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SHORT COMMUNICATION :The Pandemic Conundrums

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The topic "Immunity" is being discussed from the early emergence of the COVID-19 pandemic. In simple words, our body's immune system helps us skirmish with diseases, distinctively with infectious origin. The entire cellular network of our body acts as armament and thwarts against disease-causing pathogens.

Whether it is possible to influence or boost your immune system? Still, scientists are probing the effects of diet, exercise, age, psychological stress, and other factors on the immune response. In the meantime, general healthy-living style modalities are impeccable choices to revamp the systemic action of the body. The branch of science, psychoneuroimmunology, is based on the evidence of an in-depth link between the nervous, endocrine, and immune systems and explains the mechanisms by which stress and emotional disorders can alter the immune response to infection. According to recent studies, which shows COVID-19 is a vascular disease and harms the vascular system on a cellular level.^[1] This may be a possible justification for the acute systemic complications of COVID-19.

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