



Available Online at

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April-June 2021

DOI: <http://dx.doi.org/10.21276/ijcpa>

International Journal of
CHEMICAL AND PHARMACEUTICAL
ANALYSIS

eISSN: 2348-0726; pISSN: 2395-2466

Research Article

Volume-8

Issue-3

Article ID: 0060

A SURVEY ON IMPACT OF COVID-19 PANDEMIC ON THE HEALTH OF PEOPLE AND THE PRODUCTS / REMEDIES USED BY PEOPLE FOR PREVENTION AND TREATMENT OF COVID-19 IN INDIA

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Received: 25 April 2021 / Revised: 19 May 2021 / Accepted: 19 June 2021 / Available online 24 June 2021

ABSTRACT

The pandemic corona virus (COVID 19) hit India almost a year ago. This pandemic has impacted human life when the global focus has mostly been on testing, finding a cure and preventing transmission; people are going through a myriad of mental as well as physical health issues. Various home remedies were used by people to prevent the infection of COVID 19. Hence, we decided to conduct an online survey to evaluate the impact of this pandemic on physical and mental health and also to analyze various home remedies used by people for the prevention of the infection. The survey form was sent to 500 people out of which 312 responses were received. The responses were analyzed qualitatively as well as quantitatively to draw the conclusions. Many people used home remedies like vitamin C supplements, herbal kadha (Decoctions), etc. to prevent the infection. Within the limitations of this study, it was found that many people suffered from mental stress during this period due to various reasons and the physical health of people got impacted largely. We also asked about their knowledge of vaccines against COVID 19 and majority of the people will prefer to get vaccinated. Traditional medicines and home remedies is equally important as that of modern medicines. Vaccination is a safe and effective way to prevent this pandemic and save lives – now more than ever. By getting vaccinated, one will not just be protecting themselves, but also those around them.

Keywords – COVID-19, Pandemic, Coronavirus, Health, Survey, India

1. INTRODUCTION

CORONA VIRUS DISEASE (COVID-19), was first identified in December 2019 in Wuhan, Hubei province in China. This disease has spread globally now and has become an ongoing life-threatening pandemic disease¹⁻⁵. In January 2020, a previously unknown new virus was identified⁶⁻⁷, subsequently named the 2019 novel coronavirus, and samples obtained from cases and analysis of the virus genetics indicated that this was the causes of the outbreak. This novel coronavirus was named Coronavirus Disease 2019 (COVID-19) by WHO in February 2020⁸. The WHO (World Health Organization) has declared the corona virus outbreak 2019-2020 as a public health emergency of international concern (PHEIC) on 30th January 2020.

Corona viruses belong to the Corona viridine family in the Nidovirales order. Corona represents crown-like spikes on the outer surface of the virus; thus, it was named as a coronavirus. Coronaviruses are minute in size (65–125 nm in diameter) and contain a single-stranded RNA as a nucleic material, size ranging from 26 to 32kbs in length. The subgroups of coronaviruses family are alpha (α), beta (β), gamma (γ) and delta (δ) coronavirus. The severe acute respiratory syndrome coronavirus (SARS-CoV), H5N1 influenza A, H1N1 2009 and Middle East respiratory syndrome coronavirus (MERS-CoV) cause acute lung injury (ALI) and acute respiratory distress syndrome (ARDS) which leads to pulmonary failure and result in fatality. These viruses were thought to infect only animals until the world witnessed a severe acute respiratory syndrome (SARS) outbreak caused by SARS-CoV, 2002 in Guangdong, China⁹. Only a decade later, another pathogenic coronavirus, known as Middle East respiratory syndrome coronavirus (MERS-CoV) caused an endemic in Middle Eastern countries¹⁰.

In Indian subcontinent, as of 25 March 2021, according to the Ministry of Health & Family Welfare (MoHFW), a total of 11,794,407 COVID-19 positive cases were found in which 11,232,919 recovered and 160,761 deaths were reported¹¹⁻¹². Hospital isolation of all confirmed cases, tracing and home quarantine of the contacts is on-going. In India, spread of the initial disease could be traced mainly to the foreign nationals who visited the country as tourists from the disease affected countries and secondly due to the mass immigration of Indian nationals from abroad; due to the fear of infection. As the pandemic outbreak in India was on-going, the Government of India took stringent measures to limit the cases by far in that stage only, by initiating a major lockdown pan-India and also by shifting the immigrants to the special quarantine facilities prepared by the Indian Military directly from the airports and seaports for a minimum of 14 days. Community health teams were also launched to spread awareness about the chances of spread and precautionary measures that one can use to protect themselves and others¹³.

During the early stages of the pandemic in India, this study was focused mainly to assess its psychological impact. The lives of people were drastically affected with lock-down and fear related to the disease's potential effects and transmission¹⁴. The fear due to the contraction of COVID -19 is on the rise because of the death tolls and global spread¹⁵. Hence, this study attempted to find the initial psychological impact of COVID-19 among general public; and understand its relationship with physical symptoms. This can potentially help policy makers in formulating comprehensive interventions.

Mental health concerns and treatment usually take a backseat when the limited resources are geared for pandemic containment. History suggests that any infectious disease outbreak or pandemic brings with itself a major setback in the mental health front¹⁶. In the case of the Ebola outbreak in the year 2014, symptoms of Post-Traumatic Stress Disorder (PTSD) and anxiety-depression were more prevalent even after 1 year of Ebola response¹⁷. The risk of PTSD in the aftermath of the pandemic can, therefore, be a huge challenge to the mental health system of the country. Since the healthcare system focuses majorly on emergency services, individuals suffering from substance abuse and dependency disorders may see deterioration in their mental health as a result of this pandemic¹⁸. The economic fallout and forecasted recession pertaining to 'The Great Lockdown' is feared to be the worst global economic crisis after 'The Great Depression'¹⁹. Reports of stigmatization of front-line workers resulting from the fear of getting the infection from them have surfaced across the world leading to increased mental health illnesses, like anxiety and depression among them. Government, professional organizations, civil society bodies and other relevant stakeholders have come up with various measures in the context of mental health in a short span of time. In this study, we attempt to review the prevailing mental health issues during the COVID-19 pandemic through global experiences, and reactive strategies established in mental health care with special reference to the Indian context.

Sudden lockdown implies change in entire lifestyle of the population. Social isolation affects individual's lives by greater reduction in their physical activity, which might increase the chance of infection by reducing immunity. Due to lockdown, limiting outdoor activities and regular physical activity and exercises will affect the daily activities of most of the individuals. Studies reported that

staying home at the prolonged time might lead to sedentary behaviors, such as spending more time on sitting activities, playing games. Watching television, decreasing regular outdoor activity and exercises leads to an increased risk of chronic health conditions. In the absence of protective vaccination social distancing or lockdown strategy was used by the government, implementing travel bans, closing crowded public places and school/colleges. The applicability of lockdown due to COVID-19 not only affects people's mental health but also affecting their physical health due to reduced activity in their daily routine.

On 16 January 2021 India started its national vaccination programme against the SARS-CoV-2 virus which has caused the COVID-19 pandemic. The drive prioritizes healthcare and frontline workers, and then those over the age of 60, and then those over the age of 45 and suffering from certain comorbidities²⁰. In January 2021 Secretary-General of the United Nations António Guterres said that India's vaccine-production capacity is the best asset the world has²¹. According to health officials, India has administered 5,31,45,709 (53 million)²²⁻²³ vaccine doses across the country as of 24 March 2021.

The novel coronavirus (COVID-19) declared as a pandemic disease on 30 January 2020 by the WHO, the rapid development of COVID-19 has reemphasized the importance of clear and accurate information. Indeed, the best thing to do at this time is to remain calm and arm yourselves with the right knowledge to help prevent further spread of the disease. One way to do this is to conduct surveys and collect information. In order to avoid the rampant spread of the Corona Virus (COVID-19) it is essential to get a measure of the public's awareness regarding the virus.

Hence, with this motive we conducted the survey on the impact of COVID 19 pandemic on the health of people and the products/remedies used by people for prevention and immunity enhancement.

2. METHODOLOGY

A cross sectional survey design was decided to assess impact of COVID-19 on health of people and the products/remedies used by people for prevention and immunity enhancement. We collected data using an online survey platform as per Indian Government's recommendations to minimize face-to-face or physical interaction as citizens continue to isolate themselves at home²⁴.

The survey was sent to 500 people. The survey rendered 312 responses. This survey, which was conducted, contained 19 questions with multiple choice questions which includes questions on general information (Table 1), home remedies (Table 2), mental health, physical health, and social health (Table 3), awareness about vaccine (Table 4). All the individuals who answered the survey were informed about the confidentiality of their response and were also informed about the purpose of conducting this survey. Each and every individual of India of all age groups were included in this survey. The evaluation of this survey was done electronically using the interphase provided by the common survey software conducting site available on internet.

