

COVID 19 VACCINES: A WAR AGAINST DEADLIEST VIRUS

Dr Deepak Sharma^{1*}, Dr. Sunil Kumar²

^{1*}PG Scholar, Department of Organon of Medicine with Homoeopathic Philosophy, Sri Ganganagar Homoeopathic Medical College Hospital Research Institute, Sri Ganganagar, Rajasthan.

²Professor and H.O.D, Department of Organon of Medicine with Homoeopathic Philosophy, Sri Ganganagar Homoeopathic Medical College Hospital Research Institute, Sri Ganganagar, Rajasthan.

*Corresponding Author: Dr Deepak Sharma

ABSTRACT

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. Many people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. However, some will become seriously ill and require medical attention. The virus that causes COVID-19 spreads most commonly through the air in tiny droplets of fluid between people in close contact. The disease is mild in most people; in some (usually the elderly and those with comorbidities), it may progress to pneumonia, acute respiratory distress syndrome (ARDS) and multi organ dysfunction.

KEYWORDS: SARS-CoV -2 Virus, Pneumonia, ARDS, Corona virus.

INTRODUCTION

Corona virus disease 2019 (COVID-19) is an infectious disease by severe acute respiratory syndrome corona virus 2 (SARS-COV-2). There are various variants of COVID 19 Viruses. The novel virus was first identified an outbreak in Wuhan, the capital of Hubei, China, in December 2019, before it spread to other areas of Asia, and then worldwide in early 2020.

MODE OF TRANSMISSION

There is various mode of Transmission by which virus has to been spread:

1. **Air Borne Transmission:** Research's shows that virus must been live in air up to 3h. Virus is entered in respiratory tract by Inhalation of Air...
2. **Droplet Transmission:** Commonest mode of transmission in which virus particles transmitted to other person by sneezing, coughing by aerosol particles Forms. The person which is at 6 feet easily inhaled it and get effected.
3. **Surface Transmission:** The virus is transmitted by touching surfaces like doorknob, Plastic Surfaces, Stainless Steel surfaces which is infected by Virus. Virus lies on that surface up to 2-3 days.

INCUBATION AND CONTAGIOUS PERIOD

Latency period of SARS-COV-2 infection is from 3 to 7 days, with a maximum period of 14 days and SARS-COV-2 is infectious during the latency period.

CLINICAL FEATURES

1. Fever or chills
2. Cough
3. Shortness of breath or difficulty breathing
4. Fatigue,
5. Muscle or body aches
6. Headache
7. Loss of taste or smell
8. Sore throat
9. Congestion or runny nose
10. Nausea or Vomiting
11. Gastrointestinal Symptom

GUIDELINE ON DISEASE SEVERITY BY WHO

1. Non-Severe
2. Severe (Spo₂<90%, RR>30/min, Sign of severe Respiratory Distress.
3. Critical (Requires life sustaining treatment, Acute Respiratory Distress syndrome, Sepsis, Septic Shock.

CRITICAL CONDITIONS SYMPTOMS:

1. Respiratory failure
2. Multi organ failure

RISK FACTORS

1. Older Age Group: Adults >65 years of age
2. Heart disease- Cardiomyopathy, Congenital heart disease.
3. Diabetes and Obesity
4. Cancer and certain blood disorders
5. Weakened immune system
6. Allergy

LABORATORY DIAGNOSIS

1. Measures base value of: CBC, RFT, LFT,CRP,RBS,ECG,USG,PFT,BP,RR,PFT,ESR,FERRITIN.D-dimmer .
2. RT-PCR- Confirmation Test
3. CRP-Elevated signifies possibility of secondary infection.
4. IL-6 &IL-10-Elevated signifies risk of progression to secondary condition.
5. Rapid Antigen Test: By taking oral and nasal swab.

PREVENTION

1. Avoid close contact with anyone who is sick or has symptoms.
2. Wash your hands often using soap and water for at least 20 seconds.
3. Clean and disinfect surfaces that are often touched, such as doorknobs.

4. Try to spread out in crowded public areas, especially in places with poor airflow.
5. Wear mask and gloves.

MANAGEMENT

1. Regularly monitors the rise and falls of Covid 19 cases in country.
2. Started various awareness programmes regarded health and hygiene.
3. Making proper arrangement for patients Isolation and Quarantine.
4. Trained Health Care Workers by proper training programs to combat the situations.
5. Involves various NGO, Social workers for helping Government to fight against situations.

TREATMENT

1. Allopathic Mode of Treatment: It involves medications and vaccination.

Medication gives guidelines to all Allopathic Physician In starting to follow following Medication on the basis of symptoms.

Vaccination: There are various vaccines which was made by different countries during Covid 19 pandemic like SPUTNIK V(Russia), COVISHIELD AND COVAXIN (India).

COVISHIELD: It is developed by SII, Oxford University and AstraZeneca. The interval between 1st and 2nd dose is 12-16 week (84days). Efficacy after the second dose can vary from 70-90%. People above 18year of age can opt for the vaccines. It is administered in upper arm region (intramuscularly) as 0.5ml.

COVAXIN: It is developed by Bharat Biotech and ICMR. The interval between 1st and 2nd dose is 4-6 week. Efficacy after the second dose can vary from 78-95%. People above 18years of age can opt for the vaccines. It is administered in upper arm region (intramuscularly) as 0.5ml.

2. Homoeopathic mode of Treatment

According to the recommendations of the Central AYUSH Ministry we propose to use *Arsenic Album* 30 for prophylaxis. By upgrading the immunological memory of human beings using an external stimulus through lipid functionalized *Arsenic Album* 30, we can improve the specific immunity of the public against SARS-CoV-2. *Arsenic Album* is a well-established drug for clinical management of diseases with presenting symptoms similar to COVID-19. As₂O₃ is widely used in modern medicine and Nanomedicine trials for improving immunity and reduce inflammation due to immune compromised diseases. In Homoeopathic Pharmacopeia of India, the preparation of *Arsenic Album* is clearly mentioned and *Arsenic Album* 30 is considered as an established drug derived from mineral sources which can deliver therapeutic action at nanomaterial dose.

Ayurvedic mode of Treatment:

In Ayurvedic mode of treatment the various kadhaas, Tulsi, Alisher's in crude form is used to treat covid 19 cases and also for increasing immunity.

CONCLUSION

The COVID-19 pandemic demonstrates that the world remains vulnerable to public health emergencies with significant health and other socio-economic impacts. The pandemic takes variable shapes and forms across regions and countries around the world. The pandemic has impacted countries with inadequate governance of the epidemic, fragmentation of their health systems and higher socio-economic inequities more than others. During this pandemic various system of medicines play important role in curing and managing the conditions. Homoeopathic mode of treatment finds very beneficial to peoples in developing immunity against this deadliest Virus. So, these are challenges which we face Seldomely any time so we must strengthen our medical sector for facing that type of challenges.

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