

Review Article

FIGHTING COVID 19 WITH THE HELP OF ALKALINE DIET

Abstract

The relative acidity or alkalinity of all substances in nature can be categorised. The term acid is derived from the Latin word "acidus," that is to state "to eat." which meaning "sour or tangy." Several of them the typical substances that are acidic we come into touch with have these characteristics, such as salad dressing vinegar, Beverages, which contain phosphoric acid and carbon dioxide, and black tea, which contains tannic acid, all contain acetic acid. Grapefruits, oranges, lemons, and limes contain citric acid, while grapes have tartaric acid.

The acid-alkaline diet, or alkaline ash diet, is another name for the alkaline diet. Food is divided into three groups in the alkaline diet: acidic, neutral, and alkaline. Red meat, poultry, fish, chocolate, wheat, and alcohol are all acidic foods. Natural fats such as butter, most oils, milk, and cream are all included in neutral meals. Foods that are alkaline make up the majority of fruits and vegetables.

Keywords: *Alkalic diet, 2019-novel coronavirus, pH scale*

Introduction

COVID-19 is a global pandemic that has resulted in a high number of people have died and have been infected. Governments have imposed outdoor limitations pursuits or even a population-wide quarantine to curb the spread of the COVID-19 virus. Quarantine includes a variety of detrimental effects, including decreased physical activity and a poor diet. An expert says keeping the body alkaline is a sure way to fight not just Covid but all illnesses.¹

The deceptive message claimed that the pH of the coronavirus ranges from 5.5 to 8.5, and that all we need to do to overcome it is eat alkaline foods with pH levels higher than the virus.²

Modern lifestyles with their burden of stress, constantly being exposed to electromagnetic radiation of the mobile phone and laptop, keeping late hours and waking up much after sunrise, also contribute to an "acidic overload" in our bodies.

Comment [h1]: The abstract most contain information about the relation between the covid 19 and diet

No one with an alkaline body balance would succumb to the Covid-19 virus as in an alkaline body there is no inflammatory hyper response, and innate and adaptive immunity would be working smoothly. “Lemons and tomatoes are examples of foods that, while being acidic, turn “alkaline once ingested”.³

“Ginger, lemon, turmeric, aloe vera, ginseng root, etc. are foods that have more alkalinity and antioxidants packed in them. They could be called tonics. It is the alkalinity that gives the tonic effect. Turmeric, further, has a large content of zinc which is needed in all steps of the immune antibody response.”^{4,5}

Other foods that have alkalinity as well as nutrients densely packed in them are gooseberry, moringa leaves, avocado, berries, leafy greens, quinoa, olives, and nuts, among others.

What precisely is an alkaline diet?

The alkaline diet is founded on the belief that some meals cause the body to manufacture harmful substances. The hope is that by eating particular meals or drinking particular beverages, the body's acid level, commonly known as pH levels, can be altered. On a scale of 0 to 14, the pH scale determines how acidic or basic something is. Alkaline refers to something that is on the basic end of the scale, or with a pH greater than 7.²

A school of thinking holds that altering your body's pH level will aid weight loss and improve your health.

How Do Alkaline Foods Work

The pH of the body is raised by the alkaline diet, making it less acidic and more alkaline. Proponents of the diet claim that it aids in weight loss and disease prevention. During digestion, the stomach releases gastric acids to break down the meal into minute particles. While a pH balance exists in the stomach, that ranges from 2.0-3.5 which is considered highly acidic, an unhealthy lifestyle and poor food habits can lead to acidity or acid reflux. Thus, Alkaline-rich foods should be included in your diet.¹¹

Why is alkaline food important in diet?

Acidity and acid reflux can be reduced by eating alkaline foods. and bring relief and are considered as a part of balanced diet that helps other nutrients to work actively and keeps acidity under control.

