**Insights Regarding Corona Virus Disease**

**What to Do is to Do What We need to Do**

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      As a responsible Filipino citizen living in the Philippines which is part of the Asia Pacific Economic Cooperation (APEC), Association of SouthEast Asian Nations (ASEAN), and United Nations (UN); I would like to share my insights regarding the epidemic Corona Virus Disease.

      As described by World Health Organizations (WHO) in their website, Coronaviruses (CoV) are large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV), Severe Acute Respiratory Syndrome (SARS-Cov), and the latest - novel Coronavirus (nCOV) which are zoonotic.

     I grew up in the hands of my grandparents in Abian, Bambang, Nueva Vizcaya, Philippines and was able to experience old customs and traditions. I studied elementary in Abian Elementary School where I learned the different medicinal plants which were formerly showcased through school gardening. I remembered that our reference books were old books which was signed and approved by former President Ferdinand E. Marcos but unfortunately destroyed due to storms and floods.

      If we are going to evaluate the second paragraph, the current epidemic Coronovirus starts from common cold which means we may use our medicinal plants to protect us and in God's grace - be cured if we are affected. Some of those medicinal plants that may help us cure related to antibacterial and common cold are Akapulko (Cassia alata), Sambong (Blumea balsamifera), Guava (Psidium guajava), Malunggay (Moringa oleifera), Oregano and Yerba Buena (Clinopodium douglasii, Lagundi (Vitex negundo), and Garlic (Allium sativum). (Sources: NDTV Food, ABS-CBN, ScienceDirect - Digital Chinese Medicine Vol. 1, Issue 2, June 2018, Pages 131-142, and other reliable sources in GOOGLE)

     Remember, our medicines comes from plants and other organisms that serve as raw materials that undergo some processes which will be turned into tablets, syrups and capsules. Since we do not have yet the proven best solutions or cure to treat affected people with nCoV, I suggest that we try to combine all the mentioned medicinal plants, then, boil them and drink.

      Although we are now in the era of continuous technology developments, still, we need to travel time by researching our history. We need to always remember those simple or basic things which are applicable in our daily lives.

     For me, lock-down is not the proper solution. Why? It is because we may solve the problems in nCov, however, the economic aspect may suffer and may lead to chaos including mental and emotional stress. Everything must be in balance. Maybe the following recommendations may somehow lessen or totally solve the problem but not instant:

1. Always observe proper personal hygiene.
2. Be a first aider. Knowing the basics is a great tool such as familiarization in medicinal plants, provision of first aid kit and research know-how.
3. Practice self-discipline and love God, then, integrate respect and congeniality. Be educated.

      If we hold on together and build each other, we will solve the problem.

     Just put in our minds and hearts that in love, there is unity; in unity, there is peace; in peace, there is prosperity.

     "I am now dreaming of becoming/to become one of the bright lights that will help enlighten how the world shall be built for Global Peace and Unity." (**ENGR.** **YVES I. GONZALES,**Ph.D.-EEE, APEC, ACPE, ASEAN by self-assessment)