

## Management of Covid-19 in India

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### ABSTRACT

*Information regarding COVID 19, its transmission, recovery time, treatment, its severity, types of food to be taken, weather condition's effect, its nomenclature, temperature screening, its protection, deaths, dealing with dead bodies etc. were collected and compiled at one place for the benefit of the reader in a simple way. Maintaining mental health of the corona patients is extremely important. No complexity has been discussed. The various happenings from 22.03.2020 till 03.06.2020 were critically examined by subjecting them to SWOT analysis. The results show that the management of COVID 19 in India was very good. It was concluded that prevention is better than cure and for that immunity has to be boosted by each individual. For boosting the immunity, ways and means have been suggested. We all have to live and survive in presence of corona hence we all have to enhance our immunity, use masks, keep social distancing, wash hand with soap frequently, use sanitizer for hand rubs, drink golden milk, Karha, hot water drink, eat chyavanprash, moong-chana, honey, take sunbath, Vitamin C, pranayaam etc.*

### I INTRODUCTION

Covid-19 is an infectious disease caused by a newly discovered coronavirus. It is interesting to note that in class XI/XII, there is a mention of corona in biology book. However with Covid-19 it is found that it may be symptomatic or non symptomatic and all victims may not have same symptoms viz. high fever, cough and cold, breathing difficulty. There are cases which caused deaths when the condition of the patient became worst i.e. the virus attack was severe. It was also observed that some of the corona patients suffer from mental tension and some of them enter in to depression. It is also observed that coronavirus is more dangerous for people who are suffering with other diseases or who are aged. It is a surprise fall out of the pandemic that Indian traditional and Ayurvedic medicines are findings effective to combat this pandemic.

### II DETAILS OF STUDY, ANALYSIS AND DISCUSSION

The virus that causes Covid-19 is mainly transmitted through droplets generated when an infected person coughs, sneezes, or exhales. These droplets are too heavy to hang in the air, and quickly fall on floors or surfaces. Anyone can be infected by breathing in the virus if he or she is in close proximity of someone who has Covid-19, or by touching a contaminated surface followed by touching eyes, nose or mouth. Viruses are named based on their genetic structure to facilitate the development of diagnostic tests, vaccines and medicines, Virologists and the wide scientific community do this work so viruses are named by the international committee on Taxonomy of viruses. (ICTV). It was also observed that some of the corona patients suffer from mental tension and some of them enter in to depression. Thus maintaining mental health of the corona patients is extremely important.

Regarding recovery time for the corona virus diseases, it was found that for people with mild corona virus attack, recovery time is about two weeks, while people with severe or critical attack recover within three to six weeks. Regarding Covid-19 spreading through food, current evidence on other corona virus strains shows that while corona virus appear to be stable at low and freezing temperatures for a certain period, food hygiene and good food safety practices can prevent their transmission through food. The main sources of disease spreading are through respiratory droplets expelled by someone who is coughing. The risk of catching Covid-19 from someone with no symptoms at all is very low. However many people with Covid-19 experience only mild symptoms. This is particularly true at the early stages of the disease. It is therefore possible to catch Covid-19 from someone who has, as for example, just a mild cough and does not feel ill. The virus can cause a range of symptoms ranging from mild illness to pneumonia symptoms of the disease are fever, cough, sore throat and headaches. In severe cases difficulty in breathing and even death can occur. Antibiotics do not work against viruses. Most of the people who catch Covid-19 can recover and eliminate the virus from their bodies.

People of all ages can be infected by the new Covid-19. Older people and people with pre-existing medical conditions (such as obesity, asthma, diabetes, heart disease) appear to be more vulnerable in becoming severely ill with the virus. WHO advises people of all ages to take steps to protect themselves from the virus, e.g., by following good hand hygiene and good respiratory hygiene.

The 2019-20 corona viruses pandemic is an ongoing pandemic of coronavirus disease caused by severe acute respiratory syndrome coronavirus-2 (SARS-Cov-2). Covid-19 causes more severe disease than seasonal influenza, while many people globally have built up immunity to seasonal flu strains. Covid-19 is a new virus to which no one has immunity. That means more people are susceptible to infections, and some of them will suffer from severe disease.

Globally above 3.4% of reported Covid-19 cases have died. By comparison seasonal flu kills less than 1% of those infected. Heat at 56 °C kills the SARS – Cov-2 at around 10,000 units per 15 min (Quick reduction).

