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Living with Covid 19



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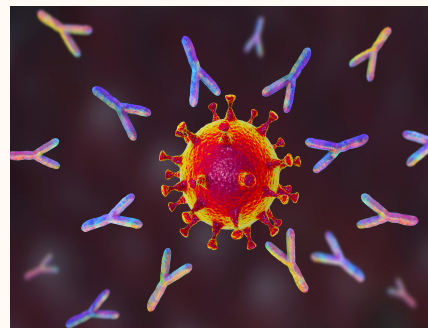
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SARS-CoV-2 is predictably unpredictable but is slow mutating new RNA virus which has clearly disrupted the world since 2020. Gazing into the future of SARS-CoV-2, it is predicted that the new variants of concerns due to mutants would not be eradicated anytime soon but may be less severe, though more contagious like Omicron. The new normal has moved from "herd immunity" (a term which has lost its science as the pandemic evolved) to "endemic" word which also needs lots to be thought about.

The evolution of SARS-CoV-2 over the next several months will determine what the end of this global crisis will look like. Will the virus morph into another common cold or evolve into something more threatening such as influenza or worse? As countries lift restrictions, opportunities increase for

SARS-CoV-2 to make significant evolutionary leaps where it may become a manageable condition in most and protecting the most vulnerable likely to deteriorate. We need to live our lives with Covid 19 with care, caution and precautions without fear and panic.

The novel coronavirus disease of 2019 is associated with significant morbidity and mortality. Our current focus is to save every life from covid 19. Most lives are lost in elderly or unvaccinated population or those who have underlying immunocompromised states or co morbid disorders like hypertension, diabetes, heart diseases or kidney or liver issues. The impact of thrombotic complications has been increasingly recognized as an important component of this disease associated with higher risk of death. To add to the burden of thromboembolism, winters are often accompanied with an unusually high occurrence of heart



'Lone Coronavirus battling against the host of antibodies.'

attacks or strokes. Deaths from heart disease, including sudden deaths, tend to increase rapidly at the onset of winters. The risk of having a heart attack during the winter months is twice as high as during the summers. So, people with cardiometabolic conditions must take utmost care to prevent covid 19 or treat aggressively.

The quest for effective drugs to treat COVID-19 and vaccines to prevent complications has been a priority ever since the outbreak of the disease. Up to now, COVID treatment choices have been inferred from the experience with other coronaviruses or viral infection outbreaks. The options currently being used clinically are categorically divided as antivirals, immunomodulators and other drugs. However, it has been observed that the use of such drugs has shown both, limited efficacy & specificity against SAR-COV-2 but evidence continues to be generated. Many of these medicines were repurposed and are still under investigation.

Flu and influenza pandemics have ravaged the world since 1918 till date. Covid 19 had also seen waves and strains evolve which has seen it evolve from a life-threatening pneumonia like disease from the Wuhan strain till the current less severe Omicron strain which is flu like syndrome in most people now. Omicron related tsunami like wave is less severe but highly contagious. The manifestations of Omicron are essentially an upper airway disease which is "nose" and "throat" covid. They are fever, nasal congestion/stuffy or blocked nose, sore throat with pain, cough, headache, bodyache, tiredness (fatigue), myalgia (muscle pain) and many others. The lung covid which was seen in the Delta strain can still rarely exist often may have loss of smell and taste should never be missed. Monitoring temperature and oxygen saturation will always be the key in the first week particularly. Symptomatic treatment is the key with antipyretics, anti-inflammatory, antihistamines and simple immunity stimulating micronutrients. So current mild disease can be managed by symptomatic treatment solutions and red flagging the vulnerable groups. Simple medicines like low dose aspirin, statins or anticoagulants save lives in the high risk cardiometabolic co morbidities like diabetes and heart diseases.

Now, there is a need to start living with Covid 19 enshrining to follow universal behaviour of masking, air-ventilation, distancing, and sanitisation, behave responsibly and stay safe.

Need of the Hour : Boost Immunity



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For those who had hoped that 2021 would be the year that put the pandemic in the past tense, it was a harsh reminder that it is still very much present. Rather than laying plans to return to the 'normal' life we knew before the pandemic, 2022 is the year the world must come to terms with the fact that SARS-CoV-2 is here to stay.

The emergence of the Omicron variant last November highlighted the ongoing challenges of life with SARS-CoV-2. The transmission rate increases with each new emerging variant & hence vaccine is only partially effective method of protection against the new mutants.

While COVID-19 is prevalent, the combined use of immunomodulatory or

anti-inflammatory agents and antivirals might be the optimal therapy for the disease. The emergence of affordable and powerful oral anti-COVID-19 drugs and the increased uptake of vaccination will bring hope for the end of the COVID-19 pandemic.

It takes years to develop antiviral drugs & looking at repurposing easily accessible which treat COVID symptoms. The need of the hour is to look at therapies that can be taken at home in tablet form to reduce hospital load. Knowledge & detailed science behind use of aspirin & promethazine in treating flu like symptoms backed by clinical evidence is sufficiently available.

Micronutrient have potential roles in interfering with virus at the entry site, and inhibiting activities of replication cycle of severe acute respiratory syndrome coronavirus. Micro-nutrient also have immunomodulating, anti-inflammatory, antioxidant, and antiviral properties. Therefore, micronutrients are consequently a promising alternative nutritional approach to combat COVID-19.

Vitamin D supplementation is safe and effective up to 4,000 IU in reducing virus replication and controlling the cytokine storm.

In COVID, vitamin C up to 1500 mg provides optimum in COVID-19. Vitamin B3 not only helps to build and maintain a healthy immune system but it could potentially prevent or reduce COVID-19 symptoms or treat SARS-CoV-2 infection. Zinc has immunomodulatory, antiviral & anti-inflammatory responses and supplementing 15-30 mg Zinc per day in COVID infected is effective. Selenium and Iodine has beneficial effects on immunity, with a dose more than 100 µg per day.

The COVID-19 pandemic is still severe, and most of the drugs currently for COVID-19 are not designed specifically against SARS-CoV-2. The combination of Aspirin, Promethazine and micronutrients inhibits viral proliferation in early stage of COVID-19 thus preventing subsequent severe complications. Clinical evidence suggests that Aspirin, promethazine and micronutrients can shorten the recovery time of COVID-19 symptoms.

Need of the hour with omicron variant is to boost immunity of those vaccinated & unvaccinated as emerging variants tend to cause mild illness. Clearly better vaccines will take years to develop and right now what we need is widely available & safe, affordable therapies.

Issued in Public Interest by Vitabiotics Ltd.