



Fears, Concerns and Worries about Immunity in India, In COVID-19 Pandemic: A Public Survey

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Abstract

Background: *One of the systems that respond to challenging circumstances (stress) is the immune system. In Covid-19 pandemic, almost all of us are under mental stress, Fears, concerns and worries. These decrease our immunity level when we need it badly. To find our anxiety level and its solution, this public survey was design. 10 thousand soft copies of survey form were distributed across the country. We have got 5781 responses.*

Materials and Methods: *The survey was conducted by distributing questionnaires [Table-1] in Indian general public without any discrimination and uniformly. This questionnaires form divided into two part. First part consists basic information about participant and second part is table-1. All questions are not compulsory. We have promised participants that the information collected will be kept confidential and are just for academic and research purpose. Percentage of participants who has answered particular question is shown in fourth column in Table-1. We have taken period of March 20 to September '20 in to account.*

Results: *The survey found tears, concerns and worries, in general anxiety was very high in month of April may 2020 high in month of April may 2020 and Jun-July 2020. Average anxiety level of men is higher than that of women in same period of time. Almost 62 to 67% of people are harming their immunity by fears, concerns and worries.*

Conclusions: *Results show that worries, fears concerns about immunity decreases immunity level of persons. There were lots of rumours, wrong beliefs and misguidance during pandemic. All these shown in result and solutions in important points.*

Keywords: *Challenging circumstances, immune system. Anxiety level, public survey.*

Introduction

India witnessed an outbreak of COVID-19 in late January 2020 when three Indian students have travelled to Kerala from Wuhan in China. In similar way other cases also detected in other part of India having travel history. Since march, Infections increased rapidly.

As per WHO report, the covid-19 pandemic has disrupted or halted critical mental health services in 93% of the countries worldwide. On other hand, the pandemic is increased demand for mental health services. COVID-19 itself can lead to neurological and mental health complication such as delirium, agitation and stroke.

Table-1 Questionnaire List :- (MCQ type)

Sr.	Question	Answer	Percentage of participants who has answered.
1	What was your state of mind?	1A Panic 1B worried 1C. Conscious 1D. Over conscious	78%
2	What was its level (April – May)	2A 1 2 3 4 5 6 7 8 9 10 0 0 0 0 0 0 0 0 0 0 L H	92%
3	What was its level? (July-July)	3A 1 2 3 4 5 6 7 8 9 10 0 0 0 0 0 0 0 0 0 0 L H	92%
4	What was its level? (Aug.- Sept.)	4A 1 2 3 4 5 6 7 8 9 10 0 0 0 0 0 0 0 0 0 0 L H	97%
5	Have you felt, your family and friends are not so conscious?	5A Yes 5B No	92%
6	Have you started inhaling steam regularly?	6A Yes 6B No	82%
7	Have you stopped “smoking”?	7A Yes 7B No 7C I don’t smoke.	89%
8	Have you started vitamin “C” tablet?	8A Yes 8B No	87%
9	Have you started ‘Zinc ‘table?	9A Yes 9B No	73%
10	Have you started herbal medicine?	10A Yes 10B No	79%
11	Have you started Ayurvedi “Kadha” OR “Ukala?”	11A Yes 11B No	79%
12	Are you performing “Yoga” or any other exercise?	12A Yes 12B No	87%
13	Have you started “Pranayam”? (deep breathing)	13A Yes 13B No	58%
14	Have you feared or worry about... cash money on hand? (Multiple Answer can be selected)	14A cash money at my home? 14B un availability of essential items 14C A loved one is getting sick 14D Access to health services 14E Impact on mental state 14F Getting ill 14G About loosing job 14H How I will pay my loan EMI? 14I Staying away from family and friends. 14J Loosing domestic servants. 14K Being responsible for others getting sick. 14L Isolation at home. 14M When will pandemic end?	
15	How do you protect yourself from infection? (Multiple Ans. May be)	15A Cloth Mask 15B Face shield 15C Mask N-95 15D Hand glove 15E Sanitizer	93%
16	Self protection and prevention of Virus?	16A Quitting tobacco 16B To rinse of salted water 16C To rinse of salted and turmeric water	81%
17	How does pandemic affect your mental and physical state? (Multiple Ans. May be)	17A Lack of sleep 17B lack of Physical activity 17C Lack of mental activity 17D Lack of entertainment 17E Lack of morning walk 17F Lack of healthy diet 17G Lack of social gathering	98%

