



## Depression on the Brain Due to Covid-19

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### Editorial

COVID 19 being new to the human kind, its effect and severity on the overall health has not been recorded yet, but until now people with chronic ailments like asthma, renal disorders, heart problem, and the geriatric population has been asked to follow extra precautions. COVID-19 has led to internal and external war for the humanity. At one side people are being addressed by external forces and government to maintain social distance, isolation and other hygiene conditions. On other hand some sections of society, especially older adults, children and sick people are fighting internally with the fear of uncertain situation rising due to COVID-19 pandemic.

The current pandemic is heavily impacting the mental health of healthcare workers and the public at large. However, scientists have conducted little research into the mental health impact on individuals with COVID-19. As the crisis evolves and persists, it will be increasingly important for the research community to conduct investigations that address the mental health consequences of COVID-19.

COVID 19 pandemic the whole Nation is under lockdown, and looking at the current situation of increasing cases, the situation is likely to continue. While most of the professionals have been instructed to work from home, devoid of a workplace ambience can cause depression and anxiety among many and those with pre-existing conditions.

Why do you feel depressed when you have COVID-19 with smell loss? The answer could be that the disease caused by the novel coronavirus is attacking your brain.

Hippocampus is located near the center of the brain. It stores memories and regulates the production of a hormone called cortisol.

Problems can occur when excessive amounts of cortisol are sent to the brain due to a stressful event or a chemical imbalance in the body.

The surprising finding was that loss of smell had the most significant associations with depressed mood and anxiety. We found that depressed mood and anxiety were positively associated with COVID-19 symptoms of decreased sense of smell and taste. New research led by Dr. Ahmad Sedaghat, an ear, nose, throat specialist and internationally recognized expert in rhinology at the University of Cincinnati College of Medicine, suggests that COVID-19 may not only be knocking out the sense of smell for some, but also using the olfactory tract as a way to get into the brain.

In the central nervous system, the illness might be causing the depression and anxiety that those with smell loss exhibit. No one will know that for sure until more research is done. Though the potential of the Corona virus can affect any organ or body part should be considered omnipresent, as it appears. While various study also shows the potential impact of the COVID on the neurons.

The symptoms of MDD significantly interfere with daily activities, such school, work, and social events. It may be impact mood and behavior as well as various physical functions, such as sleep and appetite.

### Healthy diet and sleep hygiene

Healthy well-balanced diet and being physically active should be your aim. Stress activates your adrenal glands to release cortisol, increasing your appetite. Stress also impedes hunger hormones, like ghrelin, that regulate your appetite. When you're under stress, you often feel out of control and overwhelmed — and that can leak into your eating habits. Focus on the real issue, think long-term and Get mindful. Have a good night sleep. (good sleep hygiene). Convert your fear into courage, poison into medicine and unlock your compassion and wisdom to help prevent the effects of stress on your immunity.

Let's learn to cope with our new reality of being in this virtual life that includes virtual work, virtual consultations, virtual exercise lesson and virtual family and friend meets. It is normal to feel sad, stressed, scared during such a crisis. Remember, it is a physical lockdown for everyone, not a lockdown of your mind and soul, it is not a lockdown of help, hope and kindness.

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