

# Top 10 best coronavirus infection natural treatments



The coronavirus is a very common kind of virus. It is causing an infection in the sinuses, nose or upper throat. It has first identified in the 1960s, but doctors do not know where they come from. This virus gets the name from the crown – like shape. In some cases, coronavirus can infect both animals and humans. Most types of coronaviruses spread the same way as other cold – causing viruses, through infected people sneezing and coughing; by touching the face or hands of the infected person; by touching things, such as doorknobs that infected people have touched.

It is noticed that almost everyone gets a coronavirus infection at least once in their life, most likely as a child. It is noticed that the coronavirus is most common in fall and winter, but every single person can get it at any time. The most common symptoms of coronavirus include sore throat, coughing, runny nose and sometimes a fever. There are some cases when people do not know if they suffer from coronavirus, because the symptoms of this condition are very similar to others. Your doctor will make lab tests, including nose and throat cultures and blood work, to find out if your cold was caused by a **coronavirus**

If the coronavirus spreads to the lower respiratory tract, it can cause pneumonia, especially in older people, people with weak immune system and people with heart disease. You should know that there is no vaccine for coronavirus. You need to ask your doctor for permission about the below mentioned home remedies for coronavirus, so you will stay away from side effects and worsening of the symptoms.

## Home remedies for coronavirus infection

**Wash your hands:** It is very important to wash your hands regularly using soap and warm water. Also, you can wash your hands with an alcohol – based hand sanitizer. In this way, you will keep yourself clean and you will prevent any chance of getting the coronavirus from other people, because when people are infected it, they can cough or sneeze and transfer this virus to things that they touch. You need to wash your hands at least twenty seconds with disinfectant.

**Avoid close contact with infected people:** You can easily get the coronavirus if you are in contact with people who are infected. This is a reason why you should stay away from all infected people that you know. This will decrease your chances of getting infected with coronavirus.

**Lemon tea:** The lemon tea is prepared using black tea or green tea and by adding the right amount of lemon juice to it. There are some studies in which are shown that the lemon tea can help in the treatment of coronavirus. This home remedy can help to kill the infection from the passageway and it can remove the symptoms of the coronavirus, like sore throat.

**Do not smoke:** It is known that smoke can worsen the symptoms of coronavirus, so you need to quit smoking and avoid going to smoking areas as much as possible.

**Basil:** When you suffer from coronavirus, then it is very important to have a good detoxification. The attack of this virus is contagious. You need to dissolve one to two teaspoons of honey in one cup of basil tea. You need to drink this type of tea, because it can help you in the fight against coronavirus.

**Drink plenty of liquids:** They can help you to stay hydrated and also, they can help to flush out toxins from your body. You can add water and herbal teas in your diet.

# CORONAVIRUS

## WHAT TO DO IF YOU'RE SICK

- Stay home, except to get medical care
- Call ahead before your medical appointment
- Distance yourself from other people in your home
- Wear a face mask
- Cover your coughs and sneezes
- Wash your hands often
- Monitor your symptoms

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**Stay home and rest:** It is recommended to people who suffer from coronavirus to stay at their homes and to take a good rest. In this way, then can prevent the virus from spreading to other people and you will give your body a full recovery that it needs a lot.

**Clean your home:** It is very important to clean and disinfect objects and surfaces at your home, so in this way you will decrease your chances of getting the coronavirus, if some family member has.

**Echinacea:** This home remedy can help in the fight against coronavirus and you can easily find it in markets or pharmacies.

**Cinnamon:** There are some people who have reported improvements in their condition by using **the cinnamon** as their natural treatment for coronavirus, but you can talk with your doctor if it will be suitable for your condition.

**Yoga:** You can do yoga when you are affected by the coronavirus. It will give you a relaxing feeling to your body and mind, so for some period you will not think about your infection.

**Steamy shower:** It has been noticed that the steamy shower can help to ease the sore and scratchy throat. You can get the same effect if you use a humidifier. It is your choice to decide which will work better for you. The hot shower can help you to get a relief from the pain.

**Mint tea:** There are some studies in which are noticed that the mint tea can help to stop the runny nose and it can help in easy breathing. It is a good home remedy for the fight against coronavirus. You need to add the mint tea in your diet, so you will see improvements in your condition.

**Gargle with warm water:** This home remedy can give you a relief from the sore throat, so you can try it as your home remedy for [coronavirus](#).

**Garlic:** This natural cure has antibacterial and antiviral properties which can help in the fight against coronavirus. You need to take a couple of fresh garlic cloves early in the morning, or you can take garlic supplements.

**Have your own towel:** It is very important to have your own towel, because the person infected with coronavirus can spread it with the touch and you can easily get it. When you have a clean towel that is used just by you, then you will be sure that you are healthy.

**Use a tissue:** When you are coughing and sneezing, you need to use a tissue, so in case you are infected with the coronavirus, you will not transmit it to other people.

**Menthol:** This is component in many different formulations for relieving the cough and cold. You can add menthol in hot water and perform steam inhalation. It will give you a relief from the coughing and nasal congestion.

**Oregano oil:** You can use oregano oil as your home remedy for the coronavirus, because it can help with the symptoms. It is important to remember not ingesting [oregano oil](#) and just to inhale it.

**Thoroughly cook:** You need to thoroughly cook the meat and eggs, because the coronavirus can be spread through them, so in this way you will minimize your chances of getting it.

**Avoid unprotected contact with animals:** It is known fact that coronavirus can affect animals too. This is a reason why you need to avoid having unprotected contact with farm animals or wild animals.

**Wear a mask:** When someone suffers from respiratory infection, then he or she needs to wear a mask, because it can help to protect people around him or her from illnesses. When you wear a surgical mask, then it can somewhat protect you from an infection in a crowd if there is an outbreak. But in general, surgical masks are not closefitting enough to filter all the air you are breathing in.

**Lavender oil:** You can inhale the lavender oil as your natural cure for the coronavirus.

**Throw used tissues:** If you have used a tissue, then you need to throw it in the garbage, so you will reduce the risk of transferring the coronavirus to other people.

**Keep your hands away:** It is very important not to touch your mouth, nose and eyes with your hands and fingers, especially if you have been in some area that you suspect there are infected people with coronavirus. You need to wash your hands with soap and warm water and then you can touch your face.

**Ginger tea:** There are some studies in which are shown that the ginger tea can help to ease your headaches that are caused by the respiratory infections. You can use the ginger tea as your home remedy for coronavirus.

**Salad:** You need to detoxify your body, so you will not allow the coronavirus to cause pneumonia in your body. You can remove the toxins from your body with the help of mixed vegetable salad. You need to use detoxifying foods, such as broccoli, cabbage, radishes and beetroot. You need to boil the mentioned ingredients and mix them gently. This is tasty and healthy home remedy which can help you in the fight against this virus.

**Lemon honey tea:** This natural cure can help to soothe your airway passages and it can soften the rough coughs. This is a reason why you can use it as your home remedy for coronavirus. Do not doubt to add this tea in your diet as home remedy for this contagious virus.

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