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Editorials:**AYURVEDA & COVID-19**

As per reports the worldwide increases the COVID 19 cases and found the new variants of COVID 19 is JN.1 Covid. This virus is structurally similar to another older variant of the Omocron that the CDC has been studying in since previous years as per scientist.

The symptoms of new covid variants is usually gastrointestinal problem, headache & body aches, sore throat, runny nose, fatigue, loss of appetite, fever, cough etc. if the symptoms occur usually go away within 5 days & may vary from person to person also hence minimum 5 day stay in quarantine to stop spreading infection to others. According Ayurveda need symptomatic treatments & follow pathya.

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