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Letter To Editor

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My Theory About Viruses

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Dear Editor

Throughout the whole of my career as a physician, then as a psychiatrist, I have been very interested in studying most aspects about viruses, along with observing their behaviors, actions, and reactions in human bodies, this interest has been overwhelming me since the beginning of COVID-19, which has dramatically spread all over the globe, along with disasters has created, death everywhere, economic deterioration, and exhausting social distancing.

My theory under observations about viruses, including COVID-19 (SARS-CoV-2) (and related viruses), could be summarized as follows:

- 1) The speed of evolution in viruses is faster by far than in any more developed micro-organisms (I could allow myself to group viruses under micro-organisms whether this term is adopted or not), but slower than in any earlier levels of organisms, besides most of the earlier levels are beyond our reach so far.
- 2) Similar to bacteria, most of the viruses are non-pathogenic, they could be nondestructive or destructive while multiplying inside the living cells, taking into account that there could be another way of multiplication which might somehow take place outside the cells.
- 3) Not all pathogenic viruses are harmful to every human, researching this fact is vital, as we might by knowing how and why to find a way to overcome the harmfulness of some or all viruses.
- 4) Some viruses have reached certain levels in their chains of evolutions and become somehow able to act at some degrees as viruses and bacteria at the same time, without taking into account the differences in structures and others between viruses and bacteria.
- 5) The current views about viruses that they don't respond to antibiotics need serious review and research, as under observations, viruses could respond somehow to particular antibiotics but with higher doses, besides keeping in mind that the development of antibiotics would continue.
- 6) The more the viruses behave like bacteria, the more the developing human immunity would be less, and the immunity period would be shorter, this has to be researched to overcome it or at least to work around it.

7) In a pandemic, not all viruses would be similar in actions and behavior, even though they belong to one group, the more the pandemic goes on the more the structure and behavior would be changing in a small or big way, and the more subgroups will emerge, as consequences they would be more selective in the cell types they are invading and probably more able to stay active outside the living cells.

8) Under observations it seems that coronavirus and related viruses behave somehow like viruses and bacteria at the same time, therefore COVID-19 could be given the chance of trial with higher doses of selected antibiotics which could be as below.

9) With referral to Amoxicillin basic molecular formula and actions, and because it is somehow a safe antibiotic, it should be with probable success given the chance of trial at higher doses, along with the current management, in the treatment of COVID-19, related viral infections and viral infections in general, or the trial of the combination of Amoxicillin and Azithromycin, we should make sure before using Amoxicillin and Azithromycin that they are not contraindicated in the patient in concern, and taking into account that observations have shown that Azithromycin is not enough effective on its own.

10) Also under observations, In lemon specifically, and probably in some citrus fruits there could be an unresearched molecule or combined molecules because of undetectability (I here do not mean Vitamin C, even though it somehow increases the general immunity in human body), have the potency of destroying viruses or blocking their actions and behavior against human body cells or living cells, this needs serious research until then lemon could also be given the chance of trial as real lemonade with the above.

The above theory should be seriously thought of as COVID-19 is the big challenge at the moment and some viral infections remain very difficult to treat and control.