

Immunity in multiorgan complications during COVID-19

“Health is wealth- Eat right be bright”

The proverb “Health is wealth” reminds us of the times of pre-covid when the time was right, but some of us failed to take care of our health. However, it is still not too late to start, health should be the focus in this pandemic and post-pandemic as well. The organs most affected by COVID-19 include respiratory, cardiovascular, gastrointestinal, nephrological and neurological. Cardiac complications have been found due to clotting, microvascular dysfunction, cardiac damage & severe immune reaction. Covid-19 survivors have reported chest pain, palpitations, myocardial inflammation, and venous thromboembolism. Management of cardiac complications depends on the pre-existing cardiac comorbidities and the conditions that developed during the acute phase or during the recovery. Healthy eating norms, maintaining a healthy weight, following the directions of the doctor for cardiac health, avoiding self-medication and other precautionary suggestions for managing post-covid complications are maintaining social distancing, washing hands frequently, practicing yoga within tolerance levels.

Other than cardiovascular complications, amongst hospitalized patients, about 80 percent experience breathlessness, the pulmonary anomalies after recovery from the acute COVID-19 illness include diffuse lung disease (inflammatory and/or fibrotic), respiratory muscle weakness, respiratory infections,

consequences of clotting in the respiratory system. For managing pulmonary clotting therapeutic anticoagulants should be administered. A few of the other mea-



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sures in managing the post-covid symptoms include a nutritious diet & exercise within tolerance levels. In regards to nutrition, there are food and supplementary food that will enhance our immunity, these include vitamin C, vitamin D, zinc which have antiviral properties. Nutrition and health are connected, one cannot have good health without nutrition. It is important to consume an appropriate dose of vital minerals, vitamins, and nutrients to strengthen the immune system at recommended dosage intervals and times. Selenium and Iodine at an appropriate dose may act as an adjuvant in COVID-19 treatment. B Vitamins have antioxidant prop-

erties, vitamin B1 exerts anti-inflammatory properties and B12 enhances immunity. Nutritional support in regards to micronutrients, vitamins (mainly A, C, E, D, and the B complex), and trace elements (such as zinc, selenium, and iron) help in the functioning of the immune system, controlling inflammatory processes & oxidative stress.

A nutritious diet has beneficial effects in preventing and recovering from multiorgan complications. The additional supplemental therapy is an adjuvant to boost the immune system to combat the infection and multiorgan complications. There is a weakening of the immune system and severe multiorgan complications observed if the body is deficient in any of the required nutrients. We all have to be prepared



for such a pandemic with better immunity to face the increasing effect on the multiorgans and their complications. This is the time to buckle up and start boosting our immunity to overcome this pandemic so that the new normal is brighter than ever before. Take charge today for a better and brighter tomorrow

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