

CULTURAL PERCEPTIONS OF COVID-19 AND ITS
TREATMENT THROUGH HOME REMEDIES



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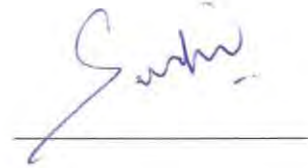
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Final Approval of Thesis

This is to certify that we have read the thesis submitted by Ms. Hira Fatima. It is our judgment that this thesis is of sufficient standard to warrant its acceptance by the Quaid-i-Azam University, Islamabad for the award of the Degree of M.sc in Anthropology.

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Dedication

I dedicate my thesis to my loving parents and to all of the teachers from whom I have learned a lot with great affection and sincerity.

Abstract

The coronavirus has brought many challenges in our life. The impact of covid-19 drastically increased with each passing day. The constant fear of this disease impacted the psychology of people living in the entire world. People belonging to different cultural backgrounds responded to this pandemic situation in different ways. This research aimed to know the general perception of the people belonging to diversified ethnic groups and social backgrounds (classes). This project is initiated to investigate that how cultural differences impacted the general perception of the disease, precautions, and cure. What are their beliefs about this virus and its cure. Furthermore, the study also tried to understand the role of cultural patterns in developing certain health behavior to counter the negative effects of covid-19. Rawalpindi and Islamabad were selected as a research site and digital ethnography was used as main method to collect the data from the selected sample. Current research reveals that cultural variations played a significant role in the perception of the people. The health behavior of the people is directly related to the cultural norms of the individual. Research also highlighted Media as a source of information and misinformation and how it shaped people perception about COVID-19. And it was also observed that higher level of religiosity among respondents lessens the stress levels during the lockdown. Further it is proved that people of Pakistan prefer herbal remedies on scientific medication. Findings illustrates that it is kind of blessings in disguise because now people are more health conscious as compare to earlier, usage of herbal remedies and high cleaning practices will definitely impact the lives of Pakistani people in positive way.

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1. INTRODUCTION

Humans have been tackling viruses for centuries. It's not the first time we are facing this type of pandemic. Many viral diseases emerged throughout history and scientists tried their best to find out the cure in the form of vaccinations and anti-viral drugs to control the effects of these viral diseases. These diseases hit humanity harder such as in 2014 Ebola outbreak killed many people in the west. In Sudan, dengue (caused by mosquitoes) affects the lives of people; many people in 1918 also died due to influenza. Nowadays we are handling covid-19 it's the newly discovered virus that appears in 2019 till now it caused many deaths and still, we are experiencing a serious threat to the life of the public as we do not have any idea how to control this pandemic and when it's going to end (Levine, 2020).

The first-ever case of covid- 19 was reported in Wuhan (China), December 2019 and soon after the number of cases increased rapidly, the rate of affected people goes in millions. WHO declared corona disease as pandemic on March 11, 2020, by observing its gigantic impact on humanity throughout the globe.

On 19 February, the officials of Iran reported two deaths of corona victims. The number of cases in Iran grew exponentially and travelers from Iran affected both Afghanistan and Pakistan. Pakistan confirmed its first two cases of the coronavirus, on 26 February Zafar Mirza, the Prime Minister's Special Advisor of Health, stated: "I can confirm the first two cases of coronavirus in Pakistan. Both cases are being taken care of according to clinical standard protocols & both of them are stable"(Arab News, 2020),(Nation, 2020). Baluchistan one of the provinces of Pakistan was the first recipient of coronavirus. These patients arrived with the thousands of pilgrims who crossed over from Iran during February and March.

Momentarily after the detection of the virus, the government set up a quarantine camp at the Taftan crossing to stop the spread. But unfortunately, the other travelers from around the world, the geographical nature of the country, and the steps taken by the Pakistani government were not succeeded in getting their desired result. Pakistan shares a border with China, Iran, and Afghanistan and has traveled and traded with these countries. The increased influx of travelers through air, land, and sea puts Pakistan at greater risk of further spread of the virus

from these countries. Further Provinces also went under lockdown to prevent the already existing virus in the country. But still, the government is unable to succeed in controlling the growing cases of covid-19.

Covid-19 affected life badly, by causing more than 2 million deaths in 2020. For the living there has been greater economic insecurity, anxiety, disruption of every aspect of life, many people face challenges to mental and physical health. Depression and fear of death bounded the happiness of the people. The constant fear of death ruptured the social and mental health of today's world. Security of life becomes the ultimate concern of the nations and other aspects of life are highly neglected (World health organization, 2020). The great economies such as America and China suffered a lot and the condition of the third world countries is literally out of question.

Coronavirus is rapidly spreading in Pakistan. The first case that was reported in Pakistan was on February 26, 2020, in Karachi; and later cases increased, and now it is more than 1,109,274 reported cases of covid 19 in the country. Being an underdeveloped country Pakistan is going through the hardest phase. The negative impact of the Pandemic can be observed in every field of life for instance education, offices, business, and economy. (Flander trade, n.d.)

In this study, I primarily focused on people's perception of coronavirus. People belonging to different cultural practices were examined to know that how the uniqueness of each individual is responsible for the creation of their unique perspectives in the pandemic. In Pakistan, people practice multiple cultural practices as they belong to different ethnic groups. Punjabi, pasthon, sindhi, Baloch are some of the major ethnic groups therefore research tried to focus that how these cultural differences played an effective role in making the perception of people regarding the coronavirus.

Pandemic is surrounded by a number of different conspiracy theories not only regarding the spread of the virus but also it is about vaccination and other medications as well. So for an anthropologist, it is a matter of great concern to observe how the existing situation of a pandemic is affecting the lives of the people (belonging to diverse cultures), building their

general worldview and what kind of factors are helping them to develop effective coping strategies to overcome fear and depression.

In underdeveloped countries, the health sector is in deteriorating condition. People living in such countries are divided into different economic strata. And most of the population in such countries belongs to middle class who can rarely afford medical treatments. People belonging to poor countries are more inclined towards herbal remedies instead of going for scientific treatment. In Pakistan, the condition of the majority of the population is not different from other underdeveloped countries.

It is observed that with the emergence of a new virus, a number of scientific researches were conducted to find out a suitable cure for the disease. These researches and their outcomes in the form of vaccination also encounter different conspiracies. People belonging to different cultural backgrounds responded to this situation in their unique ways throughout the globe. So, in this study, I analyzed how this cultural diversity is shaping the new normal life for different people living in Pakistan.

In the past, people were more inclined towards herbal remedies, but after the scientific revolution, people started trusting the scientific medicines as they provide a quick and effective result for the patient. But now again with the emergence of covid-19 people are preferring herbal remedies more as compared to newly developed vaccination. So, in this research, I analyzed how people belonging to different cultural practices use remedies to counter the virus.

1.1 Statement of the problem

The coronavirus has brought many challenges in our life. The impact of covid-19 drastically increased with each passing day. The underdeveloped countries like Pakistan experience the hardest hit. Not only has it affected the health sector of the country but also each field of life faces highly negative consequences due to this pandemic. The constant fear of this disease impacted the psychology of people living in the entire world. People belonging to different cultural backgrounds responded to this pandemic situation in different ways. This research

aimed to know the general perception of the people belonging to diversified ethnic groups and social backgrounds (classes).

This project is initiated to investigate that how cultural differences impacted the general perception of the disease, precautions, and cure. What are their believes about this virus and its cure and also how the prolonged lockdowns are shaping their thoughts in favor or against the taken precautionary measures by the government. Furthermore, the study also tried to understand the role of cultural patterns in developing certain health behavior to counter the negative effects of covid-19.

There are three major objective of the research I have taken into account these objectives are as follow

1.2 Objectives

- To find out the general perspective about coronavirus from recovered patients.
- To explore how different cultural perspectives help people in dealing with symptoms of coronavirus.
- To investigate the effectiveness of used remedies to overcome the threat of coronavirus.

1.3 Significance of the study

Different researches highlighted that; the future trajectory of the Covid-19 pandemic largely depends on the behavior of people. A number of researches have been conducted to analyze the reason for transmission, risk factors, preventive methods, and health-seeking behavior of people living in the entire globe. However, it is observed that there is a dearth of relevant population-level research specifically in Pakistan. There is limited literature available that focuses on people's real experiences living in Pakistan during a pandemic, their general perception about the disease, precautions, and cure. Through this research, policymakers can understand the people's experience and it will help them to formulate the policy to prevent the spread of the virus while keeping in mind the general expectations of the people. Hence, this research aims to investigate people's perception of covid-19 and taken remedies.

Further, this research will be a great addition to qualitative studies to fill the existing gap regarding the hot topic of pandemics. The qualitative data will help the reader to understand the behavioral patterns of the individual belonging to diversified cultures thus ensuring the point that culture plays a significant role in shaping the individual world's view.

2 . LITERATURE REVIEW

2.1 Pandemic and epidemic

The pandemic is a kind of epidemic which is connected to spread of any virus in geographic area and in across national boundaries. It is the disease present in all over the world and as a result of this disease many people were suffering badly. There is also the example of flue pandemic in 1968, and the bubonic plague etc. The epidemic is related to the disease which is occurring rapidly and number of cases increasing every day. Certainly the epidemic is area or about specific disease which affecting the many people in that geographic region. The epidemic is also an issue which is out of control and in that period this virus more actively respond to the public. In short the pandemic is related to more broad level likewise covid-19 while epidemic could be refer to the small region. (Pandemic vs epidemic: what's the difference?, 2020)

2.2 Introduction of covid19

The coronavirus is a large family of viruses. The covid 19 is a scientific term co means corona and vi means virus and d use for disease. There are many names of this newly discovered virus for instance SARS-COV-2 Its mean severe acute respiratory syndrome and novel virus is the sort of virus which appeared first time in human being. The very first case of this virus is in China a city of Wuhan in December. 17, 2019. It was said that this virus was spread because of the sea food. This see food was not good enough for human body and then it is spread from their and soon after the cases goes in million and still out of control. This virus is creating problem for everyone it is impacting on the many parts of life for instance the normal behavior of people totally changed now the current situation of corona is playing great role in reshaping behavior of each individual.

This covid 19 named was for the reason that it has a shape of crown and therefor it's known as coronavirus. The doctor said that its spread from one person to another when the affected person sneeze the droplets are spread in the air and the person who is sitting next to you got effected that's why we have to maintain social distance for do not create same problem in others when you go outside. (Coronavirus, COVID-19, n.d.)

It is related to the SARS virus it has some close connection with the covid 19 as it's also create respiratory syndrome. The virus need someone to further transmitting virus in others. If people do not meet each other and do make social distance then the process of infecting other is being limited.

In the past 2003 when we have to handle the SARS virus there are 20 month required to get vaccine ready for it and in this period the virus is not that active. There are many months passed with this novel virus and there is no particular vaccine available in the market however, there are many research going on to dig out the accurate vaccine for this disease. In the present scenario just vaccine is not required but the proper framework through which we are able to made mind of the people. Its take time to get life back on track as it was emerged two years back and there are some possible solution which must be followed if we have to live with it then we must adopt the sops which are suggested to us. (Buheji, 2020)

2.3 Most common Symptoms of covid-19

“Know the full range of symptoms of COVID-19. The most common symptoms of COVID-19 are fever, dry cough, and tiredness. Other symptoms that are less common and may affect some patients include loss of taste or smell, aches and pains, headache, sore throat, nasal congestion, red eyes, diarrhea, or a skin rash. Stay home and self-isolate even if you have minor symptoms such as cough, headache, mild fever, until you recover. Call your health care provider or hotline for advice. Have someone bring you supplies. If you need to leave your house or have someone near you, wear a medical mask to avoid infecting other. (Advice for the public: Coronavirus disease (COVID-19), 2021)

According to WHO (world health organization) says that the symptoms of covid -19 is headache, dry cough, sore throat , tastelessness, skin rash and many other. There are some recommendation which they gives us to go for early quarantine even you are facing mild symptoms, social distancing should be followed and if the person is in critical condition we have to immediately report this to the doctor. Mostly people recovering at early stage if they are experiencing mild symptoms we should adopt all the precautions.

2.4 Cases during novel virus

“Pakistan reported its first severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) case on 26 February 2020—a traveller from Iran—almost 2 months after the first case in Wuhan, China. Currently, the number of cases has reached 804,939 with 17,329 deaths with a case fatality ratio of 2.2% ranging from 0.9% in Islamabad to 2.8% in Azad Jammu and Kashmir, Khyber Pakhtunkhwa and Punjab.¹ There is widespread community transmission throughout the country with 87,794 active cases. However, the country could not ramp up its testing capabilities and currently it is standing at 160th position in the world with just above 50,000 COVID-19 tests per million population. Therefore, Pakistan is in dire need to enhance its testing capacity for timely detection and response to the outbreak” (Muhammad Imran, 2021)

In the early stage of this virus the cases was few and then after sometime the cases more reported in Pakistan. The recent cases during the first wave is around 804,939 with the death rate 17,329 and fatality ratio 2.2% and 2.8% azad Kashmir Khyber Pakhtunkhwa and Punjab The another changing is in the people behavior towards corona in the first wave people do not have any idea how to cure it and they brought the patient in the hospital and in the second wave mostly people are more aware as what are those strategies to deal with covid- 19 disease. The is a need to enhance the capabilities of testing and proper facilities to the public.

“Islamabad - Pakistan is struggling to contain a third wave of coronavirus infections, reporting a close to 4,500 new cases in the last 24 hours, the highest number of daily infections in nine months. Officials said Saturday that the rate of people testing positive for COVID-19 had alarmingly risen to more than 10% from a low of about 3% a couple weeks ago, suggesting the actual number of infections is likely much higher than the reported cases. The overall number of infections and deaths from COVID-19, however, remains under control in Pakistan, a country of about 220 million people. Since the pandemic hit the South Asian nation a year ago, officials have documented around 650,000 infections and about 14,200 deaths, including 67 fatalities recorded Friday” (Pakistan Struggles to Contain Third COVID-19 Wave, 2021)

In the third wave of this disease there are 45, 00 cases in 24 hours. The rate of the effected patient 10% from a low of about 3%. But although the death rate during third waves was under

controlled. People were effected but there were not many death occurred in that period. People have mild attack of this virus and early quarantine and healthy food put them in stable condition. Moreover people knows that how to deal with this issue as many month passed we are facing this problem.

“Concerns of a fourth wave of coronavirus in Pakistan have grown amid the emergence of the Delta variant, a strain of the virus first identified in neighboring India. The Delta variant is spreading across the country,” a senior official in the National Command and Operation Center (NCOC), Pakistan's anti-virus task force, told Anadolu Agency on condition of anonymity. This spread comes despite the positivity ratio, which shot up to 9% in May, recently hovering between 2% and 4%. Last week Prime Minister Imran Khan also called the Delta variant “the biggest concern,” and urged the public to follow safety precautions. “After a downslide, infections are on the rise again. We fear that the Delta variant could strike Pakistan,” he said in a televised address.

"I appeal to the nation to wear masks and take protective measures." (Delta variant hits Pakistan amid 4th COVID wave worries, 2021)

The recent wave of coronavirus is being spreading rapidly. It is a strong assumption that it comes from the neighboring country India and which specifically called by the name of Delta variant the cases ratio in May was 9% and then the current cases was in between 2% and 4% . the prime minister of Pakistan also shows concern for this virus and advised the public strictly that do perform all the measure two of the things which he mention in his statement was to wear mask and take all the precautions against covid- 19.

