

A LESSON TO BE LEARNED FROM COVID-19 CRISIS

Human being is the youngest species among all creatures and considered as the ‘Supreme Creation’ of ‘Mother Nature’. Since ancient past, sequentially Neanderthals devised agricultural practices, developed food storage skills and managed to cope up with extreme conditions of climate. They developed a civilized life style with food assurance, standardizing recipes involving plant/ animal origin food sources. As far as India is concerned, food is eaten in highly processed form except vegetable salads and fruits (eaten raw). Non-vegetarian dishes are prepared mainly from domesticated livestock animals. Indian food involves complete cooking/ boiling of plant/ animal material with a seasoning of hot oil and spice/s. However, in many pockets of world, unprocessed animal origin products are preferred over the processed ones. Recent episodes of viral outbreaks are connected to this kind of food habit. Usually infectious strains of animal viruses change the host and attack on human mainly through raw meat, e.g. Novel Corona Virus which challenged human immune system. COVID-19 crisis indicates the need to revise choice of food and its preparation, which will not invite such viral outbreaks in the future. ‘The Human’ - the learned community should start behaving responsibly towards it to sustain in the long run.