

Beware! “COVID-19 Pandemic” - A Serious Threat to Human Survival

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Abstract

The corona virus illness 2019 (COVID-19) pandemic might be distressing for individuals. Dread and nervousness about another infection and what could happen there can be overpowering and cause compelling feelings in grown-ups and youngsters. General well-being activities, for example, social removing, can cause individuals to feel separated and desolate and can build pressure and uneasiness. In any case, these activities are important to lessen the spread of COVID-19. Adapting to worry in a solid manner will make you, the individuals you care about, and your locale more grounded. Everyone has to take care of his mental health.

Keywords: Covid-19; Pandemic; Stress; Anxiety

Introduction

What is being neglected is our psychological health. The epidemic has caused so much fear and anxiety in our minds. Several cases of severe acute respiratory syndrome caused by corona and their mortally more than 1000 patient was reported in 2003. This was the black year for microbiologist. When microbiologist was started focus to understand these problems. After a deep exercise they conclude and understand the pathogenesis of disease and discovered as corona virus. The causative agent of the current COVID-19 pandemic, SARS-CoV-2, is a single stranded positive sense RNA virus that is closely related to severe acute respiratory syndrome coronavirus (SARS-CoV).

Microbiology of Corona virus is spherical or pleomorphic, single stranded, enveloped RNA and covered with club shaped glycoprotein. Corona viruses are four sub types such as alpha, beta, gamma and delta corona virus. Each of sub type corona viruses has many serotypes. Some of them were affect human of other affected species such as pigs, birds, cats, mice and dogs.

Stress and coping

Stress during an irresistible ailment flare-up can some of the time cause the accompanying:

Fear and stress over your own wellbeing and the soundness of your friends and family, your budgetary circumstance or occupation, or loss of help administrations you depend on.

- Changes in rest or eating designs.
- Difficulty resting or thinking.

- Worsening of ceaseless medical issues.
- Worsening of emotional wellness conditions.
- Increased utilization of tobacco and liquor.

The organic bases of dread and nervousness are subject to the significant mind structures, and neuronal circuits associated with passionate data preparing and conduct are differentiated. Passionate and intellectual procedures can't be separated, in any event, when thinking about such a fundamental feeling as dread or anxiety [1]. Extended times of lockdown and failure to leave home for additional days itself are upsetting for COVID 19 non-infected people. The intellectual trepidation of COVID 19 pandemic circumstances is basically engaged with passionate pain and furthermore impacts adapting procedures or resistance systems. Specialists and emergency clinics are accessible on need for COVID 19 patients, and psychological well-being issues are generally not given need till COVID 19 cases are on rise. Youthful and working people have further worry because of duty of family care, future profession, and money related necessities. Mentally, the living condition changes to necessary lockdown, individuals feel uncomfortable and on edge [2]. When the potential reasons for spread for pandemic is not clear, close disapproved of perspectives and gossipy tidbits frequently increment. Dread and shame lead to additionally negative conduct. For instance, an Indian individual who was suspected to have COVID 19 disease was so frightful to spread the infection that he submitted suicide [3]. It is basic to have a short thought of accessible techniques to stay away from dread and nervousness in lockdown. The alternatives of adapting are not actually like routine conditions. It is expected to comprehend the distinction of adapting strategies. In the examination, the scientists studied an aggregate of 650 dental specialists from 30 nations utilizing on the web polls. Most dental specialists (76%) were working in a clinic setting, and of these, 74% were in private and 20% were in government establishments. The discoveries demonstrated that more than 66% (78%) of general dental specialists experienced tension and stress inferable from worry about the unfriendly impacts of COVID-19. Most of the dental specialists (90%) knew about the on-going changes in treatment conventions, however just 61% said their practices have corrected treatment conventions for contamination control because of the pandemic. There are choices with self-home consideration based methodology as depicted in table 1.

Facing strategy	Routine circumstances and treatment detriments	Lockdown situation in COVID-19
Advising or intellectual conduct treatment.	<ol style="list-style-type: none"> 1. It is powerful for individuals with nervousness issues. 2. Negative musings can make more worry in our carries on with, a terrible state of mind that can be infectious, and can even reason others to treat us in a less cordial manner. 3. It is anything but difficult to get caught into the propensity for deduction adversely and changing those manners of thinking is exceptionally basic. 	<ol style="list-style-type: none"> 1. It is very difficult to get Doctor's appointment and counselling available in lockdown. 2. Online assets can be considered. 3. Understanding the reality: For the vast majority, the impending danger of getting truly sick from the infection that causes COVID 19 is believed to be low with the exception of old matured/medically undermined person [4]. 4. A self-suggestion method of positive information may help to a great extent. Hearing about the pandemic repeatedly or rumors on social media can be upsetting. Young and working individuals should avoid repeated thoughts on future career and financial needs and primarily focus on current goals to remain safe in isolated situation.

