



International Journal of Alternative and Complementary Medicine

Review Article

COVID: A BASIC REVIEW

Tanuja B

Senior Lecturer, Department of Periodontology and Implantology, G.P.R Dental College, Kurnool, A.P.

Abstract

Coronavirus - 19 is an infection that taints both, humans and animals. It can cause cough and cold to severe diseases like Middle East Respiratory Syndrome and Severe Acute Respiratory Syndrome. In December 2019, a novel coronavirus infection devolved in 'Wuhan' the city of China, and spread to Italy, USA, UK, and India. This coronavirus is producing symptoms the same as 'SARS'. The virus known as SARS-CoV-2 and this illness is called COVID-19. COVID-19 is increasingly influenced by old matured individuals and people who have numerous sicknesses or people with less immunity system. It makes extreme illness to death. Presently COVID-19 turning into pandemic disease and homoeopathy has an incredible job on pandemic illnesses. As homeopathy known for increase the insusceptibility and vitality.

Keywords: COVID 19 Pandemic, Homoeopathy, SARS-Cov-2.



Article Info

Received: 20-07-2020

Revised: 14-10-2020

Accepted: 22-11-2020

*Corresponding Author

Tanuja B

Senior Lecturer, Department of Periodontology and Implantology, G.P.R Dental College, Kurnool, A.P.

Email: dr.tanujareddy@gmail.com



INTRODUCTION

Corona looking like “crown”. It is a ‘Latin’ Word. It is an irregular shaped glow surrounding the crown. The viruses named corona because of its shape. There is a crown like glycoprotein spikes on corona surface is present which is made up of glycoprotein 120. Corona viruses are belonging to the family Coronaviridae. It is a large family. Corona viruses are Zoonotic type virus (Zoonotic- transmitted between Animals and Humans), so this virus infects both humans and animals. According to World Health Organization, cause illness from common cold to severe diseases, such as SARS (Severe Acute Respiratory Syndrome) & MERS (Middle East Respiratory Syndrome) [1].

Human corona virus firstly identified in mid of 1960. In the year 2003, a disease named SARS started from China and spreads to the other countries, before the end of 2004. December 2019 at ‘Wuhan’ a city of ‘China’. The exact source of energy of this new type of corona virus (SARS-CoV-2) is not known. Chinese authority identified this Novel Corona Virus and in January 2020 and named SARS – CoV-2. The Chinese health authority said that this virus is originate from a Seafood market of Wuhan city, China but after that on 7th February Chinese researcher said that the virus could be spread from infected animal species. An article on Feb. 26, 2020, in Nature reports that this virus may have spread from bats or pangolins (a scaly ant-eater that inhabits China) [2,3].

Incubation Period of Novel Corona Virus – The incubation period of Novel Corona Virus is 2 to 14 days after exposure, but it can vary from person to person. The median incubation period is approx 5.1 days. It seems the appearance of symptoms within 11 – 12 days of exposure.

Types of Corona Viruses-

There are total 7 types of corona virus in which 4 are common human corona virus and 3 are other human corona viruses. H CoV-229 E, H CoV-NL63, HCoV-OC43, HCoV-HKU1 and MERS – CoV (transmitted from dromedary camels to the humans), SARS – CoV (transmitted from civet cats to the humans) and SARS – CoV-2 or 2019-nCoV (Novel Corona virus). When the corona virus, who infects animals, evolve and make humans ill, then they became a new human corona virus. These are the three recent examples of other human corona viruses.

Clinical Features: Signs and symptoms are fever, cough, SOB, difficulty of breathing, tiredness,

headache, runny nose, congestion, sore throat, diarrhoea. In mild COVID 19cases symptoms are similar to cold and flu. In severe COVID 19 cases are severe respiratory symptoms are pneumonia, acute renal failure, multiple organ failure and death [4].

STAGES OF CORONA VIRUS

There are 4 stages of pandemic COVID-19

A. Imported cases

when the cases of an infection are imported into a country, which was not the source of the infection.

B. Locally transmission

When the infection is locally transmitted in the country. It means the person from whom the infection spread to the other one is from the country itself.

C. Community transmission

In this stage, the virus has started circulating in the community. Here it becomes very tough to track the chain of transmission of the virus. In this stage a lockdown becomes very important.

D. Epidemic

When the infection becomes Endemic

MODE OF TRANSMISSION

The virus mainly spreads from infected person to healthy person, via droplet infection by sneezing and cough with close contact without mask. May be spreads from touching things like doors handle, pens, papers etc., and then touching health person eyes, nose and mouth.

INVESTIGATIONS

CT scan of COVID-19cases show opacities in the lungs and bilateral pulmonary infiltrates. Blood investigations shows that reduce the lymphocytes (lymphocytopenia) and leucopenia. COVID 19 can be diagnosed by PCT test.⁽⁵⁾

MANAGEMENT

Prevention-

- Wash your hands regularly with soap and alcohol based every hourly.
- Clean doors, stairs with sanitize.
- Wear face mash (N – 95/ any mash) wile going out.
- Do not touch nose, eyes and mouth.
- Wear a face mask.
- Maintain social distancing.
- Avoid meeting and social gathering.

- Don't share your personal items with others.
- Cover your mouth and nose by tissue paper before coughing and sneezing.

CONCLUSION

COVID-19 is a disease aetiology by Novel Corona Virus and now this ailment/disease is become a pandemic sickness. Definite treatment for this disease is not known yet. The condition is very intense and in view of no original/basic management and vaccination, the condition is relies up on preventive measures. Along these lines, reduce going outside, wearing face mash and maintine social distancing, as always prevention better than cure.

REFERENCES

1. Wu Z, McGoogan JM. Characteristics of and important lessons from the coronavirus disease 2019 (COVID-19) outbreak in China: summary of a report of 72 314 cases from the Chinese Center for Disease Control and Prevention. *Jama* 2020.323(1): 1239-1242.
2. Gao J, Tian Z, Yang X. Breakthrough: chloroquine phosphate has shown apparent efficacy in treatment of COVID-19 associated pneumonia in clinical studies. *Biosci Trends* 2020.14(1): 72-73.
3. Wang M, Cao R, Zhang L, Yang X, Liu J, Xu M, et al. Remdesivir and chloroquine effectively inhibit the recently emerged novel coronavirus (2019-nCoV) in vitro. *Cell Res* 2020.12(1):17-19.
4. Guan W-J, Ni Z-Y, Hu Y, Liang W-H, Ou C-Q, He J-X, et al. Clinical Characteristics of Coronavirus Disease 2019 in China. *N Engl J Med* 2020.382:1708-1720.
5. Yang X, Yu Y, Xu J, Shu H, Xia J, Liu H, et al. Clinical course and outcomes of critically ill patients with SARS-CoV-2 pneumonia in Wuhan, China: a single-centered, retrospective, observational study. *Lancet Respir Med* 2020.8:475-481.