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## COVID: A basic review

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### Abstract

Corona virus - 19 is an infection which taints both, humans and animals. It can cause cough and cold to a severe disease like Middle East Respiratory Syndrome and Severe Acute Respiratory Syndrome. In December 2019, a novel corona virus infection devolved in 'Wuhan' the city of China and spreading to Italy, USA, UK and India. This corona virus is producing symptoms same to 'SARS'. The virus known as SARS-CoV-2 and this illness is called COVID-19. COVID-19 is increasingly influenced to old matured individuals and people who have numerous sicknesses or people with less immunity system. It makes extreme illness to death. Presently COVID-19 turning in to a pandemic disease and homoeopathy has an incredible job on pandemic illnesses. As homoeopathy known for increase the insusceptibility and vitality.

**Keywords:** COVID 19 pandemic, homoeopathy, SARS-Cov-2

### Introduction

Corona looking like "crown". It is a 'Latin' Word. It is an irregular shaped glow surrounding the crown. The viruses named corona because of its shape. There is a crown like glycoprotein spikes on corona surface is present which is made up of glycoprotein 120. Corona viruses are belonging to the family Coronaviridae. It is a large family. Corona viruses are Zoonotic type virus (Zoonotic- transmitted between Animals and Humans), so this virus infects both humans and animals. According to World Health Organization, cause illness from common cold to severe diseases, such as SARS (Severe Acute Respiratory Syndrome) & MERS (Middle East Respiratory Syndrome) [1].

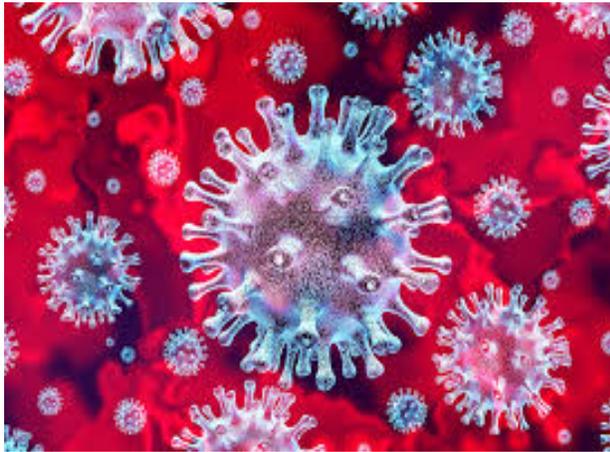
Human corona virus firstly identified in mid of 1960. In the year 2003, a disease named SARS started from China and spreads to the other countries, before the end of 2004. December 2019 at 'Wuhan' a city of 'China'. The exact source of energy of this new type of corona virus (SARS-CoV-2) is not known. Chinese authority identified this Novel Corona Virus and in January 2020 and named SARS - CoV-2. The Chinese health authority said that this virus is originate from a Seafood market of Wuhan city, China but after that on 7<sup>th</sup> February Chinese researcher said that the virus could be spread from infected animal species. An article on Feb. 26, 2020, in Nature reports that this virus may have spread from bats or pangolins (a scaly ant- eater that inhabits China) [2, 3].

**Incubation Period of Novel Corona Virus:** The incubation period of Novel Corona Virus is 2 to 14 days after exposure, but it can vary from person to person. The median incubation period is approx 5.1 days. It seems the appearance of symptoms within 11 – 12 days of exposure.

### Types of Corona Viruses

There are total 7 types of corona virus in which 4 are common human corona virus and 3 are other human corona viruses. H CoV-229 E, H CoV-NL63, HCoV-OC43, HCoV-HKU1 and MERS - CoV (transmitted from dromedary camels to the humans), SARS - CoV (transmitted from civet cats to the humans) and SARS - CoV-2 or 2019-nCoV (Novel Corona virus). When the corona virus, who infects animals, evolve and make humans ill, then they became a new human corona virus. These are the three recent examples of other human corona viruses.

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**Fig 1:** Covid

**Clinical Features:** Signs and symptoms are fever, cough, SOB, difficulty of breathing, tiredness, headache, runny nose, congestion, sore throat, diarrhoea. In mild COVID 19 cases symptoms are similar to cold and flu. In severe COVID 19 cases are severe respiratory symptoms are pneumonia, acute renal failure, multiple organ failure and death [4].

**Stages of corona Virus:** There are 4 stages of pandemic COVID-19

**A. Imported cases:** When the cases of an infection are imported into a country, which was not the source of the infection.

**B. Locally transmission:** When the infection is locally transmitted in the country. It means the person from whom the infection spread to the other one is from the country itself.

**C. Community transmission:** In this stage, the virus has started circulating in the community. Here it becomes very tough to track the chain of transmission of the virus. In this stage a lockdown becomes very important.

**D. Epidemic:** When the infection becomes Endemic

#### Mode of Transmission

The virus mainly spreads from infected person to healthy person, via droplet infection by sneezing and cough with close contact without mask. May be spreads from touching things like doors handle, pens, papers etc., and then touching health person eyes, nose and mouth.

#### Investigations

CT scan of COVID-19 cases show opacities in the lungs and bilateral pulmonary infiltrates. Blood investigations shows that reduce the lymphocytes (lymphocytopenia) and leucopenia. COVID 19 can be diagnosed by PCT test [5].

#### Management

##### Prevention

- Wash your hands regularly with soap and alcohol based every hourly.
- Clean doors, stairs with sanitize.
- Wear face mash (N – 95/ 3 layers mash/ any mash) while

going out.

- Do not touch nose, eyes and mouth.
- Wear a face mask.
- Maintain social distancing.
- Avoid meeting and social gathering.
- Don't share your personal items with others.
- Cover your mouth and nose by tissue paper before coughing and sneezing.

#### Conclusion

COVID-19 is a disease aetiology by Novel Corona Virus and now this ailment/disease is become a pandemic sickness. Definite treatment for this disease is not known yet. The condition is very intense and in view of no original/basic management and vaccination, the condition relies up on preventive measures. Along these lines, reduce going outside, wearing face mash and maintain social distancing, as always prevention better than cure.

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