

Why Is Tuberculosis Still Extant After All Decades

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Abstract

Why Hasn't Tuberculosis Been Completely Eliminated? Publication of "Need for Vision and Bold Innovative Research" in 2017 served as a wake-up call for health research workers (HRWs) to conduct bold, innovative research. This request, which was made purely with the intention of improving health, received no response. The cause of this has not been disclosed. Perhaps someone with little to no experience in their specialised fields mistook this for interferences with their well-established research systems. Alternatively, this could have been misunderstood as casting doubt on their own capacity to conduct original research. This article serves as another reminder to HRWs.

It has been questioned whether vaccines should be prioritised over less expensive preventive measures. It has been emphasised how important it is to regularly blow your nose to avoid many diseases that are brought on by germs that enter the body through the mouth or nose. Research has been recommended to verify nose blowing's efficacy because, if verified, it can eradicate tuberculosis and the corona pandemic.

The world has disregarded the teachings of enlightened Buddha, who said that "Every human being is the author of his own health and disease," and renowned mind-body specialist Prof. Deepak Chopra, who asserted that "Almost all your health problems are created or aggravated by your negative thoughts." This might be the result of apathy and the abuse of the right to free thought, which lead to dire circumstances that undermine all attempts to promote health.

explains how the creation of the "ideal holistic health care system" can result from the prudent application of several medical systems with the goal of maximising benefits. A number of scientific studies on the efficiency of each system in relation to each health issue, as well as the

widespread publication and discussion of these findings, are required to develop this. An exploratory study that can provide light on the relative efficacy of treatment options accessible from three recognised systems for common diseases is a critical first step in the series of investigations. recommends a study of 100,000 people in order to cover illness throughout the year and have a sizable number of sick people for treatment under each system.

Keywords : *Tuberculosis; Vaccination; Blood; Viruses; Influenza*

Introduction

Why Hasn't Tuberculosis Been Completely Eliminated? Health Research Workers (HRWs) were given a wake-up call to conduct innovative research with vision when the publication "Need for Vision and Bold Innovative Research" was released in 2017 [1]. Regretfully, this received no response. As a result, I requested that copies of this article be sent to several prestigious international research institutes so that they could conduct studies on one or more of the novel topics the author suggests. There was no reply, and it's unclear why it wasn't accepted. This article serves as yet another reminder to HRWs, offering additional ideas for commendable, forward-thinking, and innovative research.

Acceptance of Innovative Ideas

There was no response when a copy of that article was sent to some reputable international research institutions that could pave the way, asking them to look into the efficacy of some novel concepts that the article suggested might have noble consequences. The reasons for this remain a secret, so it is impossible to even attempt to overcome HRWs' rejection of creative ideas. One can only make educated guesses. Even though the only motivation behind these recommendations was to improve health, someone with little to no background in their specialised subjects may have mistaken them for tampering with their well-established research system. Alternatively, this could have been misunderstood as casting doubt on their own capacity to do creative research with vision. Perhaps global organisations like the World Health Organisation will explore this issue and advise HRWs on how to get over their fears and guarantee creative, forward-thinking research.

Choice of Innovative Subjects for Research

A broad perspective and in-depth analysis should be taken into consideration when selecting novel research subjects. One obvious example is the management of the corona virus. Unfortunately, vaccination is the only measure taken to prevent cases. Human rights workers should seriously question the significance of vaccination. A vaccine takes years to develop—perhaps ten years? Millions of vaccinations and mass vaccine production require time. If one is not already in place, a sophisticated cold chain for vaccines must be established. All of this indicates that immunisations can only stop the disease after many years have passed, during which time the disease's incidence would have continued unchecked. Why should vaccination be prioritised when creating a vaccine requires significant financial investment? a highly developed cold chain to preserve it and establish a vaccination programme solely to stop cases from occurring after years of delay? If the organism mutates in a way that necessitates discarding the vaccination, then all of effort could be for naught. The lack of attempt at other preventive measures makes this even more dubious.

Given this dire situation, it's critical to look into further preventive actions that might be possible. For instance, the preventive strategy recommended below is one novel approach that merits further research. The scientific evidence supporting this claims that corona viruses enter the body through the mouth or nose and go towards the throat, windpipe, and lungs.

Close one nostril while forcing as much air as you can out the other. Next, close the other nostril and blow as hard as you can through the closed one. Every day, beginning at 8:00 AM, repeat three times through each nostril at intervals of three hours. When small viruses are present in the nose, throat, or windpipe (or possibly the upper part of the lungs), these repeated, forceful exhalations of air from the lungs (also known as "blowing nose") will act on them like repeated "cyclone storms." Viruses (if any) will be ejected during a violent exhalation because it is improbable that they will possess any unique traits or abilities to resist these powerful thrusts. To ensure that viruses are removed from the body, blow your nose three times. Strengthening the lungs will also aid, both generally and specifically when viruses target the lungs, which is one of their primary targets. This efficient technique should be given top attention because it is incredibly simple to use, takes less than ten seconds each time, and is highly successful. Blow your nose into a washbasin that has been thoroughly cleaned, along with the doorknob, to eliminate the chance of viruses spreading.