Results**Table - II**

Question -14	Total percentage	Male	Female
14A cash money on hand?	13%	10.2%	2.8%
14B Un availability of	42%	5%	37%
14C A loved one is getting sick	29%	14%	15%
14D Access to health services	21.2%	15.2%	6%
14E Impact on mental state	28%	10.2%	17.8%
14F Getting ill	26.3%	17%	9.3%
14G About losing job	14%	11%	3%
14H How I will pay my loan EMI?	21.1%	18.3%	2.8%
14I Staying away from	8%	2.2%	5.8%
14J Loosing domestic servants.	32%	12%	20%
14K Being responsible for others getting sick.	12.1%	8.1%	4%
14L Isolation at home.	5.8%	2.2%	3.6%
14M When will pandemic end?	52%	22%	30%

Table - III**Mental health**

Question No. 17

Sr. No.	Particulars	Percent
1	Lack of sleep	32%
2	Lack of Physical activity	18%
3	Lack of mental activity	31%
4	Lack of entertainment	61%
5	Lack of morning walk	27%
6	Lack of healthy diet	7%
7	Lack of social gathering	57%

Table - IV**To Prevent Spreading of Virus**

Question No. 15

Sr. No.	Action	Percentage of response
1	Mask-cloth	87%
2	Face shield	3%
3	Hand glove	4.5%
4	Mask N-95	12%
5	Hand glove	2%
6	Sanitizer	62%

Table - V**To Prevent Spreading of Virus**

Question No. 6,5,12,13,16

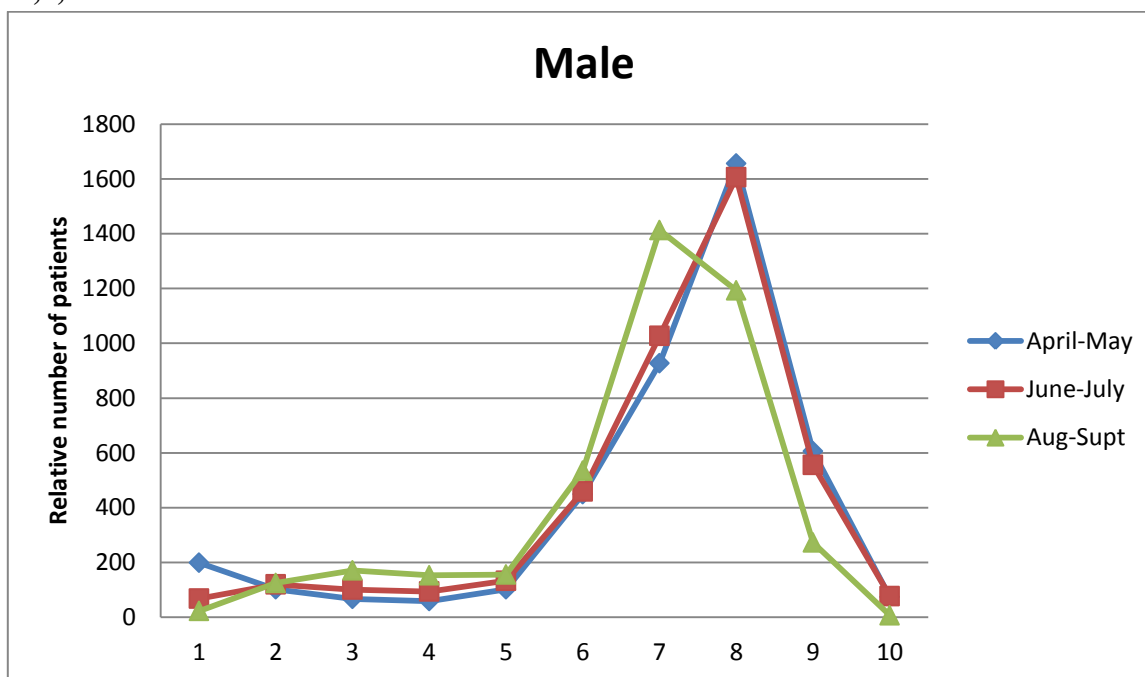
Sr. No.	Action	Male	Female
1	Inhalation of steam	17%	18%
2	To rinse of salted water	27%	29%
3	To rinse of salted and turmeric water	22%	17%
4	Performing Yoga	39%	42%
5	Pranayam (deep Breathing)	33%	44%
6	Meditation	8%	7.7%
7	Quitting tobacco	2%	0.1%