2.5 Medical anthropology: The study of culture and disease relation

“Medical anthropology emphasizes social constructivist approaches to understanding health problems, illustrating the roles of social and cultural processes in defining, interpreting, and responding to maladies. Illness and sickness concepts show the importance of understanding personal experiences of malady and the consequences of social responses for our sense of well-being. Illness—the personal experience of a problem in wellbeing—involves much more than

disease. Even biologically based diseases such as leprosy have their impacts largely shaped through social responses. Experiences of disease are manifested through culturally based concepts because they shape the perceptions of the significance of a condition that affect an individual's treatment-seeking and responses to diagnosis and treatment" (winkelman, 2009)

The one branch of anthropology is the medical anthropology which predominantly studied about the pattern of disease and health perception associated with the different culture. In the recent scenario there is a huge responsibility on the shoulder of medical anthropology that it is the field which can studied the actual root cause of this coronavirus disease like when it is started? How and what are those reason which are prove helpful in spreading of this disease and in last one the most important thing that what are those remedies and treatment which should be used to cure it .Because this field particularly studied the different ways of treatment which people applied for this disease.

In any culture one person which is consider healthy and in the other it is maybe consider as ill. There are some variation in culture which defines the illness and curing treatment. The disease can be classified in referring to their symptoms mild, asymptomatic and severe. This biomedical and herbal curing process is not the universal phenomena but it vary in country to country and culture to culture. For instance leprosy is a disease which is described by the social responses. There is no specific system in biomedical treatment because there are some people who are old age has their experience and they were come up with the different ideas of healings system. The novel virus which is creating many trouble it's also have some variation in referring to their culture and their mindset. The medical anthropology briefly studied about it.

2.6 Cultural anthropology

“Cultural anthropologists are the social scientists who examine the cultural patterns and processes within societies and the cultural similarities and differences between societies. For a long time, this meant (or seemed to mean) studying “primitive” societies, a term that we reject today. Besides, it is not only small, remote, “traditional” societies that have culture. All societies have culture; it is just that “we” tend to take “our” culture for granted—as if it were

natural and universal—and thus to see “their” culture as exotic and different, as “cultural.” Cultural anthropologists try to avoid this exoticism” (Eller, 2015, p. 4)

As my focus was on different cultural features and one of the branch of anthropology typically studied about the culture. It is being known for centuries and it is part of human cognition when this world created and very debatable part of human history. Similarly, the culture anthropology evolves to understand the structure and functions of culture how they work, why they foam. In the early stage it is commonly believe that culture is the study of particular and specific group like remote area but it is just rejected that how can we put a certain space culture and other not. We have to say where human being existed they must adhere any culture to survive as a member of society.

In addition the culture anthropology is also keep away from not discriminating the other people and their culture. It is also involved in the study of colonial societies to study their behavior, living style and how they taking different things as per their own lances to control them after getting information about those people and makes them slaves.

2.7 Theory grid and group differences

“Douglas in the late '60s and developed by Douglas together with Aaron Wildavsky (1982), risk and danger are culturally driven ideas. It refers to the cultural reasons that make people react in a certain way to a real and perceived danger and how they form judgments in this respect. Mary Douglas proposed a framework for cultural comparisons based on two dimensions: grid and group .The grid dimension describes how people take on different roles in a group, the amount of control and forms of stratification the members accept. The group dimension refers to how strongly people are connected together, how strong or weak the bonds between them are Douglas” (Flanja, 2020)

These two people Douglas and Aaron Wildavsky point out that if there is danger or something like risk comes in a community and people adversely suffered it's defined by that particular culture which impose them to do that in a specific manner. If we connect it with the recent scenario then the covid – 19 is also be the one of the risk which is driven by the each culture

differ point of view. These two people have divided the cultural differences in a two ways grip and group.

The grid means that how people behaved and to which extent they want to adopt it while as a part of this community or an independent member. The type of restriction which they want to welcome and some of those rejected by them. The group means that how closely they are related to each other and which sort of distinct factor they have in this group. There are some reasons which keep going things smoothly and what are those causes on which basis their bond is weak. Basically they both trying to say that if it is group or grid it's about the people priorities and interest which make them unique as a participant.

2.8 Collectivisms and Individualism

“Different countries and territories have different cultures, which shapes different original attitudes and social behavior in the face of public health events, and further shapes corresponding institutional and public policies. One of the prominent dimensions of cultural variation is the collectivism vs. Individualism culture (Greif, 1994). This distinct cultural difference may play a significant role in affecting the transmission of COVID-19.” (Shuguang Jiang, 2021)

He argues that there are different culture which follow their own living style. He explained that there are two types of culture one is collectivism and second is individualism and this different ways of thinking impacting on their life because they have what should they follow and which they do not need to support it. The individualism is the specific personal likes and dislike which depend on their cultural or customs which they use to consider part of life. The individualism was not interested to follow the collective contribution in any activity or they are less interested in adopting anything which is performed by the rest of people.

2.9 Different pattern in hand washing cross culturally

"Cross-cultural differences in handwashing on the expansion of COVID-19 are not well-understood. Yet, these effects may shed some light onto why the virus spread quicker in some countries compared to others, especially considering the recent findings that the travel ban was generally not effective in containing the virus [3] The data on handwashing culture reveals that at least 50% of people do not have a habit of automatic handwashing after using the toilet in

China (77%), Japan (70%), South Korea (61%) and the Netherlands (50%).” (Ganna Pogrebna, 2020)

Ganna pogrebna expresses that one of the precaution of this virus is that we have to wash hand continuously with soap twice and keep in mind the cleanliness that there was distinct culture which have other ways towards this pandemic and about this washing hand and they don't want to do that for some aspect behind and still we have many diversifies people in worldwide act .as the figure shows that 77% of people in china are not willing to wash their hands and Netherland have the habit to wash hand and the rate is 50%., japan 70% etc.

The writer describes they have distinguished thoughts in washing their hands some want to strictly follow the sops and other were not really interested in it. According to this study it says that almost 50% of the overall population have less believe on hand washing they have just ignore this reality that it will not create any problem for them and also not for others. But as per the coronavirus its do make a huge difference if anyone do not wash hand or he/she not using sanitizer then most probably the cases could be multiplied easily and it makes the situation more worst. It is necessary to follow the precaution of hand washing after every 15 minutes with soap.

2.10 Social distancing urban and rural approach

“Since COVID-19 knows no borders, and given that it will become very difficult for people to move and mobility will slow down or become impossible in some places, there must be an integrated urban and rural approach in the COVID-19 response. In the southern hemisphere this has been much more critical as large populations of the rural population is poor and continue to move in urban setting to maintain their livelihood strategies and access incomes and food for their households. Smallholder farmers, women traveling to markets and day laborers constitute hundreds of millions of people for whom the social distancing and confinement in the crowded informal settlements in which they live is just not possible” (Remy Sietchiping, 2020)\

There is a verity to maintain social contact and it's up to individual how he thinks about this covid situation, social distancing or sops. There are difference in contrast between rural and urban area in urban sight people know about the disease precautions and treatment but there is a

different layers of being rigid, being hard and flexible.. There are some areas especially south Asian countries in village's people used to meet each other as a strong hugging and it is difficult to avoid social contact in those spaces where it is believed very inappropriate to avoid this social contact because of the closed connection with your loves one. In rural area people also use to make fun of those people who covering his face with mask because there is less attention given to this issue they even do not know that it is the viral disease which is due to non-availability of any information TV channels and other medium. One point is maybe they do know but do not want to accept it as the technological advancement is slow in rural area and they were strictly connected with their culture.

2.11 The influence of religion on people

“The normative Islamic literature surrounding the Coronavirus pandemic places special emphasis on the role of faith or religious beliefs in the development of a proper attitude towards the pandemic. The significance of these beliefs lies in the fact that they shape one's outlook towards life, view of the world, and also ability to find answers to the difficult questions that often emerge in challenging circumstances. Some of these questions revolve around the issue of suffering and the extent to which it can be reconciled with a religious belief in a merciful and benevolent god” (Shabana, 2021)

As earlier we have briefly discussed about the cultural practices and variation which is being important from the particular reference of covid-19 like these culturally knowns ideas and practices which effects life apart from this as there is a significant impact of culture in each person lives similarly, the influence of religion can't be separated from the culture they both are interconnected phenomenon.

Furthermore, in the upper lines Shabana explains that religion not only permit us to fully aware of the events and thoughts process happening in the each individual lives but it also offer us to realize and answer the question which one maybe find with their belief or in this present situation of pandemic it is more challenging part of human lives to stay positive and ask god for his mercy.

2.12 According to the research spiritual healing is important for coronavirus

“The analysis of the conducted survey, with 324 participants, showed that mainly young people, both women and men, dominated. In the group of young people between the ages of 21 and 35, the essence of faith was of a great importance and was declared to be accompanied by the frequent practice of prayer. In Poland, there has been a discussion of a growing crisis of faith in the younger generation and their lack of attachment to church traditions. Over 98% of Poles are Christians, but only about 82% consider themselves to be actively practicing their religion. The rest reveals attending church services for a sense of duty or willingness to pass the tradition to their children. In light of pandemic of COVID-19, most people are much more open to faith as well as prayer” (Oliwia Kowalczy, 2020)

This research is conducted in Poland from 324 participant from the age of mostly young students to peel out the faith and spiritual healing during coronavirus and it is noticed that people were mostly Christian and 82% more indulge in the religious activities. These people were offering prayers and other spiritual healing process in order to get relief from the covid 19. The study revealed that most of the people seeking good benefits when they got back to such types of healing strategies that it become one of the source which makes them relax and motivated. Another point here is that if we talk about the broader perspective that in all over the world there are many religion which fellows many God and spiritual forces and they have faith that He is the only super natural being which help them in getting out of these sufferings and pain which they facing in their life due to covid-19.

2.13 Media role during pandemic

“The social drama around COVID-19 and the political pandemic in Pakistan started as soon as the outbreak began in the country. The government immediately took to the media. Among the first containment rituals were the media briefing from the PM (as mentioned earlier) and a nationally televised broadcast of a *Namaz Aaft* (a prayer to reverse trouble or a curse) at the PM House of Pakistan¹. This ritualistic prayer can be seen as the “governmental etiology” of

COVID-19 that the pandemic is a “supernatural curse,” or “test.” Foster” (1976 p. 773) (Ali, 2021)

There are many socially constructed dramas which we have seen during this covid- 19. The media is one of the influencer which is utilized by the political authorities to meet their goal like the Prime Minister Imran khan said this pandemic is a marked as curse and we have to pray in this situation in order to get rid of it.

“Over the last decade, social media has played a crucial role in spreading awareness and knowledge about public health; however, it has also been misused for spreading fake news, hatred and creating racism during epidemics and civil unrest. Even before the detection of first case of COVID-19 in India, the epidemic of social media panic hit India, which led to stock out of masks and sanitizers from the market. Further, fake claims about transmission of virus through air and its survival on different surface-created a panic” (Atre, 2021)

Although the media is a platform which gives us information about any issue. Nevertheless it is also used as misinformation especially during this covid-19 pandemic. In India where we have seen the worst situation of coronavirus cases and there is about more than 5000 people died each day and no of cases reported in that country. So in these circumstances there is too much stress to overcome the cases and saves people lives the media is establishing terror or deep sense of insecurity rather than developing a productive or positive environment like there is claim by the media that virus also transmit through air and availability of mask and sanitizer were out of range in the hands of public.

2.14 Globalization have positive and negative effect on this pandemic

The globalization has positive and negative effects on across the world. The globalization help us to stay connected to each other and all the world become the global village. when the lockdown implemented the mobility on other parts of the world is restricted and people have to stay at home in these types of circumstances, people want to engage themselves and get involved in the activities which is quite possible they mostly used the mobile and TV or playing different games

which are good enough to spend the quality time. The most crucial aspect of technology is the educational institution which made it able to have online classes on team, zoom and other medium otherwise it is just not feasible to make it happened and keep the system going. In this virus it is the only one thing which is made things facilitating is technology. On the social media people got to know about the precaution and sanitized them.

The corona have another positive affect is it have clean the atmosphere like people do not go outside While on other hand, there are many negative effects of this virus as well which have created the situation worst ever likewise we use mobile more frequently which affect our health and mental condition .The overall behavior of children, young and old age during corona going to be more aggressive and people gone through stress and psychological issues.

2.15 Early diagnosis

“The best way to prevent and slow down transmission is to be well informed about the disease and how the virus spreads. Protect yourself and others from infection by staying at least 1 metre apart from others, wearing a properly fitted mask, and washing your hands or using an alcohol-based rub frequently. Get vaccinated when it’s your turn and follow local guidance”

(Coronavirus disease (COVID-19), n.d.)

The upper suggestion gives us detailed that if we do not have certain medicine to cure this deadly disease so then how can we adopt certain ways to be better in this condition if someone affected by this harmful disease then what are those precautions he has to take care off. According to the scientist and those who are doing research on covid and by the WHO we should go for early quarantine and maintain social distance. They also argue that to take healthy food, hot water, juices to recover at early stage. These all precautions helped us to save yourself and others as well.

2.16 Herbal medicine from who

“Home Remedy and Herbal Medicine against SARS-CoV-2 Most over-the-counter treatments only cure the symptoms of viral infections but they don’t help the immune system. Although there is no research to determine what is helpful specifically for this novel virus, the following

are some natural modalities one can use to both treat symptoms as well as boost her/his immune system if come down with an illness: Home Remedy According to statistics WHO, more than 80% of COVID-19 patients should care for themselves at home” (Fatemeh Barati1, 2020)

Although we do not know any specific treatment which can save us from this virus yet there are certain ways to secure us from the severe condition which is related to the home remedies. As the WHO has describes that the 80% of the people will recover from this virus on early stage if they apply the precaution and give attention what the concerned authorities have recommended they tells us about the herbal remedies that it is very useful curing strategy being frequently used and have best results.

2.17 Remedies have no side effects

“Seeking professional help for minor conditions was not a preferred choice. The majority of the participants stated that they would try to fix the condition on their own first by using traditional remedies and/or over-the-counter (OTC) products but if the condition got worse and persisted for a long period of time or interferes with their normal routine they would consider seeking help from a doctor. The high cost of diagnostic tests, perceived side effects associated with allopathic medicines and dislike of injections were reasons to avoid consulting a doctor” (Mudassir Anwar, 2015)

This study was conducted in Pakistan the area of wah cantt which is located in Rawalpindi. The people behavior towards these meditational process is pretty much clear that people are interested in doing home remedies which is being helpful to rid of other diseases and people do not prefer in going to hospital as it is a costly treatment which they cannot afford. in addition these medicine have some side effects too it is the main reason which pushed them in doing the homeo phatic or remedies measures it is source of satisfaction for them as these things accessible at home and do not harming them for their health.

People mostly go for the treatment which give them instant relief easily available in the market and also cheap as well. These remedies were covering all their concerns and perhaps, doctors and other health care professional also suggest some remedies to do at home. The most

important thing in this covid19 is that it directly effects on immune system and it is essential to take good diet to recover fast.

3. RESEARCH DESIGN AND RESEARCH SITE

This chapter is divided into two main sections. The first part of this section entails light on the research design, briefly describing the methodology, research methods, sources, and challenges which is being faced by the researcher while collecting data and the sampling procedure of respondents. The second section gives information about the locale, particularly related to the features which describe the research field.

