

COVID-19 Wave II: Adversely Effects all the Body Systems

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Abstract

As the world experienced worst scenario due to pandemic covid-19, each and every person affected badly due to enormous reasons. Phase-II or wave II of Covid-19 came more powerful in potential mutated form with different types of symptoms which was not experienced in first wave affecting nearly all the eleven systems of the body, it might be senses like pink eye, rashes on skin, Gastro intestinal upset, severe joint pains, muscular pains, fatigue by little physical activities, depressive type of mood, tingling headache and body pains to name few. Black, white fungus Mucor mycosis made more fear among persons suffered with Covid-19 as they are on steroid treatment it was one of the worst symptoms faced by the people due to less immune response. Each and every one should be aware of the precautions to be followed to protect ourselves from such harmful and dangerous diseases as it can ruin our body system completely.

Keywords: Mutation; Mucor mycosis; Black fungus; Steroid; Tingling headache

Introduction

The second wave of coronavirus had reported modified infection symptoms. The researchers have introduced a new list of symptoms to the list [1]. The usual symptoms of COVID-19 include fever, body ache, loss of smell and taste, chills, breathlessness. Several studies are suggesting that pink eyes, gastrointestinal conditions, and hearing impairment should not be taken lightly. Additionally, all the eleven system of the body including nervous system, cardiovascular system, respiratory system, muscular, skeletal system etc., were affected seriously [2]. If the preventive measures are not taken immediately, it can impact the person's life. The second wave not affected only physically but also mentally and economically.

Added symptoms of Covid-19 second wave

Sore throat: If you have a prickly, itchy throat or if you feel some swelling, it can be indicators of a sore throat, which is one of the most common symptoms of COVID-19 infection. This symptom has been seen in over 52% of cases globally [3-6].

Fatigue: UK experts have revealed that a lot of COVID-19 patients are reporting weakness as one of the initial signs of infection. Many individuals have reported signs of fatigue and weakness before being tested positive for the virus [7].

Body ache: Doctors have revealed that many individuals who have been tested positive for COVID-19 have been experiencing excruciating body, joint, and muscle pain. The main reason for muscle and body aches is myalgia, which is a result of the coronavirus attacking important muscle fibres and tissue linings in your body [8].

Fever and chills: If you are experiencing extreme chills and unusual cold, it could be a sign that you have been infected with the virus. Fever and chills are common symptoms in the case of the mutant virus.

Nausea and vomiting: Nausea and vomiting are now being looked at as signs of COVID-19 infection in its early stages.

Dizziness: Many people have reported that they have been experiencing neurological symptoms of the COVID-19 infection like dizziness, fatigue, malaise, and nausea.

No saliva production: Your body fails to produce saliva, which experts believe protects your mouth from bad bacteria. Additionally, people with these symptoms might find it difficult to chew their food or talk properly [9-14]

Gastrointestinal Symptoms: The coronavirus infection impacts the upper respiratory system. According to new study diarrhoea, vomiting, abdominal cramps, nausea, and pain are signs of coronavirus. If you are facing any digestive trouble, do not take it lightly and get yourself tested [15].

Pink Eyes: Pink eye or conjunctivitis is a sign of coronavirus infection, as per a Chinese study. In pink eye, people develop redness, swelling and the eye becomes watery. The 12 participants who got infected with a new strain of Coronavirus, showed this symptom [16].

Hearing impairment: If you have noticed ringing noise or some kind of hearing impairment in the recent past, then that could be a sign of coronavirus. A study published in the International Journal of Audiology said that the COVID-19 infection can lead to auditory problems. The researchers found 56 studies that identified an association between COVID-19 and auditory and vestibular problems. They clubbed data from 24 of the studies to estimate that the prevalence of hearing loss was 7.6 per cent [17].

Mucor mycosis: This is also known as black fungus, is a serious fungal infection, usually in people with reduced ability to fight infections. Symptoms depend on where in the body the infection occurs. It most commonly infects the nose, sinuses, eye and brain resulting in a runny nose, one sided facial swelling and pain, headache, fever, blurred vision, swollen and bulging eye, and tissue death [18].

So if you experience any of the symptoms listed above then don't panic just get yourself checked and stay at home. Meanwhile, the global caseload of COVID-19 has surpassed the 140 million mark with the US being the worst-hit country followed by India [19-21].

Here's what we can do now:

- Continue to practice COVID-19 precautions, such as physical distancing, hand-washing and mask-wearing.

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- Stay in touch with local health authorities, who can provide information if COVID-19 cases begin to increase in your city or town.
- Make sure your household maintains two weeks' worth of food, prescription medicines and supplies.
- Work with your doctor to ensure that everyone in your household, especially children, is up to date on vaccines, including this year's flu shot.
- Self-isolation if a person feels any of the symptoms discussed above.
- Take vaccine shot to prevent yourself and break the spread chain.
- Preparing for a Spike or upcoming wave of Coronavirus in Your Area

Doctors, clinics and hospitals recognize that more COVID-19 surges are likely to occur. They are working with manufacturers to stock up on equipment, and they are continuing their policies for protecting patients and staff members [22].

Conclusion

We need to understand the present pandemic situation and act accordingly to prevent ourselves from such disaster. Obey the rules and regulations framed by health ministry of India, encourage vaccination jab which is safe and has the potential to save us from Covid-19. Person feeling with any of the symptoms comes under wave I or II have a PCR test done, proceed with medication, have a healthy diet be happy don't panic.

“Every being is precious on this planet”

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