Results

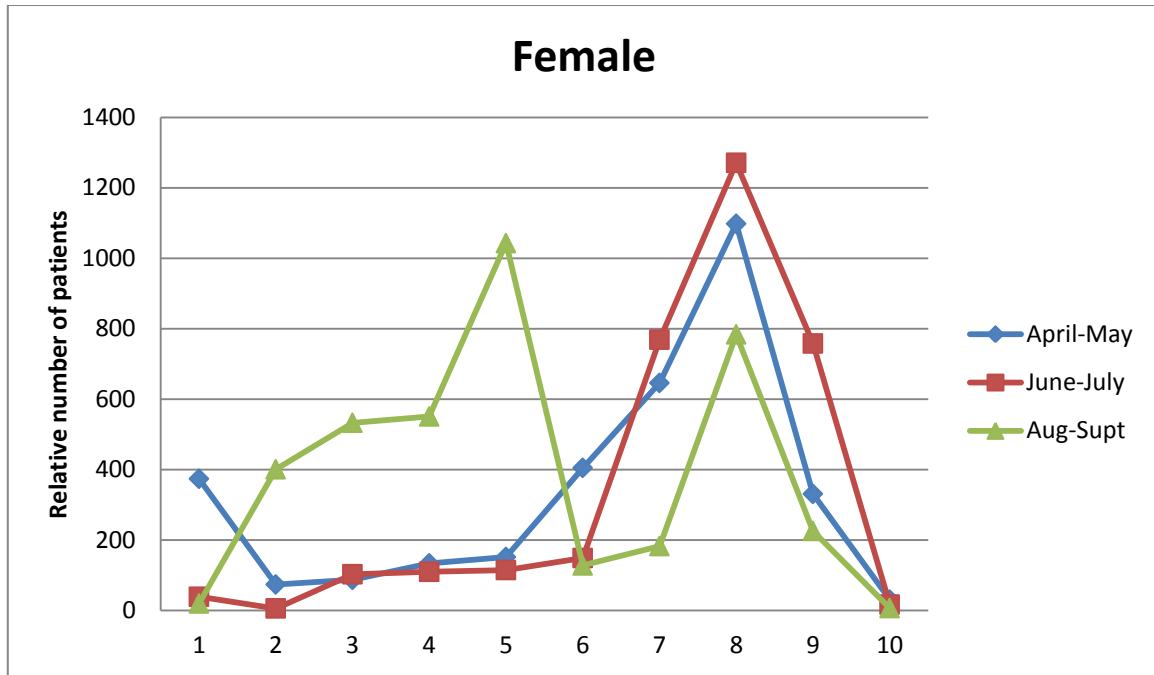
1. Average an anxiety level is above 6.8 but most of them, consider themselves as worried not panic.
2. Even those who reported an anxiety level 9 are consider themselves as a conscious.
3. For male, average anxiety level in April-may 7.2 June-July 7.3 Sept.-Oct. 6.1 are reported.
4. For female, average anxiety level in April-may 6.8 June-July 6.7 Sept.-Oct. 6.1 are reported.
5. This shows effect of the reports women are less affected by COVID-19 virus.
6. General public have god faith in traditional or herbal immunity booster.
7. Vitamin “C” tables are more common among all other medicine for increasing immunity.

8. Our stress response system was not designed to be contently activated continuous stress as in COVID-19 pandemic Results in an adverse effect on release of stress hormones. May result to breakdown of many bodily systems and COVID-19 virus or latent viruses. Activation of virus reflects the loss of immunological control over the virus.
9. Mental stress, worries, fears, is different for individual for same. Condition. It can impact immunity differentially.
10. Major issue is immunity, lower when it need the best.
11. In large, further work in this area of research holds promise for saving human being from COVID-19 virus.