If everyone uses this strategy as a habit, logical analysis demon-

strates that it can quickly result in a sharp decline in the number of new Corona cases. However, scientific validation is required for this. It's also necessary to verify whether the recommended 3-hour gap between nose blows is the most suitable. Because these confirmations have the potential to eradicate corona and benefit millions, this study is extremely important.

The research that follows is recommended: In a corona hot spot, take 40,000 people and divide them into four groups at random. As previously mentioned, individuals in three of these groups should be asked to blow their noses forcefully, while the fourth group should be maintained as a control group. One study group should be asked to blow their nose every hour, the other three at three-hour intervals, and the final group at five-hour intervals. Given the anticipated high incidence, examining the incidence of cases in each of the four groups after one, two, and three months may be sufficient. If needed, the period can be extended. This study will promptly present data regarding the degree of efficacy of the case-prevention strategy and demonstrate which is the most suitable time between blowing one's nose should be employed.

This study suggests a few related studies. For instance, a host of other illnesses, such as the common cold, mumps, whooping cough, TB, rubella, and measles, are brought on by germs that enter the body through the mouth or nose. It is crucial to find out through controlled studies if blowing your nose a lot on a daily basis can stop the viruses that entered your body from staying there and developing these disorders. These research will have a significant impact if they support the strategy for preventing many of these diseases.

Special attention must be given to tuberculosis, as it is a serious worldwide health issue primarily brought on by tubercle bacilli entering the body through the nose. It is crucial to look into the possibility that regularly blowing one's nose on a daily basis can help prevent tuberculosis infection.

Here is a brief explanation of one such study: the majority of children who contract tuberculosis before the age of 14 only develop the disease's primary focus. Choose 20,000 kids between the ages of 5 and 9 from a region with a high rate of tuberculosis prevalence. Split this group into two smaller groups at random. Assign one subgroup to practise blowing their nose a lot every day, while maintaining the other group as the control group. For three years, these subgroups should be closely observed to ensure that the method is being used correctly. The children in the study and control subgroups should have their tuberculin test results checked at the end of every year for signs of primary focus and positivity.

The fact that a notably smaller proportion of kids in the research subgroup are tuberculin positive and/or primary focused suggests that blowing your nose can help avoid infection. If needed, extend the study time. This discovery warrants top importance because it will make a commendable contribution to the eradication of tuberculosis.

Another research topic is: does the body build antibodies to these pathogens and corona viruses from their brief contact with the body (before they are expelled) and does this help to avoid disease through further infection?

Extending Open Mind Further to Other Areas can Enhance Scientific Knowledge and Innovative Research with Vision

Millions of people worship the Buddha, who is said to have said, "Every human being is the author of his own health and disease." It's possible that the majority of scientists have disregarded this advice as a religious matter or are unaware that it was given by an enlightened person. This is the result of a closed mind that holds that intelligent people can only be scientists. Due to this serious error, they have lost out on numerous chances to conduct cutting-edge research.

In his book "Ageless body and timeless mind," renowned mind-body relations expert Prof. Deepak Chopra states that the human body is designed to last for much longer than 100 years [2]. However, persistently having negative thoughts is a barrier. Your negative thoughts are almost entirely responsible for creating or exacerbating your health issues.

The general disregard for both exhortations has resulted in a widespread decline in health. Why people do this should be thoroughly studied by HWRs. Callousness (don't care; will not happen to me arrogance) is one issue. The other is the misapplication of one's right to free thought. Millions of people have disregarded widespread propaganda and health-related warnings that using drugs, alcohol, and smoking is unhealthy for years as a result of this. Thousands of migrants in India disregarded the lockdown precautions. Large-scale attendance at religious festivals, marriages, and other events was also prohibited. It is crucial to do psychological research as well as other studies to eradicate the kind of callousness and beliefs that lead to dangerous situations and undermine numerous attempts to enhance health. To ensure everyone's health, it is imperative that everyone acquire health consciousness and discipline. These ought to be cultivated from an early age, for instance, by incorporating them into secondary school curricula. There are several recognised medical systems in use today. Since they think that every medical system has its own set of achievements and failures, many consumers of health care have a tendency