2.1 Survey Questionnaire

Table 1: General information

Sr. No.	Question	Option
1	Name	
2	Gender	a. Male b. Female c. Other
3	Which age group do you fall in?	a. 10 – 18 b. 19 – 30 c. 31 – 59 d. 60 and above
4	What category do you fall in?	a. Student b. Employed c. Retired d. Business e. Homemaker f. Unemployed
5	Are you suffering from any of the ailments?	a. Diabetes b. Blood pressure c. Heart related problems d. Kidney related problems e. Asthma or other respiratory disorder f. Cancer g. No, I am not suffering from any ailment h. Other
6.	Have you suffered from COVID 19 infection?	a. Yes b. No
7	If yes, what were the medication given/taken to cure the infection?	a. Antibiotics (like Azithromycin, b. Amoxicillin, Cefuroxime {Cefakind}, etc.) c. Antiviral (like Remdesivir, etc) d. Ayurvedic medicines e. Other supplements (vitamin C, etc) f. NA g. Other

Table 2: Question on use of home remedies

Sr. no.	Question	Option
1.	Which of the following preventive measures if any, are you taking to prevent the COVID 19 infection?	a. Use of sanitizer, mask, hand gloves b. Following social distance c. Use of home remedies
2.	Are you using any of the following listed home remedies/immunity boosting agents?	a. Ayurvedic remedies (like Herbal kadha) b. Homeopathy (like Arsenic album) c. Allopathy (like Vitamin C supplements) d. Nutraceuticals e. Others (like vitamin C rich fruits, vegetables, etc) f. No, I am not using any home remedies
3.	How do you come to know about these home remedies?	a. Family and friends b. Doctor c. News d. social media e. Other f. NA
4.	What is the frequency of using these home remedies?	a. Everyday b. Alternate day c. Whenever required d. NA
5.	Have you seen any side effects of these home remedies? If yes what were the side effect seen?	a. Yes b. No c. NA

Table 3: Question on Mental, Physical, Social health

Sr.no.	Question	Option
1	Apart from home remedies which of the following approaches do you adopted for preventing the infection/ boosting the immunity?	a. Physical exercise (cycling, running, etc) b. Yoga and mediation c. Other
2	Did you face anxiety, depression or mental stress during this lockdown period?	a. Yes b. No
	If yes, what was the reason?	a. Financial crisis b. Difficulty in education c. News and social media d. Stress from work e. Staying at home for such a long period of lockdown f. NA g. Other
3	Did you take any medication for anxiety/depression/mental stress?	a. Yes b. No c. NA
	If yes, what were the treatment/medication taken like:	a. Ayurvedic b. Homeopathic c. Allopathy d. NA e. Other
4	What other options do you choose to stay mentally strong?	a. Reading a book b. Listening to music c. Taking a long walk d. Do some creative/innovative work e. Other
5	Do you suffer from any disease other than COVID-19 during this pandemic period?	a. Yes b. No
	If yes, did you face any difficulty for getting treatment for the same?	a. Yes b. No c. NA

Table 4: Question on Awareness about covid-19 vaccine:

Sr. No.	Question	Response
1	Do you know about vaccines against COVID 19?	a. Yes b. No
2	What is your opinion about current COVID 19 vaccines available in Indian market?	a. It is safe and effective b. It is harmful and not effective c. It is expensive d. Other
3	Will you prefer getting vaccinated? If no please mention the reason	a. Yes b. No

3. RESULTS

3.1 Data on General Information

The survey generated 312 responses and showed that around 83% people preferred English whereas 13% chose Marathi as their mode of language for this survey [Figure 1]. Around 63.7% female and 36.3% male population participated in survey [Figure 2]. 85.3% population was in around 19-30 years old whereas 12.4% fall in 31-59 years category, around 1.5% was under 18 years and 0.8% of population was over 60 years old category [Figure 3]. Regarding the occupation of participated population around 66.8%

were student, 25.5% employed with 2.7% own business, 3.1% homemaker whereas around 0.8% were retired and 1.2% currently unemployed [Figure 4]. 93.4% people said they are not suffering from any prior ailment, around 1.9% population was suffering from diabetes and 2.7% were having blood pressure along with 0.4% heart related ailment and 1.5% have asthma or other respiratory disorder whereas 0.4 had gastric problems [Figure 5].

