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## पश्चाद्धेतुत्वर्थकारिणः Perspective to Post COVID Symptoms

**Dr. Bishnupriya Mohanty, Neha Dinesh Raikar and Dr. Sangram Keshari Das**

### Abstract

Severe acute respiratory syndrome coronavirus 2 (SARS-COV-2) is the pathogen responsible for the coronavirus disease 2019(COVID-19) pandemic, which has resulted in global healthcare crisis & strained health resources. As the population of patients recovering from COVID-19 grows, it is a paramount to establish an understanding of healthcare issues surrounding them. COVID-19 is now recognised as a multiorgan disease with a broad spectrum of manifestations. Similarly, to post-acute viral syndromes described in survivors of other virulent coronavirus epidemics, there are increasing reports of persistent & prolonged effects after COVID-19.

**Keywords:** COVID 19, pandemic, global health care crisis, health care issues, post COVID, survey.

### Introduction

The COVID-19 pandemic, also known as the coronavirus pandemic, is an ongoing pandemic of coronavirus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2(SARS-COV-19).

The novel virus was first identified in the Chinese city of Wuhan in December 2019. A lockdown in Wuhan & other cities in surrounding Hubei failed to control the outbreak & it quickly spread to other parts of mainland China & around the world. The World Health Organization (WHO) declared a public health emergency of international concern on 30 January 2020 & a pandemic on 11 March 2020. Multiple variants of the virus have emerged & became dominant in many countries since 2021, with the Alpha, Beta, Delta, Omicron, making it one of the deadliest pandemics in history.

**Table 1:** Table shows in index case

Index case	Wuhan, Hubei, China
Disease	Coronavirus disease 2019(COVID-19)
Virus strain	Severe acute respiratory syndrome coronavirus 2(SARS- COV- 2)
Source	Bats, likely indirectly
Location	Worldwide
Date	17 November 2019 – present

Symptoms of COVID-19 are variable, ranging from mild symptoms to severe illness. Common symptoms include headache, loss of smell & taste, nasal congestion & runny nose, cough, muscle pain, sore throat, fever, diarrhea & breathing difficulties<sup>[1, 2]</sup>.

Three common clusters of symptoms have been identified:

1. Respiratory symptom cluster with cough, sputum, shortness of breath & fever.
2. A musculoskeletal symptom cluster with muscle & joint pain, headache, fatigue.
3. A cluster of digestive symptoms with abdominal pain, vomiting & diarrhea. In people. Without prior ear, nose & throat disorders, loss of taste combined with loss of smell is associated with covid-19<sup>[3]</sup>.

**Table 2:** The common symptoms observed in post-acute (COVID-19) are summarized

Fatigue	Decline in quality of life	Muscular weakness	Joint pain
Dyspnea	Cough	Anxiety/depression	Sleep disturbances
Headaches	Palpitations	Chest pain	Thromboembolism
Ch. kidney disease.	Hair loss		

**Aims and Objectives**

Longer term consequences after SARS-CoV-2 infection are becoming an important burden to societies & healthcare systems. Data on post covid- 19 syndromes in the general population are required for the timely planning of healthcare services & resources. The objective of this study was to assess the prevalence of impaired health status & physical and mental health symptoms among individuals & to characterize their healthcare utilization. A comprehensive understanding of patient care needs beyond the acute phase will help in the development of infrastructure for COVID-19 clinics that will be equipped to provide integrated multispeciality care in the outpatient setting.

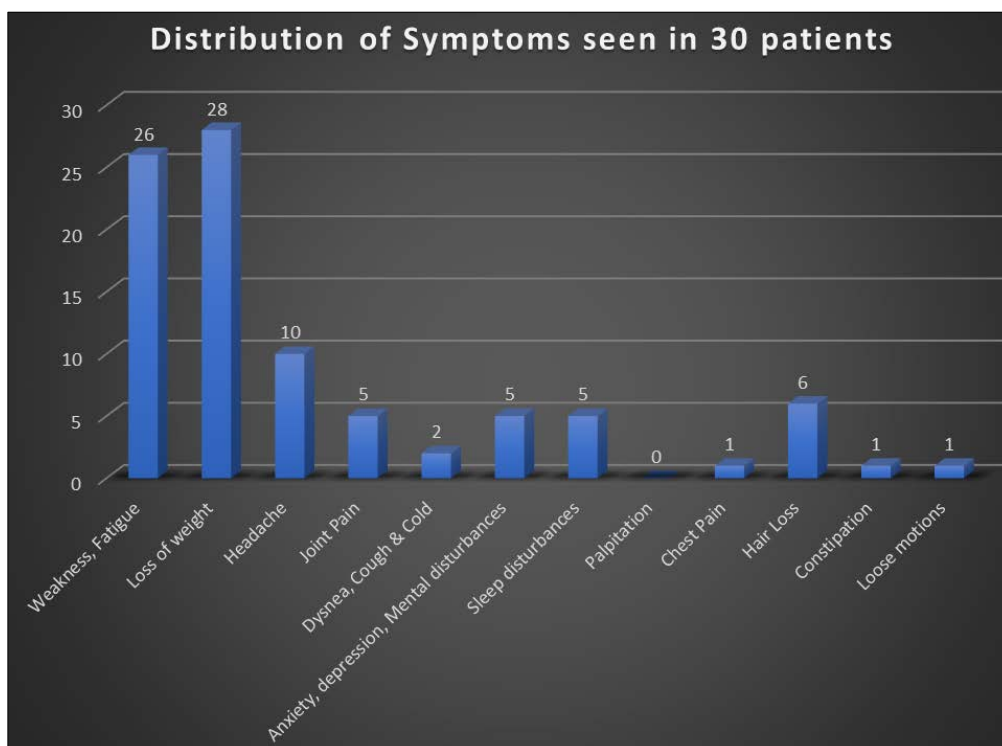
**Materials and methods**

Here is a survey report of a total of 30 people who had suffered from COVID-19.

