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Post-COVID Symptom and Complications in Health

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ABSTRACT

Introduction

The coronavirus disease (COVID) has affected nearly every life world-wide. The clinical manifestations of this exasperating disorder vary from mild to severe/ serious symptoms. There is no unequivocal time period that can be suitable and fit for all post-COVID complications. However, in general, they are often considered to be the effects that persist for more than four weeks after getting diagnosed with COVID-19. The objective of this study is to review the post-COVID symptoms and complications. Asthenic syndrome which is characterized by low cognitive functions is absolutely citable complication. Post-COVID-19 autoimmunity is another troublesome complication. Other complication is pulmonary fibrosis with or without the distortion of parenchyma. Neuro-cognitive problems after 20 to 105 days of recovery from COVID-19 conferred attention deficits, short term memory deficit, phonophobia, and incoherent thoughts. Other common yet important long terms effects included fatigue, ageusia, chest pain, depression, palpitation, and polypnea.

Conclusion

Post-COVID 19 effects have established a challenging morbidity to the patients. They range from mild to severe. Most of the symptoms are neurological, and/or related to cardio-vascular, and respiratory system. They, if ignored, can prove to be highly lethal. Due to the major limitation of the RCTs with regards to post-COVID, the evidence remain a bit doubtful. There is an alarming need of RCTs so that the evidence can be strengthened.

Keywords: Post-Covid Complications, Attention deficit, Fibrosis, Pathophysiology, COVID-19

