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Impact of health risks and potentials remedies during COVID-19 for human being

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Abstract

In times of an epidemic, people tend to experience fear of getting infected with the virus/disease resulting in anxiety, stress, and depression, etc. Stress can be explained as a feeling of emotional and physical tension which arises from any event that threatens our homeostasis. On the other hand, the fear of the unknown is termed as anxiety that is the body's natural response to stress. Depression is viewed as a state of disinterest in daily activities. It is surmised that people facing a pandemic with no vaccination would result in fear of the unknown making them anxious, stressed and depressed. The concerns regarding psychological distress rose around the globe, Xiang *et al.* (2020) have argued for a timely action on mental health during the Covid-19 pandemic.

Keywords: Health risk, potential remedies

Introduction

During this pandemic, people were so scared that whatever doctors were recommending increasing their immunity, being it allopathic, Ayurvedic and home remedies, they were adopting all kinds of treatments. So that his immunity can increase and he can tolerate this epidemic. For this they did different types of remedies like Giloy's decoction, Neem's decoction, golden milk and steam in the morning and evening etc. and continued the process of fighting this epidemic.

Objectives

1. To study the nutritional status of respondents.
2. To assess the health risk of respondents and potential remedies.

Methodology

The study was conducted in Kanpur district. The four wards randomly selected out of which 110 wards. The total 300 sample sizes were selected (150 male and 150 females). Dependent and independent variables such as age, education, caste, nutritional stress, mental and physical disorders etc. were used. The statistical tools such as percentage, χ^2 , Cr, etc. were used.

Results

Table 1: Distribution of respondents according to age group(N=300)

Age group (Years)	Male	Female	Total
20 – 30	20 (13.3)	15 (10.0)	35 (11.7)
30 – 40	30 (20.0)	25 (16.7)	55 (18.3)
40 – 50	40 (26.7)	35 (23.3)	75 (25.0)
50 – 60	60 (40.0)	75 (50.0)	135 (45.00)
Total	150 (100.0)	150 (100.0)	300 (100.0)
χ^2	3.169		$p > 0.05$

(Figures in parentheses denotes the percentage of the respective value)

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Most of the people above the age of 60 were the ones who had the maximum number of deaths because older people were victims of death due to the fear of the outbreak of this

epidemic and people of 40-60 years had many health risks like heart attack, shortness of breath. Health risks were found during this epidemic in men than in women.

Table 2: Distribution of respondents according to dietary pattern

Meal	Pattern	Menu	Frequency	Per cent	Cooked intake (g)
Morning	Daily	Tea	260	86.7	5.0
Breakfast	Daily	Tea, Bread, Egg	280	93.3	20.0
Mid-day	Alternate	Salad, Fruits	160	53.3	17.0
Lunch	Daily	Cereal, Roti, Vegetable, Rice	275	91.7	38.0
Tea-time	Daily	Tea snacks	250	83.3	15.0
Dinner	Daily	Roti, Dhal, Vegetables, Rice	280	93.3	30.0
Bed-time	Alternate	Milk, Coffee, Sweets	100	33.3	12.0

In Indian community, it is necessary to take 4 miles in middle class and upper class people, if a person is sick, and then his diet pattern is kept according to the doctor, but due to work for home and staying at home, the diet pattern of people

changes. People had gone and except dinner, drinking Tea, coffee or eating snacks many times in between, the pattern of people had changed.

Table 3: Distribution of respondents according to nutritional intake

Age group	Protein (g)	Energy (Kcl)	Fat (g)	Beta carotene (mg)	Thiamine (mg)	Riboflavin (mg)	Vitamin -C (mg)	Niacin (mg)	Calcium (mg)	Iron (mg)
20 – 30	90	2080	98	0.6	3.2	1.8	90	24	728	14
30 – 40	92	2450	96	0.7	3.8	1.8	100	28	753	16
40 – 50	92	2168	92	0.7	3.8	1.8	100	28	76.0	16
50 – 60	88	2180	96	0.7	3.4	1.6	80	25	760	15
Mean	90.5	2220	94.5	0.7	3.5	1.8	92.5	26.2	751	15
SD	3.5	28	4.0	0.1	1.0	0.6	2.5	1.6	20	2.0
r	0.2204*	0.3145*	0.2611*	0.2080*	0.1106	0.2601*	0.10981*	0.0111	0.3311*	0.2317*

Currently Covid-19 pandemic is a leading challenge across the globe. It is mandatory to attain and maintain good nutritional status to fight against virus.

Nutritional status of individual is affected by several factors such as age, sex, health status, life style and medications.

Table 4: Distribution of respondents according to health risks

Sl. No.	Health risks	Male	Female
1.	Weak immune system	54 (46.0)	78 (52.0)
2.	Depression	58 (38.7)	84 (56.0)
3.	Lung infection	50 (33.3)	66 (44.0)
4.	Heart disease	40 (36.7)	34 (22.7)
5.	Breathing difficulty	46 (30.7)	64 (42.7)
6.	Weight gain	44 (29.3)	76 (50.7)
7.	Fear of vaccination	42 (28.0)	68 (45.3)
8.	Problem of digestive system	88 (58.7)	70 (46.7)
9.	Cough and cold	60 (40.0)	92 (61.3)
	Z	27.788*	p<0.05

(Figures shown parentheses are the percentage of respective value)

Due to fear in the Corona period, more health risks were faced by the people, like due to fear, people kept precaution, put on masks and also kept social distancing, but people who already

had diseases, psychologically became ill due to fear, due to which many diseases have become worse. This condition is mostly seen in old people.

