

Encounter with Covid 19: A Personal Experience!

Dear Readers,

The paranoia surrounding COVID-19 is I would say overrated! The fight against this noxious virus can be conquered with judicious decisions and appropriate measures.

At first it felt like any another day where I am overworked leading to fatigue which turned out to be myalgia and severe headache by end of the day. As a routine, popped in a paracetamol (Dolo 650) which gave me relief after an hour. On day 2, I was asymptomatic except for headache, although there was a feeling of fever from within and the thermometer just showed reading of 99°F. Since there was vulnerable group in the vicinity, I decided to self-quarantine and in order to rule out any ambiguity, I provided the sample for COVID-19 testing. Next morning, worst of my nightmares came true when the RT-PCR report showed positive for COVID-19 E gene and COVID-19 RdRP gene. The immediate step was to ensure that my family is protected and hence got them all tested and mercifully the virus had spared them all.

Next step was to begin the long fight, I checked the CT (Cycle Threshold) values to assess the viral load, since the value was 26, the viral load was safe enough to be quarantined under medical supervision without requiring hospital admission. Following day, food tasted like grass with my taste buds being completely defeated by the virus, except for this it was quite uneventful for next two days with oxygen saturation being 98–99% and temperature measuring 97–98°F. On days 5 and 6, I experienced stuffy nose with onset of dusk and the steamer was my weapon to get away with this. There was no measurable temperature but

frequent bouts of sweating which suggested my body was fighting the virus. The headache continued even on day 7 to which Dolo 650 came to my rescue.

Meanwhile my D-Dimer, ferritin and CRP levels were all under control indicating that there was no significant inflammation in the body. I was compliant to, the medications prescribed, those being Favipiravir, Hydroxychloroquine, Vitamin C, Zinc and Dolo 650 as and when required. Also continued taking my daily dose of ginger, tulsi and giloy (*Tinospora cardifolia*) decoction.

On day 10, my taste buds began to regenerate and feeling of taste was being restored and headache had subsided too. Although RT-PCR showed positive result, the viral load based on CT value was good enough to be designated as end of COVID 19 for me.

Take away point's form this saga would be not to PANIC on testing positive!! Make sure the condition is assessed appropriately and monitoring of vitals is done regularly. Natural immunity boosters can really bring in a lot of difference, do include them in the regular diet.

Sincere request not to be in the DENIAL MODE and wait for severe symptoms to appear, by doing so the chances of killing the virus in its infancy will be reduced. If treated at the early stage this deleterious virus can be easily defeated.

I hope my short experience will help allay the fear of CORONAVIRUS.

Stay Healthy, Stay Safe!!

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