

CoVID19 pandemic induced depression and strategies for management

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Abstract

The corona virus disease 2019 (COVID-19) caused by severe acute respiratory syndrome corona virus type 2 (SARS-CoV-2), belongs to a class of emerging and re-emerging diseases, which was first identified and reported in Wuhan, China, during December 2019. The analysis of its genetic sequences suggested it to be similar to SARS viruses, a β -coronavirus. The studies associated to the epidemiology and virology of the disease suggested that the transmission of SARS-CoV-2 mainly occurs from a symptomatic or infected person to others through a close contact with the respiratory droplets or by having a contact with the SARS-CoV-2 adhering with the objects and surfaces. The time between the exposure of a healthy person to the SARS-CoV-2 and the appearance of the symptoms called as incubation period ranges from 5-14 days. During CoVID19, the orrence of fever, dry cough and tiredness are the most common symptoms. The less commonly occurring symptoms:include aches and pains, chest pain, conjunctivitis, diarrhea, headache, difficulty in breathing or short breaths, loss of taste, smell, rashes on skin, Sore throat, The most serious symptoms include difficulty in breathing or shortness of breaths, pressure or pain in chest region, and loss of speech or movement. The diagnostics to detect the presence an individual with CoVID involves ELISA based tests and RT PCR. There is no specific treatment available to eradicate CoVID19. As the world is facing coronavirus pandemic, there is a steep rise in degree of fear, worry and concern in the population with CoVID19 mainly the health care provider, infants, pregnant ladies and the older adults as well as those receiving treatment in hospitals. This disease has been recently reported to be associated with the development of psychosomatic disorders including depression. This paper presents an overview of the current status of depression developing in the SARS CoV2 infected people, and strategies to combat the CoVID19 pandemic.



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