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Post Covid Mental Health

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ABSTRACT

The COVID-19 pandemic, caused by the novel coronavirus SARS-CoV-2, swept across the globe, triggering unprecedented disruptions to health, economies, and societies. Emerging in late 2019, the virus rapidly spread worldwide, prompting the World Health Organization (WHO) to declare it a global pandemic in March 2020. This infectious respiratory illness presented a spectrum of symptoms, ranging from mild respiratory issues to severe pneumonia, and unfortunately, in some cases, resulted in death. The virus primarily spreads through respiratory droplets, necessitating measures like mask-wearing, social distancing, and frequent hand washing to mitigate transmission. Governments and health authorities worldwide implemented various containment measures, including lockdowns, travel restrictions, and vaccination campaigns, to curb the spread of the virus and alleviate its impact on healthcare systems. These measures, while vital, also had profound social, economic, and psychological consequences, exacerbating existing inequalities and vulnerabilities in societies. Efforts to combat the virus included the development and deployment of vaccines, offering hope for controlling the spread and reducing the severity of infections. However, new variants and ongoing challenges in vaccine distribution and hesitancy continued to impact efforts to achieve widespread immunity. The COVID-19 pandemic significantly reshaped the world, highlighting the interconnectedness of global health and emphasizing the importance of solidarity, scientific collaboration, and resilience in addressing such widespread challenges.

Key words: COVID-19, Pandemic, SARS-CoV-2, Mental Health

INTRODUCTION

The COVID-19 pandemic has significantly impacted global mental health. Post-pandemic, many individuals continue to grapple with a range of mental health challenges. Anxiety and depression surged during the pandemic due to isolation, fear of the virus, financial stress, and disruptions to daily life. As restrictions eased, the transition back to normalcy wasn't smooth for everyone.

Some experience post-pandemic stress disorder (PPSD),

marked by lingering anxiety, fear of social situations, or difficulties adjusting to pre-pandemic routines. Many faces a re-entry anxiety, struggling with the pressures of returning to workplaces or social settings after prolonged isolation.

The younger generation bore a unique brunt, facing interrupted education, social isolation, and uncertainties about their future. However, the pandemic also brought attention to mental health issues, encouraging more open conversations and prioritization of mental well-being.^[2]

To alleviate post-COVID mental health struggles, continued support and resources are crucial. Employers can play a role by providing mental health support in the workplace, fostering a healthier work-life balance. Community support networks and social connections are pivotal in rebuilding mental resilience. Encouraging physical activity, mindfulness practices, and self-care routines can significantly aid in coping with the aftermath of the pandemic. Mental health, and collectively work towards creating a supportive environment that prioritizes mental well-being.

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After All, Why Post Covid Mental Health

Post-Covid mental health concerns have surfaced due to the pandemic's multifaceted impact on individuals. The prolonged period of uncertainty, isolation, loss, financial strain, and the trauma of illness or losing loved ones have collectively exacerbated mental health issues. As we navigate beyond the acute phase of the pandemic, the aftermath lingers in the form of heightened anxiety, depression, and other psychological conditions.

Understanding the significance of addressing post-Covid mental health is crucial. Neglecting these issues may lead to long-term consequences, affecting individuals, communities, and societies at large. Impacts can range from impaired daily functioning to strained relationships, reduced productivity, and in severe cases, increased rates of substance abuse and suicide. By actively addressing these concerns, we can work towards mitigating the long-term effects and fostering a healthier society that's better equipped to cope with future challenges.

Psychological problems following Covid-19 recovery

Delirium is frequent during the acute phase of COVID-19 in individuals who needed to be hospitalised. Although the exact nature of the long-term psychiatric complications in this patient group is unknown, it is possible that they are similar to the elevated prevalence of anxiety, depression, and post-traumatic stress disorder seen in previous coronavirus epidemics, severe acute respiratory syndrome (SARS), and Middle East respiratory syndrome (MERS).

One year after discharge, survivors of critical illness are observed to have persistent psychological impairment with considerable levels of anxiety, depression, and post-traumatic stress disorder. At one year, most patients with severe acute respiratory distress syndrome had neurocognitive impairment, which included problems with attention, concentration, memory, and mental processing speed. Significant declines in life satisfaction were seen in people with severe. This could have a negative effect on mental health, particularly for the most vulnerable. Increases in psychological discomfort, anxiety, depression,

substance abuse disorders, suicide, and suicidal behaviour have all been linked to economic recessions.

MATERIALS AND METHODS

The five months of intrauterine life is when the *Mana* or Mind develops. The *Sanskrit* root *Manajane*, which means to think, to analyse, etc., is where the term *Mana* originates. *Mana*, which translates to body, sense organ, mind, and soul, is one of the essential elements of *Ayu*. The three primary pillars of life (*Tridanda*) are the mind, body, and soul; these three components come together to produce *Purusha* (a living being). As a result of its connections to the sensory and motor centres, *Gyananendriya* and *Karmendriya*, it is also known as *Ubhayatmaka* (*Ubhaya Indriya*), or integrated psychomotor entity.