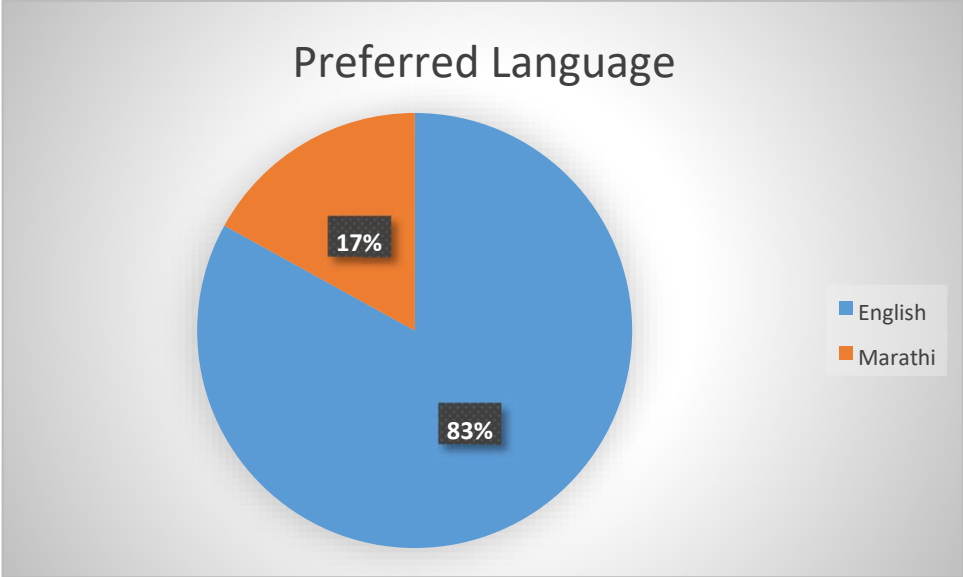


Figure 1: Preferred Language

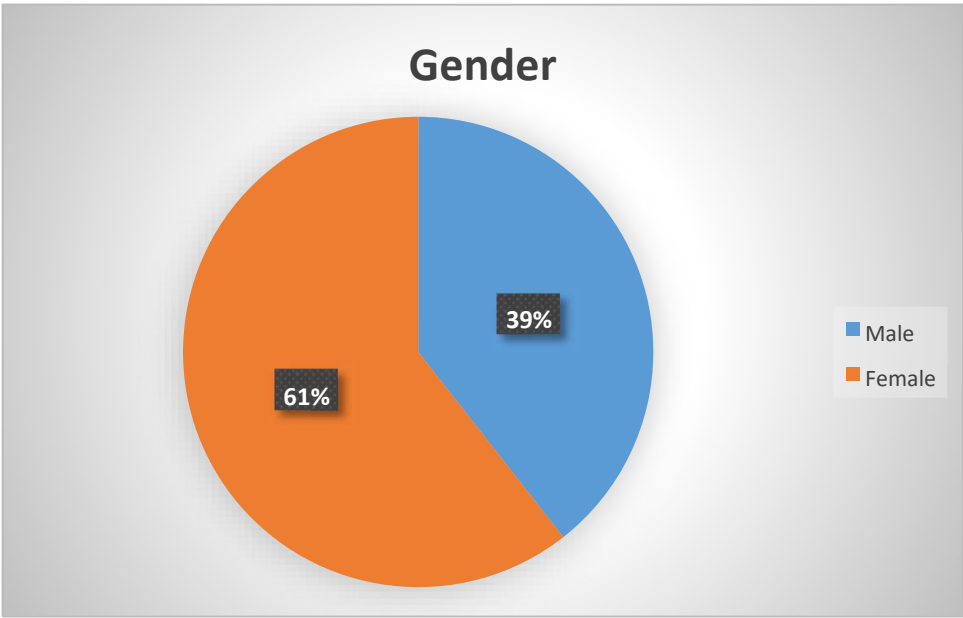


Figure 2: Gender

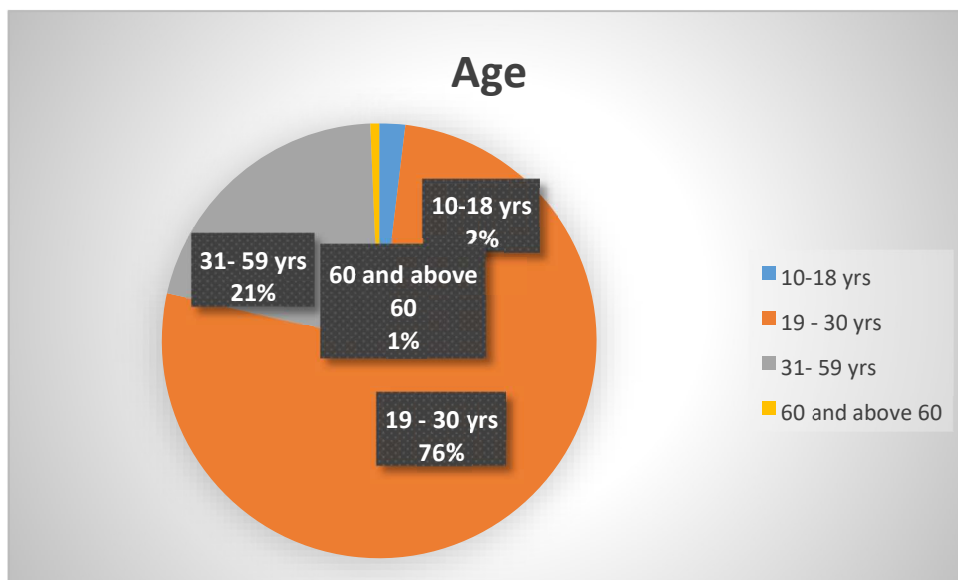


Figure 3: Age

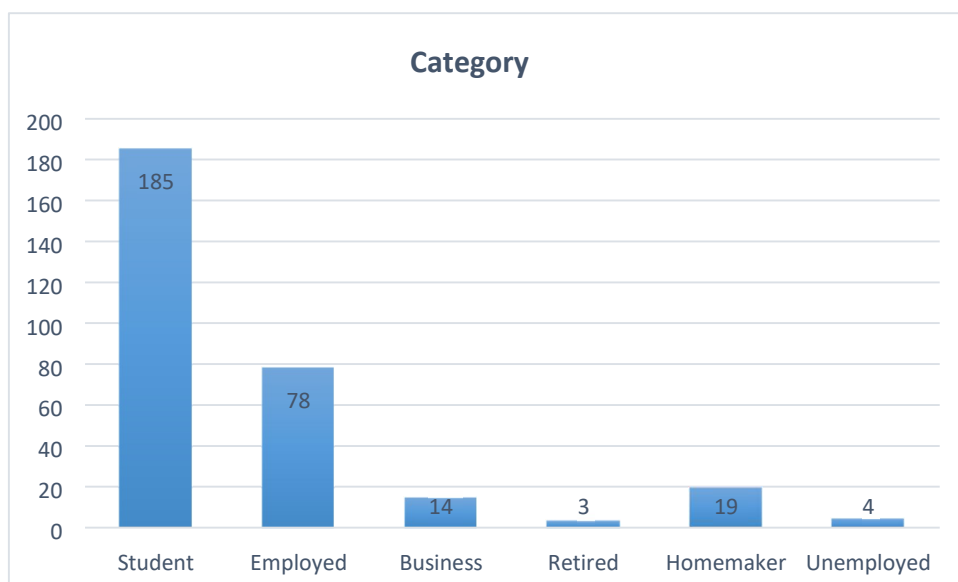


Figure 4: Category

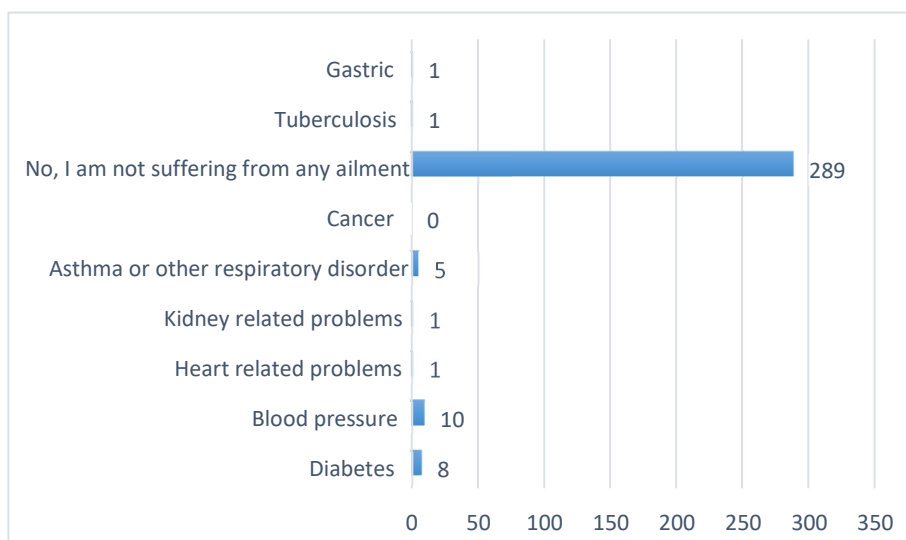


Figure 5: Individuals Suffering from any Ailments/ Other Diseases

Around 9% of people suffered from COVID-19 whereas 91% were not infected [Figure 6]. Amongst the 9% of infected people, 6% used antibiotics like Amoxicillin, azithromycin, etc. whereas 2% of people were prescribed with anti-viral and 5% population used ayurvedic medicines for treatment. Around 9% people used various vitamin supplement [Figure 7]. Upon getting medication 2% of people did not had any kind of side effects whereas 6% suffered with diarrhoea, 2%vomitting and nausea, 6% headache along with these few other side effects were also reported such as hair fall, anxiety, etc. [Figure 8].

