

POST-COVID Syndrome or POST-COVID Complications

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Abstract

As covid-19 pandemic continues to create havoc all over, various data suggest that in India, the recovery rate of COVID-19 is over 72%. With this a recent study also showed that majority of the patients had complaints of fatigue, (similar to post-SARS fatigue) and a small percentage had critical manifestations such as Lung fibrosis, Kidney failure, myocarditis and stroke. A recent study on post covid manifestations of symptoms show that only 10 to 8 percentage of survivors assessed in the study and had no symptoms for manifestations post COVID. In this research paper we take a look at how the covid-19 how we can deal with it.

Keywords: COVID-19, SARS, Manifestations, Lung fibrosis, Stroke.

Introduction

Initially, the COVID-19 virus attacks the respiratory system and can cause severe pneumonia. Various research studies suggest that this disease attacks multiple organs with blood clot, kidney or heart failure. Research studies also suggest that 80% of COVID-19 cases are mild, 15% of severe and only 5% are critical and requiring ventilation.

Some patients who recovered from COVID-19 still facing some health issues even after months of infection like shortening of breath, loss of taste smell, diarrhoea, weakness, headache etc.

Post Covid-19 Effects on Various Body Organs

Research studies in patients who recovered from COVID-19 reveals that not all the recovered patients show post covid effect only severe or critical patients shows higher risk of long-term health problems.

Post-COVID Respiratory System

Few patient recovered from covid-19 tend to complain persistent fatigue, shortness of breath, find difficulties even in little routine task. This is due to long standing damage to air sacs and lungs tissues. SARS formed in the lungs as a result of the inflammatory changes during the disease can lead to long-term breathing problems. Gradually the scar tissue can destroy the normal lung and make it difficult for oxygen to get into the blood.

Weakend lung function from SARS-COV-2 infection can negatively affect other organs like the heart kidneys and brain.

Post-COVID Heart and Blood Vessels

Post covid effects on the heart and the circulatory system can be life threatening and difficult to treat specially in pre-existing heart disease patients. Doctors found that even after tested negative for covid-19 patients have chronic fatigue, abnormal heart rate, palpitations, chest pain and lasting heart muscle.

Severe information in the all body during covid-19 may aggravate irregular heartbeat in some individual. The acute inflammation caused by virus infection can worsen both kidney and cardiac function. The other important observation made in covid-19 patients is the formation of blood clots. Large clots can directly contribute to heart attack while the smaller clots can travel to other organs like the liver kidney and can cause organ damage.

Post-COVID Kidneys

Low kidney function observed in covid-19 recovered patients. Patients have low urine output, infrequent urination and even the damage lead to required dialysis. Kidney is largely attributed to direct attack by the virus, low blood oxygen levels, cytokines Strom, and blood clots that might clog the kidneys.

Post-COVID Liver

Liver injury is a result of viral replication and damage to the hepatic tissue during the infection. Severe covid-19 patients have elevated



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levels of liver enzymes and abnormal liver function and higher proportion were observed in males.

In recovered patients liver function does not return to normal levels and this too can be attributed to cytokines storm pneumonia associated low oxygen level and side effects of drugs used in the treatment.

Post-COVID Brain and Mental Health

Some patients had covid-19 have developed strokes, seizures and mild to severe inflammation in the brain. Some patients recovered with mild symptoms reported feeling confused, foggy thoughts, dizziness, blurred vision inability to focus. Mental health issues like post traumatic stress disorder (PTSD) anxiety and depression are some post forward effects.

Researchers believe that covid-19 may even because temporary paralysis (Guillain Barre Syndrome) and increase risk of developing Parkinson's and Alzheimer's disease in some patients.

Post-COVID Digestive System

Even after recovering from COVID-19 some patients visited hospital with the problems of loss of appetite, diarrhoea, nausea abdominal pain, gastritis and severe complications like gastrointestinal bleeding also. This problem caused because covid-19 virus disturb the essential nutrients electrolytes absorption in the gastrointestinal system of the body.

Aim Of Study

Aim of the research to study the effects of post covid-19 on various organs. Research studies in patients who recovered from COVID-19 reveals that not all the recovered patients shows post covid effect only severe or critical patients shows higher risk of long-term health.

Conclusion

It is important to note that many long-term effects of covid-19 are still unknown and effective treatment are being looked into. Most patients however recover quickly without long-lasting effects and many patients also seem to be slowly relieved of this lingering symptoms.

A balance good nutritious diet good hydration and regular physical exercises are essential even for the healthy and young to decrease the risk of post covid syndrome. Monitor heart rate, pulse rate and blood pressure, have a CT scan of the chest or pulmonary function, physical therapy, counselling with or without medication.

It important for all of us to take health and safety precautions concerning COVID-19 seriously.

Safety measures that we take to minimise exposure and risk include:-

1. Physical distancing
2. Wearing mask
3. Regular Use of Handwash
4. Intake of vitamin-C supplement/food.
5. Regular Exercise.

By adhering to government and local health regulatory guidance and continuing with d safety precautions we all need to do our part to make sure the covid-19 virus comes to an end.

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