At times of Anxiety, practice breathing slowly for a few minutes. Try and distance the thoughts that is causing anxious. This time, thinking of something calm, and severing and slowing down the mind from anxiety will be better. When feeling angry and irritated, calming the mind, counting back from 10 to 1 and distracting helps. Cold weather and Snow cannot kill the new Covid-19. The normal human body temperature remains around 37 °C.

Both the EMT and driver of ambulance have to wear PPE while handling, managing and transporting the Covid identified suspect patients. Similar use of PPE is to be ensured by the health personnel at receiving health facility, patient and attendant also. They should also be provided with triple layer mask and gloves. People who have died from covid-19 can be buried or cremated. Confirmed National or Local requirements may dictate the handling and disposition of the remains. There is some evidence that Covid-19 infection may lead to intestinal infection and be present in feces. However, to date only one study has cultured the Covid -19 virus from a single stool specimen. There have been no reports of faecal-oral transmission of the covid-19 virus to date. No vaccines against pneumonia such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine do not provide protection against the new Covid. The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-n- COV and WHO is supporting their efforts. Although these vaccines are not effective against 2019-n-COV, vaccination against respiratory illness is highly recommended to protect health.

About 80% of confirmed cases recover from the disease without any serious complication. However one out of every six people who gets covid-19 can become seriously ill and develop difficulty in breathing. In more severe cases infection can cause severe pneumonia and other complications which can be treated only at higher level facilities. When someone coughs sneezes or speaks, they spray small liquid droplets from their nose or mouth which may contain virus. If someone is too close, can breathe in the droplets including the Covid-19 virus if the person has the disease.

One should eat a variety of fresh and unprocessed foods every day to get the vitamins, minerals, dietary fiber, protein and antioxidants which our body needs. Drink enough water, Eat fruits, Vegetables, Legumes (e.g., lentils, beans) , nuts and whole grains (e.g., unprocessed maize , millet, oats, wheat, brown rice or starching tubers or roots such as potato, yam, taro and cassava) and food from animal sources (e.g., meat, fish, eggs and milk). For snacks, cheese, raw

vegetables and fresh fruits rather than foods that are high in sugar, fat or salt.

Temperature screening alone, at exit or entry, is not an effective way to stop international spread, since infected individuals may be in incubation period, may not express apparent symptoms early on in the course of the disease, or may dissimulate fever through the use of antipyretics, in addition such measures require substantial investments for what may bear little benefits. It is more effective to provide prevention recommendation messages to travelers and to collect health declaration at arrival with travelers contact details, to allow for a proper risk assessment and a possible contact travelling of incoming travelers.

Regarding special protocol recommendation for the funeral of the people that died of the Covid-19 disease, if the family wishes only to view the body and not to touch it, they may do so, using standard precautions at all times including hand hygiene given the clear instruction to the family not to touch or kiss. Embalming is not recommended to avoid excessive manipulation of the body. Adults >60 years and immune suppressed persons should not directly interact with the body. Human contra viruses can remain infectious on surface for up to 72 hours in experimental conditions. Therefore, cleaning the environment is paramount. The mortuary must be kept clean and properly ventilated at all times.

The symptoms of a Covid-19 disease in a dialysis patient are fever, sore throat, cough, recent shortness of breathing, dyspnea, without major inter dialytic weight gain, rhinorrhea, myalgia/ bodyache, fatigue and diarrhea. Covid-19, may be present with mild, moderate, or severe illness, the latter includes severe pneumonia, ARDS, Sepsis illness and septic shock. By using appropriate protective clothing it is possible to create a barrier to eliminate or reduce contact and droplet exposure, both known to transmit Covid-19, thus protecting health care workers working in close proximity (within one meter) of suspect / confirmed Covid 19 cases or their secretors. Six species of human coronaviruses are known with one species subdivided into two different strains making seven strains of human coronaviruses all together, As on today (4th June 2020), there are 2,16,919 confirmed cases, 1,06,737 active cases , 1,04,107 recovered cases and 6025 deaths.

If we compare the % death cases in India with those of America, Brazil, Italy, France, Germany, Iran, etc. We find that the deaths in India are minimum. This is because India took care right from the beginning and most importantly the people of India have more immunity (including vitamin D through sun bath) than those from other Europeans and American countries. No doubt anti social elements also contributed by creating chaos, spreading rumors to laborers', provoking Jamaty's, dirty politics of political parties for vote bank and others. Otherwise, these figures could have been much low.