3.1 Research methodology

The methodology which is used in this research is qualitative in nature. It is related to the experiences and interpretation of people's daily events. It is a holistic study, in which the researcher must make sure that everything should be described in a very comprehensive and descriptive way. The inductive approach has been applied for the matter that you are not going into field with the preconceived idea rather, respondent's viewpoint must be taken carefully. This approach also allows the researcher to have the flexibility to work without any restriction. Since, the qualitative research is tend to study about the subject in the setting, where the person is acting naturally and in terms of meaning people associate with it . (Thomas R. , 2003)

This study is an attempt to understand how the covid-19 virus is perceived in multiple ways by the people. It's a broader phenomenon which happened in December, 2019 and still people are handling with it almost two years passed and there is a basic need to peel out the actual reasons bringing the local people's perspective in to light. What are the perception related to disease, symptoms and treatment existed among people under study.

Since taking in to account the qualitative study in mind there are the following techniques which were used:

3.2 Digital ethnography

One new subfield was particularly interested in the consequences of digital media. Cyber anthropology was one emerging subfield towards the late 20th century. A catalyst for this can be said to have been the book *Simians Cyborgs and Women* (Harraway, 1991), a collection of essays written in the 80s and 90s by Donna Harraway. Her essay the *Cyborg Manifesto*, was published as early as in 1985. (A Few Challenges of Digital Ethnography, 2020)

In the late 20th century the cyber anthropology was being introduced by Donna Haraway in the book called cyborg manifesto. Digital ethnography is growing in popularity in a significant number of research projects due to covid-19. The pandemic effect has augmented growth, removing the ability of researchers to engage in normal field interaction due to restrictions on social mobility.

The digital ethnography is being utilize by researcher for those who does not able to communicate with face to face and it is beneficial for me to get connected to them verbally through WhatsApp and Facebook. It provides new perspective to do work digitally while utilizing multiple medium to access to the respondents in this pandemic. Most of the qualitative research were conducted within the field but in this study, I applied mixed methodology i.e. I met in person with those who can be easily accessed further I preferred to approach patients digitally.

3.3 Sampling

Sampling is part of the research process which is really helpful as it gives us a choice to pick out number from the relevant population. It gives more effective result in a short time like we do not have to include the entire population that's why sampling method is employed.

3.3.1 Purposive sampling and snowball sampling

Adopting the purposive sampling it allows us to choose only those which can meet the desired aim of research. Purposive sampling is defined as: "selecting a sample on the basis of your own knowledge of the population, its elements and the nature of your research aims" (Babbie, 2007).

To fulfill the requirement of my topic, I have to choose those who personally experience this virus or indirectly facing its consequences. Apart from this, snowball sampling is also applied in this study because I asked my respondents to further refer the other victims of virus. So we can say that Snowball sampling is a recruitment technique in which participants are asked to assist researchers in identifying other potential subjects. Later on with the consent of these people I conducted my research.

3.3.2 Stay in hospital: facilitated in research/ accidental sampling

In the middle of my research after conducting 8 interviews from the people who are being the victim of this virus. My mother fell ill so we brought her to the hospital where doctors told us

that we have to do all the test to know what the actual cause of this illness is. They suggested us to stay at the hospital for a week. I also stayed in the hospital to take care and there I got a chance to meet many nurses and doctors.

I have conducted one interview from the nurse, and she told me that she will help me in searching respondent because she is already working at the MH hospital where the infected patient of coronavirus where treated. She stays connected with me throughout the research and help me in accessing respondents. During my 10 days stay at hospital I interviewed almost 5 recovered patients as well. They told me about their experiences related to the virus.

3.4 Sample size

I have conducted 25 interviews from different age group. Most of the respondent were young and educated and they have affiliations with their village's area. The people I have selected for research were 12 females and 13 males.

Table 1: Gender division and ages of the respondents

Age	Male	Female
Between 20 – 30	5	5
Between 31 – 40	5	3
Between 40 - 50	2	2
Between Above 50	2	1

3.5 Observation

As am using mix methodology and social restrictions during covid pandemic, I faced a number of hurdles in following one of the most important element of anthropological studies i.e.

participant observation. In digital ethnography I observed the participants through digital mediums. I used what's app and other medium to get access to the respondent's life. I conducted online interviews and analyze the clips sent by the respondents to gain relevant data for my study.

Further I also observed the behavior of the respondents to whom I conducted interviews face to face in hospital. But definitely I was time bounded due to covid restrictions therefore I mostly relied on the sent audios, video clips and pictures of the respondents.

3.6 In-depth and semi structured interviews

For the purpose of this research in-depth interviews were conducted. The in-depth interviews helped me to cross-check the answers and to get detailed information related to the research topic.

The in depth interviews were conducted in a natural environment and according to the convenience of the interviewee. The interviewee responded to the question asked by the researcher according to their will. These in-depth interviews were taken through the help of Interview guide. This interview guide is composed of a series of open-ended questions which gave sufficient coverage to the topic.

In the situation where you won't get more than one chance to interview someone semi structured interview is the best (bernard, 2006). Semi structured interviews can give the researcher chance for probing the respondent in order to have more information when it is required.

In the case of online interviews only a few people were able to give me the time needed for an in-depth interviews. So therefore, I conducted semi structured interviews. Most of respondents were educated including male and female they know well about the social media. Some of them were also illiterate and have less education background for this reason it takes more time to make them feel comfortable while giving interviews.

3.7 Case study

Case study is related to the personal life events of a person experienced by the individual. In the case study method the researcher peel out the real feelings and thoughts of a specific person to explore the several dimension of their life.

It is used by the researcher to have the validity of how the respondent gone through in those days when they were positive and how they feel about it now. It also gives a reflection of their emotions by giving real life examples.

3.8 Research tools

There are different tools which is being implemented by the researcher are as follow:

3.8.1 Field notes

There are four kinds of notes in fieldwork: jottings, a diary, a log, and field notes proper. Further field notes are categorized into: methodological notes, descriptive notes, and analytic notes. (Bernard, 2006)

The field notes are distinct for each researcher. It is written in an unbounded and in impulsive manner which is easily understood by the researcher. It is connected with how the researcher personally deals or manage the large amount of data on daily basis.

After reading all types of notes I have used the note pad suggested by the Bernard as I have less chance of writing a daily diary because I was not part of any particular area nevertheless, I have use all other technique when I was doing my own research. When I was conducting the interview via call I use to write it down on the spot.

In preparing field notes I made notes about the technique which I have used during the data collection and respective changes in (research methodology). A massive part of my notes is related to the descriptive notes which is based on my personal observation and answer to the questions. As I also used the recorder and voice notes, the transcription of the data was also added to my field notes. Further I used analytical notes to maintain the record of my findings analysis throughout the research period that later helped me in report writing.

3.8.2 Recording/ voice note

Recording is a tool which is used in research to have quality data. In digital ethnography it is recommended to have the record of the respondent which provides the research authenticity. The voice notes of the respondents and recordings help me in using the obtained data at maximum level.

3.8.3 Photography

Photography is one of the tool associated with the picture, image and event happening in the field. There are some of the photographs shared by the respondent which shows the different aspects of their lives.

3.9 Research site

The most of the respondent belong to Islamabad and few were from Rawalpindi. The capital city of Islamabad located in the northwest of the country pothar. This area have an importance for the reason it has connected to the crossroad of Rawalpindi and the northwest frontier province. Islamabad was built in the 1960s when the capital of Karachi was replaced by the Islamabad. The city has a beautiful weather because of the greenery which makes it more pleasant .The 88% of the people were educated and that's why it is included in the highly educated cities. These two cities have proper facilities like hospital, educational institution, internet etc.

The Rawalpindi is also included in one of the well-established city in terms of education and others development context. The language mostly spoken here is Punjabi and there are so many variation within the Punjabi like pothohari Majhi ,Pahari, shahpuri Dhani and Kashmiri. (pride of pakistan , n.d.)



Figure 1: Map of the locale

3.9.1 Ethnicities and culture of respondents

All of the respondent were from the Muslim background and within Muslims there is sub category for instance Ahle hadees , Shia and 95% of the respondents were from the Sunni sect. Most of them were educated and have village background.

Table 2: Education of the respondent

education	Male	Female
Illiterate	2	1
Below secondary	1	2
Matric	3	3
FSc/FA	2	3
Masters	3	2
Mphil	2	1

Respondents belong to different strata of the society therefore research also illustrates how people belonging to different classes get affected by covid in their own unique ways.

60% of the respondents were from Punjabi ethnic group and 20% from pathan 10% Baloch 5%from sindh and 5% from other ethnic groups.

Table 3: Ethnic background of the respondents

Ethnic background	Male	Female
Punjabi	5	5
Pathan	5	3
Sindhi	2	2
Balochi	2	1

4 . PERCEPTION OF PEOPLE ABOUT COVID 19

The unexpected arrival of corona virus created a devastating situation for the people living around the globe. Pakistani people also faced this difficult situation. The prolonged lockdowns and different social restrictions impacted the life of people in a negative way. Research showed that people belonging to different cultural backgrounds responded to this situation in their unique ways. As culture has a strong impact on the lives of the people that is why their behavior is directly influenced by the cultural practices. The behavior of the people in pandemic and general perception of covid-19 is also directly related to their cultural backgrounds. The diversity of culture brings out variety of health behaviors of people belonging to different strata's of the society.

We can classify the respondents in different categories such as:

- People who are well aware of deadly virus, its origin, symptoms and treatment.
- People who believed in deadly impacts of virus after becoming victims of virus either directly or indirectly
- People who believe covid-19 as a conspiracy

4.1 First perception

People belonging to first category are those who are well aware of the seriousness of the issue. They strongly believe that virus originated in China as the first reported case was in Wuhan. They also showed their fear about the prevailing conspiracy that is it is bioweapon to curtail the growth of Chinese economy or overall growing population of the world. The rich countries of the world planned it but later when they observed that America become the hardest victim of virus their perception also changed. Now they are confused about the reality of virus. One of the respondents stated that:

“No one knows what is true. It is devastating that we are unable to find the real reason of its spread. How it came into being and how it spread throughout the world. I think it is a bioweapon, it is formed to control the population of world. Those who will survive win the battle of survival of the fittest”

4.1.1 Covid is a real problem

Most of the people were agree with this point of view that the covid – 19 is a real issue which needs to be handle carefully. Most of the people belonging to this category are educated and they are of the view that we must follow the precautions to control the spread of this disease. Shakeel respondents claimed that:

“Main hal he main banaya gaya hospital or infection treatment center main kam kr raha hun.jo ky 250 beds ki sahulat faraham krta hai. Yeh china aid or NDMA ki madad sy banya gaya hai jo ky BIN QUTAB foundation aik local NGO chala rahi hai. Main ny do or teen amwat daily deakhe hain es liye hum es issue ki nazakat sy inkar ni kr skty. Covid- 19 hakikat pr mabni hai or yeh aik mukammal tor pr mazhakakhaiz bt hai ky is ky namudar hony ko sazish samgha jye. Humy bohat ehtiyat krni chye or SOP b zaror follow krny chye”

“I worked for (recently established hospital) isolation hospital or infection treatment center. It is small hospital which provide 250 beds facility which is created by china’s aid and NDMA (national disaster management agency). It is run by BIN QUTAB foundation; a local NGO. I have seen two or three deaths on daily basis so we cannot ignore the seriousness of the issue. The covid is based on reality and it is totally nonsense to think about any conspiracy related to its existence. We should be very careful and should follow the sops to control coronavirus.”

Aftab respondent is of the view that:

“Main is ko kasy manany sy inkar kro q ky is a lakon main log mar gy hain is mrny wali bemari sy. Yeh sirf aik shisk ki hamakat hai agr wo ab b is ki hakikat ko tasleem ni kr rahy. Main ny khud b is darddanak alamat ky tajarby sy guzra is liye main hamesha SOP’s follow krny ka maswara deta hun.

“How can I deny this as we saw that there are millions of people who died due to this deadly disease. It is just someone’s stupidity if he is not accepting it as a

reality; even now. I have personally experience the painful signs of this virus so I always suggest my friends to follow SOP's to avoid this disease.”

4.1.2 Impact of media on people's perception

It is the age of globalization where people are closely connected with each other through different ways of communication. Due to media and internet people are one click away from a flood of information. It is obvious that Human beings always carve for information and media is one of the most pervasive modes through which an individual's desire can be fulfilled. From the moment individuals wake up until the time he gets back to bed, the media is there to keep up the company. And now when most of the parts of Pakistan are having complete lockdown to maintain social distancing, media become an ultimate source of information and entertainment for the people. Muhammad Ali respondents stated that:

“Media aik bohat mofeed zarya hai information ka. Hum advertisement ky zarye corona ki bure halat sy wakif hoty thy. Bakadage sy mashori ny mujy majbor kiya ky main ahtiyate tadabeer lon. Sirf main ni balky or logon ko bhe. Media bohat madad krta hai or ase psychology banata hai ky sops pr amal kiya jye”

“Media is a great source of information. Through advertisement I get to know about corona and its adverse effects. The constant advertisements forced me to adopt precautions, not only myself but others too. Media is very helpful in making such psychology that forces people to adopt SOP's ”

Media is not only informing them but also becomes a source of misinformation as well, that is responsible for shaping their realities towards COVID-19. Media also have some pros and cons. On one hand it is giving information regarding the symptoms, reasons of spread and precautions to counter covid19 but on the other hand it is making people depress due to continues flow of news related to deaths of the patients.

Research shows that 92% of the respondents are of the view that media is creating “sunsani” “chaos” in society by displaying continuous news alerts. Most of the channels are actively engaged in creating a negative atmosphere for the audience just to gain high ratings. Rather than educating and giving useful information to the audience or creating hope for the people these media News channels are propagating negative information that ultimately creates fear among Pakistani society.

Rizwan respondents narrated the situation by saying that:

Aap koi aik channel b nip ye gy jo covid 19 sy theak ho jany walon ka bataye. Sb news alert dy rahy hain ta ky cases or death ko barha chrha ky batya jye or logon ko preshan kry. Media ko zaror aik padawari kardar ada krna chye ta ky aik positive environment logo ky liye banaya jye”

"You will never find a single channel which will tell you about the recoveries of the COVID-19. All of them are giving news alerts to display the high rate of cases and deaths which is making people restless. Media should play a productive role in creating a positive environment for the people".

Ayesha respondent is of the view that:

“I think people are highly influenced with the advertisements of hygienic products. After every 2 minutes you are going to see ads related to dettole, protex, safeguard, and all these advertisements are forcing people to maintain hygienic habits to avoid the chronic impact of virus. I think media through these advertisement is playing a highly effective role in pandemic.”

Research also elaborates that Pakistan along with the whole world is facing an unprecedented catastrophe of public understanding. Social media platforms such as Facebook, YouTube, Twitter, Instagram, are at the peak of the crisis. It is observed that these platforms acted as expeditors and multipliers of misinformation related to COVID-19. The information conciliations outbreak increased the public confusion among Pakistanis, about the source of the information which ultimately triggers fear and panic due to exaggerated claims and unverified rumors. These media platforms are unable to perform their positive role in this pandemic. One of the respondents stated that:

“I think psychologically it is not perhaps creating that much impact which it should. Like people are still going out. Our media is controlled by the government so I think we lack information at certain aspects which we should be aware of”.

