



PPSS-Method: An Arithmetic Model to Evaluate the Potential of Covid-19 Infection

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Editorial

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Editorial

In this century, people have great experience with COVID-19 pandemic. Though this COVID-19 outbreak started in Wuhan city, China; within a few weeks of time period, it became a universal problem. People can be easily affected by COVID-19 irrespective of region, religion, gender, age, social status, etc. and hence this pandemic has become a great threat to human kind in this era.

For all diseases, especially, infectious diseases, we need to follow the common principle, "Prevention is better than cure." For COVID 19, so far, there have been no authorized or approved medicines/ vaccines, we need to prevent the occurrence of this disease or otherwise, the problem is consecutive, highly complicated and the life threatening one. *We, the human beings, are the advanced level members in the animal kingdom. With reference to our bipedal movement, we developed sixth sense and thereby which we have the power to control the biotic and abiotic factors at certain extent.* With our existing knowledge and experience, we are now in a position to control COVID-19 and other infectious diseases.

I have formulated PPSS (Philosophical, Psychological, Sociological and Scientific) method, an innovative method to evaluate the potential of COVID-19 infection in particular or the infection of other diseases in general perception.

Philosophical Factor

Human beings are the highly intellectual members in this animal kingdom / universe. Because of six senses, man is mastering all the world activities. Philosophers, scholars, religious leaders, etc., are of the general opinion that man should have good moral characters while living in this world.

People who have good moral characters also have good mental and physical health, that is, long term body fitness. Alcoholics, drug addicts, people who have inappropriate sexual activities, generally have poor health. As we aware, people with health complications are more susceptible to COVID 19 or other infections. Exhibiting good moral characters is one of the positive factors to avoid COVID-19 and also other infections.

Psychological Factor

There is a proverb, "A strong mind exists in a strong body." While in pandemic, we need to have strong mind to overcome the risk. There are many reports that in countries like Italy and Spain, many COVID-19 infected people lost their lives because of panic and other psychological issues. In this context, we need to generate positive energy from our inner mind to get out from this risk or infection.

Scientific Factor

It is a known fact, people with well developed immune system can overcome the viral infections. Especially in pandemic, intake of vitamin rich food is advisable. Adding of certain food items of medicinal value (black pepper, ginger, garlic, turmeric, etc.), to our daily food will improve body immune system. Ageing is a process which leads to defect in the immune system.

Sociological Factor

Scientists or even the general public are of the common opinion with their many weeks of experience in this pandemic that social distancing is one of the sensitive method to avoid

COVID-19 infection. Moreover, for all infection diseases, social isolation plays an important role. Scientists and international health authorities conclude that in countries like Spain and Italy; due to lack of social distancing at the initial stage, infection and also death rates have been increased. For example, the traditional culture of Spain like hugging, kissing, etc put them at risk in this pandemic.

Arithmetic Model for COVID-19 Infection

If an individual comforts to all the above four factors (acquisition of long term body fitness; strong mind with

positive attitude; developing immune system and social distancing at the time of pandemic) or the people in the society lead their living activities at this pandemic following all the above factors, we can assume that COVID-19 infection to this category of people will be lesser or less severe. We can also say, the above mentioned category of people can avoid this infection. If people lack one of the above factors, 25 % of chances are there for infection; lack of two factors, the infection ratio will be 50% and three factors will be 75%. If people do not comfort with any of the above factors, they are highly susceptible to COVID-19. On epidemiological point of view, this model will be helpful on one or other way.