Alkaline-Rich Foods^{7, 8}

Table no.1 Alkaline-Rich Foods

Sr no	Vegetables/fruits/	Alkaline-Rich Foods
1	Vegetables	<p>Eat vegetables like your life depends on it. Rich in protein and nutrients</p> <ul style="list-style-type: none"> a) Broccoli helps in boosting the alkaline formation in the body. b) Lightly cooked red onions also help in increasing the alkaline level. c) Green leafy vegetables like spinach and basil are also rich in vitamin K and vitamin A, with antioxidant effects. d) Mushrooms enhance pH level and alkalinity.
2	Fruits	<p>Add a dash of colour to your diet with fruits</p> <ul style="list-style-type: none"> a) Tomatoes are the most alkaline when they are consumed in the raw state. Rich in complex and lycopene and promotes alkalinity b) Avocado is rich in nutrients and is healthy for the heart. c) Watermelons have an alkaline-forming effect, thus reducing the risk of diseases or illness.
3	Nuts	<p>Grabbing a handful of almonds every morning helps in preserving your health.</p> <ul style="list-style-type: none"> a) Walnuts, chestnuts and sunflower seeds can enrich your alkaline diet. b) Almonds are rich in magnesium, it helps in alkaline formation.
4	Lemons	<p>Contains vitamins antioxidants and anti –inflammatory compounds</p>

		Why do we always resort to lemonade during acid reflux? Because they help in digestion and they support the liver in detoxing the body.
5	Garlic and Ginger	Adding a tablespoon of garlic or ginger to your regular meals can help in increasing immunity. It possesses anti-bacterial effects. Ginger help in increasing the human body's PH
6.	Mushrooms	Mushrooms can improve the pH balance and promote the level of alkalinity. They are also rich in nutrients and can be added as a supplement in your diet.
7	Beverages	Quench your thirst with refreshing beverages like herbal tea or coconut water that have high alkaline value. They can help in preventing diabetic complications and lowers blood pressure.

What to Eat and Avoid on an Alkaline Diet

The pH of individual foods is used to organise the diet. Some versions are less rigorous, allowing grains despite their somewhat acidic pH for their health benefits. However, if you're adhering to an alkaline diet, you should stick the below is a list of foods. avoiding acidic foods, restricting or eliminating neutral foods, and focusing on alkaline foods.⁹

Table no.2 **Avoidance of Acidic Foods**

Sr. No	Acidic Foods to Avoid
1	Meat (especially corned beef, canned lunch meat, turkey, veal, and lean beef)
2	A flock of chickens
3	Fish
4	Cottage cheese
5	Milk

6	Cheddar (especially Parmesan cheese, reduced-fat cheddar, and hard cheeses)
7	Yogurt
8	Ice cream
9	Eggs (the egg yolk in particular)
10	Cereals (brown rice, rolled oats, spaghetti, cornflakes, white rice, rye bread, whole-wheat bread)
11	Alcohol
12	Soda
13	Lentils
14	Peanuts and walnuts
15	Other packaged, processed food

Sr No	Neutral Foods to Limit
1	Natural fats such as olive oil, cream, butter, and milk
2	Starches
3	Sugars

Sr No	Alkaline Foods to Eat
1	Fruit
2	Unsweetened fruit juices
3	Raisins
4	Black currants
5	Vegetables (especially spinach)
6	Potatoes
7	Wine
8	Mineral soda water
9	Soy food

10	Legumes
11	Seeds
12	Nuts

As a result, in order to defeat the corona virus, we must consume more alkaline foods/fruits with pH levels higher than the virus's. Here are a few examples.^{4,10}

Table no.3 Alkaline foods/fruits with pH levels

Sr no	Food /fruits	pH level
1	Lemon	1.9.9pH
	Lime	1.8.2pH
	Avocado	15.6pH
	Garlic	13.2pH
	Mango	8.7pH
	Tangerine	8.5pH
	Pineapple	12.7pH
	Dandelion	22.7Ph
	Orange	9.2pH

Conclusion

The alkaline diet is based on the idea that eating alkaline meals instead of acid-forming foods might help you feel better. Alkaline foods help balance body pH. A balanced pH can help with weight loss, energy level and healthy digestion. It is possible to improve one's health by substituting alkaline foods for acidic foods.

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