ASPI | Afarand Scholarly Publishing Institute; Turkey
ISSN: 2626-3041 GMJ Medicine 2024;3(4):113-114 10.58209/gmjm.3.4.113

Inhalation of Hot Salt as a Promising Therapeutic Against COVID-19 Infection

ARTICLE INFO

Article Type
Letter to the Editor

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How to cite this article
Gupta M, Singh S. Inhalation of Hot Salt as a Promising Therapeutic Against COVID-19 Infection. GMJ Medicine. 2024;3(4):113-114.

ABSTRACT

This article has no abstract.

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Article History
Received: March 17, 2024
Accepted: August 16, 2024
ePublished: October 5, 2024

CITATION LINKS

This article has no reference.

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Viruses can be deactivated by salt (NaCl) PMID: 21632134, 28051158. High temperature played a prime factor in the inactivation of foot and mouth-disease virus (FMDV), classical swine fever virus (CSFV), swine vascular disease virus (SVDV), and African swine fever virus (ASFV) PMID: 21632134. High NaCl concentration promotes type 1 interferon signaling in macrophages PMID: 29203528. Here I would like to propose inhalation of dry and hot salt against the viral infection, including COVID-19 infection. Hot salt frying is a traditional cooking technique for dry foods such as popcorn, which is very famous in India, China, and Pakistan. Salt inhalation therapy was used in the case of asthma. So, this is already in use. Hot salt will provide adequate temperature to inactivate viruses. Inhalation of hot salt will take it to the lungs and may rescue pulmonary viral infection.