Table 5: Distribution of respondents according to reduce nutritional stress in Covid-19

Sl. No.	Reduces nutritional stress strategies	Male	Female
1.	Make a plan for food need	90 (60.0)	96 (64.0)
2.	Use of ingredients as priorities fresh products	93 (62.0)	96 (64.0)
3.	Prepare home cooked meals	60 (40.0)	105 (70.0)
4.	Food delivery options	63 (42.0)	51 (34.0)
5.	Be aware of portion sizes	45 (30.0)	57 (38.0)
6.	Follow safe food handling practices	60 (40.0)	75 (50.0)
7.	Limit your salt intake	66 (44.0)	60 (40.0)
8.	Limit your sugar intake	69 (46.0)	75 (50.0)
9.	Limit your food intake	56 (37.3)	75 (50.0)
10.	Consume enough fiber	90 (60.0)	60 (40.0)
11.	Stay hydrated	75 (50.0p)	78 (52.0)
12.	Avoid alcohol	60 (40.0)	120 (80.0)
13.	Enjoy family needs	63 (42.0)	75 (50.0)
14.	Best food buys	86 (57.3)	60 (40.0)

(Figures shown parentheses are the percentage of respective value)

Good nutrition is crucial for health, particularly in times when the immune system might need to fight back. Limited access to fresh foods may compromise opportunities to continue eating a healthy and varied diet. It can also potentially lead to

an increased consumption of highly processed foods, which tend to be high in fats, sugars and salt. Nonetheless, even with few and limited ingredients, one can continue eating a diet that supports good health.

Table 6: Distribution of respondents according to reduce nutritional disorder

Sl. No.	Reduce nutritional disorder strategies	Male	Female
1.	Eat fresh foods every day	88 (58.7)	90 (60.0)
2.	Drink enough water every day	110 (73.3)	80 (53.3)
3.	Eat moderate amount of fat and oil	60 (40.0)	85 (56.7)
4.	Eat less salt and sugar	75 (50.0)	95 (63.3)
5.	Avoid eating out	50 (33.3)	75 (50.0)
6.	Counselling and psychosocial support	60 (40.0)	70 (46.7)
7.	Improve brain functioning	75 (50.0)	80 (53.3)
8.	Improve nutrition and healthy eating habits	78 (52.0)	65 (43.3)

(Figures shown parentheses are the percentage of respective value)

Proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illness and infectious diseases. So they should eat a variety of fresh and unprocessed foods every day to get the vitamins, minerals, dietary fibre, protein and antioxidants the body needs. Drink enough water. Avoid sugar, fat and salt to significantly lower risk of overweight, obesity, heart disease, stroke, diabetes and certain types of cancer.

Conclusion

Proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illness and infectious diseases. So they should eat a variety of fresh and unprocessed foods every day to get the vitamins, minerals, dietary fibre, protein and antioxidants the body needs. Drink enough water. Avoid sugar, fat and salt to significantly lower risk of overweight, obesity, heart disease, stroke, diabetes and certain types of cancer.

Recommendations

1. Use fresh ingredients and those that have a shorter shelf life first. If fresh products, especially fruits, vegetables and reduced-fat dairy products continue to be available, prioritize these over non-perishables. Frozen fruits and vegetables can also conveniently be used over longer periods of time and often have a similar nutrient profile to fresh foods. To avoid food waste, you may consider freezing any leftovers for another meal.
2. During regular daily life, many individuals often do not have the time to prepare home-cooked meals. Spending longer periods of time at home may now offer the possibility to make those recipes you previously did not have time to make. Many healthy and delicious recipes can be found online. Take advantage of the wealth of freely available information, and experiment with the ingredients you can access, but remember to keep in mind the principles for healthy eating offered in this guidance. Some examples of healthy recipes with accessible ingredients may also be found below.
3. WHO recommends that ideally less than 5% of total energy intake for adults should come from free sugars (about 6 teaspoons). If you crave something sweet, fresh fruit should always be the priority. Frozen fruits, canned fruits in juice rather than syrup, and dried fruits with no added sugar are also good options. When other dessert options are chosen, ensure that they are low in sugar and consume small portions. Watch out for low fat options, as

these are often high in added sugars. Limit the amount of sugar or honey added to foods and avoid sweetening your beverages.

4. Alcohol is not only a mind-altering and dependence-producing substance, harmful at any level consumed, but it also weakens the immune system. Thus, alcohol use and especially heavy use undermines your body's ability to cope with infectious disease, including COVID-19. It is recommended that alcohol in general be avoided, but especially when in self-quarantine. As a psychoactive substance, alcohol also affects your mental state and decision-making and makes you more vulnerable to risks, such as falls, injuries, or violence when under quarantine with someone else. Alcohol consumption is also known to increase symptoms of depression, anxiety, fear and panic – symptoms that can intensify during isolation and self-quarantine. Consuming alcohol is not a good coping mechanism, neither in the short nor long term, although you might think that it will help you deal with stress. Alcohol also makes certain medications less effective, while increasing the potency and toxicity of others. Do not consume alcohol in combination with pain medication, as alcohol will interfere with your liver functions and might cause serious problems, including liver failure.

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