

President Magufuli's speech on steam inhalation, steam therapy

Full excerpt:

“Lakini niwaombe pia watazania tujitahidi kutumia njia nyingine za asili kupambana na magonjwa haya. Na hili ningomba Wizara ya Afya mlisisitize zaidi, kama swala la kujifukizia. Na hilo scientifically ni very clear. Kwa sababu inatoka vapour ya maji katika temperature ambayo ni above 100 degrees centigrade. Na huyo corona kwa sababu ni futa, atapasukapasuka kwenye maji, kwente vapour ambayo iko above 100 degrees centigrade. Kwa hiyo, it is a scientific treatment. Wizara ya Afya waendeleo kufafanua ni namna gani swala la kujifukizia linasaidia kupunguza corona. Kama wale virus wako kwenye pua na kwenye mdomo, watayeyuka tu above 100 degrees centigrades. Hili nalo ni kitu muhimu. Pamoja na hizo chemicals wengine wanaweka mwarobaini, wengine wanaweka vitunguu, wengine wanaweka nini... those are the mambo muhimu ambayo Watazania wengi wanatakiwa kuhamasishwa katika kupambana na hili gonjwa la corona,”

Translation:

“I'd like to ask Tanzanians to explore alternative traditional ways to deal with these diseases. Therefore, I ask the health ministry, to emphasize this, for example the issue of steam inhalation. Scientifically, that is very clear. That's because steam comes from boiling water at temperatures above 100°C. And because the coronavirus is made up of fats, when exposed to such high temperatures, it will just disintegrate. It is a scientific treatment. The health ministry should continue to expound on how this issue of steam inhalation helps reduce coronavirus. If the virus is in your nose or mouth, they will just melt at temperatures above above. And that's very important. There are those who put some herbs into the boiling water. Some put neem, others onions... those are the important things that Tanzanian's need to be sensitized about as we deal with Covid-19”