

Covid and the Fourth wave - “Corona far from over”

“Corona is here to stay” will keep having New Waves

Globally confirmed cases of Covid-19 are about 464M, with deaths being about 6M as per WHO. In India, there have been about 43M confirmed cases with about 0.5M deaths, from 3rd January 2020 till 18th March 2022, with about 1 billion eight hundred five million vaccine doses administered. A team of researchers has predicted that a fourth wave might soon hit India in June 2022 and will last for four months. Countries like Germany, the US, India have seen the third wave, and countries like South Africa, and Zimbabwe have started to face the fourth and higher waves of covid-19. Managing through all the waves healthily is the need of time. As per the studies, building up immunity is the key to surviving through the covid-19. Dietary supplements play a crucial role in preventing SARS-CoV-2 infection and in those who are infected will reduce the severity in them.

Micronutrients have an important role in the immune system and could result in beneficial effects in COVID-19 outcomes. Minerals such as selenium which is an antioxidant help to improve renal complications that are associated with inflammation, oxidative stress. Selenium has been recommended as an adjuvant in Covid-19 infections because of its beneficial effects on cellular immunity that provides the defense with the release of cytokines and chemokines in response to an antigen.

Vitamin D may play a role as an immunosuppressant by inhibiting cytokine release syndrome, therefore Vitamin D deficiency makes the body prone to infections. Zinc



Rohit Shelatkar

B Pharmacy, MSc. Pharmacology,
Sr. Vice President, Director,
Vitabiotics Ltd. UK

Heads the international business team along with his participation in the Product Formulations and Regulatory Affairs.

deficiency affects the immune system and zinc deficiency is also associated with respiratory diseases. Zinc has antiviral and anti-inflammatory responses. Niacinamide enhances the therapeutic efficacy of antiviral agents and improves creatinine trajectory among patients with severe COVID-19 related acute kidney injury. Vitamin C has a protective effect on the lungs against viral infections. Aspirin possesses anti-thrombotic, anti-inflammatory, and antiviral activity. Studies have suggested that promethazine block SARS-CoV-2 endocytosis in the respiratory epithelium. Iodine also possesses antiviral activity.

Along with nutrition, it is still very important to take all the precautions. All the precautionary fac-

tors together will help to manage the spread of the most dreaded disease, India was the country to record very low numbers of covid-19 positive cases of people in comparison to the second wave. The second wave observed more cases most likely due to the new variants found (B.1.617.1 and B.1.617.2). By December 2021, India had the third wave with Omicron variant, with the omicron wave still there, researchers have predicted the fourth wave of Covid-19 pandemic in India may start around June 22nd and peak to late August. Viruses will continue to mutate and hence we need to learn to live with them. As of December 2021 studies have found five variants of SARS-CoV-2 among global populations which are the Alpha-Variant (formerly called the UK Variant and referred to as B.1.1.7), the Beta-Variant (formerly called the South Africa Variant and referred to as B.1.351), the Gamma-Variant (formerly called the Brazil Variant and referred to as P.1), the Delta-Variant (formerly called the India Variant and referred to as B.1.617.2) and the Omicron-Variant (formerly called the South Africa Variant and referred to as B.1.1.529). The variants are more infectious and cause more severe symptoms, consult the doctor immediately if you have a fever, wear a mask, maintain physical distance, have a healthy diet and nutrition, and get vaccinated and follow all the government-imposed rules for isolation to sail through all the waves of COVID.

Issued in Public Interest by **Vitabiotics Ltd.**