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MENTAL AND PHYSICAL COMPLICATIONS ASSOCIATED WITH COVID-19 AND THEIR SUGGESTIVE MANAGEMENT

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Abstract

Coronaviruses belongs to the family of viruses responsible for specific illnesses which includes common cold, acute respiratory syndrome, breathlessness and fever, etc. The novel corona virus belongs from “SARS” category that causes Severe Acute Respiratory Syndrome and currently affecting almost whole world. The disease arises due to the novel corona virus is referred as COVID-19 which now has been turned to pandemic outbreak and many countries imposed lockdown to restrict spread of infection. These all situation altogether produces many physical as well as psychological complications and problem still continued. The long term psychosocial and mental health complications affected elderly as well as adolescents. However medical science implemented many preventive and therapeutic measures against Covid-19 and their associated complications. Present article explores some health issues related to Covid-19 and their possible management.

Key-Words: *Virus, Covid-19, Complication, SARS, Infection*

Introduction

The disease due to the infection of novel Coronavirus (SARS-CoV-2) shortly termed as COVID-19. The “Severe Acute Respiratory Syndrome Coronavirus-2” (SARS-CoV-2) is highly contagious virus that currently affecting large number of population globally and medical science putting great efforts in this regards. Isolation and social distancing considered as essential preventive measures against COVID-19. These inevitable conditions affect mental status of people and incidences of stress, anxiety and depression raised [1, 2].

The age of patient, educational status of society, pre-existing health condition, socio-economic status of country and health infrastructure, etc. are factors which affects mortality rate during this pandemic situation. The disease not only causes its typical symptoms but also rendered other complications including disturbed sleep, nightmares, clinginess, altered appetite and inattentiveness, etc.

The uncertainty of current pandemic situation leads psychological and social impacts along with behavioral problems. Isolation and lockdown develops high risk for mental health-related challenges. Psychiatrists, pediatricians, psychologists, community health volunteers and social activist, etc. can play vital role for retaining mental and physical health during pandemic situation [1-3].

COVID-19 & Health Issues:

The common symptoms of COVID-19 are fever, cough, shortness of breath, fatigue, body aches, sore throat, congestion and diarrhea, etc. Hypercoagulability, cardiovascular event and neurologic consequences, etc. are some associated complications related to the COVID-19.

Hypercoagulability observed in many patient of COVID-19 and increase chance of blood coagulation put risk of venous and arterial thrombosis. The biological parameters depicted in Figure 1 which observed in COVID-19 patient indicating coagulation abnormalities.