Medication	<ol style="list-style-type: none"> 1. Medical drug treatments can provide short term help, but the root of the problem is not addressed. 2. There are possibilities of side effects. 	<ol style="list-style-type: none"> 1. Specialists and medical clinics are accessible on need for COVID 19 patients, and psychological wellness issues are not given need till COVID 19 cases are on rise. 2. Hard to get arrangement and medicine from specialist. 3. Non-infected people from COVID 19 are restless to get tainted from medical clinic visit and furthermore prudent to maintain a strategic distance from visit.
Sympathetic and philanthropic activities	<ol style="list-style-type: none"> 1. By giving something with non-narrow minded goal can enact synapses related with positive sentiments, diminishing nervousness, and satisfying. 2. 2. People can expand socialization with similarly invested individuals for selfless action finished with sympathy can lessen pressure and tension. 	<ol style="list-style-type: none"> 1. People can do benevolent exercises from home, for example, helping other people to stay constructive during lockdown. 2. Prompting "to stay alert from COVID 19 spread yet daring". 3. Can utilize web-based social networking in a positive manner for doing unselfish exercises.
Standard of living change, intake, and liquor use	<ol style="list-style-type: none"> 1. Non pharmacological methodologies, for example, way of life changes and diet control, have great long haul impact. 2. Individual can increment open air exercises and have adjusted eating routine 	<ol style="list-style-type: none"> 1. People need to stay indoor larger part of time and need to eat what is accessible. 2. It is exceptionally basic for individuals to drink and smoke more when they feel anxious. The delayed consequences of liquor can cause you to feel much increasingly apprehensive or on edge in lockdown circumstance.
Complimentary therapies: exercise, yoga, meditation	<ol style="list-style-type: none"> 1. Can be done indoor or outdoor. Preferred to be done in morning or evening sunlight. 2. Can be done in groups, which can motivate each other. 	<ol style="list-style-type: none"> 1. Can be generally done indoor and independently (instead of gatherings). 2. People ought to consider doing it in overhangs or open space where daylight and natural air are accessible.
Faith, spirituality, prayers, and intonation	<ol style="list-style-type: none"> 1. For a long time, analysts have typically thought about supplications/mantras as strict custom as opposed to logical confirmations of its effects. 2. People can visit strict spot or otherworldly instructor (master) for worship. 3. Can interface with other confidence gatherings and produce important encouraging group of people. 	<ol style="list-style-type: none"> 1. People can supplicate and recite mantras at home. These otherworldly strategies can give you a method of feeling associated with an option that could be greater than yourself [5]. 2. Can interface with confidence bunch on the web or via web-based networking media. 3. "Namotthunam" [6] a blend of yoga and petition. Its strategy is to give profound regard and mitigating dread.

Table 1: Difference in stress/worry facing strategies in daily circumstances and COVID-19.

Developing Mental Health Issues in COVID-19 Pandemic

The COVID-19 pandemic is a worldwide crisis circumstance while the determination of explicit issues needs a particular timeframe which is a significant requirement to measure the emotional well-being issues. Additionally, a significant number of the survivors may create mental issues long after the occasion. In this manner, different and complex bewildering factors makes the issue cloudy. Luckily, examines assessing the psychological wellness issue have been coming out step by step which needs additional time absolutely to get replicable discoveries.

Within General Population

As the COVID-19 pandemic has been spreading quickly over the globe, the preeminent psychological wellness issue has raised the degree of stress or uneasiness communicated in open emotional well-being term [8]. Lacking information with respect to the hatching time of the infection, course of transmission, treatment and wellbeing estimates cause dread and uneasiness [9-11]. The residents additionally feel repetitiveness, frustration and touchiness under the secured state [10]. Everyone can encounter dread and tension of being debilitated or biting the dust, weakness, accuse the individuals who are as of now influenced and encourage the psychological breakdown [11]. A wide scope of mental issues can be discovered, for example, burdensome issues, uneasiness issues, alarm issue, physical indications, self-fault, blame, posttraumatic stress issue (PTSD), incoherence, psychosis and even self destruction [11,12].

Among Covid -19 Patients

The survivors are the high-chance individuals to build up a wide scope of mental issues, for example, gloom, nervousness and PTSD (World Health Organization 2020) [13]. As a continuation of wellbeing practices, patients may create over the top habitual issue (OCD) [9]. Additionally, physical indications of COVID-19, for example, fever, hypoxia and hack alongside unfavorable impacts of endorsed drugs (corticosteroids) may cause more nervousness and mental pain (Wang et al. 2020) [14].

Within Healthcare Workers

Expanded remaining task at hand, segregation and separation are regular which bring about physical depletion, dread, enthusiastic unsettling influence and rest issues [10]. An ongoing report including 1563 wellbeing experts revealed that the greater part (50.7%) of the members detailed burdensome manifestations, 44.7% uneasiness and 36.1% rest aggravation [10]. Alongside the doctors, the forefront medicinal services suppliers (FHCP) can create mental issues, for example, sadness, tension and PTSD [9].

Among Special Population (Old Age and Co-morbidities)

level of dread, stress and worry among not many certain gatherings especially, in more seasoned grown-ups and individuals with hidden comorbid messes [8].

Conclusion

It is important to recognize the seriousness of this health crisis and be mindful in the way we respond to it. Remember that there are two ways we can look at F.E.A.R. Either we "Forget Everything and Run," or "Face Everything and Rise." I urge you to choose the latter. Rise above it and be kind to yourself [7].

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