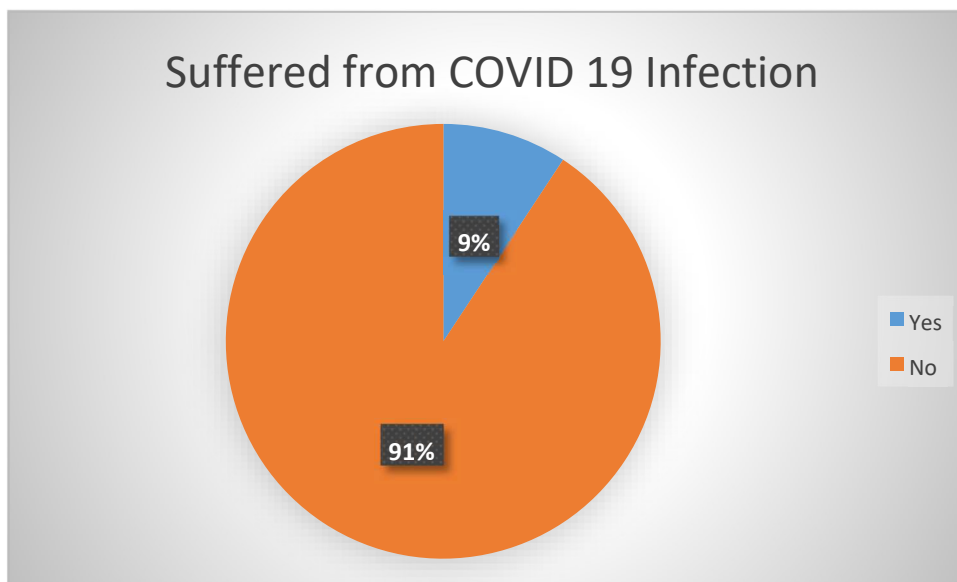


Figure 6: Suffered from COVID 19 Infection

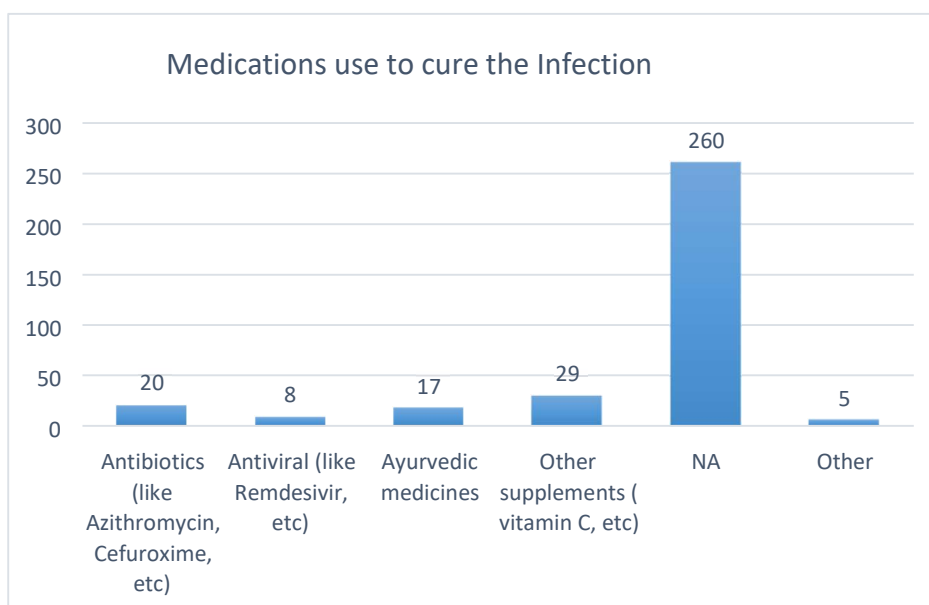


Figure 7: Medication use to cure the Infection

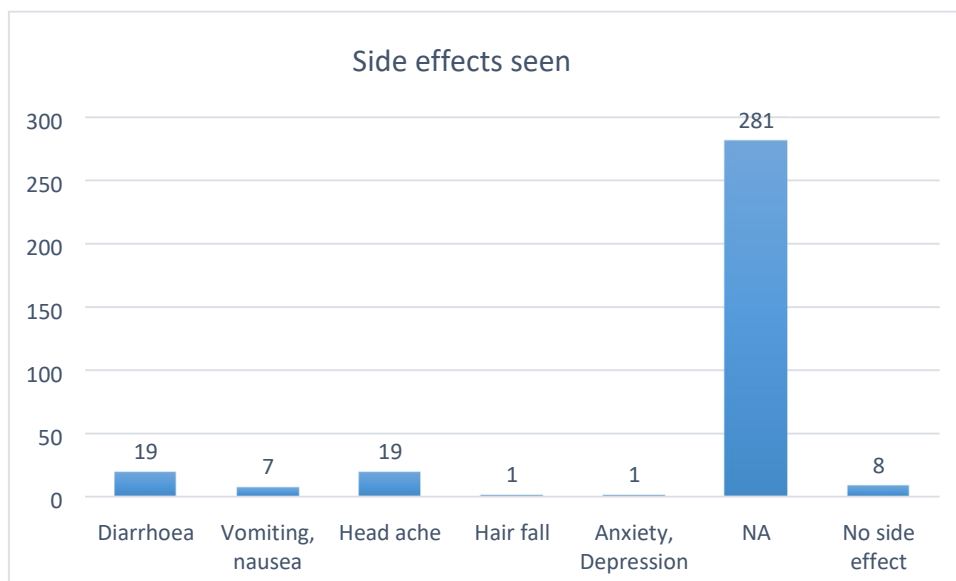


Figure 8: Side effects seen

3.2 Data on use of home remedies

For the preventive measure 41% of population strictly used sanitizer, mask and hand gloves. Along with this 32% also followed social distancing and 26% of people used home remedies as a preventive measure against COVID-19 [Figure 9]. Amongst the listed home remedies/immunity boosting agents 30% of people used Ayurvedic remedies like herbal kadha, 1% preferred Homeopathy medications like Arsenic album, 12% of population had Allopathy supplements like vitamin-C, 5% used Nutraceuticals whereas 40% of people had other immunity boosting agents as fresh green leafy vegetables, vitamin c enrich foods etc. and 12% of people did not take any home remedies [Figure 10]. Around 34% of people came to know about these home remedies from their family and friends whereas 20% were suggested by their doctors along with these 14% get know from news, 21% from digital platform such as social media and 34% had any other source [Figure 11]. In which 36% of people used their remedies whenever required whereas 29% used them every day along with this 20% preferred to use every alternate day and 15% people have not specified their frequency of using these home remedies [Figure 12]. 82% of population have not seen any side effects of these home remedies and only 1% people rarely have suffered from there side effects whereas 17% of people had no idea about their side effects [Figure 13].

