

Depression in the Brain as a Result of Covid-19

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Commentary

COVID 19 is new to humanity; its impact and severity on general health have yet to be determined, although those with chronic illnesses such as asthma, renal diseases, cardiac problems, and the geriatric population have been advised to take extra care. COVID-19 has resulted in both internal and foreign battle for mankind [1]. On the one hand, external forces and the government are addressing individuals in order to preserve social distance, isolation, and other hygienic conditions. On the other side, some segments of society, particularly elderly people, children, and the sick, are grappling inwardly with the prospect of a worsening scenario as a result of the COVID-19 epidemic.

The present epidemic is having a significant influence on the mental health of healthcare personnel and the general public. However, little study has been performed regarding the mental health impact of COVID-19 patients [2]. As the situation worsens and continues, it will become increasingly necessary for the research community to perform studies on the mental health implications of COVID-19. Pandemic COVID-19 the entire country is under lockdown, and given the present trend of rising cases, the situation is certain to worsen [3]. While most professionals have been advised to work from home, the lack of an office environment can induce melancholy and anxiety in many people, especially those with pre-existing illnesses.

Why do you feel melancholy when you have COVID-19 and a loss of smell? The answer might be that the new coronavirus-caused illness is targeting your brain.

The most startling conclusion was that loss of scent was associated with low mood and anxiety the greatest. Depressed mood and anxiety were shown to be positively related with COVID-19 symptoms of impaired sense of smell and taste.

New research led by Dr. Ahmad Sedaghat, an ear, nose, and throat specialist and internationally recognised rhinology expert at the University of Cincinnati College of Medicine, suggests that COVID-19 may not only be impairing some people's sense of smell, but may also be entering the brain via the olfactory tract [4]. The disease may be generating the despair and anxiety that individuals with smell loss experience in the central nervous system. No one will know for certain until additional study is conducted. Though the Corona virus has the ability to attack any organ or bodily component, it should be regarded as pervasive as it seems. Various studies have also shown the possible influence of COVID on neurons.

MDD symptoms severely interfere with daily activities such as school, employment, and social gatherings. It may have an effect on mood and behaviour, as well as bodily processes such as sleep and hunger.

A nutritious diet and good sleeping habits are essential

Your goal should be to eat a healthy, well balanced diet and to be physically active. Stress causes your adrenal glands to release cortisol, which increases your appetite. Stress also inhibits hunger hormones such as ghrelin, which regulate your appetite. When you are stressed, you frequently feel out of control and overwhelmed, which can spill over into your eating habits. Concentrate on the genuine issue, plan ahead of time, and be aware. Have a restful night's sleep. (Excellent sleep hygiene) Convert your fear into bravery, poison into medicine, and compassion and knowledge into medication to help avoid the negative effects of stress on your immune [5]. Let us learn to deal with our new reality of living in this virtual existence, which includes virtual employment, virtual consultations, virtual exercise lessons, and virtual meetings with family and friends. It is natural to feel unhappy, anxious, and terrified during a crisis. Remember that it is a physical lockdown for everyone, not a lockdown of your mind and spirit, and it is not a lockdown of assistance, hope and love.

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How to cite this article: Hazel Scarlett. "Duchenne Muscular Dystrophy-How to (or not to) Return to School during Covid-19". *J Clin Neurol Neurosurg* 4 (2021): 118

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Received 23 April 2021; **Accepted** 07 May 2021; **Published** 14 May 2021