to select from the array of services offered by these various systems. They contend that it may be more advantageous to use various systems sparingly and to pool benefits. To develop the concept even further, one may establish the long-term objective of creating the "ideal holistic health care system," in which any individual experiencing medical issues can consult their "family health provider," who will treat them if the system in which they are employed offers the best care available for their particular condition. If not, the patient will be directed to a provider using a different system that offers the highest calibre of care. This will guarantee the provision of all-encompassing, holistic healthcare that is suitable for the ailment at hand. Different medical systems' practitioners will welcome this pooling strategy. Only after they have solid proof of the relative advantages and disadvantages of every system in relation to every health issue. Getting such information should be a top priority. To foster the essential comprehension and conviction among healthcare providers, a number of scientific studies on the efficacy of each system in relation to each health problem, as well as extensive dissemination and discussion of these findings, are imperative. This will lead to their cooperation in selecting the medical system that is best suited for each individual health issue, thereby pooling the benefits of existing medical systems for the benefit of ill people. Vision, patience, determination, and an open mind are required for this series of studies. To start, in order to minimise operational issues, these could be limited to the curative features of the three most well-known medical systems: homoeopathy, ayurveda, and allopathy (western medicine). After that, research into alternative medical systems might be done. To obtain equivalent data regarding preventative and promotional care offered by other medical systems, another set of studies will be necessary.

An exploratory study that can shed light on the relative efficacy of treatment options for common diseases offered by the three selected systems is a necessary first step in the series of studies on curative aspects. By concentrating on common illnesses, the benefits of various systems will be combined to lessen suffering for the greatest number of people, which will boost the acceptance of this pooling strategy. This will therefore contribute to the demand for this method to be expanded to include preventive and promotional care in addition to the treatment of all diseases.

Data on (a) the incidence of serious and life-threatening diseases, including those requiring emergency care, and (b) the prevalence of less common diseases, including epidemiologically important diseases, will be a by-product of this exploratory study. Using this data, well-designed studies can be planned to

determine the relative advantages and disadvantages of various systems for treating these uncommon diseases and those that present an emergency.

The proposed exploratory study has the potential to revolutionise health care delivery and enable the achievement of the long-term goal of establishing an ideal holistic health care system that automatically pools benefits from various medical systems. A series of studies on curative, preventive, and promotional health care should also follow. A 100,000-person study population can be selected to include a sizable number of ill individuals of each kind and tracked for a full year to account for illness in all seasons. Four groups can be formed at random from this. The first group's members are treated with allopathy, the second with ayurveda, the third with homoeopathy, and the fourth is maintained as a control group. Patients should be treated strictly in accordance with the guidelines established by the three accepted systems. It should be prohibited to experiment with novel medications or to use a different system than the one that was assigned. Patients must give written informed consent before receiving any therapy from the designated system. If they refuse, they must be offered care in a different setting under their preferred system or directed to an appropriate medical facility. Life-threatening issues and emergencies need to be referred to or advised appropriately. Therefore, all ethical considerations will be fully satisfied by the study's design and execution.

The study's fieldwork can be finished in a single year, covering every season. It could take an additional 18 to 20 months to analyse the data, assess the efficacy of the treatment, and prepare the report. The findings can then be widely disseminated and discussed after this.

Importance of These Innovative Studies

All of these recommendations validate the urgency of the wake-up call by demonstrating that HRWs have ample opportunity to conduct creative, forward-thinking research if they are willing to think creatively. Of these, the evidence supporting the habit of blowing one's nose frequently can prevent a great deal of diseases brought on by pathogens that enter the body through the mouth or nose. This is because it will have significant short- and long-term benefits. The corona pandemic has not only resulted in approximately 70 million cases and 1.6 million deaths to date, but it has also caused nearly 600,000 new cases and more than 8,000 deaths every day. If the study investigating whether nose blowing habit can prevent new corona cases and thereby deaths yields positive findings, it can give enormous immediate benefits if practised by everyone.

It is highly encouraging that this wonderful study may be finished in three or four months with only a minimal amount of funding.

Everyone should practise nose blowing if the study's suggestion to see if it can prevent tuberculosis infection confirms this effect. Then, each year, the incidence of infection and the development of tuberculosis primary foci will be significantly decreased. There will be a consistent yearly decline in the number of cases due to this yearly significant reduction in the population of infected individuals from whom tuberculosis cases arise. Millions of cases of tuberculosis will thus be avoided annually, which is an admirable accomplishment. Remain upbeat as this commendable research requires minimal funding and can be finished in three or four years. Research that indicated eliminating people's callousness, which had led to the failure of numerous excellent health projects, was quite valuable and commendable. This research series should be conducted with foresight, perseverance, and resolve.

Similar to this, a visionary approach with an open mind, patience, and determination is required for the series of studies that have the potential to transform the way health care is delivered and enable the long-term goal of creating an ideal holistic health care system that automatically pools benefits from various medical systems. This is admirable.

Conclusion

In closing, I would like to highlight two proverbs: "Failures are stepping stones for success" and "It is better to try and fail than fail to try." Prosperous scientists and inventors took these ideas to heart and experimented with courage.

References

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