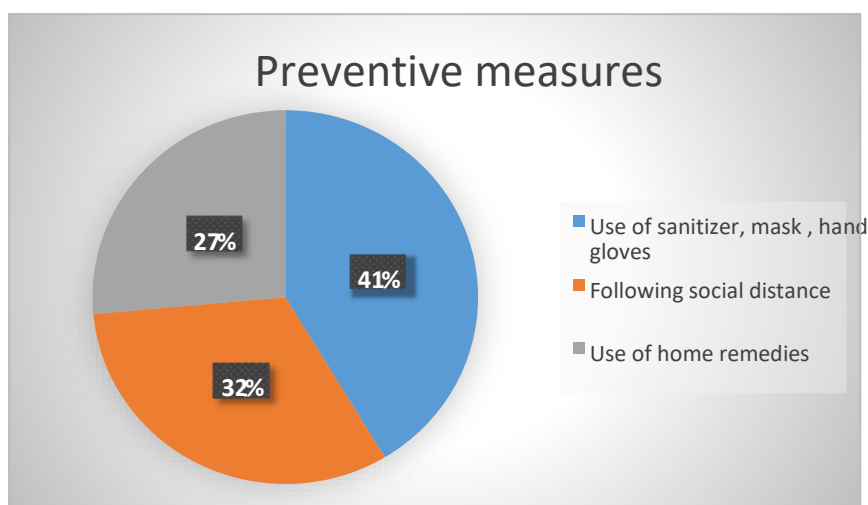


Figure 9: Preventive measures

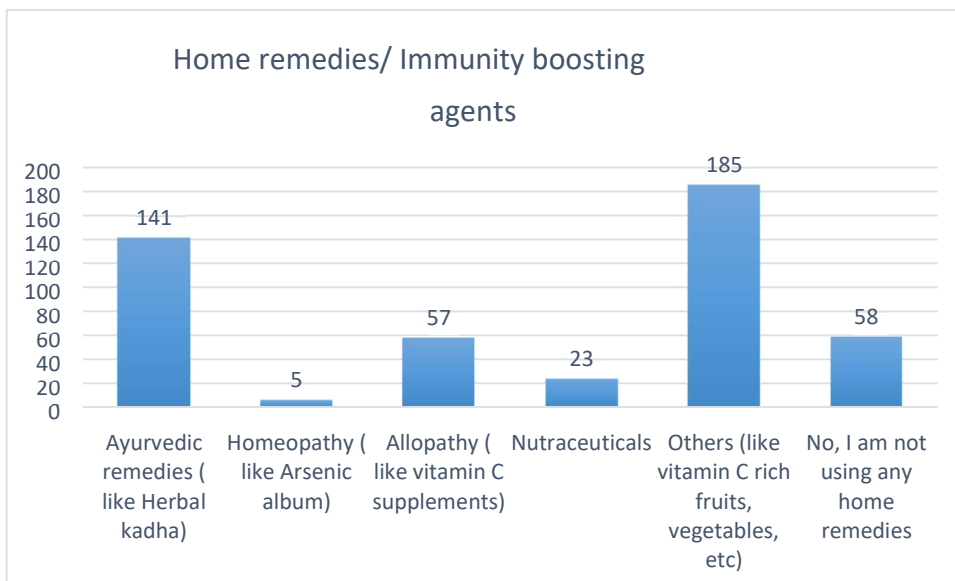


Figure 10: Home remedies/ Immunity boosting agents

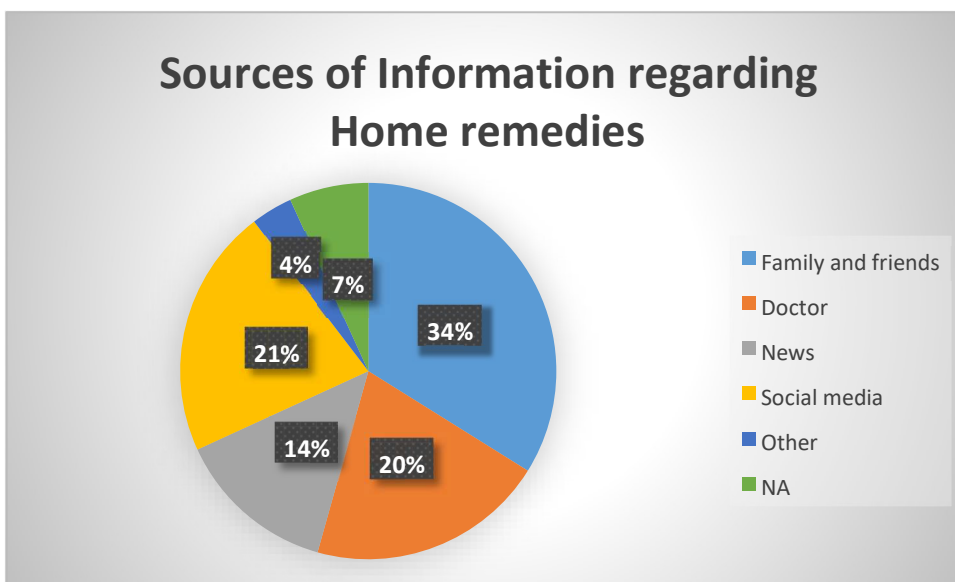


Figure 11: Sources of Information regarding Home remedies

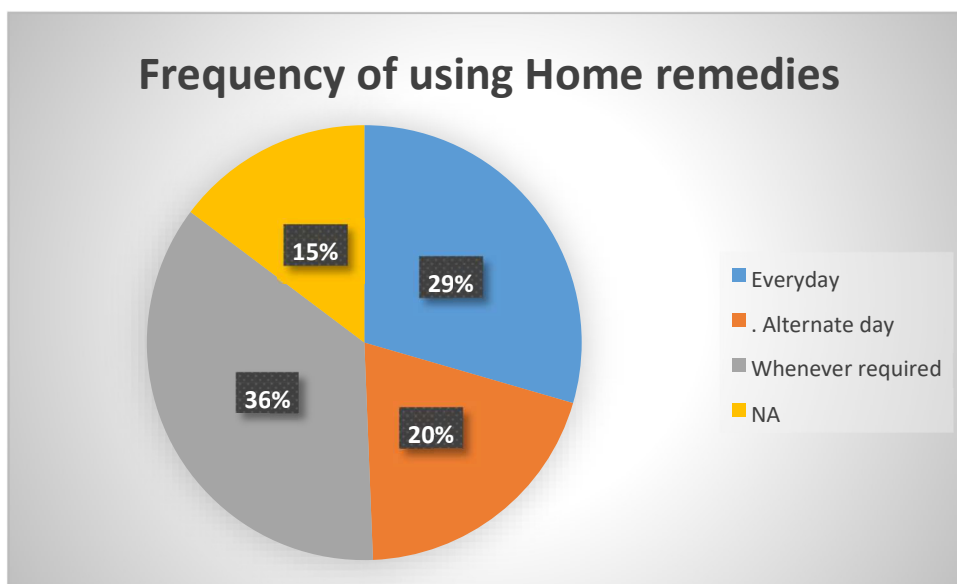


Figure 12: Frequency of using home remedies

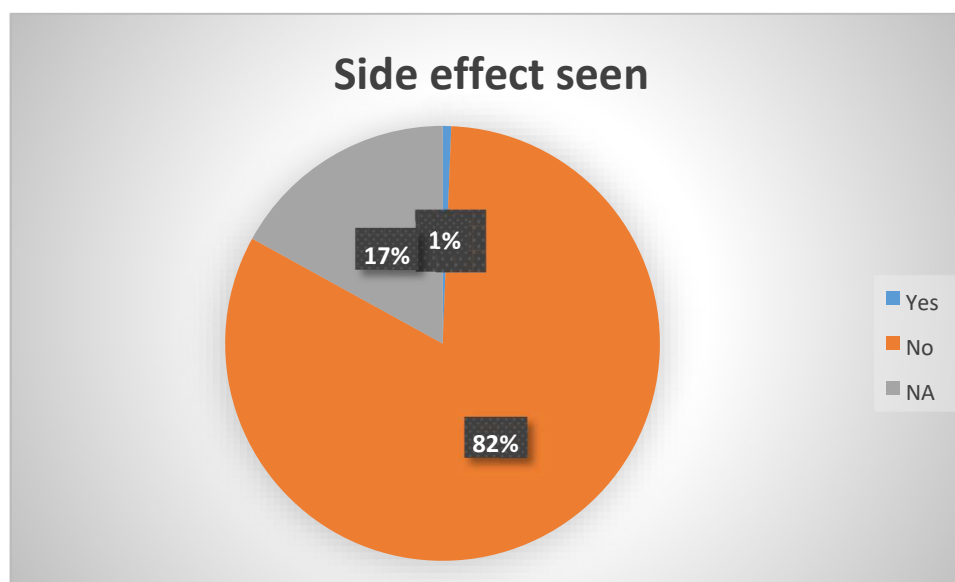


Figure 13: Side effect seen

3.3 Data on impact of Physical, Mental & Social Health

Apart from home remedies 53% of population used physical exercise such as cycling, running, etc. Along with this 44% of people choose yoga & meditation and 64.9% of people opted for healthy food as their preventive measure against covid-19 [Figure 14]. When asked about their mental health as if they have suffered from any anxiety, depression or mental stress during this lockdown period 46% have responded with YES whereas 54% said NO [Figure 15]. In suffered population 12% were mentally stressed because of financial crisis, 12% were stressed due to difficulty in education, 12% of people were depressed because of news and social media however 8% were mentally frustrated because of their work and around 21% population were mentally stressed because of staying at home for such a long period of lockdown [Figure 16]. Only 4% of population seek for medical health or medication for their mental stress while 73% did not take any kind of help and 22% did not chose anything [Figure 17]. For the

treatment 17% used Ayurvedic medicines, 10% opted for Homeopathy while 3% took Allopathy whereas 3% used any other kind of treatment which was not mentioned [Figure 18]. For being mentally strong 35% used calming music, 17% favoured reading books, 20% chose taking a long walk while 22% preferred to do some creative work to keep their mind busy and 6% people used any other kind of method which was not mentioned [Figure 19]. 10% were suffered from further kind of disease other than COVID-19 while 90% did not had any such problems [Figure 20]. When asked about treatment of additional disease 3% had difficulty in getting treatment of such ailment while 40% did not had such problems [Figure 21].

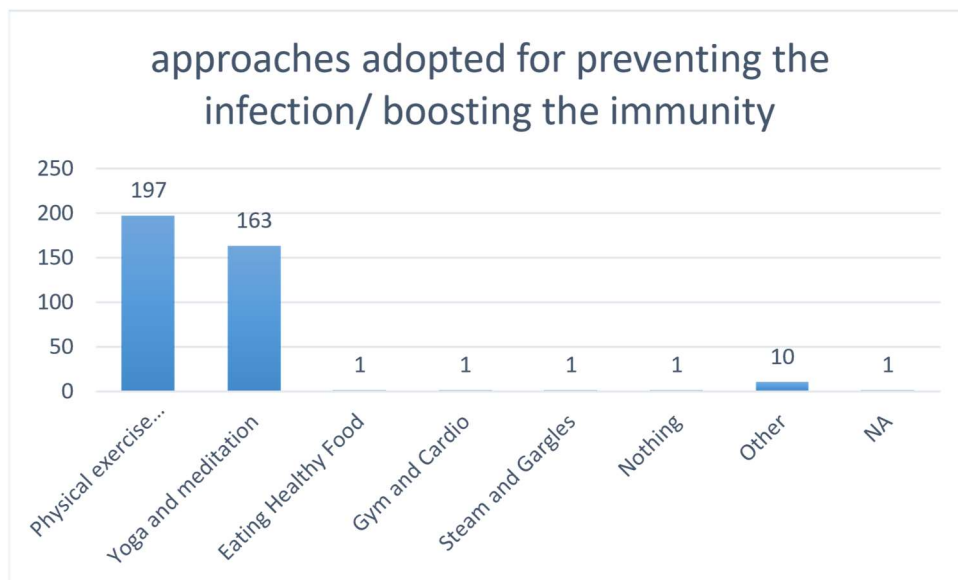


Figure 14: Approaches adopted for preventing the infection/ boosting the immunity

