



Psychological Impact Of The Covid-19 And Its Homoeopathic Management

¹Dr.Najima Parveen, ² Dr.Pallavi Singh, ³Dr Naveen Kr Vishnoi, ⁴ Dr Suneet Dhakar , ⁵Dr Abhishek Bhardwaj

¹Asst. Prof., ² Asst. Prof, ³Prof., ⁴Asst. Prof, ⁵Asso. Prof

^{1,2,3,4} Rajasthan Vidyapeeth Homoeopathic Medical College & Hospital, Dabok, Udaipur

⁵ University College of Homoeopathic, Jodhpur

Abstract: In this article we study about the psychological impact during isolation and quarantine and to find the homoeopathic remedies that may be suitable and analyse how human behaviour has changed throughout this period. The role of homoeopathy has played in controlling epidemic afflicting the mankind in the past while summarizing the scope of this approach in the current Covid-19 pandemic.

Index Terms - Covid-19, Psychological etc.

I. INTRODUCTION

A Covid-19 (coronavirus disease pandemic) is still a world problem. The Covid -19 pandemic is caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) [1]. In this article we discuss the impact covid-19 for the mental health of the overall world population, in this addition to its causes and ramifications. Furthermore, some measures that ought to be taken to minimize the emotional burden of the pandemic were debated.

II. METHODS

In this article, data were obtained using various bibliographic database like PubMed, web pages and google database strategies include terms as "Covid-19", "Psychological change", "Isolation". The search was conducted between May 5th and 11th may. This article was subsequently updated between 25th May and 1st June. Published until June 2021 to review in detail, information indicating the scope of homoeopathy in the past as well as the current scenario.

III. DIFFERENT TERMINOLOGY: (QUARANTINE, ISOLATION AND SOCIAL DISTANCE)

Quarantine

Quarantine does not have to be scary, rather it is an effective way to protect the public. It is defined as separating and restricting the movement of people who are exposed or are potentially exposed to a contagious disease. A quarantine keeps such people away from others so they don't unknowingly infect anyone in their vicinity. It is used by Governments to prevent the spread of communicable diseases.

Quarantines may be used in times of:

Outbreaks: The sudden rise of cases of a disease in a region.

Epidemics: Outbreak of a disease over a larger area or all over a country.

Pandemics: Widespread disease involving the entire planet, affecting a lot of people globally.

Anyone who has had close contact with someone who is a confirmed case of coronavirus infection. Close contact is defined as being within 2 meters or 6 feet from a person infected with COVID-19 for a prolonged time. This includes living with, visiting, or sharing a closed space with the infected person. Even being coughed upon by a person with COVID-9 infection can qualify you as a close contact. The health departments identify close contacts through what is known as contact tracing.

Isolation

Isolation, unlike quarantine, is when a person confirmed to have a contagious disease has to separate themselves from healthy individuals around them. This is done to prevent the spread of infection among the common masses.

While isolation achieves the same purpose as quarantine, it is only for those who are infected or are confirmed cases of COVID-19. Quarantines last for the duration of the upper limit of the incubation period of the virus, which is 14 days in this case. However, isolation lasts until the individual is free of symptoms and tests negative for the virus[4].

Meanwhile, "social distancing" is a preventative measure recommended to the general population to flatten the curve of the contagious disease. In this scenario, people are advised to stay at home and use services as little as possible, as well as to avoid agglomerations, maintain the recommended distance of one meter from each other and take precautionary measures to avoid infection (Covid-19, 2020).

All those surveyed reported feeling isolated while in quarantine as a result of the lack of social and physical contact with others. People felt cut off from the rest of the world because they were unable to do normal activities. For some, health precautions such as wearing a face mask increased their feelings of anxiety and isolation. In addition to the feelings of social isolation during quarantine, participants reported longer-lasting psychological distress for around a month afterward [5].

Psychological Impacts of Coronavirus Disease

The restrictive measures taken to contain the COVID-19 epidemic have undeniably had a negative influence on the population's mental health [6]. However, the emotional and psychological outcomes of the pandemic may also be secondary to the intrinsic changes that the restricting measures.

There are several key components of the behavioral response to Covid-19

Fear

Fear has several destructive outcomes, one of the most malevolent one is suicide. In the COVID-19 pandemic, there have been numerous reports of suicidal behaviour due to fear-related issues, for instance, fear of being infected [7] fear of being quarantined and fear of the mental health impact.

Stressor

In the pandemic background, stressors must also be considered in the assessment of the emotional and neuropsychological impact. These mainly include COVID-19-related circumstances, such as potential exposure to the virus and loss of loved ones, as well as secondary adversities due to economic difficulties, unavailability of food, psychosocial effects, disruption of future plans and underlying physical and psychological conditions [8].

Analysis on sleep quality during the SARS-CoV-2 pandemic also indicated that there has been a rise in sleep disturbances, a critical condition associated with anxiety, depression, and suicidal behaviour. Furthermore, diminished sleep quality promotes short temperament and, as a consequence, complicates family cohabitation

The COVID-19 pandemic may intensify psychological disorders or precipitate others, for instance, anxiety, depression, PTSD, alcohol misuse, obsessive-compulsive behaviours, panic and paranoia.

IV. HOMOEOPATHIC PERSPECTIVE

For treatment, homoeopathy combines mental and physical dimensions. There is enough evidence for Homoeopathic treatment of psychological issues to be effective. [26-29] During an outbreak like COVID-19, educated and attentive case taking that evokes relevant individualising elements in a case can provide a relative greater relief for those suffering [10-13].

The physician relies on the wholeness of symptoms revealed during the entire evolution of the infection, and prescribes an ultra-high diluted succussed solution product which has been proven to heal similar conditions. Because the diagnosis of the specified ultra-high diluted succussed solution product is based on specific symptoms (if they are extremely characteristic) or the totality of symptoms, rather than the pathology, this is a significant advantage at this time when Covid-19 disease is rapidly developing. [18] The following homoeopathic drugs can aid in the management of Long COVID complications:

1. **Gelsemium**- It affects the neurological system, causing motor paralysis in varying degrees. The pulse is feeble, soft, and irregular, and the heart is weak. During the febrile stage, there is palpitation. Palpitation, along with a weak and irregular pulse [16]. It's accompanied by a lot of restlessness due to the possibility of suffocation [17].

2. Arsenicum album-

The symptoms of Arsenicum album are as follows [19].

- Early anxiety-related emotional symptoms include irritability, criticism, and dissatisfaction.
- As the uneasiness grows, the patient experiences anxiety and terrifying panic attacks, accompanied by trembling and restlessness, as well as a strong desire for company and reassurance.

3. Calcarea carbonica

The symptoms of Calcarea carbonica are as follows. [18,19]

- This treatment may be especially effective for people who suffer from severe depression. Patients may feel as if they've plummeted to the ocean's depths.
- They're fatigued and overwhelmed, and they can't seem to get to the surface. They are concerned about everything, even seemingly insignificant matters.

4. Pulsatilla nigricans

The symptoms of Pulsatilla nigricans are as follows. [18,19]

- The typical Pulsatilla patient has a great craving for tenderness and comfort.
- Unpredictable mood swings

CONCLUSION

The psychological toll of losing a loved one, living apart, losing one's independence, and losing one's position can be heartbreaking. As a result, it's past time to investigate the psychological challenges that COVID-19 infected people face, as well as those who have been confined or isolated as a result of the infection. The health authorities and governments should devise a plan to ease the mental toll of the COVID-19 epidemic by giving emotional assistance to the entire population, but especially to those who are most vulnerable.

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