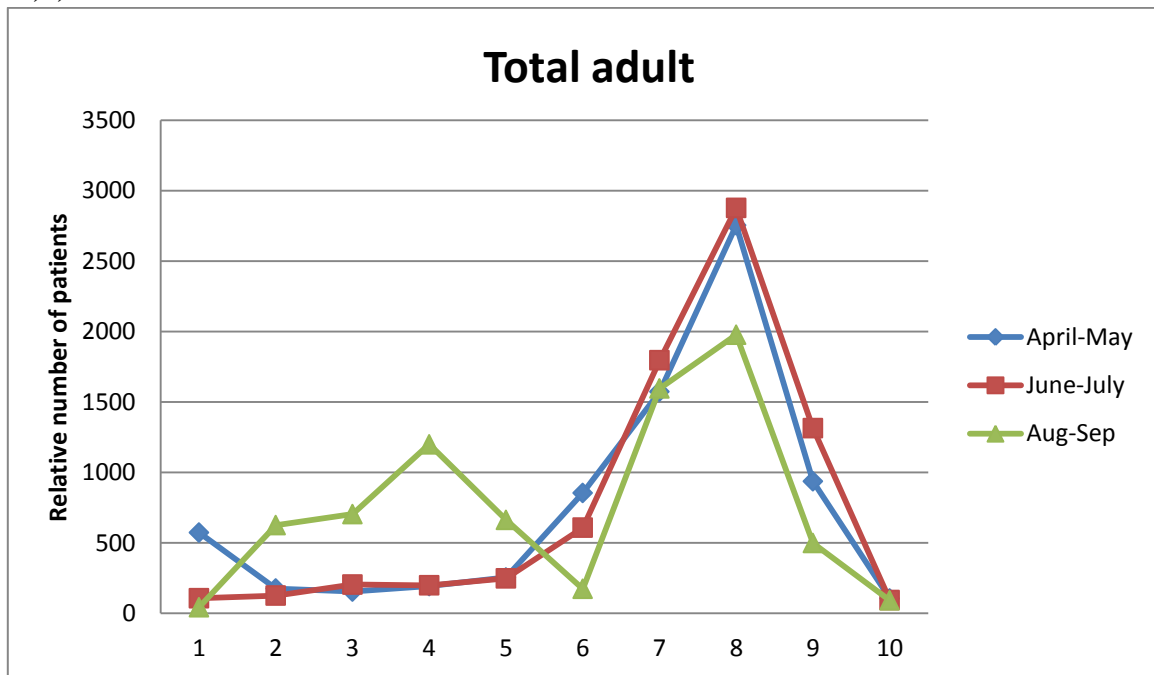
Graph - I
Question 2,3,4



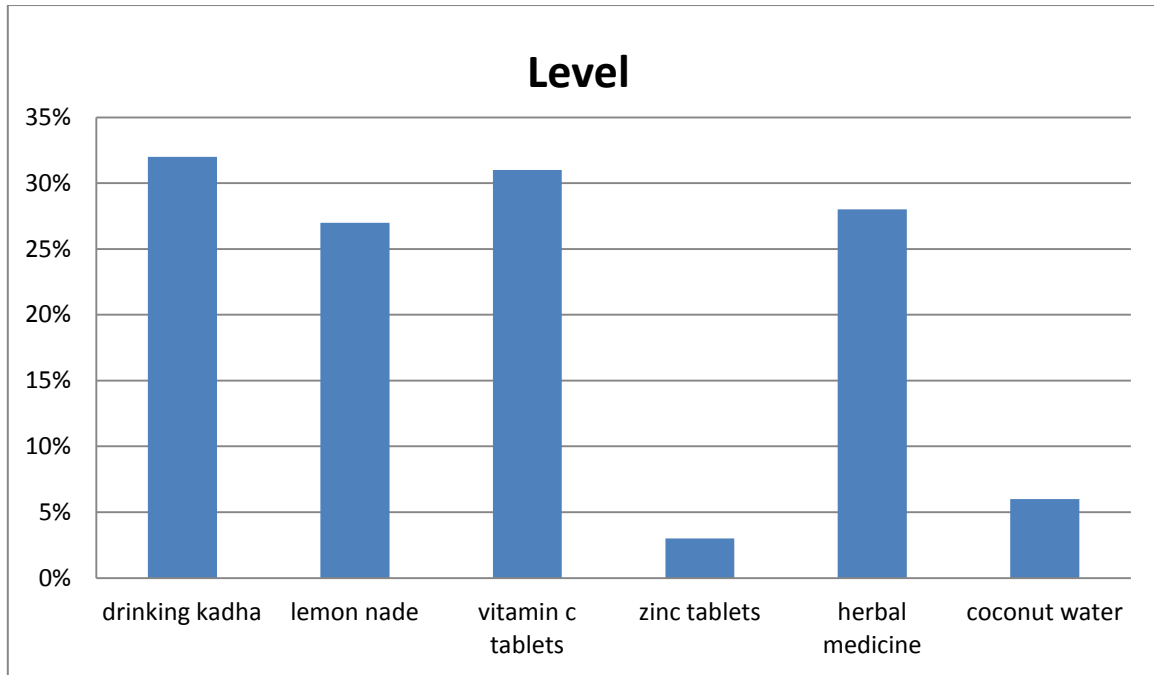
Graph - II
Question 2,3,4



Graph - III