The media are pervasive in any modern society. From the moment we wake up in the morning until the time we go to bed at night, the media are waiting to keep us company as they provide for our news and other useful information that helps shape our private worlds and our realities.

Another respondent said that:

“Mery khayal sy social media or mass media dono sansani phela rahy hain bejye e sky ky agahi dain or yeh sik bohat he bari panic suratehal hai q ky jitny zada sy zada log es virus sy effect ho rahy hain log atny dar gy hain ky wo apna tast bhe ni krwa rahy”

“Nowadays social media and mass media both are spreading terror rather than awareness and are creating a huge panic situation and because of all this more and more people are getting affected by the virus. People are so scared that they are not even ready to get themselves tested”.

4.1.3 Impact of lockdown on people’s perception

There is restriction on mobility due to virus, people are unable to mobilize. The frequent imposed restrictions on the social mobility are affecting the psychology of the people in a negative way. Majority of the respondents reported feeling of hopelessness and depression due to lockdown. The long stay at home led their lives to unhealthy lifestyle. one of the respondent stated that:

“Covid ny hamari zindagi ko tabah kr diya hai. Ab main apni zindagi ko be mani samagta hun. mujy lagta hai main ab kisi b kam ka ni raha . Ab main bohat mobile or computer use krta hun or e sky elawa koi activities ni rahi jis main apna waqt guzara ja sky”

“Covid ruined our lives. Now I feel my life as worthless. I feel that am no longer productive, most of time is wasted. Now I use mobile and computer more often because there are no other activities in which we can spend our time.”

Another respondent stated that:

“While staying at home I am mostly using mobile... and I think it is creating more frustration in me. The constant breaking news of growing cases and deaths really depressed me. But what can I do? I don’t have any other option to kill my time. Before covid I have a great social life but now am imprisoned in my home. The imposed restrictions are good initiative to control the further spread of the cases but it also bound our lives too, which is really depressing”

Muhammad Waseem respondents express his worries in following words:

Main ny plan kiya ky dubai main aik business meeting ky liye lakin lockdown ki waja main safar na kr saka. Es meeting ky cancel hony ki waja sy mujy bohat nuksan bardasht krna pra . Ab tawaka hai ky covid jald khatam ho jye. Yeh bohat frustrating hota hai jab opportunity ap ky samny ho lakin ap us ko hasil ni kar skty q k yap pr pabandiyen hoti hain

“I planned to go to Dubai to attend a business meeting, but due to lockdown, I am unable to travel. This cancellation of meeting caused me a great loss in business. Now am hoping that covid will end soon ...it is really frustrating, that opportunity is In front of you, and you are unable to grab it due to imposed restrictions.”

Due to lockdown people are unable to get access to the outer world. Restaurants and parks are great source of pleasure and enjoyment for the people. But due to covid-19 and imposed restrictions on the social mobility people lost their greatest source of enjoyment. One of the respondent's narrated that:

“When corona virus came, we not only lose our sources of social enjoyment but also country's economy is on stake. The labor class is facing very bad conditions. I hope it will end soon and we can go back to our normal lives.”

4.1.4 Economic crisis and covid perception

Covid-19 disturb the economy of the world. In Pakistan, most of the population belongs to low economic background as they live below the poverty line. After pandemic the gap between rich and poor class increased due to lockdown and social restrictions. Government imposed social restriction to control the growing number of patients. Lockdown bound people to home resultantly they are unable to join any economic activity. And this noninvolvement led people to economic crisis. All of the respondents said that we have faced many challenges throughout lockdown. Ahmad said:

Yeh mery liye bohat muskil waqt tha bazokat hum sara din bhoky rahty thy jasa ky hum bread b afford ni kr skty thy. Main ny apny ristadaron karebi logo sy madad mangi es muskil waqt main ta ky apni family ki requirement pori kar sakon.

“It’s very hard phase for me to survive sometimes we starve whole day as we are unable to afford bread. I asked my relatives and close ones to help me in this bad time so that I can meet the requirement of my family”

Muhammad Ali respondent illustrated his bad economic condition in following words:

Main aik middle class sy hun. Mare job es pandemic ky doran khatam hui. main aik private firm main kam krta tha or financial crisis ki waja sy es firm ny kafi members ko nikal diya .or ab main frustrated hun .. muji ni pata main kader jao or es sre situation ko kasy face kro.

“I belong to middle class and I lost my job during this epidemic. I worked in a private firm and due to financial crisis firm cut the numbers of the employees. Now am frustrated... I don’t know where to go and how to face all this situation”

4.2 Second perception

Second category belong to those respondents who are directly (become patients) or indirectly get effected by the virus that is their close family members or friends get effected by the virus. Before this their mindset about coronavirus is totally different, they did not take this disease seriously but after watching the adverse effect of disease on patient, they started following SOP’s and adopted a number of remedies.



Figure 2: MH hospital

4.3 Take care but not overwhelmed by the situation

Some of the respondent is of the view that it is a serious issue but we have to stay calm and do not feel panic. As we should do all the possible things which is in our hand and try to stay positive.

I have conducted 5 interviews from MH hospital with the help of nurse Ms zatoon she helped me out in finding the respondent and I have conducted her interview as well

4.3.1 Case study 1

Age 37

Gender female

Name Ms Zatoon

Main MH hospital main 2 sal sy kam kr rahi hun . yahan pr bohat sy mareez laye jaty hain coronavirus ky treatment ky liye. Main mery pr en logo ki deakh bhal ki zemadari hai es pory pandemic ky doran.. main ny logo ko fruit , juices ,soup or dhod main shahad,anda baghair zardi ky or kuch vitamins, Panadol dati the un ky symptom or halat ko madenazar rakhty huwy . wo log jin ko severe attack hota hai es virus ka un ko dosoron sy alag kr diya jata hai q ky uny fori tor pr ventilator, oxygen or khasosi ehtiyat ki zarorat hoti hai . Hum logo ky har hafty test

kiye jaty hain. Mera test har bar negative he hota hai es liye main zati tor pr mehsoos ni krti ky yeh virus atna extreme level ki katarnak bimari hai. Humy sops follow krny chye lakin mera kayal hai es situation ko etna berhana ni chaye.

“I’m working in the MH hospital for two years. There are many people who brought here for the treatment of this coronavirus. I took the responsibility to look after these patient throughout covid- 19 pandemic. I serve patients with fruit, juices, soup, milk with honey, egg without yolk and some vitamins, Panadol depending on their symptoms and condition.

The people who have severe attack of this virus they were separated from the other because they need immediate caring ventilator, oxygen and special care. We were being tested almost every week. My test result is always negative so that’s why I do not personally feel that this can be at extreme level dangerous disease. We have to follow the sops for covid – 19 but I think there is no need to get overwhelmed with the situation.”

4.3.2 Patients’ perception about covid-19

Respondents are of the view that in the beginning they assume that whole situation of covid-19 is not more than drama but when they saw their close ones suffering from the deadly impact of virus, we realized its reality.

“I do not believe on this issue and I use to make fun of this covid 19. And I thought it does not exists. People were right when they said that it is conspiracy. One day my aunt visited our house, and she did not tell us that his son was affected by this virus. I met them and obviously we do share things, afterwards my brother diagnosed as corona positive and after sometime symptom appear in me. My personal experience of this disease was not so hard but my brother’s condition was really serious and his situation made me believe the seriousness of the issue.”

When the respondent experienced the symptoms of coronavirus then they realize it is a real issue. Earlier they took the issue very lightly. When they diagnosed with covid they experienced severe problem of cough, chest pain, breathing issue. These symptoms clarified all

the conspiracies related to the existence of the pandemic. The mostly listen verbatim from the respondent is that:

“Jab hum kisi cheez ko khud experience krty hain tab humy pata chalta hai ky waqi asa hai but us sy phely hum ni manty thy ky corona hai. Ap dosoron sy sunty hain to yakeen ni karty ky shyed yeh darany ky liye hai ky sops follow kiye jye lakin jab humy huwa to yakeen a gaya ky exist krta hai virus.”

“Our experiences led us to realize the existence of virus, before we don’t believe people. When you listen from others you think that these SOP’s are to terrify people but after getting positive no doubt remain.”

Another respondent is of the view that:

“I used to make fun of this virus, before. Eid was near, so all of family members decided to do shopping. I also accompanied them. After few days the symptoms of cough appeared, and all family members got fever. We took it as a normal fever but the body pain was unbearable than we decide to go for test. And when the result came we came to know that all family members were diagnosed corona positive. The fear of losing closer ones and unbearable pain cannot be expressed in words. But thanks to God we all recovered and now we strictly follow precautions”

4.3.3 Perception of precautions related to covid-19

Respondents reported that they use masks, wash hands, use sanitizers to maintain the cleanliness and avoid the spread of virus. Further they are also abiding social distancing as they believe that distance during the conversation with people is necessary.

Saleem respondents said that:

“Main ny apny hat es extreme tk dhoye ky mery haton ki oper wali skin literally otar gai the .Main es bemari sy bohat dar gaya tha. Main ny sare ehtiyati tadabeer le hain jo ky doctor ki taraf sy suggest ki gai the or main bahir beghair precaution liye beghair ni gaya”

“I washed my hands at that extreme; the upper skin of my hands were literally peeled off. Am so afraid of this disease. I followed all the measures which is suggested by the doctors and I didn’t go outside without taking precautions.”



Figure 3 : Allergic hands of patient due to frequently usage of soap

Another one said that:

“I told my family to make sanitizer at home so we can spray it all over the house. Sanitization of the whole house is a must to avoid chronic consequences of covid-19.”



Figure 4 : Safety kits used by the patient

Some of the respondent also using proper dress in house when their whole family is effected by this disease they use mask, gloves and coat as shown in pictures those who are facing severe symptoms of this covid-19.



Figure 5 : Ventilator machine

One of the respondent is an old age women 50 plus her family decided to buy a ventilator machine because they do not want to admit her in the hospital so she shared a picture with me she had a severe symptoms of breathing issue and when her grandmother fell ill they use to call doctor for further treatment.

One recovered patient stated that:

“I was affected by this virus during first wave on 12 June, 2020 when this issue is on peak. It was really horrifying part of my life when I was corona positive. There were 15 days of pain and suffering. Now I try my best to follow all instructions to avoid another encounter with this painful disease.”

One expresses his views in following words:

“I can’t say anything, may be this virus is curse of God.We can’t say anything.... what is it? Around the world many people died with this virus and we have no idea in the future what is going to happen next, so we must take great care of ourselves and our loved ones.”

4.3.4 People taking it lightly

There are some of the respondent who are taking this virus very lightly and do not bothering anything when they were positive they thought that if it is written in this way then surely we do not have to follow any precautions as one of the respondent stated that.

4.3.5 Case study 2

Age 34

Gender female

“I was tested positive on December 28. I have some symptoms such as flue, fever, chest pain during early days of this virus. I was in bad condition. I was quarantined in my home for 14 days and I used some remedies for instance steam with clove, lemon and ginger and took juices and dry fruits.

As I am professional doctor; I know SOP's should be followed but despite of this I have to deal with the patient all the time. In first and second wave I was tested positive three times and I reached at this result that it is all written in destiny. No matter how seriously you took precautions, if it is written in your destiny you cannot avoid it. But still I was hopeful that I will recover from this disease. In the first wave I adopted the precaution strictly but nothing works out, later I left it on my destiny.

4.3.6 Mental instability

Every respondent declared pandemic as a difficult time of their lives. And those who suffered covid-19 experience psychological trauma. One interviewee said

Main apni feeling ko lafzon main bayan bhe ni kr skta , yeh pora period mery liye bohat disturbing tha jab mujy saans ka masla huwa main sochta tha jasy yeh rat akhari rat hai mare es dunya main or main bohat zehne dabao main tha. Es halat main. Main khuda sy dua krta tha ky mujy es muskil time sy nikal dy.

“I can't even describe my feelings in words, this whole period is very disturbing for me. When I faced breathing problem, I thought it was my last night in this

world and I was very depressed. In this condition I prayed to God to get me out of this hard time. “

Another respondent is of the view:

“Virus logon ko andar sy khatam kr deta hai, logon main kuch bhe ni bacha . Mareezon ki mental or physical condition bohat buri tarha mutasir hui hai es deadly disease sy. Agr main apni bt kro to har din main yehe sochta tha ky yeh mare zindagi ka kheri din hai . Main yeh din apni zindagi main kabi ni bhool pao ga”

“Virus can tear people from inside, nothing left in the victim. Patient’s mental and physical condition was deeply affected by this deadly disease. If I talk about myself, each day I felt that it is the last day of my life. I cannot forget that time in my whole life”

Respondents who experienced the symptoms of virus highly recommend to adopt SOP’s to avoid the repercussions and live a healthy life.

4.3.7 Indirect victims and perception of COVID-19

The respondent reported that in initial phase of pandemic we were unable to believe in the seriousness of the issue because there are rare cases of covid-19 so we hardly believe in it. But when we saw our close relatives suffering from this disease, no reason left behind to negate the reality. One respondent stated his views in following words:

“Main apni ammi ky bohat close hun jab wo es bemari main mubtala hui main bohat heran the kun ky main bhe es ko aik darama he samajhti the lakin mare mother ki buri halat ny mare es sy mutalak soch ko badal diya. Mujy yakeen huwa ky ahteyati tadabeer kitni zarori hain”

“I am very close to my mother when she was effected with this virus, I was shocked. Before that like most people I also believed it as a drama but the awful condition of my mother changed my approach towards it. Only then I realized that precautions are must to avoid the drastic effects of the virus.”

Shoaib is saying that

“Mery abu ki tabyet bohat nasaz the or main un ki sehat ki bohat fikar krta hun . Muji is cheez ka koi idea ni tha ky yeh virus itna zada khofnak bhe ho skta hai jasy ky hum sunty hain ky yeh logo ki bohat buri halat kr deta hai. lakin main khud es ko mannany ko tayyar ni tha jab main ny abu ki halat ko deakha to es issue ki hasasiyat ka andaza huwa “

“My father was in critical condition and I was concerned about his health. I literally have no idea about this virus that it could be that much horrible as I use to hear that it’s turns people in really bad condition but I personally do not want to believe in it but when I have seen my father condition I came to know about the sensitivity of this issue”

4.3.8 Fatalism and covid perception

Some respondents are also of the view that it is happening because God want us to be in this condition. Moreover, People says that human have lost their dignity, so GOD decided to punish them for their sins. Some thought that there are many people who do not live according to the regulation which Allah told us to do and this is the reason we are facing this situation. These people also referred to Quran verse to validate their point:

“God’s anger up on those who disobey”

One respondent says:

India main mudhi ny lockdown lagany ka step liya kasmeriyon pr .Ghareeb kashmeriyon ko bunyadi hakook bhe mayasar nahi. Unka ka bas yeh kasoor hai ky wo musalman hain. Kisi ko koi faraq nahi parta ky ky indian government ko lockdown hatany ko kahe es liye allah ny har aik country main lockdown laga diya un ko saza ky tor pr jo es nainsafi pr khamoosh hain

“In India the Mudhi taken the step of lockdown in Kashmir. Poor kashmiris were denied of their basic human rights. Their only fault is that, they are Muslims. No one bothered to persuade Indian government to lift lockdown so god put lockdown in every single country to punish those who remained silent on this injustice.”

