

Short Article

# Coronavirus Disease 2019 (COVID-19): A Unani Perspective

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## I N F O

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## A B S T R A C T

Corona virus disease is a new type of disease, a viral infection. This disease erupted out from China in Wuhan city from an animal host (zoonotic origin). Its transmission is from human to human. World Health organization has confirmed that COVID-19 is a global Infectious disease and declared it a pandemic. Coronavirus is a RNA virus and is further subclassified into alpha-, beta-, gamma and delta viruses. The symptoms of this disease are fever, cough, sore throat, breathlessness, fatigue, malaise and others. If the disease is severe or progresses day by day so many conditions may develop such as pneumonia, acute respiratory syndrome, multiple organ failure, sepsis, enteric, hepatic, neurological system involve and finally death may occur.

In this review, we describe epidemiology, diagnosis, clinical aspects and therapeutic aspects of COVID-19. The perspective of vaccine and preventive measures is also studied.

**Keywords:** COVID-19, Review, Pneumonia, Respiratory Infection, Novel Corona Virus

## Introduction

Corona virus is a single-stranded RNA virus. It belongs to Nidovirales order.<sup>1</sup>

COVID-19 first appeared in December 2019 and impacted greater than 200 countries in the world.<sup>2</sup> Bats are the natural host of SARS-COV-2 while pangolins and snakes are intermediate hosts. This virus transmits through droplets from respiratory system and close contacts<sup>3</sup> and through contact with polluted surfaces.<sup>4</sup>

## Epidemiology

In December 2019, pneumonia cases of unknown origin were found in China.

In January 2020, the causative pathogen was identified as novel CoV. On January 23, 11 million population of Wuhan

was detected under lockdown.<sup>5</sup> The incubation period of COVID-19 is 2 to 14 days (median 5-7 days).<sup>6</sup>

## Clinical Aspects

These are the following signs and symptoms of CoV-19.

## Most Common Symptoms

The following symptoms are the most common in covid patient.

- Fever
- Dry cough
- Dysnoea
- Chest pain
- Fatigue
- Myalgia

### Less Common Symptoms

- Headache
- Dizziness
- Abdominal pain
- Diarrhoea
- Nausea and Vomiting

### Upper Respiratory Tract Sign and Symptoms

- Rhinorrhoea
- Sneezing
- Sore throat<sup>7</sup>

### Differential Diagnosis

The differential diagnosis of CoV-19 includes.

#### 1. All types of respiratory viral infections.

- Influenza
- Parainfluenza
- Respiratory syncytial virus
- Adenovirus
- Human metapneumovirus
- Non COVID -19 coronavirus

#### 2. Atypical symptoms, for example

- Mycoplasma
- Chlamydia
- Bacterial Infection

### Diagnosis

#### 1. History

- To take history of travelling from china and local places where cases of corona were present.
- To take history of patients with confirmed COVID-19 infection.

#### 2. Positive Molecular Test

- To collect respiratory samples (throat swab/ nasopharyngeal swab/ sputum endotracheal aspirates and bronchoalveolar lavage.

#### 3. Stool test

#### 4. Commercial test

#### 5. Laboratory investigations

- White cell count: It can be normal or low
- In severe cases, lymphopenia can be found. (lymphocyte count <1000
- Platelet count is normal or mildly low
- CRP and ESR are elevated
- Procalcitonin level normal
- ALT/ AST, Prothrombin time, creatinine, D-dimer, CPK and LDH may be elevated and have high level in severe disease

#### 6. Chest X-Ray (CXR)

- Chest X-ray shows bilateral infiltration.

#### 7. CT Scan

It shows infiltrates ground glass opacities and sub segmental consolidation.<sup>8</sup>

### Prevention

- Hand hygiene: Hand washing done with alcohol - based hand rubs (ABHRs), soap with water
- Medical masks
- Particulate respirators
- Face shields or goggles
- Gowns
- Gloves
- Shoe covers
- Waterproof aprons should be used.
- Powder free, latex gloves should be used.
- Cover the nose and mouth while sneezing and coughing
- Using disposable tissue paper
- To avoid public crowded areas<sup>9</sup>

### Treatment

According to Unani medicine, some single and some compound drugs are useful to enhance immunity power. These are the following.

#### Single Drugs

- Kalonji
- Kundur
- Gulab

#### Compound Formulation

- Tiryaqe Arba
- Tiryaqe Wabae
- Khamira Marwareed
- Anushadaru<sup>10</sup>

#### Ilaj Bil Ghiza (Dietotherapy)

- Ma-ul-asl (honey water)
- Ma-ush-shaeer (Barley water)
- Ma-ul-buqool (vegetable soup)
- Ma-ul-Favakeh (fruit juice)

These are used in infectious diseases as dietary supplements.<sup>11</sup>

### Conclusion

No confirmed medication or vaccine has been developed yet to control this novel virus. Current treatment strategies are aimed at symptomatic care and oxygen therapy. Prophylactic vaccination is required for the future prevention of COV related epidemic or pandemic. Still, further research is required.

**Conflict of Interest:** None

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