The main questions which I focused on for the collection of required data were: Age, Gender, characteristics/symptoms present during acute COVID-19, history of hospitalization or whether they were home quarantined, disease severity, duration of their stay in hospital, did they need any respiratory support, did they need intensive care & finally the duration needed for the symptoms of COVID-19 to subside [4, 5].

- Acute COVID-19 disease severity of patients was categorised between mild to moderate or severe
- Later emphasis was given in understanding their post covid symptoms
- Questions were asked about their post covid symptoms, like from when did they start seeing these symptoms & how long did it take to subside or are they still persistent.

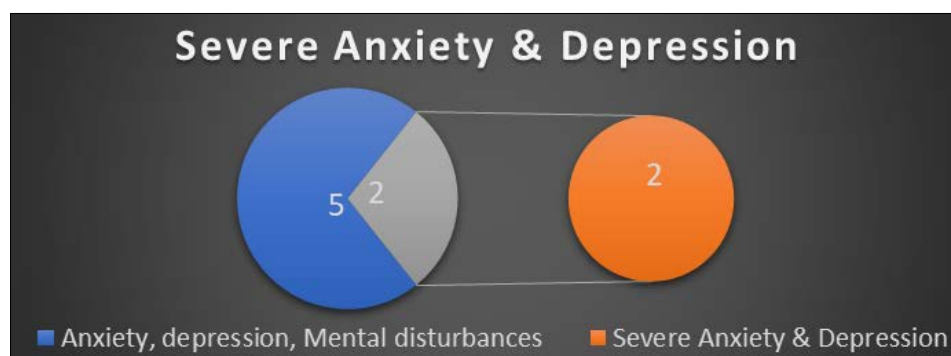
**Survey results**



**Fig 1:** Showing the distribution of Post COVID symptoms in 30 patients.

The above graph shows the distribution of various symptoms seen across the 30 people presented on basis of Survey report. Those patients shared the range of complain like-Weakness, fatigue, loss of weight, headache, joint pain,

Dyspnoea, cough, anxiety, depression, sleep disturbances, palpitation, chest pain, hair loss, constipation and loose motion.



**Fig 2:** Figure showing the distribution of patient's in terms of mental issues

- Anxiety, depression & Mental disturbances were found in 5 patients
- Loss of weight was seen in maximum patients (28)
- Out of 5 patients, 2 suffered with Severity Anxiety & depression
- 26 of them suffered from Weakness & Fatigue
- 10 patients had Headache
- 5 of them had Joint Pain
- 2 patients had Dyspnea, Cough & Cold
- 5 of them had sleep disturbances
- 6 of them had Hair Loss
- Chest pain, constipation & loose motions were seen in 1 each

### Ayurveda perspective

**Table 3:** The Post COVID symptoms seen in patients can be correlated as bellows <sup>[6, 7]</sup>

Weakness, Fatigue – Shrama, Klama	Loss of weight - Bharakshaya
Headache – Shira Shoola	Joint pain – Sandhi Vedana
Dyspnea – Shwasa	Cough and cold - Kasa
Anxiety -Unmada	Depression, Mental disturbances– Chinta, Shoka or Manovikara
Sleep disturbances – Anidra, Khandit Nidra Hair loss - Khalitya	Chest Pain – Urah Pradeshi Shoola Hair loss - Khalitya
Constipation – Baddha mala Pravrutti	Lose motions – Drava Mala Pravrutti

### Treatment prescribed as per ayurveda

After considering various factors like Age, Bala (strength), Lakshana (symptoms) of the patient's various treatment modalities can be chosen:

- Diet has a very important role in the management of Post COVID cases & it should be Shadrasatmaka (with all the 6 tastes)
- Daily practice of Yogasana, Pranayama & meditation, as much as health permits can be prescribed.
- Rasayana like Chyawanprash should be given in respiratory tract illnesses like Kasa, Shwasa.
- Pippali Rasayana is said to be the best for Kasa.
- Medicine containing gold like Suvarna Malini Vasanta also useful.
- To reduce the Shirashoola (headache) nasya with Bala taila can be done which is also helpful for Nidranasha (insomnia)
- Shwasa kasa Chintamani Rasa can also be used.
- Shataputi Abhraka is useful in Lung fibrosis & Dyspnoea.
- For Khalitya (hair fall), Nilibhrungadi Taila, Amalaki Taila, Japa Taila, Bhrungaraj Taila can be used.
- For Sandhivedana (pain in joints), Maharasnadi kadha, Yogaraja Guggulu like formulations can be used <sup>[8, 9]</sup>.

### Conclusion

The effects of the virus are not only seen on the physical health but also on the mental health of patients. Moreover, it is clear that care for patients with COVID-19 does not conclude at the time of hospital discharge, & interdisciplinary co-operation is needed for comprehensive care of these patients in the outpatient setting. As such, it is crucial for healthcare systems & hospitals to recognise the need to establish dedicated COVID-19 clinics, where

specialists from multiple disciplines are able to provide integrated care.

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