As such there is no medicine available worldwide for treatment of Covid-19. Not only medicine but till date there is no vaccine developed by any country to control the situation. Hydroxychloroquine is the medicine that helps a while with respect to protect from spreading the virus. So to summarize we can say that prevention is better than cure. I wish to share my experiences with you all. I am of the firm opinion that prevention is better than cure. If the human body has strong immunity then not only corona but lots of other diseases can not attack and succeed in making you sick. This is true in >90% cases. What I do, instead of tea, Karha (Black pepper, Dalchini, Tulsi, Ginger) twice daily (one in the morning and second one in the evening), one spoon full of Chyavanprash daily, one cup golden milk (milk boiled in presence of turmeric) daily, hot water drinking, Sunbath (Vitamin D), lemon juice (vitamin C) added to Chana Sattu – salt- water solution, water soaked moong-chana with garlic and green chilli daily. Honey every day, sunbath, are taken to boost my immunity. Everyday Pranayam in the morning is a must besides above. I had suggested above to many of my friends, relatives and acquainted persons. They are benefitted by this. Besides above, one has to strictly follow social distancing, wearing mask and washing our hands frequently with soaps, alcohol based sanitizer hand rubs. In our office, before entering, we take shower of sanitizer through machine and before sitting in the chair, sanitizing chair, table computer etc.

During the period the covid period the following facts shows strength of Indian system of government, disaster management and capability of Indian mass in crises:-

- (a) On 22.3.2020, Janata curfew was religiously followed by practically all the countrymen on the invitation of our Prime Minister unitedly. This curfew brought awareness among all which became weapon to fight coronavirus.
- (b) Various gestures like clapping together on a specific day to cheer up corona fighters or lighting candles for 9 minutes at 9 pm by practically all the countrymen showed the will of the nation to fight a pandemic.
- (c) All the addresses to the nation by our Prime Minister to fight against corona were carefully heard by every Indian citizen and followed in letter and spirit.
- (d) Various guide lines issued by government of India in connection with fight against corona virus was followed by one and all. Solidarity became the strength, barring few antisocial elements.
- (e) Economy has been adversely affected and private educational institutes suffered most. Still education sector came up with alternate plans.
- (f) Working online by a huge number of employees from their home, taking up to double work load, online teaching in colleges, schools, universities, conducting webinars, virtual rallies, holding meetings through videoconferencing nationally

and internationally, etc. proved innovative strength of India.

- (g) Motivation level of doctors, nurses, ward boy's, policemen, sanitary workers, military personnel, social workers, snack and meal providers, transport providers to laborers rail, road, air, various facility providers was very high and surprised the world.
- (h) Worldwide praise and recognition of the Indian Prime Minister in handling fight against corona virus improved the image of the nation.
- (i) The pandemic proved innovative strength Indians in conjecturing challenge in to opportunity. During the crisis period, India started making ventilators, masks, testing kits, PPE, started research in making vaccine for corona virus and Enhanced production of hydroxychloroquine.
- (j) It was a great challenge for higher education sector to start online teaching through online teaching courses were completed and even online exam conducted in many institutions. Similarly webinars, national and international meetings using videoconferencing became a regular affair.
- (k) Robots were used skillfully in hotels, restaurants, bars, news reading. Research on Artificial intelligence, artificial neural network has recently gained lots of importance to solve our needs.
- (l) Projects were initiative to substitute import materials by making it in India. Sugar factory making sanitizers is one such example.
- (m) Govt launched a big plan of making war/military equipments under Make in India and Make for World initiative.
- (n) The importance of boosting immunity by Indian ayurvedic medicine to fight corona gave opportunity to popularize Indian alternative therapy system in the world.
- (o) Bad weather causing reduction in production of crop yields large number of natural calamities during Covid period tested strength of disaster management capability of India in which India proved its metel.

### III CONCLUSION

Covid period in India is the most trying period for everyone. All the economic and service sectors were adversely affected. However entire India rose to the occasion and successfully converted challenge in to opportunity. The result surprised the entire world. Lockdown in a developing country of 137 crore population appeared very difficult but exemplary discipline was shown by citizens, dedication of corona warriors and effective governance became the golden chapter of the Covid period. Innovation used by education sector to go online despite limitations of resources made them torch bearer to introduce era of technology enabled services. Scientist came up with indigenous products ranging from mask and PPE kits

to ventilators. The biggest achievement of the Covid period was development of vaccine for coronavirus by three pharmaceutical sectors under final phases of

trials as announced by the Prime Minister on 15 Aug 2020.