

Depression in the Brain as a Result of Covid-19

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Commentary

COVID 19 is a novel virus to humanity, and its influence and severity on general health have yet to be confirmed, though people with chronic conditions like asthma, renal disease, cardiac issues, and the elderly have been warned to take extra precautions. COVID-19 has resulted in a war for mankind on both an internal and external level. External forces and the government, on the one hand, are addressing individuals to maintain social distance, isolation, and other sanitary conditions. On the other hand, some elements of society, particularly the elderly, children, and the sick, are internally debating whether the COVID-19 epidemic would worsen the situation.

The current epidemic is having a tremendous impact on healthcare workers and the general public's mental health. However, very little research has been done on the mental health effects of COVID-19 patients. As the situation worsens and continues, it will become increasingly vital for the research community to do studies on COVID-19's mental health effects. The entire country is on lockdown due to the COVID-19 pandemic, and given the current trend of escalating cases, the situation is only going to get worse. While most professionals are advised to work from home, many people, especially those with pre-existing diseases, find the lack of an office setting to be depressing and anxiety-inducing.

When you have COVID-19 and a lack of scent, why do you feel sad? It's possible that the new coronavirus-related illness is aimed at your brain.

The most surprising finding was that losing one's smell was most closely linked to depression and anxiety. COVID-19 signs of an impaired sense of smell and taste were found to be linked to depressed mood and anxiety.

COVID-19 may not only be impairing some people's sense of smell, but it may also be entering the brain via the olfactory tract, according to new research led by Dr. Ahmad Sedaghat, an ear, nose, and throat specialist and internationally recognized rhinology expert at the

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University of Cincinnati College of Medicine [4]. In the central neurological system, the disease may be causing the despair and anxiety that people with smell loss experience. No one will know for definite until more research is done. Despite the fact that the Coronavirus can infect any organ or bodily component, it should not be considered as widespread as it appears. COVID has also been proven to have an effect on neurons in a number of investigations.

Symptoms of MDD severely disrupt daily activities such as school, work, and social gatherings. It has the potential to affect mood and behavior, as well as biological functions including sleep and hunger.

A nutritious diet and good sleeping habits are essential

Your goal should be to consume a healthy, well-balanced diet and exercise often. Cortisol is released by your adrenal glands in response to stress, which increases your hunger. Hunger hormones like ghrelin, which control your appetite, are also inhibited by stress. When you're stressed, you often feel out of control and overwhelmed, and this can affect your eating habits. Focus on the real issue, plan ahead of time, and be alert. Have a good night's rest. (Exceedingly good sleep hygiene) To assist avoid the detrimental consequences of stress on your immune system, convert your fear into bravery, poison into medicine, compassion, and knowledge into medication. Let us learn to live with our new reality of virtual work, virtual consultations, virtual exercise lessons, and virtual visits with family and friends. During a crisis, it's natural to feel sad, frightened, and terrified. It's important to remember that this is a physical lockdown for everyone, not a mental or spiritual lockdown, and it's not a lockdown of help, hope, or love.