Amjad perspective is that:

Western countries jasa ky Germany Australia Denmark main hijab or abaya mukamal tor pr banned hai musalman aurton ky liye . or jab yeh covid-19 aya har country main order kiya ky mask ko pehna jye allah ny apni power or baraye ko sabat kr diya .

“In western countries such as Germany Australia Denmark hijab and abaya is strictly banned for Muslim girls. When this covid 19 came every country order to wear mask so Allah has proved his power and greatness.”

Muhammad rizwan

In my area people also use to make fun of mask whoever covering his face or wore gloves because there is less attention given to this issue they even do not know that it is the viral disease which is due to non-availability of any information TV channels and other medium it seems like people don't want to believe in it they were saying that do you really believe on these sort of things Instead of god .

4.3.9 Effect of economy on perception of people

During research it is observed that there are few people who lack proper awareness about the Covid-19. Poverty is the main reason that didn't allow these people to adopt the current situation of lockdown and pandemic. They are only interested in earning bread for their family members. Further lack of access to media acted as a hurdle too, therefore they have little awareness about the issue.

4.3.10 Case study 3

Age 38

Gender male

I belong to a poor family. I am responsible for the livelihood of the family. I do not have tv in my house. I heard a lot from people about the virus and its adversity. Few days earlier I felt restless and experienced little body pain. In those days I was unable to work because of cough, and other symptoms. I cannot eat healthy food because of lack of financial resources. But still I make through this situation and recovered regardless of all hardships.

I do not know much about its treatment. I took steam, hot water and regular meal. I recite Quran daily to stay positive and gather strength to fight against this disease. And look now am healthy with the grace of god.

4.4 Third perception

It is observed that still there are many people who consider covid as a global conspiracy and doubted the existence of the disease. They do not consider it as a real issue at all. The nonseriousness of the people regarding global pandemic is quite interesting. One of the respondents stated that:

“Covid aam nazla zukaam se zyada nai ha. Dawain bechany wali ameer companion na apni vaccine bechna ka liya isa itna bara masla bana diya ha. Ya aam sa zukaam ha, ap kaisa kahn sakta ha zukaam ki waja sa koi mar sakta ha. Ya sab jhoot ha”

“Covid is nothing more than a normal flue. The hype which it has is only due to rich medical companies who wanted to sell their vaccine. It is a normal flue, how can you think that flue can led someone to death. it is all lie”

One of the respondents stated that:

“In my village people go out for offering prayer. Women also offer their prayers in mosque. But on this Eid I strictly forbid all family members to do not go out mosque for Eid prayers. Afterwards the backlash from the fellow villagers were very astonishing for me, they openly started discussing my eman. One of the most common taunts which I received is “I don’t believe in God and his power to control life and death that’s why I am imposing restrictions, we are Muslims, and we must believe in God”. Later, I was also diagnosed as corona positive but thanks to God it was a mild attack that’s why I survived. But still I couldn’t convince myself that it is such a serious disease that it took lives of millions of people. I think it is wrong to say that all these deaths are due to covid-19. There must be some other reasons that cause death”.

4.4.1 Conspiracies related to covid-19

With the spread of the coronavirus in the country rumors and conspiracies spread too. According to experts Rumors can also be categorized as a form of misinformation. Globally several

conspiracies emerged such as COVID-19 is bio-war against China, the genetic engineering of the bioweapon in the Wuhan laboratory released corona, Corona is manmade virus and implanted in the world to control the population and there is some connection between the corona outbreak and American thriller movie “Contagion” etc. Because the majority of scenes depicting virus spread are also observed in the pandemic of COVID-19.

And on the national level Pakistani society is also facing a number of conspiracies. One of the famous conspiracies was laid by the politician on the National channel by declaring the corona outbreak as a direct hit of a biological war against Iran and Pakistan. Media through its content also reinforces the pre-existing biases and prejudices regarding Chinese people throughout the world. Before the arrival of COVID-19 people strongly associate this virus with Chinese race which shows their xenophobic reactions. In Islamabad local population also engaged in xenophobia.

One of the respondents stated that:

“China is responsible for the spread of the virus. They already knew the treatment of this disease. They spread it to take the charge of the world. ”

Another conspiracy observed during research was that covid-19 is planned against Muslim countries to control them. Jews along with rich pharmaceutical companies are behind this and they are trying to take the charge of the world. One of the respondents express his fear in following words:

“I feel that this virus is produced for the Muslims countries and it is a pre-planned virus. Riches of the world wants to lessen the strength of Muslims, in order to achieve their goal. In history Muslims were powerful but now they are taking revenge by making them slaves”

Further one of the most common conspiracy revolve around the point that government is trying its best to exaggerate the situation to get aid from other first world countries. One of the respondents stated that:

“In my area there are no cases as such. And whenever we watch news it seems like every single Pakistani is affected by covid-19. Government is exaggerating the situation so that they can get aid from America and other wealthy countries to deal with the economic crisis.”

4.4 Media: constant battle between information and misinformation

As the outbreak intensifies, social media has taken on new and increased importance with the large-scale implementation of social distancing, quarantine measures, and lockdowns of complete cities. Social media platforms have become a way to enable homebound people to survive isolation and seek help, co-ordinate donations, entertain and socialize with each other.

And if we talk about other channels of information dissemination such as TV, radio and newspaper we can see that these modes are very much concerned with their ratings. Very few media channels

are playing their efficient role in educating people to adopt healthy habits and maintaining social distancing. Media is portraying conspiracies and actively engaged in promoting propagandas in an epidemic of COVID-19 by playing with the emotions of people. And sometimes these conspiracies are not confined to media personals rather politicians also become a reason to promote panic in the society. One of the respondents stated that:

“Aj kal social media or mass media dono khoof pehla rahy hain bejye es ky ahgah kiya jye or bari panic halat create kr rahy q ky zada sy zada log es sy mutasir ho rahy hain. Log atna dar gy hain ky wo apna test b ni krawa rahy”

“Nowadays social media and mass media both are spreading terror rather than awareness and are creating a huge panic situation and because of all this more and more people are getting affected by the virus. People are so scared that they are not even ready to get themselves tested”.

4.5 Lack of trust on government

Research also illustrates that there is lack of trust between people and government. It was common believe that government was exaggerating the situation during first wave because there was political chaos in the country. All opposition parties joined against government of PTI therefor they imposed restrictions and lockdown.

One respondent said that:

“I believe government is putting such harsh restrictions and lockdown to curtail the power of PDM who are against PTI government. In order to sabotage the power-show of these parties’ government is imposing lockdown and restrictions on social gatherings. Instead of serving people interest government is keen to safeguard their own interest. In Pakistan situation of covid is not worse but government is trying its best to portray that Pakistan is on the hardest hit of corona. They are manipulating the situation for their political gains and foreign aid “

Respondents also believe that government hospitals are not fair in performing their duties.

4.5.1 Case study 4

Age 36

Gender Male

Few months back we had a wedding function at our home. Guests were invited from all over the country. It was a huge gathering, and it went really well. But after two days my grandfather got ill. He experienced mild symptoms of fever and cough. We all thought that it is because of restlessness. I took him to hospital for checkup. Doctor sent us outside. After fifteen minutes we get to know that my grandfather passed away. It was a great shock for my family. We are still not able to understand that how can he passed away. I know he was ill but his condition was not so serious.

Now I really doubt that he must be injected with something to increase death rate in first wave of corona to get aid from foreign countries. The whole situation was devastating for us as a family. How can we trust doctors again? My grandfather didn’t experience normal death but unfortunately I can’t prove anything.

Further respondents also showed their mistrust on the government. They think that the taken actions are not quite good enough to deal with the present situation of covid. Increasing inflation and economic crisis added fuel to their mistrust. Overall Pakistani nation is not only fighting with the deadly virus but also facing hardships in earning their living.

4.6 Effect of culture on covid perception

Culture is one of the most important aspect of life it showcase the code of life. Culture involves values, norms, beliefs and living patterns of the people. People belonging to certain cultures are more open and broadminded while some cultures are strong adherents of their cultural teachings and they are less prone to change and adjustments; change always bring them in uncomfortable condition. Here in this study a number of respondents were interviewed belonging to diverse cultures. Such people are reluctant to accept the pandemic further if they do show some kind of acceptance to reality they don't want too take precautions or medical aid. Instead of going for scientific adaption they are more interested in taking traditional remedies.

4.7 Culture: barrier or facilitator in following SOP's

Research elaborates that respondents belonging to educated background and cities are more open to accept the whole situation of covid-19. People belonging to this category strongly believed that we must follow precautions dictated by WHO. One of the respondents stated that:

“My rigid cultural background didn't effected by behavior much. Because I know by following sops we can defeat this deadly virus. My all family member has adopted the precautionary measure. We live in a separate rooms. You know it is difficult for us to do not meet father and mother since most of us live in the same house. But instead of this fact we think if we have to live we should follow precautions“

One respondent who was working with the isolation and infection treatment center hospital shared his views in following words:

“As there are certain specificities and limitation of each culture. In our center I personally witnessed that center is facilitating each person who is suffering from this disease. We also ensure their family member that “there is no need to worry about anything, it's our responsibility to take care of your patient”. But still their family member waits in parking “In the cold weather can you imagine they stayed outdoor for their loved ones... they lack the courage to leave them”. The strong bond between family members in engraved in each of us through our values. And if someone tries to deviate from this expected behavior (that is to take care of the

family members at every step of life), they have to face serious backlash from other members of the society.”

Naveed Ahmad respondent stated that:

“In my village people have totally different view; although people died because of covid but they are not ready to accept it. I belong to Turbat and there are plenty of people who do not believe in fatal impacts of covid. As the number of cases in the areas is very low that doubt on the airborne nature of the disease. Further they do not consider it as dangerous as well”.

There is variety in Pakistani culture. People belonging to different ethnic groups like Balochi, Punjabi, Pathan, Saraiki, Sindhi and others have their unique traditional background. There is a particular living style of the people belonging to these ethnicities adds beauty to Pakistani culture. Further the urban rural divide of the society also effects the living patterns of the people. And no one can negate the importance of these differences and its impact on the people and their behavior in pandemic.

Rural and urban differences are important to discuss because respondents have mix background some of them belongs to rural background while others are city dwellers. The pandemic has triggered a global crisis because it knock-on effects on societies at every level. During research it was proved that the impact of covid-19 is not stagnant, it varies from place to place. In the beginning pandemic hit the big cities of the world. Same happens in Pakistan, the first case was reported in Karachi, which is one of the biggest cities of the country. Still the cases in Karachi is on high rise.

On the other hand, it was assumed that due to lower population density, risk of virus transmission is low. In many countries, the later arrival of virus put residents in a false sense of security. They took lesser precautions and the Super-spreader events including religious

services and wedding functions played a crucial role in the growing cases of Covid-19. Further the rigid approach of rural areas added fuel to the pandemic.

One of the patients told that:

“When I was corona positive, I was quarantined in my house and it took three weeks to become healthy again. When I go outside the home, everyone hugged me and welcomed me although I advised them to maintain distance and wore mask to protect themselves. They replied, “We must believe in God instead of wearing masks because he is a great protector.”

One shares his view about his villagers and their approach towards corona:

“In my village people do not believe in this virus they thought there is no such type of virus existed in our village. Nevertheless there are some cases of covid-19 virus but they deny this reality that no one died from this virus. I also recorded a video message of the most respected person of the village. He recorded this message after recovering from virus in which he requested everyone to follow SOP’s but unfortunately no one took it seriously.”

4.8 Influence of religion on covid perception

Religion plays a key role in lives. We cannot imagine our lives without religion. In Pakistan followers of different religion live and they have diversified worldview in accordance with their religious sects such as wahbi, sunni, shia. Religion in this hard time gave hope to the people. It is in human psychology that he always tries to associate themselves to some supernatural power to gain sense of security. Therefore, in this hard time, it is observed that people become closer to their religion and religion played a crucial role in coping with the stress and depression.

In the present research most of the respondents are followers of Islam. And they are trying their best to analyze the whole situation through religious lens. One of the respondents expresses his views in following words:

“Islam promotes cleanliness. In this pandemic we need to take special precautions. Islam also teaches us to maintain cleanliness. So, for Muslims it is

not so hard to adopt such kind of precautions. We do ablution five times a day, with little more effort we can safeguard ourselves from virus.”

A Hindu respondent stated that:

“I belong to Hindu family and my ancestors lived in UP (utter paridaish). We specifically called as Maivari people. My caste is Gupta. I tested positive during 4th wave. The place where I worked get tested every week and before testing positive, I got fever, flu and sour throat after test it was declared that I was unfortunately Covid positive.

I was really depressed at that time. My religious believes is the same like you with little bit of difference that we do not eat non veg but you take it as meal. I pray to Godess (Ay mata rani humy theak kr dain main ap ko jan ky badly jan do ga , jasy murgi yeh koi or janwar) “My mata rani recovered me early I sacrifice another life to safeguard myself”. I strongly believe that I have recovered with the prayer at temple, otherwise no one can safe me.”

4.9 Symptoms of covid 19

The covid – 19 symptoms were not the same in every person it is different in each person.

When I collect data I get to know some of these common symptoms:

1. Mild Tastelessness
2. Body pain
3. Headache
4. Vomiting
5. Asymptomatic
6. Sore throat
7. Dry cough
8. Minute chest pain
9. Heavy cough
10. Breathing issues
11. Oxygen level less than 94
12. Heavy body pain
13. High temperature

14. Chest pain

Symptoms vary from person to person. It depends upon personal capacity of the person like the dietary pattern, age, immune system etc. There is no specific sign of covid-19 in the people for instance if one person has more cough, other person might experience tastelessness and breathing issue. The other element which is important here is that mental health of the person also matters in this disease. The positive approach of the individual during pandemic is the greatest source through which he or she is able to survive.

Research also illustrates that covid effected the old people severely. Those who are of old age have less chance to survive because their body have not the capacity to handle the fatal impacts of this virus. The immune system of the individual either put him in the grave or help in recovering. Respondents reported different conditions while having corona virus.

4.9.1 Asymptomatic

There are few of the respondent who do not feel symptoms, but they were taking the precaution to control the seriousness of symptoms. They have mild symptoms which they feel during this period and recovered just with in few days' 4to7 days.

When I interviewed those, who experienced the asymptomatic symptoms. They told me that in most cases they get to know through their own observations. When few symptoms felt then they have realized to go for early quarantine and taking precautionary measures to avoid further spread. The research shows that these people were not suffered from the painful symptoms like breathing issues, heavy cough and body pain. They all are fine but have some stress as they know that this virus is deadly therefore they experienced little fear and anxiety.

4.9.2 Case study 5

Age 35

Female

“All of my family members got the virus in the third wave and we all were strictly following the sops. My father and mother were badly effected and they have severe symptoms. We do not admitted them to the hospital and we all were quarantined in a separate room. When my all family members got positive I also went for testing and I was positive eventually, but I did not

experience the extreme impact of this disease on my body. I have just mild headache on half of my head and back bone pain and tastelessness issue as well. I have realized that I must take precautionary measures to avoid its spread to my diabetic parents but unfortunately they get affected. I have recovered within one week but I want to mention one thing here is that I am not feeling well even after recovery there is a constant pain in my head and I also experience hair loss as well.....I do not know .maybe it is because of the virus.

