A review on various aspect of COVID-19

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ABSTRACT

This review is virtually focused on the current pandemic (Covid-19), its pathogenesis and recent treatment available till date. As we know that Covid-19 caused by SARS-CoV 2 is highly mutating and transmissible virus which has put a new challenge for development of vaccines and drugs to researchers worldwide. Among Corona virus, SARS-CoV 2 is a 7th corona virus which is highly transmissible from human to human and no vaccines are available till date, due to this it has become a global threat for human being. It is believed to be zoonotic disease but no clean evidence of it main source has been known.

Keywords: SARS-CoV 2, Pandemic, Pneumonia, respiratory system.

Background

The first case of COVID-19 was reported from Wuhan, Hubei province, China in late December 2019, where large number of patient was admitted to hospital due to pneumonia. Later on the causative agent for such a mass scale of pneumonia was found to be a viral disease caused by SARS-CoV 2, similar to SARS-CoV 1 but highly transmissible and mutagenic.[1] Some scientist believe that it is zoonotic disease which spread from bats as genome analysis of novel coronavirus sequences revealed that the complete genome sequence recognition rates of SARS-CoV 2 and bat SARS coronavirus (SARSr-CoV-RaTG13) were 79.5% and 96% respectively.[2] Like SARS and MERS causing corona virus, COVID-19 causing virus also belong to same class of virus prevalent in nature-β corona virus. WHO declared COVID-19 outbreak a public Health Emergency of International Concern on 30/Jan/2020 and a pandemic on 11 March 2020.[3]

Introduction

COVID-19 was first identified in 2019 at Wuhan and spread globally resulting in 2019-2020 global pandemic. COVID-19 is caused by a β-corona virus (SARS-CoV-2) which is highly transmissible and mutagenic despite of low mortality rate. Similar to SARS and MERS disease, the patient infected with COVID-19 exhibit viral pneumonia, including fever, difficulty breathing, and bilateral lung infiltration in the most severe cases.[4] The mortality of the emerging coronavirus of 2019 seems mainly to be caused by acute respiratory distress syndrome (ARDS) [5] which may be associated with comorbidities and followed by multiple organ failure leading to death [6].

Till date researcher has found 7 corona viruses, including SARS-Cov 2, they are HCoV-229E, HCoV-NL63, HCoV-OC43, HCoV-HKU1, SARS-CoV, and MERS-CoV3. HCoV-229E and HCoV-NL63 belong to the alpha coronavirus, and the others include SARS-CoV-2 belong to beta coronavirus.[7] SARS-CoV and MERS-CoV were considered highly pathogenic that transmitted from bats to human via intermediate host palm civets and dromedary camels, respectively.[8,9]

Gastrointestinal aspects of covid-19

It has been found that virus of COVID-19 has high affinity to angiotensin converting enzyme 2 receptor (ACE-2) which are also found in epithelial cell of gastrointestinal tract.[10] Corona virus has potential to bind to ACE 2 receptor present in epithelial cell of GIT to develop symptoms like nausea, vomiting, diarrhea and abdominal pain. Studies has identified the presence of corona virus in anal and rectum swab and stool specimen of infected person even after the clearance of virus from upper respiratory tracts.[11]

Typically, COVID-19 is a respiratory illness but some patient was reported of nausea, vomiting, diarrhea and abdominal pain. In USA, a 35 year old patient infected with corona virus has 2 days history of nausea and vomiting on admit to hospital, patient has suffered from diarrhea and abdominal
Respiratory system in COVID-19

Similar to SARS-COV-1, SARS COV-2 also invade the human body through ACE2. ACE2 is an enzyme highly expressed in the outer membrane of cells of lungs, arteries, heart, kidney and intestine. A human version of enzyme is known as hACE2. ACE2 is an essential part of the RAS, and it has extensive vascular and organ protection functions in hypertension, diabetes, cardiovascular disease, and ARDS. [21] The tropism of SARS COV-2 in ACE2 receptor is due to the s-protein spike present in the outer membrane of virus. The most severe form of lungs injury is acute respiratory distress syndrome (ARDS) which is characterized by increased pulmonary vascular permeability and pulmonary edema. [22] Patient of COVID-19 rarely suffered from upper respiratory symptoms (such as nose, sneezing and sore throat) indicating that virus primarily affects lower respiratory tracts. [23]

On 2 Jan 2020, at the epicentre of COVID-19, Wuhan, China. 41 covid-19 infected patient were admitted, most of the infected person were man (21 out of 41), less than half had a underlying disease including diabetes (8), hypertension (6) and cardiovascular disease (6). Median age was 49 years. Common symptoms at onset of illness were fever (40 of 41 patients), cough (31), and myalgia or fatigue (18), less common symptoms were sputum production (11 of 39), headache (3 of 39), haemoptysis (2 of 39), and diarrhoea (1 of 38). Dyspnoea developed in 22 of 40 patients (median time from illness onset to dyspnoea 8-0 days). [24]

Western treatment of COVID-19

Covid-19 a viral disease which is caused by SARS COV-2 virus is a new strain of corona-virus that was identified at late December 2019 in Wuhan, China. Since, it is a new virus known by mankind there is no vaccines and special treatment available for it so far. Development of vaccines and drugs in traditional method is a long and tedious process. Therefore, there is another option in which a systematic and large-scale screening of existing drugs is done to see whether they have activity against the COVID-19. [25]

