



## Review

### Post-Covid Syndrome- An Overlook

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#### ABSTRACT

After recovering from the initial infection from COVID-19 though out world some people has been ambushed by a baffling array of symptoms, including extreme fatigue, a foggy brain, a raised heartbeat and diarrhea. Recent analysis by the Covid Symptom Study suggested that as many as one in 10 people with Covid-19 have been sick for more than three weeks after symptoms first emerge. Corona virus that causes Covid-19 is a very different virus than influenza, so its long-term consequences are likely going to reflect. Treatment is mainly focused on reassurance, self-care, and symptomatic control. There are currently no FDA-approved treatments specifically for this condition.

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## Introduction

In early quarter of the year Covid-19 was growing and continues till a day. After recovering from the initial infection from COVID-19 though out world some people has been ambushed by a baffling array of symptoms, including extreme fatigue, a foggy brain, a raised heartbeat and diarrhea. Referred to as long-haul Covid, long covid, or tentatively by the medical community as 'post-Covid syndrome', this poorly understood condition is being closely associated with chronic fatigue syndrome, or myalgic encephalomyelitis (ME). As a growing number of sufferers from around the world have turned to online support groups on Facebook, Twitter and Slack, researchers are now trying to determine the cause and how it might be treated. Recent analysis by the Covid Symptom Study suggested that as many as one in 10 people with Covid-19 have been sick for more than three weeks after symptoms first emerge. Some of the most pernicious problems faced by the group of long-haulers are chronic fatigue, high temperature, insomnia, headaches, brain fog, tingling sensations and dizziness. The ongoing fatigue, coupled with crippling migraines and pain in chest, has led to several panic attacks. Some experience ringing in the ears, intermittent brain fog, palpitations, and dramatic mood swings (Ray, P. *et al.*, 2020). John Geddes, professor of epidemiology at the University of Oxford, believes that protracted illness is likely to be caused by the virus getting into the nerve cells of the brain. Others suggest that an elevated immune response to the virus may be damaging the cells in key parts of the body. Covid-19 would not be the first pandemic to generate debilitating symptoms well beyond the infection period. Following the 2003 SARS outbreak in Asia, researchers found that 60 per cent of patients had post-viral fatigue and insomnia one year after contracting the virus. The Ebola outbreak in West Africa in 2014 led to the identification of a unique 'post-Ebola Syndrome', which shared some symptoms with chronic fatigue and lasted up to two years after infection. Post-

viral syndromes are already mired in controversy. For decades, people suffering from chronic fatigue have felt their illness has been dismissed by medical professionals as psychological rather than physical ailments (Anonymous-a, 2020).

In general, illness is a function of;

– Antecedents,

Things that make you vulnerable to illness, such as genetics, trauma, other illnesses, poor diet, relational/financial/employment stresses.

– Triggers,

The trigger, in this case, is the Corona Virus (SARS-CO-V-2).

– Mediators,

The factors that maintain illness (WHO, 2020).

## Mediating Processes

It appears that there are, broadly speaking, and two classes of mediating processes involved

1. Reactivation of the virus with recurrence of original symptoms. Many viruses hide in our genome and reassert themselves under certain conditions. In such cases, a period of ongoing anti-viral therapy may be helpful, in combination with the treatment of the systems listed below.

2. Post viral degradation of immune, hormonal, autonomic, gastrointestinal, detoxification, mitochondrial, epigenetic, nutritional, and neurological systems. Evaluation of these systems and correction of identified deficits is required for recovery (Anonymous-b, 2020).

## What happened with the Corona Virus?

The corona virus that causes Covid-19 is a very different virus than influenza, so its long-term consequences are likely going to reflect that. Before Covid-19, researcher had no model of a viral respiratory disease so frequently causing an overwhelming inflammatory response that can lead to extensive scarring of the lung. And this virus can also attack many other organs. While influenza typically infects solely the respiratory organs, the corona virus has the ability to infect cells in, e.g., the gastrointestinal tract, the cardiovascular system, skin, kidneys, and nervous system.

And it triggers not only an inflammatory cascade but also an out-of-control cascade of blood clotting in some people.

It looks like some of the long-term impacts of this virus might be irreversible. For example, the shortness of breath is often due to lung scarring, and we think that could be permanent. The virus leads to more blood clots, and that could lead to a stroke that permanently damages the brain or, if the clot goes to the lungs, a pulmonary embolism that destroys lung tissue. In these cases, one can see the structural damage in the body and understand why the disabilities from the illness might be chronic (Anonymous-c, 2020).

### **The Chronic Fatigue after Covid-19**

It's not clearly understood at this point. As with other post-viral syndromes, the prolonged fatigue isn't explicable by any apparent structural damage. It could be related to a dysfunction in the central nervous system, because there seem to be a lot of nervous system effects associated with this disease. Researcher seeing people with cognitive problems, e.g.; they're just not as sharp as before the illness. They feel like they have 'brain fog'—problems with memory and concentration. This is different from what researcher used to seeing after viral illnesses. Researcher doesn't generally observe these sorts of cognitive problems persist after people have had influenza, for instance.

Their wells know that loss of smell has become a characteristic presentation for Covid-19, and in some people that symptom is persisting after the acute phase of the illness. It's not clear why? There is some evidence that the virus directly attacks the olfactory nerves (nerves involved in smell), although that hasn't been shown consistently. There are some hints that the virus could be using the olfactory nerves as a conduit to the brain (Anonymous-c, 2020).

### **Treating Post-Viral Syndrome**

Treatment is mainly focused on reassurance, self-care, and symptomatic control. Sleep disturbances overcome by meditation and yoga which might be effective. Pain issues are

overcome by therapies such as cognitive behavioral therapy (CBT) and exercise can be used. Even acupuncture and massage have also been tried. There are currently no FDA-approved treatments specifically for this condition (Anonymous-d, 2020).

### **Discussion**

As the pandemic continues, we're learning that many people who experience COVID-19 endure long-term health consequences called post-viral syndrome. Symptoms include fatigue, difficulty concentrating, and brain fog. There are no FDA-approved treatments for post-viral syndrome, but experts say patients with post-viral syndrome can get better with time.

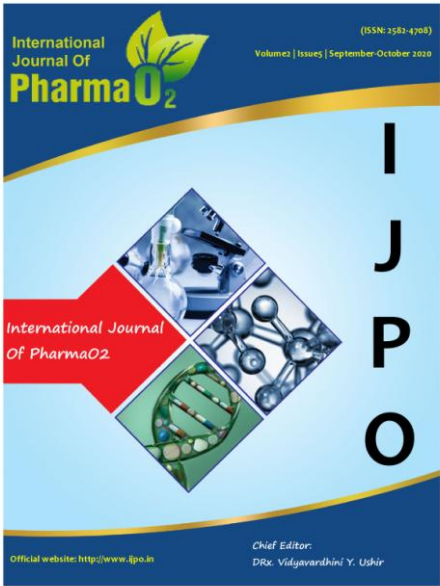
### **Conflict of Interest**

The Author does not have a conflict of interest.

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