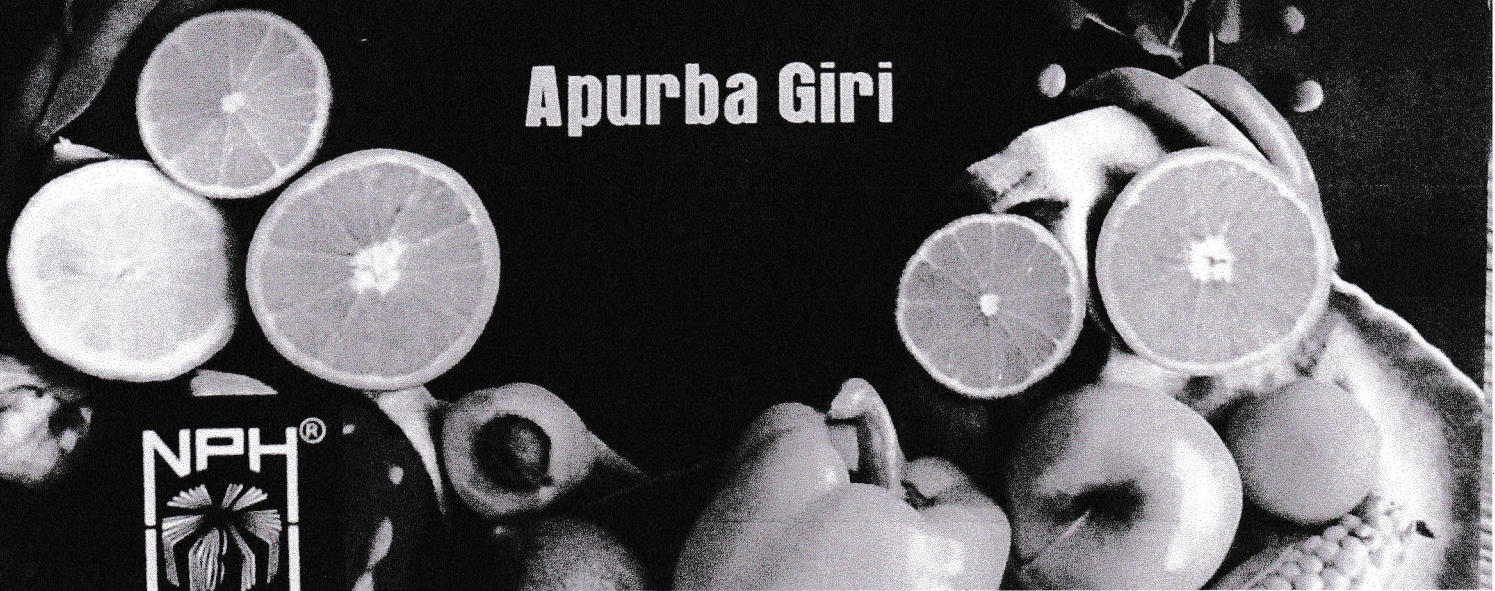


# Immunity Boosting Functional Foods to Combat COVID-19

Apurba Giri



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**First Published in 2021**

**ISBN: 978-93-90611-51-5**

*Published by :*

**NARENDRA PUBLISHING HOUSE**

**Publisher and Distributor**

C-21, Varun Apartment, Sector -9, Rohini

NEW DELHI - 110085

**Phones:** 91-011-45025794, +919717874875

**E-mail:** info@nphindia.com, nphindia@gmail.com

**Website:** www.nphindia.com

Printed in India

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## CHAPTER - 16

# IMMUNE-BOOSTING ROLE OF ZINC AGAINST COVID-19

**Abhinandan Rana**

*Assistant Professor*

*Dept. of Chemistry, Garhbeta College, Garhbeta, Paschim Medinipur-721 127, India*

*E-mail: ranaabhinandan@gmail.com*

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### **ABSTRACT**

COVID-19 is a significant threat to healthcare worldwide. To combat against the coronavirus it is necessary to boost immunity in our body. For this purpose we have to take balanced diet regularly. Zinc is an essential trace element, involved in numerous biological processes including immunity. But we have seen that various developing countries suffering from serious zinc deficiency. Insufficiency of vitamins and minerals among vulnerable populations has increased the morbidity and risk of mortality. Zn deficiency causes immune dysfunction and numerous diseases. Zinc supplement may counter such deficiency. Therefore, zinc is a vital mineral at this COVID-19 pandemic situation as it has both anti-viral and immunomodulatory properties.

**Keywords:** Zinc, Covid-19, Immunity, Antioxidant

### **INTRODUCTION**

Coronavirus disease (COVID-19) is a global public health concern caused by the novel coronavirus SARS-CoV-2 and represents a significant threat to healthcare worldwide. At first it was diagnosed on 31<sup>st</sup> December 2019, in Wuhan city, China. Then it was named as 2019 nCoV. After that World Health Organization (WHO) recalled it as COVID-19. This killing virus can easily be transferred from one person to another via respiratory droplets and direct contact. The symptoms include fever, cough, sore throat, cough, fever, body and (Veverka