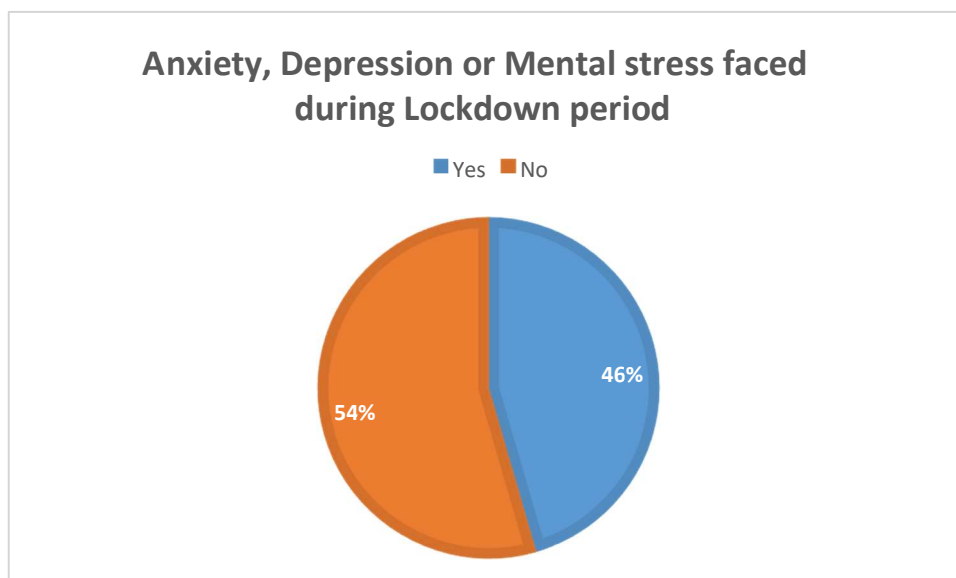


Figure 15: Anxiety, Depression or Mental stress face during Lockdown period

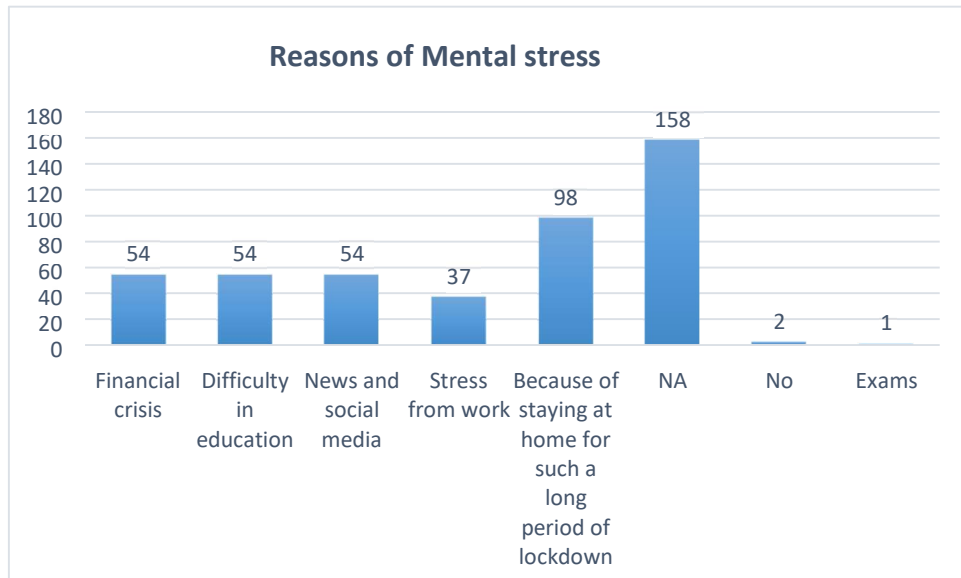


Figure 16: Reasons of Mental stress

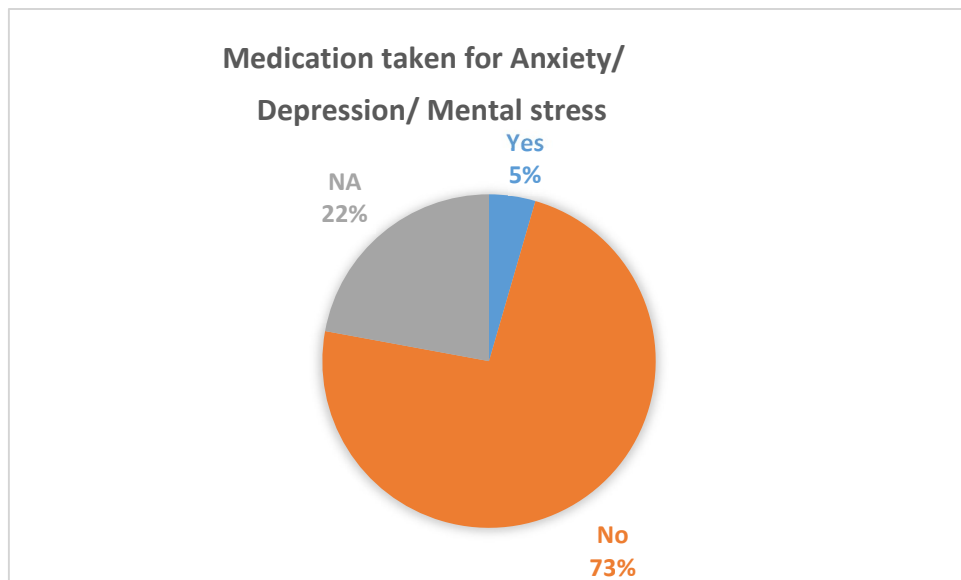


Figure 17: Medication taken for Anxiety/ Depression/ Mental stress

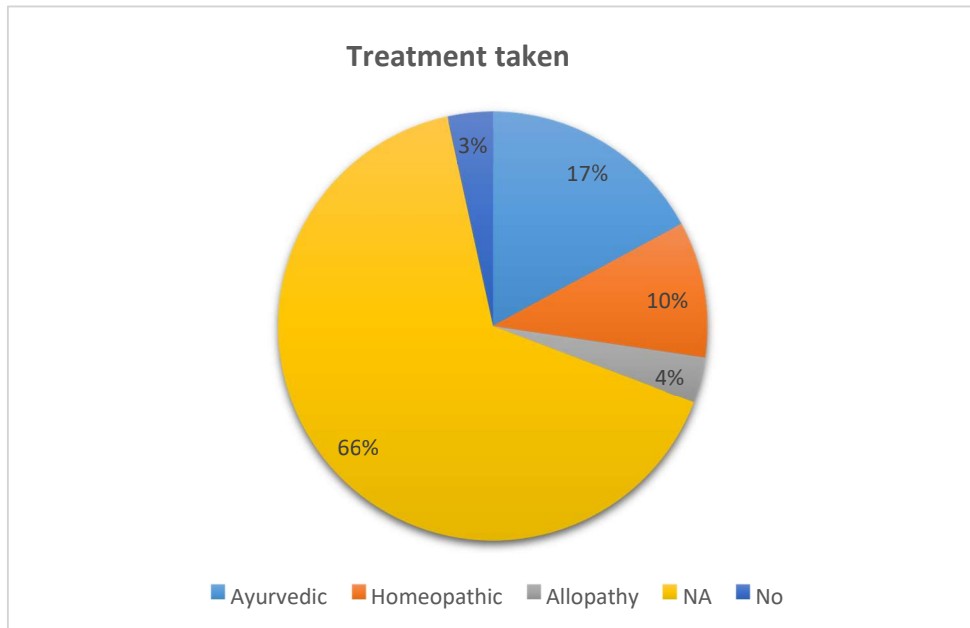


Figure 18: treatment taken

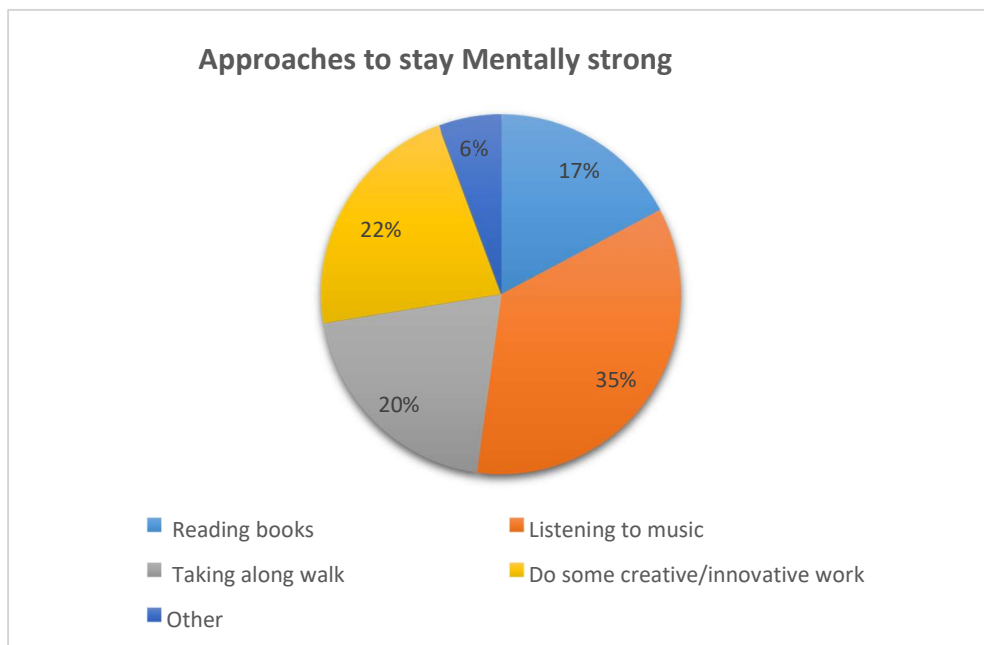


Figure 19: Approaches to stay Mentally strong

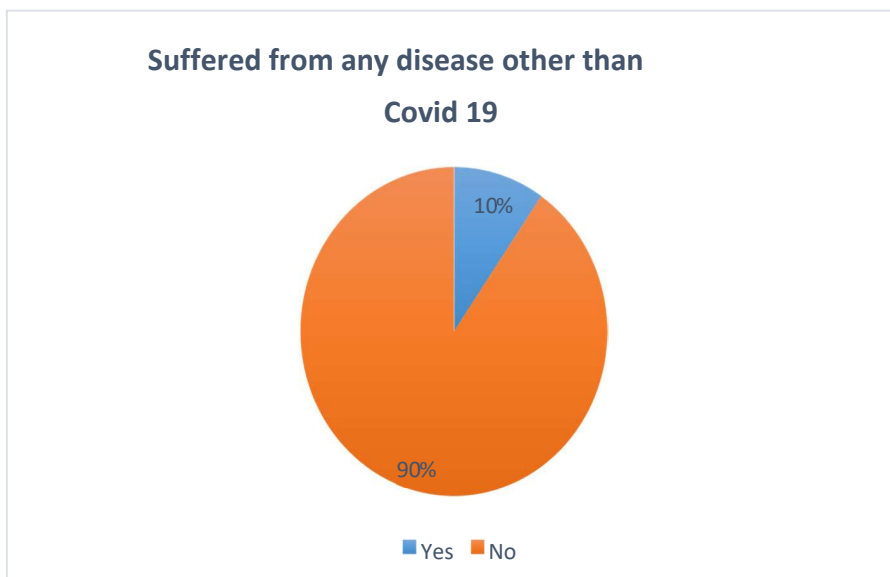


Figure 20: Suffered from any disease other than Covid 19

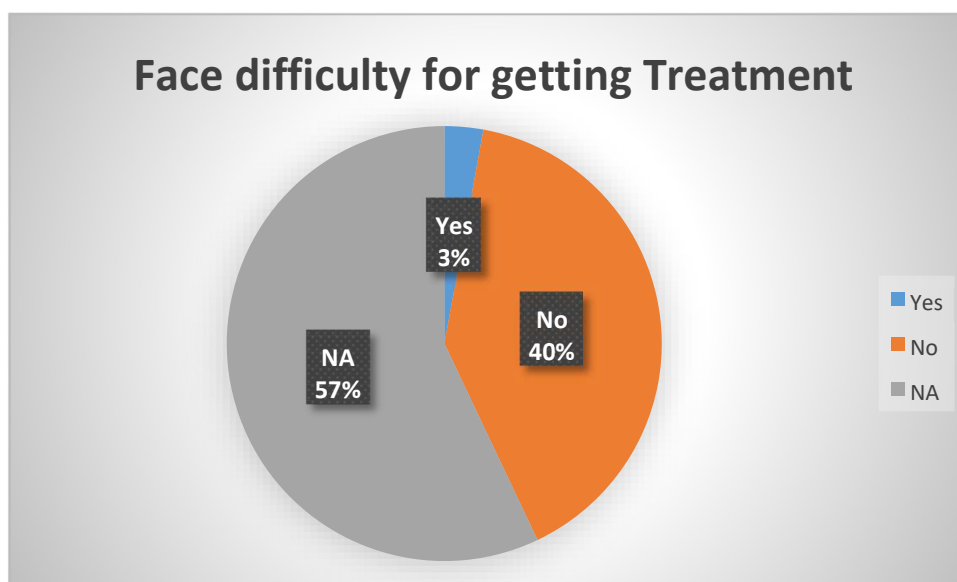


Figure 21: Face difficulty for getting Treatment

3.4 Data on Awareness about covid-19 Vaccine

When asked about their knowledge of vaccines against COVID-19 89% of population were aware about it while 11% had no idea [Figure 22]. As their opinion regarding vaccine 83% of people found it effective and safe while 11.6% found it expensive but 3.1% of population believe it is harmful and ineffective whereas rest were unsure about it [Figure 23, 24]. 80% of survey population prefer to get vaccinated while 18% still not sure about this and 2% is already been vaccinated [Figure 25]. Survey population stated their opinion about reasons for not preferred to get vaccinated [Figure 26, 27].

