

How to Overcome After Effects of Covid-19

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Covid-19 disturbed everyone since 2020. Many survived the virus but majority of them are facing post Covid-19 effects. Some of the problems associated are fatigue, shortness of breath and cognitive problems. Most of the patients who recovered are facing cardiovascular problems. The Covid survivors should strictly follow a healthy lifestyle for their well-being. Practising yoga, detoxification of lungs by herbal drinks, moderate physical activity will help the survivors to lead a healthy life. Even youngsters have complained feeling exhausted and tired after a little work. The survivors should include immune rich food. dizziness is also seen in few survivors. The covid survivors should get diagnosed at regular intervals to check functioning of their vitals. Lung capacity should be given a much more importance post Covid. So, it is not over until it's over. proper care should be taken to tackle Covid-19 after effects.

Diet rich in antioxidants vitamins and minerals should be taken on daily basis. Vitamin D rich foods must be taken to overcome fatigue and body pains. Awareness should be created among Covid survivors for regular health checkups. Kids under the age of 10 years who contacted COVID-19 should be given healthy diet and the kids should be exposed to sunlight during morning and evening hours to keep them active, this activity also helps kids to obtain vitamin D. Elderly people with diabetes hypertension and cardiovascular problems should be on regular checkup. The elderly should be encouraged for doing physical activity like walking, yoga and simple exercises. all the survivors of all the age groups should practise breathing exercise to improve their lung capacity. there are evidences that virus lives in human body in active form and gets activated after a few days or a few months, thus the survivors

should detoxify their body periodically and should avoid smoking, eating junk food and alcohol consumption.

In my opinion the after effects of covid are a major threat and should be considered serious. Patient counselling should be encouraged through healthcare systems to get awareness among Covid survivors. In future we may see new kind of virus which will disrupt our lives. a healthy mind leads to a healthy body, individuals should be optimistic and mentally strong to handle situations like this. A proper lifestyle healthy diet should be practised for well-being of mankind.