Question 2,3,4



Graph - IV
Question 2,3,4



Graph - V
Question 1 state of mind

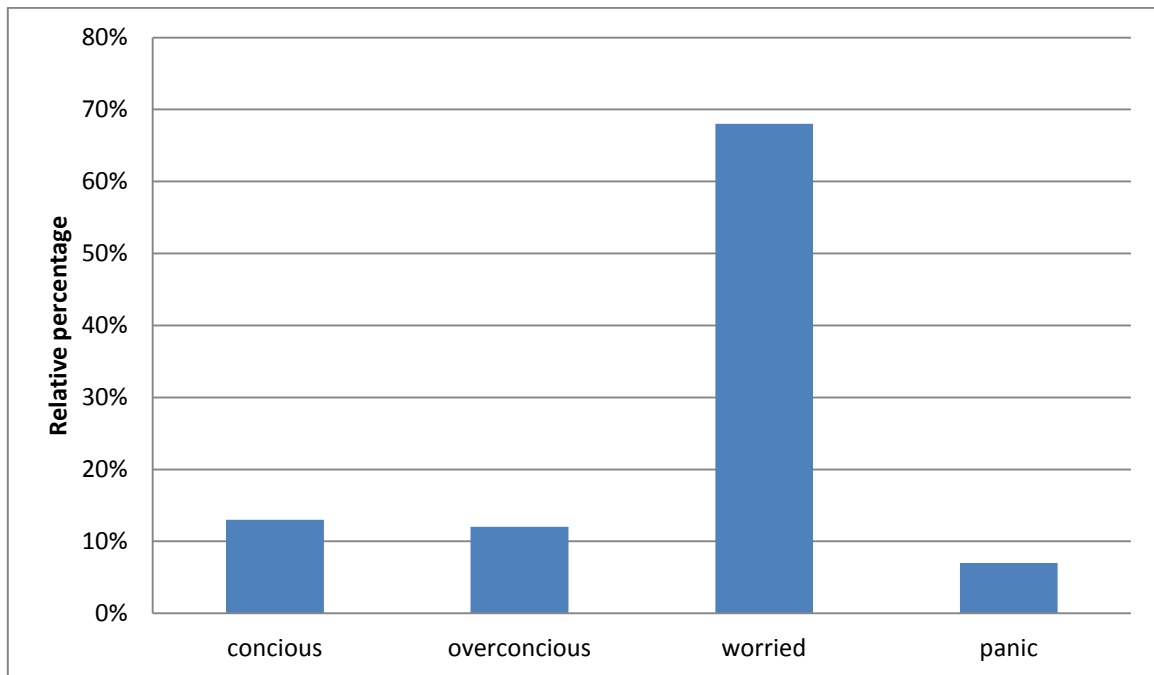
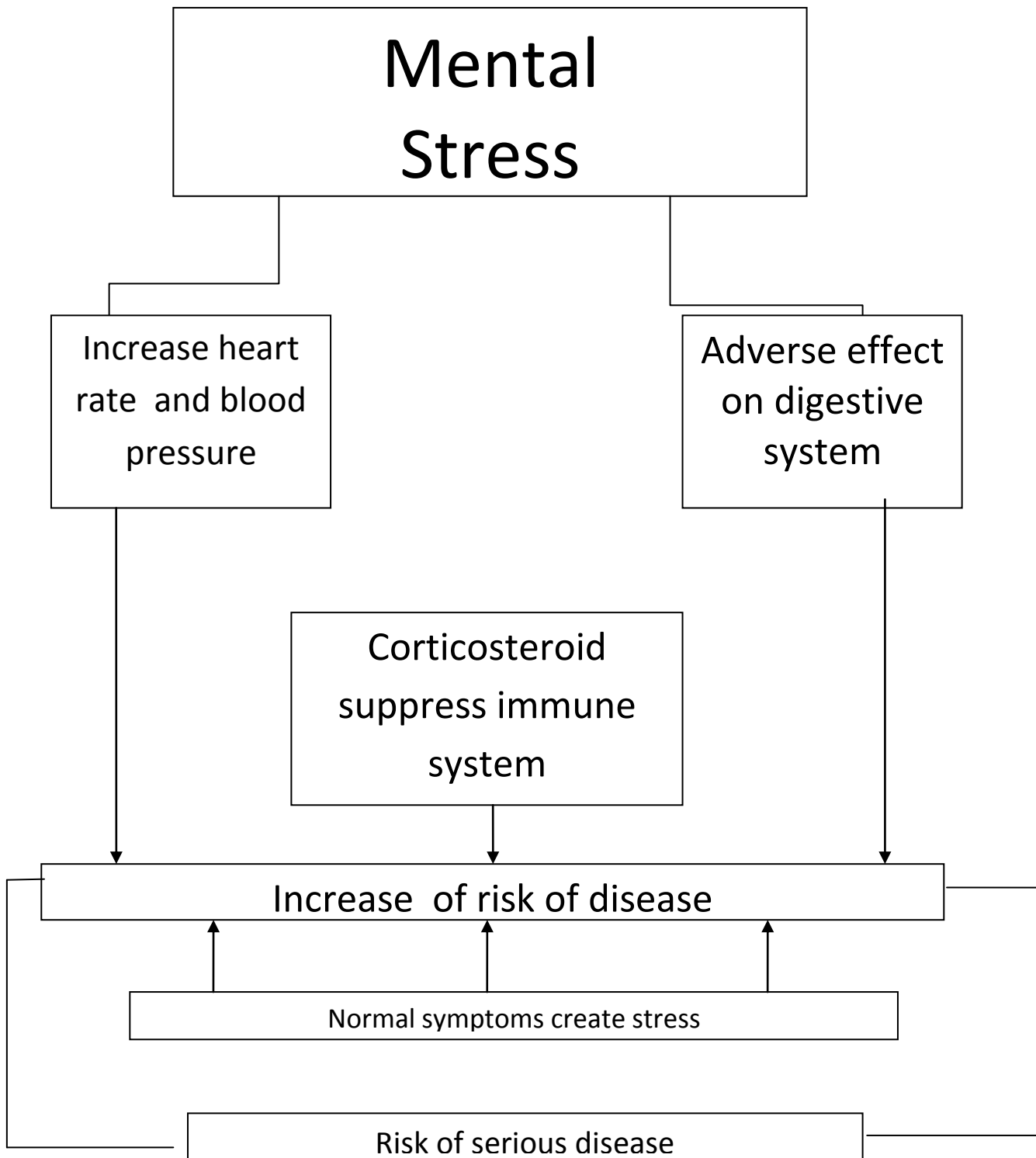


