



Explanation for COVID-19 Vulnerability amongst Elderly in Unani Perspective – A Review

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ABSTRACT

Introduction


Ongoing COVID19 pandemic started in December 2019 at Wuhan, China, during winter and spreads all over the world with astonishing speed. Till 2nd June 2020, there were 6140934 confirmed cases and 373548 deaths have been reported from all over the world. On the basis of available data, it is established fact that elderly are most vulnerable population all over the globe. Hence, it needs special attention.

Observation

On the basis of principle of Unani medicine high vulnerability among elderly is due to their cold and dry temperament and phlegm being dominant humour in them, which increases with advancement of age and death is the result of extreme of the cold and dry temperament. On analysis of disease, preliminary COVID19 can be related with phlegmatic disease. Phlegm is the coldest humour, which is plentiful during winter, which increases the susceptibility among elderly in winter.

Conclusion

Hence, due to cold and dry temperament elderly are most and due to hot and wet temperament children are less vulnerable age group to coronavirus disease.

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