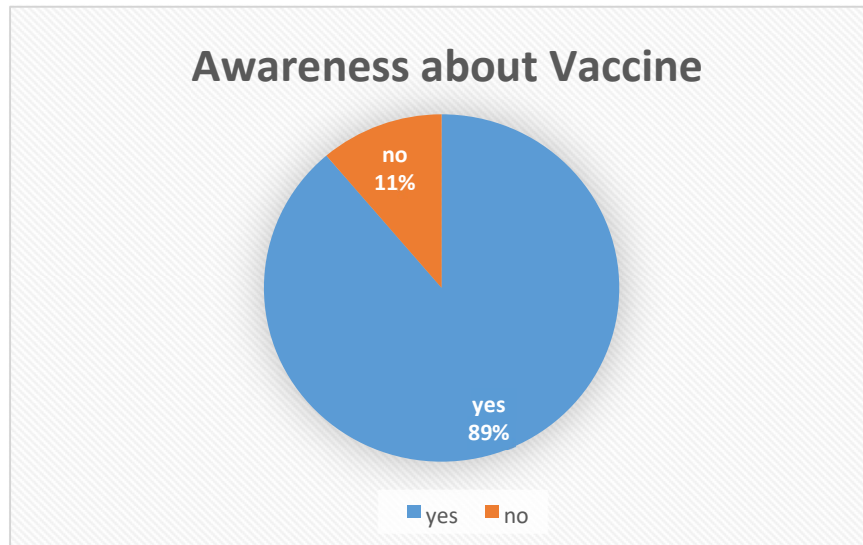


Figure 22: Awareness about Vaccine

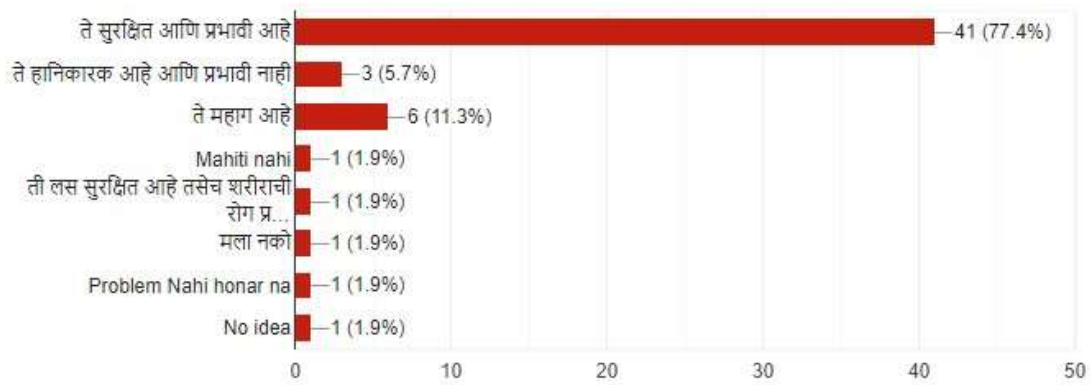


Figure 23: Opinion about Vaccine (In Local Marathi Language)

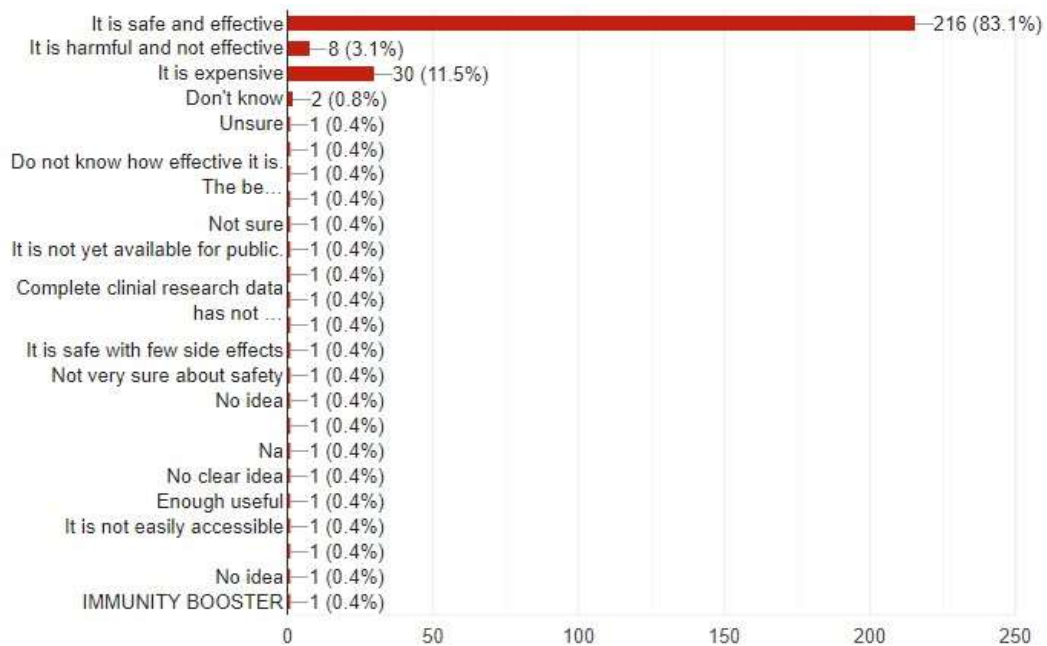


Figure 24: Opinion about Vaccine

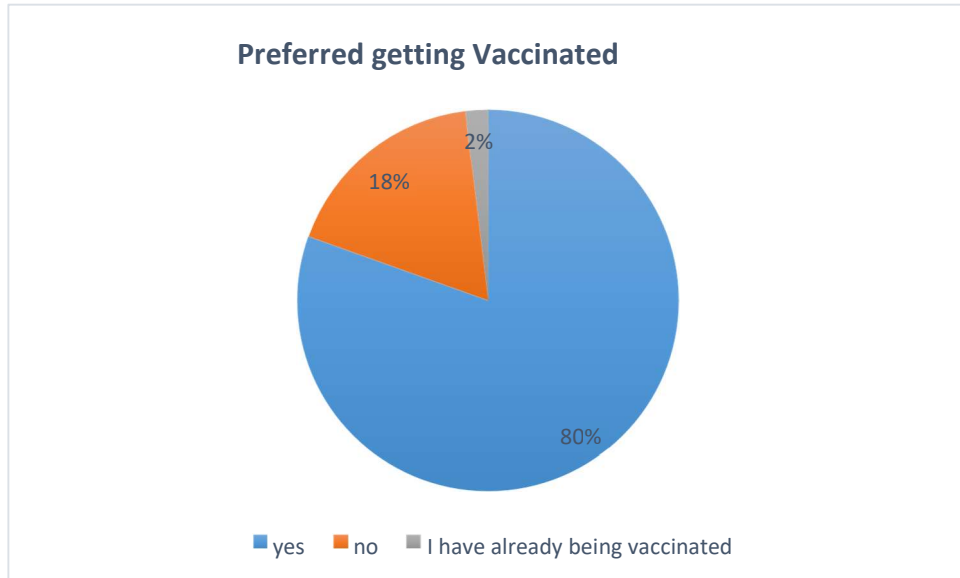


Figure 25: Preferred getting vaccinated

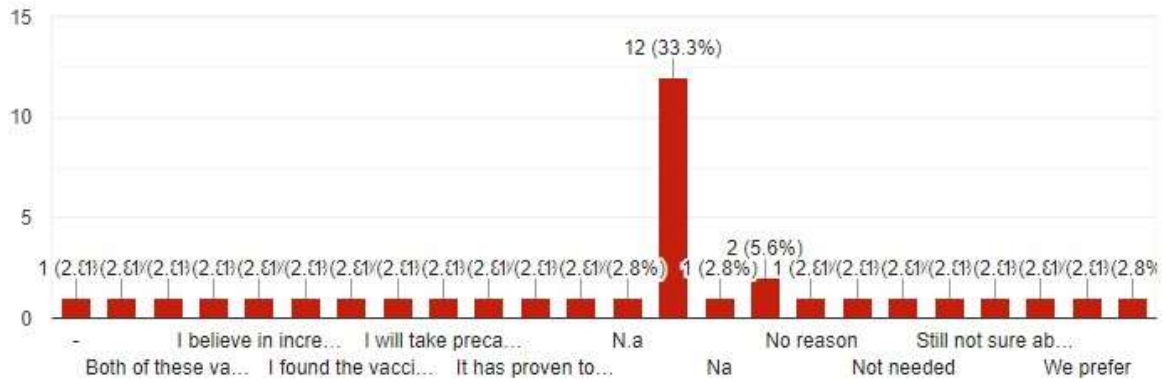


Figure 26: Opinion of people regarding not willing to get vaccinated

जर नाही असेल, तर त्याचे कारण सांगा

7 responses

- Safe nahi vatat aahe
- Garaj vatli tar naki ghevu
- नैसर्गिक रीत्या आपली रोग प्रतिकारशक्ती वाढवल्यामुळे या लस चि गरजच नाही.बाहेरचे काही खायचे प्यायचे नाही. आपली काळजी आणि कुटुंबाची काळजी स्वतः घेतो. स्वछता राखली की कोणतेही रोग होत नाही.
- मी आजाराचा विचारही करत नाही.मला तो माहीत नाही
- Fudhe future madhe problem jhale tar responsible kon asel
- लस घेण्याची गरजच पडणार नाही अशी तब्येत सांभाळू
- आपण स्वतः नीट काळजी घेतली तर याची गरज नाही

