



# FASTING, YOGA & SARS-CoV-2 INFECTION

## Can fasting help reduce the chances of catching the SARS-CoV-2 infection?

While many studies have shown that nutrition and immunity are linked to each other, some studies suggest that fasting "resets" the immune system. However, there is no evidence to suggest that fasting reduces the chances of getting infected. SARS-CoV-2 is known to spread mainly through the respiratory droplets that an infected person releases when they cough or sneeze. It is just as likely to infect a person who is fasting as it is to infect a person who is not.

While fasting can mean different things to different people, it may cause stress, low blood sugar levels, headache, dizziness, hyperacidity, fatigue, and weakened immunity, all of which may increase a person's risk of

getting infected by SARS-CoV-2. Thus, fasting is, by no means, a preventive measure for SARS-CoV-2. What is helpful is to stay healthy by eating a balanced diet, ensure physical distancing, and maintain personal hygiene.

## Will practicing yoga protect us against SARS-CoV-2 infection?

The practice of yoga is believed to reduce stress, lead to better overall fitness, and a sense of well-being. The healthier a person is in general, the higher their chance of recovery from any disease. However, none of these factors guarantee immunity against COVID-19 specifically. Also, there is no evidence to support the claim that yoga can prevent and cure SARS-CoV-2 infection.

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### Notes:

1. These responses were first published on the Indian Scientists' Response to CoViD-19 (ISRC) website.
2. Source of the image used in the background of the article title: <https://pixabay.com/illustrations/meditation-spiritual-yoga-1384758/>. Credits: ActiveMedia, Pixabay. License: CC-0.

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**Indian Scientists' Response to CoViD-19 (ISRC)** is a group of more than 500 Indian scientists, engineers, technologists, doctors, public health researchers, science communicators, journalists and students who voluntarily came together in response to the COVID-19 pandemic. This group can be contacted at [indscicov@gmail.com](mailto:indscicov@gmail.com).