



# Boosting Own Immunity and Connecting Social Justice against Coronaphobia

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## Abstract

Today we have to bear in mind the victims of all those who we have lost, who have fallen ill, and whose lives have been impacted by COVID-19, the Coronavirus. The materialistic world has shown us the potential for greed and selfishness that exists amongst those whose only interest is their self-interest. Corona Virus also has shown us the beauty and courage of those souls who stand up in the front lines against it. It has also shown us who are we and how inequity with the ugliest forms still exists in our society? Other than corporate privileged people who have lost their jobs have no means for rent, food, clothing, or healthcare and every justice or welfare system as proof themselves of how poor life does not matter less than their privileged counterparts. During the corona era, we observed that money dictates decisions, ethics, and morals are put to the side and with the direction of the winds of the privileged blow.

**Keywords:** Dead Body, Social Justice; Human Life; WHO; Immune System

## Prelude

Emotional distress for Coronaphobia is a broad term that can refer to a wide range of symptoms from a variety of mental health disorders. Anyone can experience emotional distress for Corona, even if they do not meet the criteria for any psychological disorder. Whether or not a mental health problem is present, emotional distress can be an overwhelming effect on daily functioning. The workplace can be a stressful environment, and while some stress may be motivating, too much is often overwhelming. The major causes of emotional distress related to Corona may include concerns about job security or job performance. Sometimes, circumstances build and combine in unexpected ways to cause distress for relationships with colleagues or managers. A person can experience poor working conditions in any workplace and at all levels of an organization. Among the many possible causes of emotional distress due to Corona occurs at home are personal or environmental factors, such as: experiencing relationship problems with partners,

other family members, or friends. It may include living in a neighborhood that faces inequity and deprivation of resources.

## Covid 19 and Social Justice

The coronavirus pandemic has created a tremendous threat to global health and wellbeing. On March 11, 2020, the World Health Organization (WHO) declared the coronavirus outbreak a global pandemic as the virus rapidly spread across the world from China. This virus was unknown to the world until the Chinese authorities notified at the end of December 2019 that a deadly virus spread through their communities [1]. The most burning questions in the world right now are how to stop the virus that is caging millions of people around the world in quarantine? It is not easy to respond with one word since there is no one-time supernatural solution to it. But here is what we can try follow the natural eating habits and methods that humans have been following for ages to boost their immunity. The immune system, as is known,

played a vital role for in overcoming all the past pandemic occurrences in history. Invoking the right to life reminds us that all States have a duty to protect human life, including by addressing the general conditions in society that give rise to direct threats to life. Everyone, regardless of their social or economic status [2], should have access to the health care they need.

### Emotional Stress and Social Injustice in the Funeral Process

During the Covid-19 situation, nobody took responsibility when the deceased's body is in a hospital or home. When the death is in a city building or village residence police security are required to reach the spot and collect the signature of the deceased's guardians on particular forms. In most cases, family members and relatives are abandoning the dead body.

### A Doctor Son Refused to Touch his Mother

The 65 years old woman (approx.) belonged to an aristocratic family. Being also a relative of a very influential person, she and her family were well respected in her neighborhood. At old age, she was already suffering from asthma and other complexities. Although she did not take any corona test but she died of corona symptoms in her own house. After her death, the scenario completely changed. She suddenly became a stranger to the people in her area [3]. Her neighbors who used to treat her so highly all this time refused to go near her in panic. Her family contacted several places for funeral arrangements with no luck. An old woman's dead body was about to taken away for funeral. She had died from corona. The Quantum Voluntary Funeral Team members (in Rajshahi District of Bangladesh I am involved with this organization) lifted her coffin on their shoulders. But the dead body was too heavy for them to carry. They needed more people to lift the coffin. So they requested her son to help lift his mother's coffin. But the thirty year old doctor son refused to carry his mother's dead body. He sought out excuses to avoid touching her coffin [4]. As the son refused, the volunteers asked the bystanders to help them. But they refused to help as well. A few young men were then explained in details that the entire coffin had been sprayed with disinfectant and that it was safe to touch the coffin. Then they were convinced and came forward to help. While the volunteers buried her dead body, the son stood outside the graveyard the entire time. His panic did not let him say a last goodbye to his mother, not even when her body was finally laid on down her grave.