An anti-HIV drug kaletra, which is composed of two protease inhibitor, Ritonavir and Lopinavir was a recommended by the National Health Commission of the People’s Republic of China for the treatment of Wuhan pneumonia. [26] It has reported that β-coronavirus viral loads of a COVID-19 patient in Korea significantly decreased after lopinavir/ritonavir (Kaltra®, AbbVie, North Chicago, IL, USA) treatment. [27] Recently, Remdesivir an antiviral drug has also gain some popularity due to good antiviral property against a wide array of RNA virus. It has been reported that patient treated with remdesivir against COVID-19 has achieved good result. [28] Recently China National Center for Biotechnology Development has suggested that chloroquine in one of three drugs which have a promising action in symptomatic treatment of COVID-19, it has been reported that patient treated with chloroquine was recovered within short duration and symptoms of fever was subsided faster and improvement in lungs computed tomography (CT) images with no severe adverse effect as compared to controlled group. [29] As a result, chloroquine is used as frontline drugs for the treatment of COVID-19 world-wide.

Chinese medical treatment

The Chinese Medicine has also played a major role to controlling and recovery from COVID-19 in China. In China local government and medical institution has published...
many medical prescription. The Novel Coronavirus Pneumonia Diagnosis and Treatment Plan (6th trial version) suggested use of clearing lung and detoxification decoction in the clinical treatment. Additionally, clinicians combined Chinese and Western medicine treatment including lopinavir/ritonavir (Kaletra®), arbidol, and Shufeng Jiedu Capsule (SFJDC, a traditional Chinese medicine) and gained significant improvement in pneumonia associated symptoms in Shanghai Public Health Clinical Center, China. [30]

**Table 1: Common and potent antiviral drugs** [31]

| Status                        | Drug                      | Mode of action          | Anti-infective mechanism                                                                 | Target disease               |
|-------------------------------|---------------------------|-------------------------|------------------------------------------------------------------------------------------|------------------------------|
| Approved                      | Lopinavir/ Ritonavir      | Protease inhibitors     | Inhibiting HIV-1 protease for protein cleavage, resulting in non-infectious, immature viral particles | HIV/AIDS, SARS, MERS         |
| Experimental                  | Remdesivir (GS-5734)      | Nucleotide analogue prodrug | Interfering with virus post-entry                                                         | Ebola, SARS, MERS            |
| Approved, Investigational, Vet approved | Chloroquine               | 9-aminoquinolin         | Increasing endosomal pH, immunomodulating, autophagy inhibitors                            | Malaria, autoimmune disease |
| Approved                      | Oseltamivir               | Neuraminidase inhibitor | Inhibiting the activity of the viral neuraminidase enzyme, preventing budding from the host cell, viral replication, and infectivity | Influenza viruses A          |
| Approved, Investigational     | Ganciclovir               | Nucleoside analogue     | Potent inhibitor of the Herpes virus family including cytomegalovirus                     | AIDS-associated cytomegalovirus infections |

HIV (Human Immunodeficiency Virus). AIDS (Acquired immunodeficiency syndrome) SARS (Severe acute respiratory symptoms) MERS (Middle east respiratory symptoms)

**Prevention of COVID-19**

Vaccines for a COVID-19 are under clinical trials, which are going to prepared within 18 month as per director general of WHO, Dr.Tedros. The clinical treatment for COVID-19 until now is palliative and supportive treatment. Therefore development of vaccines and drugs is very important. As COVID-19 is caused by RNA virus. RNA virus related vaccines, including measles, polo, encephalitis B virus and influenza virus, could be the most promising alternatives. And interpersonal transmission of the virus could be prevented by immunizing health care workers and non-infected population. [32]

The present principles on prevention of COVID-19 are to tonify body energy to protect outside body, dispel wind, dissipate heat, and dissipate dampness with aromatic agent. The six most commonly used Chinese herbal medicines are astragalus, liquorice, fangfeng, baizhu and honeysuckle. However, the decoction is not suitable for long-term use, and the best period is one week only. [33]

COVID-19 may cause respiratory symptom. Therefore vitamin C can be used to prevent it. Patient with pre-existing health condition (such diabetes, hypertension, heart disease etc) old age and children are more susceptible for infection due to the weak immune system. [34] COVID-19 infection can be controlled by choosing healthy lifestyle and maintenance personnel hygiene, taking supplementary nutrient such as vitamin C could help to boost up immune system. For individuals, taking protective measures using mask, avoiding social gathering, maintaining social distance, washing and sanitizing hand frequently, and avoiding touching mouth, eyes, wounds with unwashed hand can prevent the spread of infection [35].

**Conclusion**

COVID-19 has become a pandemic of 2019-20. This disease has become a global threat as no vaccines and drug has been developed so far. This disease has infected millions of people worldwide and killed thousands of people globally and numbers are increasing daily. COVID-19 is highly transmissible from human to human, so to control the spread of disease many countries are under lockdown including India. For current situation, the best way to control the spread this infection is maintenance of social hygiene and lockdown. The disease has brought a global economic slowdown, due to which, environment has got a chance to revive itself. Major river of India are cleansing itself, visibility has increased, and ozone layer has recovered completely.

Many pharmaceutical industries all over the world are doing their best to develop a vaccines and drug against COVID-19. Many techniques like plasma therapy; use of hydroxychloroquine has shown good result in containing the current pandemic.
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