectious disease caused by a novel corona virus called SARS-CoV-2. The symptoms of COVID-19 are respiratory problems and breathing difficulty. The patient experiences flu like symptoms. Immunity is basically acquired by the body in two ways; one is the innate immunity while the other one is adaptive immunity. Innate immunity or the native immunity has its existence from the genes and is not induced artificially through drugs or other external stimulation. It is of two types as: Non-Specific innate immunity, which provides resistance to all general infections. Specific innate immunity is the inborn resistance to a particular kind of microorganism. Adaptive immunity is what is acquired through time and contact with a disease-causing agent, by introduction to deliberate actions such as vaccination.

The aim of this review paper is to find out the efficacy of Nutritional Interventions against the infections caused in the body due to pathogens. Further the recommendations can be made for further researches based on the evidence collected. To collect the data electronic databases such as Scopus, Pub Med, NCBI and web of science have been used. All the studies supported the role of Nutrients in preventing and curing the infection caused by the pathogens such as bacteria's and Viruses. The Dietary Interventions in any form were proven to have a positive effect on strengthening the Immune system and also the curing the disease.

The results are supporting that the Adaptive immunity can help a person to fight with COVID-19. Mostly the adaptive immunity is built by vaccinations or certain medications. But many researches showed that a diet filled with nutrients and right choices of food can help to build adaptive immunity. This kind of immunity is also built up by taking certain vitamins and minerals. Many hospitals treated or managed COVID-19 through nutritional supplements and diet modifications.

Biography

Luxita Sharma is presently working as associate professor and head of department of dietetics and applied nutrition, Amity University, Haryana, India; she has 15 plus experience as researcher and as an academician. She is UGC-NET & Ph.D. in food and nutrition.

She has received International award in the category of contribution to education community & outstanding accomplishments by Asian education awards and IAPEN-Indian Association of Enteral and Parenteral Nutrition. She is also conferred upon national nutrition health education award and society development award by NNHSA. She has filed nine patents, three patents are published. She has published seventy five research papers in national and international journals. She has published ten books and several book chapters with national and international Publishers. She has been speaker at many national and international conferences and seminars.

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