Another male respondent says that

“In my family three of the members were tested positive and I remember both of them have severe symptoms but I do not have that much horrible sign of this virus however, I do not went for testing but I personally observe that considering the condition I should quarantined myself at home soon after some signs of this disease being diagnosed in me as well I feel two symptoms vomiting and minute fever and after 4 days I was fine in starting days I have to deal with these symptoms but finally good enough to do all chores of daily routine”

One expresses his views in these words

“I will get to know about the asymptomatic condition when I got few symptoms body pain and flue. I have adopted the precautions strictly so that I want to take care in order to get rid of virus.as far as my symptoms was not so serious I’m able to do all chores on my own”

4.9.3 Minute chest pain

There are few respondents who feel minute chest pain when they were corona positive

One said that:

“I have minute chest pain when I was positive and there is no other problem I was fine but during those days I was taking the healthy food and quarantined for four days after that I tested negative”

4.9.4 Tastelessness

Most of the people have claimed that they get to know that we are corona positive through the first symptom that is tastelessness. They can't feel taste of anything like green tea, meal, fruit or juice and it is the most common symptom in respondents. One of the respondents said that:

“I was really worried about my condition. I don't know what to do and I experienced tastelessness for 3 weeks. Whatever I use to eat there was no taste and smell. When this happen to me, I realized the importance of our senses, it is the true blessing of god.”

Another is of the view that:

When I got positive, I have symptoms of cough, light temperature and after some days I felt tastelessness. This was the time when I realized that I should go for test. And then the result was positive. I lost my sense of taste and smell anything for almost two weeks and then I get back to normal routine which I used to live before'

4.9.5 Body pain and sore throat

Most of the patients reported that they went through strong body pain and sore throat during covid. This pain remained with us throughout quarantined period. One of the respondents stated that:

“My body ache was totally unbearable for me. In that time my health was very poor, I wasn't able to sleep. It was one of the most difficult times of my life.”

Another respondent talk about the body pain

“I have this type of pain that I can't be explain in words. I would not be able to walk even can't use washroom without help. The whole situation was really depressing for me.”

4.9.6 Headache and vomiting

Some also feel the headache and vomiting as well. It was a mild headache which they gone through in this condition.

One male respondent is of the view that:

“Vomiting is awful for me to handle and along with it I feel headache issue which remains there for 10 days. Those days were worst days of my life. I can’t forget that suffering and pain throughout my life”

4.9.7 Heavy cough

The heavy cough is also one of the severe symptoms of covid-19. One shares her experience in following words:

“I have severe cough before I tested positive and a little body pain too. This cough remains with me and till now I’m not fully recovered I was tested positive in November 18 during second wave of the virus. This virus has chronic impacts on the body, and you are not going to be the same person as before.”

A female shared her mother experience while fighting with corona in following words:

“My mother has severe cough, and she is still not well although a month has been passed. The initial symptom was heavy cough afterwards we went for testing and unfortunately, she was tested positive. Later on, she got fever. Now she is well but still after getting negative she has cough problem”

4.9.8 High temperature

Respondents reported high fever as a severe symptom of covid-19. A number of respondents were admitted to hospital to get proper treatment for a week or so. One of the respondents told his experience of stay in hospital:

“I felt really bad in hospital, but I left with no choice as I have high fever and difficulty in breathing. I stayed there for a week. One day I was on hospital bed, I thought that these days I left with no hope. Those were most depressing days of life, am unable to forget them,”

Some respondents also feel sleepy throughout their covid 19 positive period. One of the respondents narrated his condition in following words:

“I feel restless. I felt sleepy all the time. I stayed in my room for 2 weeks. I lost interest in anything like reading, writing or listening songs. I do not know where to go and what to do in this condition, nothing worked out for me”

4.9.9 Breathing problem

The breathing issue is also faced by most of the corona patients. It is one of the chronic symptoms of the disease in which immediate assistance to the patient is needed. Few respondents shared their experience in following words:

“Those days are the worst days of life. I can’t explain my suffering in words. In each day I used to think that it was the last day of my life. These days open a new perspective of life for me. I started thinking about my existence. A number of questions emerged on the surface like why do I exist? What is the meaning of life? And how can I play a role in making world better place to live? “



Figure 6: Oximeter

Some of the people were also using machine to check out their heart beat because if there heart beat is less 94 they need proper treatment and doctor suggest them those who are facing the severe symptoms to buy this oximeter for yourself. one of the respondent share me this picture

Another respondent stated the fatal impact of covid-19 in following words:

“Due to corona virus my father’s lungs get badly affected. He faced difficulty in breathing, so he stays in the hospital for a week. And with the efficient treatment of doctors, he recovered. Thanks to God“

4.9.10 Unbearable body pain

Patients also reported unbearable pain in the initial days of corona. Most of said that in the starting it was on peak i.e. 10 to 20 days but with the passage of time pain lessened in intensity. This symptom lye in the severe category of virus like one said:

“I have severe pain in my body I wasn’t able to walk even in my room. Around 10 days, I was on bed. My family members took care of me while following the sops strictly.”

One recovered patient stated that:

“I was admitted to hospital for 8 days and the doctor provided me everything like fruit, juices, chicken soup. I have body pain; it was too painful for me to bear and I was praying for God to take me out of this pain.”

Another respondent stated that:

“I experienced severe body pain during corona. I wasn’t able to sleep, it was not bearable for me. In these days my health went down. I took two months to recover because my lungs were badly effected by virus.”

4.10 Quarantine period

Most of the people were quarantined in their houses in separate rooms. If one of the family members get affected by the virus, rest of the members isolate him/her to safeguard themselves from the further spread of virus. These all respondents know the duration i.e. 14 days isolation period and also used different medium of information for instance TV, social media, newspaper etc. for further updates about virus and precautionary measures.

Amin Bhatti shares his feeling in this way:

Main ny khud ko isolate kr liya tha jab muji bukar , khansi or galy ka dard huwa main 17 din bad normal routine ki taraf aya main ny es duran bohat articles parhy, novels or bazokat music or aik tv series main ny maksos darama ertugrul ghazi” dekha or mera khayal hai es ny muji hamat de mare zindagai ky muskil waqt ky doran. Main ny zati tor pr shadeed phaton main dard, sans ka masla . Mare family ny bohat support kiya es sary phase main yeh log mery nutrients ka khayal rakhty thy or ab main recover kr chukka hun es daemi bemari sy “

“I have isolated myself when I got temperature, cough, sour throat etc. It took 17 days to become healthy again and able to do work. During these days I red many articles on corona, novels, sometime music and TV series. I have particularly seen one drama which is famous now a days “Ertugrul ghazi” and I think its kept me motivated during the hardest time of my life. I experienced severe muscle

pain, breathing issue etc. My family supported me a lot in this phase, they took care of my nutrients. And thankfully now I recovered from this chronic disease.”

There is another respondent who said that:

“Main ny quarantined period ko bohat enjoy kiya. Main novel prha krta tha or aik book jo Hussain haqqani jis ka nam hai “Reimagining Pakistan” aik dost ny mujy Netflix ky bary main batya main ny es pr series deakhe . es ky elawa main ny FORB jo ky basically kanon, insani hakok, mazhab ki pabandiyan, hadain or mazhab ki azadi pr tha. Yeh couse sb south Asian countries ky bary main tha missal ky tor pr Pakistan, srilanka, india, china or Nepal weghara. Main ny apny family members ko khat b likha ta ky un ko apni khariyat ka bata sko. So yeh days mery liye bohat achy sabit huwy or main ny enjoy kiya . Main ny wo sb kiya jo ky main normal routine mein ni kr skta tha. Main ny na to zehni dabao mehsos kiya or na he bechani main akirkar theak tha mujy temperature or flu tha lakin wo atna sangeen ni tha or main ny 11 dino main recover kiya”

“I have enjoyed my quarantined period. I used to read novel and one book by Hussain haqqani named “Reimagining Pakistan” one friend prescribed me Netflix prescription and I use to see series on it. Above all I have done one course from FORB (freedom of religion or believe) it is basically about law, human rights, restrictions, limitations or freedom of religion. This course was related to all-south Asian countries for example Pakistan, Srilanka, India china and Nepal etc . I also wrote letters to my family members to inform them about my health. So those days were good for me and I really enjoyed them. I have done all those things which I could not done in my normal life. I can say that I have not felt neither anxiety nor depression I was fine eventually though I got temperature, cough but it was not that severe, and I recovered after 11 days.”

The person who is in quarantine and experienced severe condition stated his condition in following words:

“Mujy zada time laga normal routine pr any main jasy ky 25 din main ghar main he aik aledha room main quarantined tha, yeh waqt mery liye bohat bechani or zehni dabao ka hai. Main phele

lahar july ky maheny main positive tha so main ny dobara test krwaya 14 din bad to main tab he positive he tha phir main ny zandagi ki tawaka chor de q ky 14 din guzar gy thy or mujy abi tk sari elamat the. Main bohat dabao main tha main bohat mobile istamal krta tv dekhta or games khelta tha mery pas yehe aik tarika tha waqt guzarney ka jab kabi bahtar hota to main namaz bhe parta tha or counter pr astagfar parta tha”

“I have taken more time to get back to the normal routine i.e., 25 days. I was in quarantined in a separate room. This time was full of anxiety and depression. I got positive in first wave in the month of July, so I went for retesting right after 14 days and when the report came it was still positive. Then I lose hope of life. It was difficult to survive because after 14 days I still have all symptoms. I was in stress and mostly using mobile phone watching Tv and games on mobile this is the only way left to spend all day and when I feel better, I use to offer prayer and reciting (Astagfar) on counter “



Figure 7: Quarantine center

Some of the respondent share me their quarantined center pictures. Most of them were isolated in their houses and very few were in quarantined center. They were spending hard time of their life but it's depend on the person mental and physical as some who were not mentally weak they were not bothering it even having severe symptoms.

Another respondent expressed his experience in following words:

“In my quarantined period, we strictly followed all sops which is suggested by doctors. I face difficulty in that time because I have severe symptoms. I wasn't able to do anything. Those days were the worst time I have ever seen in my life”

4.10.1 Sense of isolation

There is another factor which is most important during lockdown i.e. people missed the chance to get close with their relatives. In Pakistani culture people are closely bounded with each other. But due to lockdown and quarantine strict restrictions are imposed in the social gatherings. People are unable to meet with each other. The frequent visits to closer ones are now out of question. And those individuals who are covid positive are facing tougher situation because they are not even allowed to move outside their rooms.

Many respondent mention that they missed their loved one during quarantine period. The one respondent stated that:

“When I was in the hospital, I was missing my all-family members, but I know that they are unable to going to visits me in the hospital. This situation put me in constant phase of depression and anxiety. I want them to be with me, but it was not safe for them.”

In order to overcome the feeling of isolation, people used technology in quarantine period.

Respondents reported that they used WhatsApp video call or Imo to talk to each other. There are three families who's all family members were being positive, and they used these apps to get virtual assistance from each other.

4.10.2 Stereotypes related to covid patients

During this pandemic it was observed that people associate a number of stereotypes with the covid patients. Respondents also reported the hostile behavior of people. One of the recovered patients of covid stated that:

“Logo ka rawayah b bohat ajeeb tha wo log bohat negative laty thy is cheez ko theak hai hum log positive hain or virus dangerous hai but hum b to insan he hain. Agr encourage ni kr saky to ase b show ni krna chaye ky ab to ap ni bacho gy yeh to bohat zada khatarnak bemari hai”

“People behavior towards us was weird, people took our situation negatively. It is ok that we are positive and this virus is dangerous but, we are also humans if you do not want to encourage us you do not have the authority to say that you cannot survive and it is the vicious disease.”

Another stated his grief in following words:

“I was very depressed by the behavior of others. As I do not have to go to anywhere. After staying at home for 10 days, I realize the mental level of others. People just know that how they can teas you and make fun of you. They do not want to encourage to anyone, instead they are more willing to mockery.”

4.11 Psychological effects of covid-19

Pandemic not only postured grave fears to physical health but also triggered negative impacts on the social, psychological, and mental health of the people. Research shows that there are a number of factors that affect psychological and mental health of the population, for instance uncertainty of the illness, economic downfall, unemployment, social distancing, self-isolation, and quarantine

4.11.1 Case study 6

Age 26

Gender male

“Recently I started living in Islamabad phase 5 but basically I’m from Multan. I lived here because I’m studying in one of the institution and when the government put lockdown I have to go back to my village. In month of May the coronavirus situation was really bad. I have to stay three days in the hotel and in front of my flat there was a person who died from the virus and his dead body was in bad condition.

This incident played a great effect on my mental health. I started imagining that it could also happen to me as well.

“muji paseny a rahy thy or khof bohat zada tha kuch samaj he ni a raha tha kya karo. Main ny is cheez ko apny oper havey kr liya tha ky is sy to koi ni bachta sb mar jaty hain phir jab oder sy gher poncho to tabyet kharab hona shoro ho jye temperature, flue , vomiting the start main shaid us hotel sy muji virus huwa jab test krwaya to positive tha. To muji lagta hai is bat to bohat zada sochny ki waja sy muji virus huwa”

“I was sweating due to fear. I can’t understand anything what to do? I get overwhelmed with the assumption that everyone dies due to this disease and no one can escape from death. When I went back home, I get all symptoms of virus, I got high fever, flue, vomiting. I think I caught virus from the hotel and when I get tested it was corona positive. I think it all happened due to overthinking.”

In order to get relief from stress and anxiety, it was observed that people took religion as a coping strategy. Religion provided them great support in the time of pandemic. Most of the people reported that recitation of Quran ayah gave them mental peace and satisfaction. As one respondent stated that:

“I recite Quranic ayah because I’m afraid of unexpected happenings. For the purpose of relaxation I used to recite Quran or sometime listen to it on other medium it keeps me calm and positive”.

Another respondent is of the view that:

“Yes I recite Quran on daily basis and it is so relaxing for me. I can’t feel the fear of anything. During isolation I pray to God to save me if I have done anything good. Sometimes I also felt anxiety for this reason that I can’t do anything in isolation. But Thanks to God that I recovered and started my normal life”.

One of the respondents said that

“To deal with the depression I recite surah yaseen daily. This help me out to stay affirm and I have seen the positive response of my body by reading Quran.”

Mostly interviewee said that we were worried about that “there will be no one who attend the funeral of covid patient, and their dead bodies will be packed in the shopping bag. If a person died in the hospital, administration did not allow family members to take the corpse at home. Hospital staff takes the body and buried it in the ground. One respondent stated that:

“I was taking tension that there is no one to attend the funerals if we died with this dangerous virus, because we had heard on the TV that those who died with this disease, remain unattended, no one attend the funeral and his body packed in the separate plastic bag. The whole situation is very depressing. How can family abandon their loved ones on their last journey?”

Another one said that:

“jab main ny yeh suna ky jinaza ni ho ga .,yeh baat mery liye bohat takleef dy the main sirf yehe dua krti the yaallah mujy achi moat to naseeb farma is traha ni ky koi janaza b na prhy or ase he dafna dy. Ap sirf is bemari sy har aspect sy asarandaz hoty jasy physical ,mentally, emotionally and financially as well.”

“When I heard that there is no funeral. It was really painful for me. I was just praying to God that He grant me peaceful death and not like that, no one attend my funeral or bury me. This disease affects you from all aspects physically, mentally and financially as well.”

5. REMEDIES

We commonly adopt herbal remedies in our life by utilizing kitchen items like turmeric powder and milk for injury, Asaphol for stomach problem, honey and black paper for cough etc. People usually prefer home remedies as it's easily accessible. However, these remedies take time in producing desired outcomes but still people use them as they lack side effects.