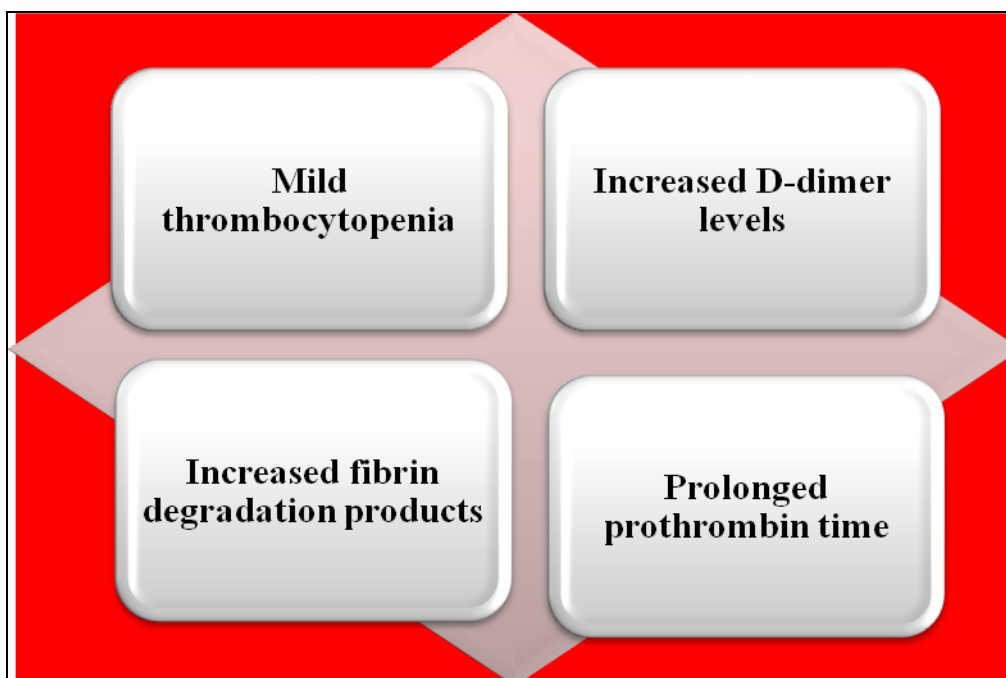


Figure 1: Biological parameters indicating coagulation abnormalities in COVID-19 patient.

Microvascular thrombosis, clotting of intra-vascular catheters, myocardial injury and large vessel strokes, etc. are complications related to the blood coagulation in COVID-19 patient [4, 5].

Cardiovascular events also seen as health complications in COVID patient including myocardial injury, increased level of troponin, thromboembolic disease and cardiac arrhythmias, etc.

Pulmonary abnormalities and long term pulmonary complications of COVID-19 include pulmonary dysfunction, fibrosis, diminished respiratory muscle strength and cardiopulmonary consequences.

Neurologic complication observed due to the penetration of SARS-CoV-2 to the brain tissue *via* viremia and by direct invasion through olfactory nerve. The common long-term neurologic symptoms of COVID-19 are vertigo, headache, anosmia and ageusia.

Psychological and Mental Issue

Physical debility and emotional disturbance associated with SARS-CoV-2 infection. Depression, posttraumatic stress disorder, anxiety and fear are commonly involved psychological issues of COVID-19 infection [5, 6].

Suicide risk, prolonged grief, substance abuse and lack of self belief commonly seen during this pandemic outbreak. Cognitive decline, dementia, anger, agitated behavior and withdrawn symptoms of social isolation imparts huge mental burden on society during pandemic period. Emotional support by family members and health professionals can resist such psychological issues in current situation.

Widespread outbreaks of COVID-19 associated with psychological distress and mental illness, the long-term mental health impact of disease may take months to apparent fully and mental effects may persisted for prolong period thus affects personal, professional and social life of diseased completely [6, 7].

Suggestive measures:

1. There is need to adopt combinations of social distancing measures which are less disrupting or should avoid social distancing policies for long periods.
2. Psycho social support need to provide to those who are vulnerable and exposed to economic and social stressors.
3. Health workers require focusing on current health issues and early identification of mental issues related to pandemic outbreak and such issue should address on priority basis.
4. It was advised to maintain social contact telephonically and try to reduce stress and use of social media up to some extent can help to relieve stress.
5. Counselling and moral support can help greatly in this regards.
6. There is need to increase communication with diseased person during pandemic period since loneliness can impart mental depression and even suicidal tendency.
7. Collaborative games, some physical activities and music recommended relaxing mind while excessive screen time need to be avoided.

8. It is recommended to take healthy and balanced diet to enhance immunity and boost strength.
9. Maintaining of oral health, personal hygiene, physical exercise, rest, *Yoga* and meditation, etc. can helps to combat against mental problems during pandemic situations [8, 9].

Ayurveda drugs which can helps in viral infections:

- ❖ *Suvarna Vasant Malti Ras*
- ❖ *Basant Kusumakar ras*
- ❖ *Giloya satva*
- ❖ *Guduchi ghanavati*
- ❖ *Dashmularista*
- ❖ *Triphala*
- ❖ *Smritisagar ras*

Conclusion

The common physical symptoms after COVID-19 are fatigue, dyspnea, joint pain and chest pain. Specific organ dysfunction including heart, brain and lungs, etc. also reported. The direct tissue invasion of virus, inflammation, cytokine storm, damages of immune system, hyper-coagulation and dysfunction of sense organs also observed in diseased person. Psycho social and mental health also gets affected during pandemic period. The psychiatrists, psychologists, paediatricians, community volunteers and health administrators can play vital role in this regards.

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