Figure 27: Opinion of people regarding not willing to get vaccinated (Response in Local Marathi Language)

4. DISCUSSION

The survey study conducted aims at assisting the impact of Covid-19 pandemic on the health of people and the products/remedies used by people for prevention and immunity enhancement as well as to create awareness regarding the current Covid-19 vaccine and vaccination in India. The survey was conducted by online platform using google forms. The form was created in English as well as in Marathi. Most of the people (i.e., approx. 83%) preferred to fill the form in English whereas few people filled the form in Marathi. (Approx. 17%)

COVID-19 can cause a range of symptoms of wildly varying severity in people. Some might be asymptomatic or have mild symptoms, while others are sick enough to need hospitalization, supplementary oxygen and the use of a ventilator. Broadly, as a respiratory virus, COVID-19 causes breathlessness, fatigue and muscle ache. As the pandemic has evolved and documented clinical case histories have accumulated, a new symptom began to emerge – the partial or total loss of the sense of taste and smell. This in itself is not unusual for a respiratory viral infection, but what was unique is that people had this symptom without any of the other usual symptoms of infection. Children have been less affected by COVID19 compared to adults; children can be infected with the virus that causes COVID-19. Children with the following conditions might be at increased risk for severe illness: obesity, medical complexity, severe genetic disorders, severe neurologic disorders, inherited metabolic disorders, sickle cell disease, congenital (since birth) heart disease, diabetes, chronic kidney disease, asthma and other chronic lung disease, and immunosuppression due to malignancy or immune weakening medications²⁵.

It was found that around 9% people got infected while 91% were not infected with COVID 19. Mostly for affected population, the commonly prescribed medication was as follows:

- i. Remdesivir** - In October 2020, the FDA approved the antiviral drug remdesivir to treat COVID-19
- ii. Dexamethasone and other corticosteroids**_(prednisone, methylprednisolone) are potent anti-inflammatory drugs. They are readily available and inexpensive. The NIH COVID-19 treatment guidelines recommend the use of dexamethasone in certain people hospitalized with severe COVID-19.
- iii. Anticoagulation drugs** ("blood thinners") Almost all people admitted to the hospital with COVID receive medications to help prevent blood clots. Doctors usually prescribe low-dose heparin or enoxaparin.
- iv. Antibiotics**_like Amoxicillin, Azithromycin, etc.

Were also proven effective against Covid19²⁶.

The study revealed that antibiotics and antiviral agents like remdesivir were most commonly prescribed for treating the infection. Many people adopted ayurvedic system of medicine for treatment. The side effects of these medications were found to be mild like diarrhoea, nausea, vomiting, etc.

It has been found in the survey that many people used sanitizer, masks, gloves for prevention and following social distance is one of the most important preventive measures against COVID 19 infection.

Apart from general advises such as practicing yoga, seeking counselling, having enough water and a healthy diet, the ministry also released a long list of home remedies for boosting immunity and making a quick recovery²⁷. Here is the complete list of home remedies released by the Ministry of AAYUSH and how they can help in strengthening immunity and proper recovery post-COVID-19.

i. Ayush Kwath

The ministry suggested drinking 1 cup or 150 ml of Ayush Kwath every day. It is said to not only boost immunity but also promote general well-being.

ii. Sanshamani Vati or Giloy

The next prescription by the ministry is to have 1 gram of Sunshmani Vati every day. It has mild anti-inflammatory and anti-pyretic effects, providing benefits to those who are recovering from the after-effects of COVID-19.

iii. Ashwagandha

The ministry has also advised taking 1-3 grams of ashwagandha powder twice daily for 15 days.

Recovering from COVID-19 can be very stressful for the body and mind. Ashwagandha is effective in reducing stress and It also helps combat symptoms of anxiety and depression.

iv. Amla or Amla powder

Another home remedy recommended by the ministry is to have 1 amla fruit or 1-3 grams of amla powder daily. Amla has long been touted for its ability to treat cold, cough and flu.

v. Mulethi powder

The dosage recommended is 1-3 grams of mulethi powder twice every day. Mulethi or liquorice is useful in providing quick relief from cough and cold.

vi. Gargling with turmeric & salt

Sore throat is another pesky aftereffect of COVID-19. For this, the health ministry advises gargling with warm water containing turmeric and salt. Salt in the solution neutralizes the acids in the throat and flushes them away, thus providing relief from the burning sensation in the throat and fast healing of irritated mucus membranes. Turmeric plays a significant role in controlling infections, wounds and diseases in the throat.

vii. Chyawanprash

Taking 1 tsp or 5 mg of Chyawanprash daily in the morning is recommended by the health ministry to enhance immunity.

viii. Vitamin supplements

Vitamin supplements known to help prevent coronavirus, including COVID-19. Certain nutrients may help your immune system strong and help its ability to fight the virus These include vitamin D, high dose vitamin C, zinc and potassium if you're deficient. Eat a diet rich in vegetables, fruit and lean protein. Probiotics may also help.

In our survey it was found that 88% of people used home remedies like herbal kadha, arsenic album homoeopathic medication, vitamin C supplements, etc. to prevent the infection. The knowledge of these home remedies in the survey population came mostly from family & friends, news, and social media. It was also found that people used home remedies whenever it was required. Side effects of these home remedies are found to be negligible.

The current study investigated the initial psychological impact of COVID-19 outbreak in Indian population. As the disease progressed, concerns regarding health, economy, and livelihood increased day-to-day. The findings of the pandemic's impact on mental health could help inform health officials and the public to provide mental health interventions to those who are in need²⁸. There are mental health concerns like anxiety, worries and insomnia especially after the declaration of lockdown in India on 24th March, 2020. Government of India has launched helpline numbers to provide guidance and counselling, in collaboration with different Institutes of national importance²⁹. World Health Organization has urged to take the necessary precautions to tackle the negative impact of the spread of Coronavirus on psychological health and well-being³⁰.

Around 46% people from survey population were feeling anxious and depressed due to the pandemic situation. Among 46% population, around 24% of people were found to be financial crisis, news & social media and difficulties in education and around 21% population were mentally stressed because of staying at home for such a long period of lockdown.

In our survey it was found that people chose physical exercise such as cycling, running, etc. to stay physically fit and taking a long walk, reading a book, listening to calming music to stay mentally strong during lockdown while 30% of population has gone for the medical help.

Vaccination for COVID-19 is voluntary. However, it is advisable to receive the complete schedule of COVID-19 vaccine for protecting one-self against this disease and also to limit the spread of this disease to the close contacts including family members, friends, relatives and co-workers.

In our survey it was found that 89% of the people were aware about vaccine against COVID 19 whereas 83% people found the vaccine effective and safe while 18% of the people saying opposite and feel it is quite expensive. It was observed from the survey that 80% of the people will prefer to get vaccinated.

5. CONCLUSION

COVID-19 is considered as pandemic worldwide and spreading at an alarming rate. Therefore, it has been essential to explore various strategies to overcome the effect of this dreadful viral disease. Therefore, Online surveys have become an important tool for COVID-19 research when conventional survey methods are not feasible. The behavior of the general public will probably have an important bearing on the course of the coronavirus disease 2019 (COVID-19) epidemic. Within the limitations of this study, it is clear that -

- COVID-19 had a huge impact on individuals health both physically and mentally.
- People have adapted new and healthy lifestyle.
- COVID-19 pandemic has taught us that having tradition medicines and home remedies is equally important as that of modern medicines.
- Individuals having prior ailments are at most risk of getting affected by this virus.
- With some preventive majors we can tackle this Covid-19 disease.
- Vaccination is a safe and effective way to prevent this pandemic and save lives – now more than ever.

While the world races to come up with a vaccine for Covid-19, seen as the 11% of population from our survey is still either unsure or will not take the vaccine. This misconception can be associated with vaccine's safety, efficacy and side effects. One should always consider counselling from their nearby health workers regarding any kind of information or misconception related with COVID-19 vaccination. Remember when we get vaccinated, we aren't just protecting ourselves, but also those around us.

6. ACKNOWLEDGEMENT

We are thankful to the prestigious H(S)NC Board and Dr. Parag S. Gide, Principal of Dr. L. H. Hiranandani College of Pharmacy for providing the required cooperation, infrastructure and other facilities for completing the project successfully. Last but not the least we gratefully acknowledge the efforts of our survey respondents who took valuable time and helped in completing the project successfully.

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