Figure-1
Flow chart in COVID-19 Pandemic



Discussions Points

1) When we are infected with corona virus, the virus is inside the cells and inhaling steam will not affect it. There are several professional stores provides inhaling steam facility.

Vitamins C is antioxidant that help to destroy free radicals and support the body’s natural immune response.

For most of Indians, a healthy diet provides an adequate amount of vitamin C. Vitamin C is water soluble and helps our body absorb iron.

Our body does not produce or store vitamin C. Our additional supply does not help.

- 2) Zinc is essential mineral that plays a role in immune function. Protein synthesis, wound healing. DNA synthesis and catalytic activity of approximately 100 enzymes are major effects of zinc. Because of the body has no zinc storage or production system, It must be art of our daily Intake. Maximum daily intake causes adverse effect. Taking zinc tablets without medical supervision is not advisable.
- 3) In India, lemonade is sweetened lemon (natural lemon) beverage or soft drinks. It is natural source of vitamin C. Coconut water is also natural source of multivitamin and mineral.
- 4) Drinking concentrated alcohol or bleach or sanitizer is extremely dangerous but some cases are reported.
- 5) Exposing yourself to sun light or heat does not protect from COVID-19.
- 6) Extremely cold or hot weather cannot kill the COVID-19 virus.
- 7) Hand dryers are not killing the COVID-19 virus.
- 8) Raising your nose with salted water does not prevent COVID-19.
- 9) Eating ginger, garlic or onion does not prevent COVID-19.
- 10) Ultra-violet rays must not use for sanitize of clean hand or any body parts.
- 11) Iodine solution should not be use without proper medical supervision.

Conclusion

- 1) There is no registered treatment or vaccine for COVID-19 diseases. The immune system of human body is the main concern. Therefore to increase immunity or not to decrease immunity is major subject of investigation.
- 2) The COVID-19 disease will be mild for 80% of the infected patients and limited to the upper and conducting airways which need primary care treatments.

- 3) Almost 20% of the infected patients develop pulmonary infiltrates and some of these develop server diseases. Means almost 5% needs interim and advanced care.
- 4) Our result shows almost 62 to 67% are harming their immunity system due to fears, worries and concerns.

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