### Dead Body was lying in the Bathroom

They were not even sure whether the 50 years old man (approx.) was corona positive. He was only suspected to have

corona. There were no test reports. He only had fever and mild symptoms. That day in the afternoon, he had gone to the bathroom and he died there. His dead body got all covered in urine and faces. From the afternoon till night, his body laid there that way for hours and hours. No one went near him, not even his wife. None of the neighbors came to help. His children were too young and afraid to go near. Gradually his death news spread and it reached to the Hindu Parishad. They informed the police station who notified the government officials. Then a message was sent to the Quantum Voluntary Funeral Team. The volunteers rescued his dead body from the bathroom and washed him clean. Then they prepared his body for funeral. None of his family member came even during his cremation. When it came to putting the ceremonial fire on his face, none of his family members came near. So the volunteers had to do it in place of his family and complete his funeral [5].

Sometimes even the mother abandoned her son's dead body in the hospital. The young man was only 25 years old as it was written in the hospital admission form. His full address was written there as well. He died with coronavirus symptoms. After his death, suddenly all his family members disappeared. Even the person, who loved him the most, his own mother, abandoned his dead body in the hospital.

### Ownership of the Properties is Valuable!

It was a university teacher. One of his relatives requested Quantum to bury who died in a private hospital in Dhaka. As the team immediately reached the hospital, that university teacher was called to hand over the dead body to them. But he clearly refused that none of the family members of the dead person could come to the hospital or even collect the death certificate. That they could do only pay the hospital bill via Bkash. And so the hospital authority, after being paid the bills, handed over the dead body over to the team. The family members also requested over phone to the Quantum Voluntary Funeral Team to give him a proper funeral and send them the pictures. And so the man was buried in *Rayer Bazar Bodhyo Bhumi* Graveyard without any family member [6]. On the next day, another shock was waiting for the team. The late man's son and his elder brother lived in Dhaka. His son called to say that he badly needed his father's death certificate and that they wanted to collect it from the Quantum Foundation office in Dhaka. Given the permission, his son came. The shocked Quantum volunteers watched a healthy young man coming to the office riding on his friend's bike to collect his father's death certificate. Whereas on the day before, he could not come to see his father for one last time or attend his father's funeral in fear of corona. So why did he come to collect the death certificate? Thus the man, who once had everything in the world, left the world with no one by his side.

What a horripilation! We should not avoid or push away any member of our family if they get infected [7]. Needed to avoid selfish behavior and embedded with our responsibility towards them. Provide the required treatment to him or her. Act humanely with the people working under you (maid, driver, gardener, etc). Help them in this crucial time. In this situation, we must not hear or spread rumors. Instead of panicking, help others to find courage. A lot more people die from road accidents, heart diseases, and suicide. Every year, about twelve lakh and fifty thousand people die in road accidents alone. In the USA alone, around 8lakh people die from heart diseases. According to WHO in every four seconds, suicide is committed in this world [8].

### Conclusion

Kind heart and a calm brain- with the combination of these two a human being become the special one. You have successfully learned to keep your heart warm and to cool your brain. The door to becoming the superman is in front of you. You have given your first step. Now it is time to go ahead step by step. According to scientists, chronic stress or anxiety lowers the immunity in your body as they release cortisol hormone which damages the T-cells. The scientists concluded that when we suffer from tension, worries panic, etc, our immune system becomes less effective. A biologist from MIT, Dr. Shiva, has said that "Virus itself does not cause any damage or death. What virus actually does is attack the weak immune system? Dr. Shiva also added, "The reason for the weakened immune system is mainly – obesity, diabetes, heart diseases, and smoking." I cannot change the present situation on my own. So we have to let it be for the time being. As the greatest poet, Rabindranath said, "Cyclone became my companion". When we cannot fight the cyclone, we have to make it our companion.

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