Home remedies are frequently used by the people to treat pandemic. A number of herbal remedies surfaced with the arrival of virus. Not only patients but also healthy ones are using these remedies to outcast the deadly impact of virus. Use of these remedies showcase that people get mental satisfaction out of these remedies. Media played a very crucial role in the promotion of these home remedies; people consider them as an ultimate way to remain healthy. Research shows that respondent relate corona to temperature, cough, tastelessness and nausea. And they use a number of remedies to cure such issues. One of the respondents stated that:

“As there is no vaccine of corona so when we used to have these symptoms in the past. Whenever we feel temperature we take Panadol and ate healthy food. In sour throat we take steam and to cure cough we use honey with little bit of black paper. I find it appropriate to take all these remedies when I was corona positive. Social media also strengthen my thoughts about these remedies because everyone was talking about the effectiveness of these remedies. I felt anxiety as we cannot go outside and spend 16 to 17 days in quarantine (in our home), my other family members who are negative helped me during that time.”

And another respondent also shared his experience of using remedies in following words:

“In the second wave there is no concept of any vaccine so I know that in the past. when we got these types of symptoms which corona have like sore throat, cough, and temperature we use all home remedies like for cough honey and black paper is the best solution, for temperature we mostly took one bowl full of water, soak a piece of cloth and put wet cloth on the head to reduce the body temperature. I took all possible herbal treatment against corona and also recommend it to others to use herbal remedies instead of allopathy”

Because of fear and anxiety, people are willing to use different home remedies without questioning its effectiveness. Social media and Tv shows become the ultimate source of information and misinformation about the remedies to counter covid19.

One of the respondent narrated his views:

“I am afraid of this virus I used all herbal buti, leaves, green tea of different types, the fruit which are a rich source of vitamin C like lemon water, kino. I adopted all possible remedies that were viral on the social media to cure my disease and after 10 days I recovered from it.”

Another respondent stated that:

“Social media is flooded with the recommended home remedies to deal with the severe impacts of virus. I also use these remedies to boost my immunity system and now I think this is the only reason because of which I am safe from virus so far.”

5.1 Strong Immune system and covid-19

Mostly respondent reported that we are well aware of the fact that in order to defeat corona virus we must have strong immunity system. And for strong immunity system we need healthy food so it is necessary for people to adopt healthy eating habits so that they can get strength to fight against virus.

One respondent stated that:

“As per my opinion, the only thing you must focus when you are facing this problem is the immune system. And definitely it become strong when you take fruit juice which is rich with vitamin C, protein tablets and other healthy food”

Another respondent also shared his experience in following way:

“When I visited the doctor he also prescribed me remedies steam for sore throat, juices and chicken stew as immunity boosters along with other remedies. Doctor advised me to boost my immunity system because it is the only option through which I can battle against the chronic side effects of the virus.”

It was also stated by the respondent that:

“I personally believe that it is just about the immune system. Any other thing does not matter like wearing mask or social distancing. It is temporary besides you should work on immune system and your dietary pattern and that would be enough to deal with this virus”

5.2 Medicine and multivitamins treatment

Research also elaborates that people are also using medicine for temperature and for boosting their immune system. Intake of multivitamins is most common among literate urban dwellers. One of the respondents stated that:

“We use Panadol to control temperature. My doctor also recommended me to use multivitamins so that is why all of my family members are using multivitamins to boost energy level.”

It is important to note that those respondents who are taking medication to strengthen their immunity system are the ones who belong to strong economic background. People belonging to poor class can hardly imagine use of medications prior to getting infected by the disease. These are some of the medicines or multivitamins which are used by the respondents:



Figure 8: Medicine suggested to the covid patients by doctors

1. Panadol
2. CAC 1000
3. Zinc
4. Quercetin
5. Fexet D
6. Vegan vitamin D-3
7. Melatonin

There is a little information about these medicine that what these medicine are and what are their usage to know about these supplement which is taken by the victims.

Panadol

Panadol can be used for relieving fever and/or for the treatment of mild to moderate pain including headache, migraine, muscle ache, dysmenorrhea, sore throat, musculoskeletal pain and pain after dental procedures/ tooth extraction, toothache and pain of osteoarthritis. (Panadol Plain, n.d.)

Cac 1000

Cac 1000 is mainly a calcium supplement. It contains calcium lactate gluconate, calcium carbonate, vitamin C, vitamin D3, vitamin B6, and thus is a good source of micronutrients as well. (Everything you need to know about CaC 1000 in Pakistan, n.d.)

Zinc

Zinc is present in throughout our body. The body doesn't store excess zinc, so in that case we have to acquire it from the diet. Its beneficial for our immune function, wound healing, blood clotting, thyroid function and including many other things. It's also plays a crucial role in sustaining vision and might have some positive effects the dangerous viruses. (zinc , n.d.)

Quercetin

Quercetin is a plant pigment (flavonoid) that people sometimes take as a medicine. People take quercetin to try to manage a variety of issues, including:

- Heart and vessel problems
- Lowering blood pressure
- Prostate infections
- Preventing upper respiratory infections
- Allergies
- Disease prevention (Quercetin, n.d.)

Fexet D

Fexet D tablet is used for Upper respiratory allergies, sneezing , Runny nose, Sinus congestion and pressure, nasal congestion ,high fever, Watery eyes,itching , hives and other conditions.Fexet-D Tablet may also be used for purposes not listed in this medication guide. (Fexet-D Tablet, n.d.)

Vegan vitamin D3

Vitamin D3 is also famous as cholecalciferol which indorses the absorption of calcium and phosphorus in the body that normalize bone growth. It is mostly initiate in humans and animals produced on our skin when we exposed to sunlight. Its enables bone growth and mineralization indirectly by boosting plasma calcium and phosphorus levels. It is manufactured from 7-dehydrocholesterol, .a derivative of cholesterol. (Vitamin D3 solution, n.d.)

Melatonin

Melatonin is the natural hormone your body secretes that helps to maintain your wake-sleep cycle (also called “biological clock”).Melatonin is also made synthetically and available without a prescription as an over-the-counter (OTC) dietary supplement in the U.S. (What is Melatonin?, n.d.)

Use of multivitamins is not common among Pakistani people due to its extra burden on fixed household budget. Research elaborates that, multivitamin CAC 1000 cost 236 and Zinc Rs 790 ,Fexet D RS 79 Vegan vitamin D-3 RS 729. Not only cost but the low awareness about supplements is also one of the major reasons that people avoid such kind of medications. Therefore, people are more inclined towards home remedies not only because they are affordable but also due to the reason that people have sense of familiarity for such traditional herbal remedies. One of the respondents stated that:

“We are poor people. How can you think we can waste our money on such luxuries instead of buying food? Multivitamins are not necessary, but food is. Due to covid am jobless and it is very difficult for me to fulfill the basic necessities of my family.”

Another respondent stated that:

“We can’t afford these multivitamins if we buy one bottle of vitamins tablet then it’s hardly being utilize in a single week. We prefer to use herbal remedies instead of buying expensive medicines”

5.3 Home remedies as a cheap source

All of the interviewee said that as we are applying home remedies for the reason that they are not costly and also easily accessible in our kitchen so they believe that it is better to do what is possible in available resources. Respondents also reported that some of the remedies were also suggested by the doctors as well. Like honey, yakhni, fresh fruits which has the potential to boost the immune system. Against corona we can say that remedies are one of the most powerful treatment which is being used by all respondents.

One of the respondents stated that:

“I used all those home remedies which are told by the people; that it is an effective remedy to overcome covid 19. And I also feel difference after using them. In order to protect ourselves from the virus we need some backup plan and I think home remedies are best solution.”

Another respondent explained his fear about hospital in following words:

“We belong to a poor family; we cannot afford to get infected or bear hospital expenses. Further the news related to poison injection to corona patients in hospitals is also very horrifying. It is heard that doctors are injecting poison to increase the cases of covid so that government can go for other countries to get foreign aid. I don't know what reality is, so I always prefer home remedies to counter the negative impact of virus.”

5.4 Affective response of the remedies

The respondent thought that it is the best solution to do home remedies and it can save them from this fatal disease because all of them was of the view that these remedies have positive response. The remedies are cheap and feasibly available at home of each person.

One old women said that:

“Hum ny wo sb remedies estamal ki jo ky hum kr skty thy or yeh hamary liye bohat mofeed rahi hum sb family members ky liye jasa ky shake, fruit, Sana makhi, steam, adrak ka paste or bhe bohat se or hum n yes ky estamal sy masbat natejha hasel huwa en sb gharelo elaj ka”

“We have applied all those home remedies which we could and its being accommodating for all of our family member like shake, fruit, Sana Makhi, steam, ginger paste and many others and we get positive result of all these remedies “

One respondent give following response when he was asked about most effective remedy to curtail the negative effects of covid-19.

“I went for all possible remedies which are useful in this regard. I don't know what worked and what not? If I have to give credit to these remedies than I can say that combine effort of all these remedies (like honey has soothing effect in inhale system and soup has rich protein source and steam) have saved me from infecting more adversely from virus.”

Another respondent stated that:

“I have applied all those things which I use to hear on YouTube there are different channels which provide information associated with treatment for this virus

because we do not have other activities so I have used all of these things and many things I bought online to form useful home remedies.”

5.5 Spiritual healing

Further study also illustrates that most of the people believed on spiritual healing as a coping strategy against covid-19. Many respondents stated that due to lockdown and isolation they became depressed and in that time of depression religion and spirituality gave them fresh air to breathe. Spirituality heals their wounds of loneliness and depression.

5.5.1 Case study

Age 45

Gender female

I have all the symptoms of coronavirus flu, temperature, breathing issue as well. I tested positive in third wave. I belong to a poor family and I can't afford the expenses of hospital so I talked to my neighbor that: “what should I do in this regard?” She advised me “you should try imam zamen. It will surely help you in getting rid of this virus”. The Alam is hanged on every house of the Shia community. People belonging to shia sect have this pang tan pak Alam. we strongly believed that it is the protection of panj tan pak from every evil eye and help us in getting rid of every problem. For us it is so pure and clean, and it is useful in any trouble. Neighbor recommended me to MAS a clean black piece of cloth with Alam and tie on the right hand of my arm.

I felt positive result after using this and recovered from this virus in just 7 days because I strongly believed that I will be fine. I think this strong assumption in believing on this Alam is one of the reasons that I have recovered at early stage otherwise it is not possible for me to afford the expenses of the hospital”

5.5.2 Wazaif for healing

There is another way of healing is wazaif which is used by different people. It is noticed in research area that many spiritual healers and molvi claimed that they have the ability to cure covid-19. One of the respondent stated that he has seen a molvi who openly claim that he treated covid-19 patient and there are number of people who came to take wazif. He gave them wazaif as it is (sadka jaria) for me. He told them to recite (Alaf lam Meem) along with Dhood

Sharif on (PBUH) then they will be fine inshallah. There are many victims who get better after using this wazifa .

Case study

Age 55

Gender female

“I am tested positive on January 14 and I think it is the second wave. I have body pain, I was in a serious condition. I heard from someone that nearby area there is a molvi who can treat covid 19 patient with wazaif and there are many people who go there and now recovered from virus. I also went there to check its validity and what I witnessed in that place was quite interesting. This molvie was sitting on the huge bench (and there are many pillows on this bench), many people are there who was positive. He is giving wafaiz to each person and told them that they will be fine. I asked him what I have to do? He told me (alaf lam meem) and few other surah from Quran that you must read and if you follow this remedy you will be fine. After 10 days finally I recovered. I have to admit that there is some spiritual power in his remedy, even though I am not a strong believer on this type of treatment but in this case I have to admit that his treatment worked on me and I came back to life.

5.5.3 Prayers and ablution/ wadu

There are most of the people who said that ablution and prayer acted as a safety belt for them. It helped them during depression and anxiety. They said we stayed in wadu all the time and try their best to remain consistent with offering of prayer i.e. five time a day.

One respondent describes that:

“I used prayers and wadu during my quarantine period and I think it is proved as a very good remedy for me because I believed in God and stayed optimist therefore, I recovered from it at early stage”

The other respondent reported that:

“I was more close to God when I was positive. Before that I did not take religion seriously. When I was in awful condition, I thought that I must do something to cover up all these fears. Then I started to abulation even when I was not able to

pray I just go out to wudu and then recite astagfar, surah yaseen and anything which came in my mind. After reciting these ayats I always felt calm”

5.6 Types of remedies

There are many home remedies which is used by the respondent throughout the quarantine period.

These remedies really help them in curbing this virus.

1. Green tea & hot water
2. Steam
3. Turmeric powder with milk
4. Honey & black paper
5. black seed/ Kalongi
6. Dry fruit/ juices/ Elsie seed
7. khajoor (persimmon)
8. chicken soup
9. Garlic/ ginger/ onion paste
10. Sana Makhi
11. Sanitizer at home
12. Mangoes / taiz pata and kari pata

5.6.1 Careful eating habits

One of the most important things which is told by the respondents is that we cannot take anything randomly we have to be very careful while eating food or drinking. If anyone is victim, he/ she must avoid the cold water or anything which have the cold effects.

One told me about meal.

“Muji yed hai aik din koi hamary ghr ice cream ly kr aya tha to hum ny usy kah liya lakin kuch time bad muji gala bohat zada karab ho gaya tha phir muji pata chala ky hum dhandi cheezy nil y skte. Humy wohi kahny main istamal kry jo jism ko garam rakhy”

“I remember one day someone brought ice cream in our home so I eat it but after sometime I felt really bad. I got sour throat then I realize that we cannot eat cold things in such times. We must use food which kept our body warm”

Another respondent stated that:

“We just take hot water and avoided cold water throughout our quarantine period and remain away from all the things which have cold effect on our body. We often sit under the sun because it is a great source of vitamin D. Further it also keep the body warm.”

5.6.2 Steam and hot water

Steam and hot water are the most common remedies that were used by the respondents throughout the covid time. Respondents discussed about the importance of steam in following words:

“Steam has several good effects on our health. The steam could be used for normalizing the blood pressure. It is the best way to enhance your skin for Instance it can clear your skin if there is dirt and also release stress its keep you mentally and physically strong, which is very important in this hard time.”

Steam is used by 99 percent of the respondents to treat sour throat people always prefer to use hot water. Doctors also advise to use hot water during sore throat, so people used it in covid as well because sore throat is also one of the most symptom experienced by the patients. Further in temperature patients took steam with other additives such as clove (laung) cinnamon (Dalchini) and few were also using Vicks to ease breathing.

One respondent stated that:

“Steam is used by all of our family members. We took steam on daily basis. It is good because we have sour throat and it relives the muscles as well.”

Another respondent reported that:

“I used to take steam 6 time a day and I think it’s good enough for me which helped me to overcome the present pain in throat and I also feel far better than before”

All of the respondent used hot water during their quarantined days. They said we cannot use cold water because of our symptoms such as cough, fever, sour throat so we can’t take risk and it’s better to use normal temperature water or either hot water.