According to *Samhita's* mental illnesses cause

1. Unwholesome interaction between the concepts of *Kala* (time), *Buddhi* (intellect), and *Indriyarth* (sense object), which translates to *Prajnaparadha*, *Parinama*, and *Asatmaindriyarth* *Samyoga*.
2. Those who disregard the *Sadvritta* direction, which is a code of conduct for life.
3. *Vegadharan*, which suppresses instinctual desires.
4. *Tama* and *Raja's* dominance, *Alpasatwa Vyakti*.
5. *Dhriti*, *Smriti*, and *Buddhi* *Bibhramsa* (mental, patient, and memory impairments).
6. *Purvajanmakrita Karma* or transgressions from a past life.

RESULTS

वायुः पित्तं कफश्चोक्तः शारीरो दोषसंग्रहः । मानसः पुनरुद्दिष्टो रजश्च तम एव च ॥ च.सू.1/57

According To *Ayurveda Mansik Dosha - Raja and Tama* and *Mansik Guna - Satva, Raja and Tama*.^[3]

Treatment

Acharya Charak has given the treatment formula for mental illness in the first chapter of *Charak Sutra Sthana*.

प्रशाम्यत्यौषधैः पूर्वो दैव युक्तिव्यपाश्रयैः । मानसो ज्ञान विज्ञानधैर्यं स्मृतिसमाधिभिः ॥ च.सू.1/58

Mental diseases can be cured through *Gyan, Vigyan, Dhairya, Smriti* and *Samadhi*.^[4]

मानसं प्रति भैषज्यं त्रिवर्गस्यान्ववेक्षणम् । तद्वियसेवा
विज्ञानमात्मादीनां च सर्वशः ॥ च.सू.11/47

Samanya Chikitsa (Line of treatment)

Ayurvedic medicine has traditionally used mental stimulation to lessen the effects of illness. *Trividha Chikitsa* is suggested by Ayurveda as a treatment for mental disease.^[7]

1. Daivavyapashraya Chikitsa (Divine Therapy / Spiritual)

The term *Daiva* denotes non-physical causes as well as an unknown destiny, fate, or fortune, or *Adrista*, that is, anything that cannot be reasoned out or explained by the body of knowledge that now exists in humans. All that is acquired before birth by the descent in the long course of natural evaluation. The following actions are referred to as this treatment:

- *Mantra* (Incantation),
- *Ausudhi* (Tying of herbs)
- *Mani* (Wearing gems)
- *Mangala* (Propitiatory rights)
- *Bali* (Oblations)
- *Upahara* (offerings)
- *Homa* (Sacrifice)
- *Niyama* (Vows)
- *Praschitta* (ceremonial patience)
- *Upavasa* (Fasting)
- *Swastyayana* (Prostration)
- *Pranipata* (Surrender)
- *Yatragaman* (Pilgrimage).

2. Yuktivyapashraya Chikitsa (Tactic Therapy)

युक्तिव्यपाश्रयं - पुनराहारौषधद्रव्याणां योजना ॥ च.सू.11/54

Since it makes sense, the therapeutic procedures are implemented with the *Dosha-Dushya Sammurchana* in mind. Practically speaking, *Yuktivyapashraya* was split

into *Adravyanhuta (Vihara)* and *Dravyabhuta (Ahar, Ausadha)*.

3. Satwavajaya Chikitsa (Psychobehavioral therapy)

सत्त्वावजयः- पुनरहितेभ्योऽर्थेभ्यो मनोनिग्रहः ॥ च.सू.11/54

It implies that you should control your mind's yearning for unhealthy things. To do this, one must raise *Satwa* in order to tame the inflated *Tama* and *Raja*. Achieving *Satwavajaya's* purpose through the dissemination of *Manas, Jnana, Vijnana, Dhairya, Smriti, and Samadhi* are the most effective method. The following are some ways that traditional *Ayurvedic* psychotherapy is constructed. In *Satwavajaya Chikitsa, Dinacharya, Ritucharya, Sadvritta* and *Achar Rasayan* are very much essential. The following actions are referred to as this treatment:

- Confidence.
- The substitution of feeling.
- Regulation of the thought process.
- Retraining the mind.
- The channelling of presumptions.
- Adequate direction and counsel for making decisions.
- Appropriate patience management.
- Psycho-shock and fear therapy.

DISCUSSION

Mental illnesses are becoming more common these days as a result of the world's rapid globalisation, bad lifestyle choices, stress, and other issues. Treatment recommendations based on Ayurvedic principles can be a powerful response to this growing issue. According to Ayurveda, mental entities such as fear, anger, greed, and so on should not be allowed to control a person. These entities are what lead to mental disorders. For an individual to be completely well, their mental health is crucial.

CONCLUSION

To treat a patient completely and restore beneficial changes in the physiological process, a good doctor

should endeavour to connect with the patient's soul or subtle body. Treatment-seeking increased, with more individuals seeking therapy, counselling, or support groups. Telemedicine became a vital tool, ensuring continued access to mental health services. This will activate the body's healing mechanism. Many centuries ago, *Ayurveda* provided a detailed account of the mind and mental disorders. *Manovikara* (a mental ailment) can be prevented and treated by following the *Ayurvedic* guidelines.

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