5.6.3 Honey with black paper

Honey is the second most used remedy. Honey has many good affects which are beneficial for skin, cough, healing wound and many others. Honey has a quality affect in cough and most of the people have the problem of cough in corona so it is frequently used one said:

“Main ny is ko istamal kiya jasy humy normally khanci hoti hai main ny isko istamal kiya kali marcho ky st yeh sakoon baksh hai”

“I used honey as we use it normally when we get cough. I use it with black pepper, and it has a soothing affect and I feel far better after using it”

Another one reported that:

“Honey and black paper are best remedy for me. I had severe cough for almost one month and when I used it, it was proved very helpful.”

5.6.4 Green tea

Green tea is remedy adopted by all the respondent in pandemic. Green tea is one of the most common ingredients of kitchen in Pakistan. Pashtun community use it on daily basis but it is equally popular in all ethnic groups. One of the respondents stated that:

“When we have sour throat and cough it can gives us soothing effect and help us to recover fast.”

Some respondents also use green tea with addition of garlic and lemon. One respondent stated that:

“I took green tea with ginger on daily basis. I applied this remedy for 2 to 5 times a day and it actually work for me. I get relief from sore throat within 3 days”

5.6.5 Chicken soup /yakhni

There is another remedy which is being used by the interviewee is the chicken soup. Pakistani people use it as a quick remedy to boost energy in the body after illness. Patients are treated with desi yakhni to add fuel to their immunity system. During covid pandemic it is also observed that yakhni become one of the most common part of the meal.

5.6.6 Ginger and onion paste

Respondents also reported the use of ginger during covid-19. They mixed garlic with green tea and plain water because they know that ginger is good in circulation of blood in body. Onion paste is also used to treat vomiting and tastelessness.

One narrated its usage in these words:

“Main ny payaz ka pani estamal kiya ultiyon ky liye kisi ny mujy bataya es remedy ky bary main ky agr main es onion ka paste bana ky pani ko estamal kro ga to sirf aik din main theak ho skta hun or yeh mery liye herankun bt the ky yeh mery liye bohat mofeed sabit hui”

“I have utilize the onion paste for vomiting because someone told me about this remedy that if I used this onion paste and water then within one day I will be fine and it’s shocking for me that it prove very beneficial for me”

5.6.7 Turmeric powder with milk

There are some of the respondents who are using turmeric powder with milk and they were of the view that it is very good for health. In corona they used it as a remedy to feel better in sore throat.

Respondent stated that:

“I have used this remedy like turmeric powder with on my own like we do know that the turmeric powder work as a anti agent if you have sore throat or chest pain so that’s why I use it on daily basis to safeguard myself from covid”

5.6.8 Black seed

There are some of the interviewees who said that it is the remedy which can save us from any disease because it is written in the Quran that if someone used it he/ she surely get the quick result. That is why they recommend that people must use it on daily basis and 7 seed must be used nor less or neither more because it is preferably used in this way. They told this ahadith:

“kalongi mein mot ky elawa har cheez ka elaj hai”

So, most of the respondent using it and they taking it in morning. The interviewee strongly believed in this remedy because of its religious affiliation as well.

5.6.9 Sana Makki

The Sana Makki is one of the healing leaves which is used more frequently. The Sana makki is one of the item which is utilized by all the respondent but most of them got side effects after applying this remedy. Most of them told that it is very (gram hai taseer mein) so one should keep that in mind before utilizing it. One said about Sana Makki

“Jab main n yes ko matwatar aik week estamal kiya to mujy lose motion ho gy thy so es liye main ny es ko estanal karna chor diya tha. Es remedy ka rozana estamal acha ni hai”

“When I used it one week continuously than I got lose motion. So I quit using it. The regular dose of this remedy did not work for me.”

Another one said that:

“I used to hear lot about Sana Makki and I also applied it. It is good but as the same time it is very hot as well. In one week you can take it twice... I think it is good enough if you want to recover fast. But don't go to far with it, as it might disturb your body instead of providing benefit”

Another respondent stated his experience in following words;

“I have used it the Sana Makki and feel the far better condition after its usage. It is good for me but I do not know about other why they are not getting good

response from it. It is maybe the reason that everyone has its own body condition.

The dry fruits were costly in winter so very few took dry fruits. People belonging to strong economic background are using dry fruits as an immunity booster.

5.6.10 Homemade Sanitizers

Few of the respondents made sanitizer in their home to counter the expensive sanitizers. During first wave it was really hard to find sanitizers in the markets. In Pakistan usage of sanitizers were limited to hospitals and people belonging to upper class. But with the arrival of covid it become an essential element of everyday life. Now markets are full of sanitizers but still people prefer to make homemade sanitizers as they are cost effective.

Following ingredients are mixed together to form sanitizer:

Sprit, neem leaves, pitkari mix in water, rose water, Dettol and little bit of essence for a fragrance.

5.6.11 Mangoes / Kari patta taiz patta with honey

The mangoes were also used by the respondent as a remedy because it is the fruit which have a hot effect on a body and it is suggested by the doctors that you must eat those things which give warmth to body.

“I have used mangoes in daily routine as we know it has strong effect which keeps the body hot and it is a good for us because it can save us from this virus. I also really like mangoes but now I took extra to safeguard myself from the impact of virus”

Another respondent is of the view that:

“I ate mangoes a lot as one of my family member told me that it is a fruit which have the capacity of keeping body more warm in order to overcome the further effect of virus.”

Respondents also reported the use of karipata to subside the effects of covid-19 and also to boost the immune system.

One of the respondents stated that:

“I use kari pata and taiz pata the things we use in our masala and I will tell you the process that I use to boil water for few minutes and when the water was fully boiled I add taiz pata and kari pata in water. After water came into room temperature, I add two tables spoon of honey and drink it. I think it is a great drink to strengthen immunity system.”

5.7 Corona aftereffects

Most of the respondents who were corona positive in past reported that they are now facing aftereffects of covid. One of the respondents stated that:

“I get recovered from this virus, but I feel that something is missing in me. I’m not that active as I was in the past. I feel lazy all the time. Laziness is the one reason which is disturbing me now and I think maybe it is because of coronavirus”

One tells me the interesting fact that

“I use to think a lot in quarantined period ...when you are alone you spend most of the time with yourself in order to kill time you start thinking a lot. But I think after corona I become addicted to overthinking. If something happens, I think on extreme level, I can’t control my emotions now.”

Another respondent talk about his psychological issues by stating that:

“I experienced psychological issues after defeating corona. I feel that I am not stable I want to get rid of this anxiety because there is equal possibility that you can get infected by it again. I have successfully beat corona but now again I do not want those painful days in my life.

A number of other side effects are also experienced by the recovered cases such as laziness, tiredness, breathlessness, physical pain, cough etc.

A female respondent reported that:

“Before corona I was really active but now, I feel tired. Little work makes me dizzy. I don’t know what I should do in such situation. Last day I also feel breathlessness after walk. I think these are aftereffects of corona virus. But am hopeful.”

Another respondent stated that:

“Now I am feeling better but still I feel that I have lost my memory which is really shocking for me too (*agr muj sy koi bt kary kisi topic pr b to thory time bad mein bhool jati hun ky asa tha or phir mujy friend yed dilaty hain to ni pata chalta*) I think it is due to coronavirus”

Respondent reported that:

” After recovering from this virus I still have cough. My reports were negative now but my cough does not go away. I am just done with it. I used many medicines and home remedies but still no positive result.”

5.8 Some positive effects of covid-19

Research also elaborates that pandemic not only affect the lives in negative way but also there are some positive effects too. Respondents narrated some argument that supported this idea because they think due to lockdown they get more time with their family members. The hustle and bustle of life goes away with the arrival of covid-19. Now all members of the family have greater chance to interact with each other although respondents do not negate negative side of corona but despite of this fact it also give us time to think about ourselves and about our relations. One respondent mentions his feeling in these words:

“Why we always think in a negative way. The coronavirus taught us many other things like I have never meet my bother for almost 10 years, but due to

coronavirus as he came back to Pakistan and stay with us for three months. I really enjoyed with him”

Another one said that:

“I never spend time at home and my family members were also mostly busy in their own chores for instance my sister study, my brother was busy in his job. We all have a busy scheduled, but this covid-19 brought us closer to each other. We all family members spent best time in lockdown”

Another male respondent said about weather

“ it’s not like that we have all negative effect but some positive affect also our weather is how much clean now as there are breaking news on TV that after many years due to this coronavirus our environment is completely pure and clean”

6. DISCUSSION AND CONCLUSION

Covid pandemic has changed the lifestyle of each person. Corona created exhausting circumstances for the people. They not only experience physical suffering but also faced financial issues, mental instability, weakness, emotional pain etc. This study aims to investigate that how cultural differences impacted the general perception of the disease, precautions, and cure. What are their believes about this virus and its cure. And also, how the prolonged lockdowns are shaping their thoughts in favor or against the taken precautionary measures by the government. Furthermore, the study also tried to understand the role of cultural patterns in developing certain health behavior to counter the negative effects of covid-19.

The cultural system of health emphasizes the symbolic dimension of the understanding of health and includes the knowledge, perceptions and cognitions used to define, classify, perceive and explain disease. Douglas in the late '60s and developed by Douglas together with Aaron Wildavsky (1982), risk and danger are culturally driven ideas. It refers to the cultural reasons that make people react in a certain way to a real and perceived danger and how they form judgments in this respect (Flanja, 2020).

Current research reveals that cultural variations played a significant role in the perception of the people. The health behavior of the people is directly related to the cultural norms of the individual. Respondents were classified into different categories such as: People who are well aware of deadly virus, its origin, symptoms and treatment, people who believed in deadly impacts of virus after becoming victims of virus either directly or indirectly and lastly people who believe covid-19 as a conspiracy. Majority of the respondents belong to the first and second category who are well aware of the deadly consequences of the virus. While very few also dictated it as a conspiracy, but ratio of such people is very low who totally negates it existence.

People living in urban centers and belonging to working class declared it as a disease of rich. On the other hand, rural dwellers called it as disease of cities, as they believe that Covid-19 firstly emerge in big cities of the world. In the early phase of pandemic people were quite non-serious about the issue but with the growing rate of cases and deaths they started taking it seriously. But the approach of the villagers remained same until they get infected.

And if we talk about educated respondents we can see that they are aware of the risk of the virus through their access to various social networks and they try their best to maintain health safety measures. Their approach towards the disease is quite realistic in nature. Nevertheless, the spread of the virus across Pakistan and taken initiatives of the government such as lockdown and restriction on social mobility created a grave impact on the economy of the country and also gave new perception of Covid-19.

Research also highlighted Media as a source of information and misinformation and how it shaped people perception about COVID-19. Media also have some pros and cons. On one hand it is giving information regarding the symptoms, reasons of spread and precautions to counter covid19 but on the other hand it is making people depress due to continues flow of news related to deaths of the patients and misinformation. People find it hard to differentiate between right and wrong and this situation led to further chaos.

It was observed that religion played a significant role in the pandemic times. The higher level of religiosity among respondents lessens the stress levels during the lockdown. Present results are consistent with the other research findings that prove higher religiosity or spirituality have link with better health, subjective well-being, reduced depressive symptoms, and stress among followers. (Oliwia Kowalczy, 2020) Also explained this point in their research by saying that in the light of pandemic COVID-19, most people are much more open to faith as well as prayer. The virus is going to be spreading rapidly and causing enormous crisis in all societies. In the current pandemic, engagement with religious practices gives us control over the situation, helps to make it understandable and what is most important gives us hope.

Further respondents also reported different symptoms of covid-19 that proves that symptoms vary from person to person. It depends upon personal capacity of the person like the dietary pattern, age, immune system etc. There is no specific sign of covid-19 in the people for instance if one person has more cough, other person might experience tastelessness and breathing issue. The other element which is important here is that mental health of the person also matters in this disease. The positive approach of the individual during pandemic is the greatest source through which he or she is able to survive.

The research also highlighted the health behavior of the people in context to their culture. It is observed that people of Pakistan prefer herbal remedies on scientific medication. (Mudassir Anwar, 2015) In his study also highlighted this point that seeking professional help for minor conditions was not a preferred choice. Use of traditional remedies and/or over-the-counter (OTC) products is preferred and if the condition got worse and persisted for a long period of time than people consider seeking help from a doctor. The high cost of diagnostic tests, perceived side effects associated with allopathic medicines and dislike of injections were reasons to avoid consulting a doctor in Pakistan.

Most of the respondents stated that they took some kind of herbal remedy to avoid the deadly impact of virus and boost their immunity system. So, we can say that it is kind of blessings in disguise because now people are more health conscious as compare to earlier, usage of herbal remedies and high cleaning practices will definitely impact the lives of the people in positive way.

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Question guide

Age

Name

Gender

Q 1 To find out the general perspective about coronavirus from recovered patients.

Q1. What do you think about coronavirus?

Q 2 Do you really think that this virus is very dangerous?

Q3 Do you want to wash your hand when you go outside?

Q4 Have you following the all sops recommended by the WHO?

Q5 There is anyone in your family who suffered through it? If yes, then do you prefer in going close to him in this condition?

Q 6 How you can describe when you are dealing with coronavirus?

Q7 Do you feel that this virus based on conspiracy?

Q 8 Do you think that if one person died with it there is equal possibility to infect other?

Q9. What are those believe about this virus which you have noticed in your area?

Q10 Do you prefer to attend the funeral of the person who is died with it?

Q11 Does this lockdown impacting you financially?

Q 12 what type of role government should play in order to limited the transmission of virus?

Q 2 To explore how different cultural perspectives help people in dealing with symptoms of coronavirus

Q13 What do you think about you dressing pattern and believes about culture?

Q 14 Have you find your culture as a barrier like you do not want to follow the sops?

Q 16 Have you faced any difficulty in life as you are a part of particular culture/

Q 17 What are your cultural believes you think that important to discuss?

Q 18 Have you faced restriction in your culture regarding corona/?

Q 19 How do you know that you are suffering from covid- 19?

Q 20 What are those symptoms you are dealing with it throughout this condition?

Q 21 Are you doing something which is part of your culture to control it?

Q 22 Have you feel depression or anxiety?

Q 23 What you doing in your quarantined period?

Q24 What are those sign of this virus affected you badly?

Q25 When you are positive how other people treating you?

Q 26 Do you like to explain your believe system?

Q 27 Where you got this virus do you want to describe it?

Q 28 Have you recite Quran Ayah for relaxing in this condition?

Q3 To explore how different cultural perspectives help people in dealing with symptoms of coronavirus

Q29 what kind of treatment do you prefer whether home remedies or medicine against coronavirus?

Q30 How many types of home remedies have you applied in coping up this virus?

Q31 Are those home remedies being useful for you?

Q 32 have you feel affective response by using all those remedies?

Q 33 Have Sana Makhi is used by you if yes, then would it be beneficial for you?

Q 34 Did you find anything better as a remedy for this virus?

Q35 Is there any kind of spiritual healing is utilized by you/ to curb this virus?

Q36 how many time it takes to become healthy again?

Q37 Do you have any after corona effect of corona?

Q38 Are you using any multivitamins?

Q39 Are these home remedies are in your range?

Q40 have you find this multivitamins and hospital treatment costly?

Glossary

Kismet par yakeen	Fatalism
Kari patta	Curry leaf
Wazaif	Certain words of Quran to overcome something
Kalongi	Black Seed
Sana Makki	Senna leaves/ herb
Pitkari	Alum is a type of chemical compound
Alam	In Shia sect it is known as Panjatan pak flag
Mas	Touch
Isabgol	Psyllium Husk
Jari buti	Herbs
Abaya	Cloak specifically used for women