

Post-Covid 19 Chronic Fatigue Syndrome - A Rising Concern

Varsha Chorsiya*

Assistant Professor, School of Physiotherapy, Delhi Pharmaceutical Sciences and Research University, New Delhi, India

***Corresponding Author:** Varsha Chorsiya, Assistant Professor, School of Physiotherapy, Delhi Pharmaceutical Sciences and Research University, New Delhi, India.

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The whole world was threatened with the advent of the COVID 19 infection. The persons who got infected with SARS-CoV-2 and witness sign and symptoms in long term even after recover are interchangeable known as "COVID long haulers," "long COVID," and "Post COVID Syndrome". The COVID 19 patient presents with spectrum of symptoms ranging from simple fever, cough, sore throat, breathlessness, anosmia, ageusia to an extent and to complex progression to pneumonia, acute respiratory distress syndrome (ARDS) and multi organ dysfunction [1]. These symptoms are taken into consideration of examination and are treated accordingly.

Chronic fatigue syndrome

In long standing cases or as a long term effect of infection, another vital aspect that is drawing attention is post COVID 19 chronic fatigue syndrome (CFS) which is characterize mainly with persistent fatigue [2], diffuse myalgia, depressive symptoms, and non-restorative sleep which has become a matter of concern. Townsend, *et al.* (2020) reported that more than half of the participants demonstrated symptoms consistent with severe fatigue post ten weeks of their initial illness, while almost one-third of those previously employed had not returned to work. The study also investigated no detectable differences in pro-inflammatory cytokines or immune cell populations that signify the fatigue was not related with initial disease severity [3]. The hallmark symptom of CFS is not only fatigue, but a prolonged reoccurrence of exhaustion and other symptoms following minimal post activity that is generally called "post-exertional malaise". CFS has become chief factor affecting quality of life, inability to return to work or underperform and remain unfocussed.

Unavailability of direct treatment of CFS causes to neglect it. The present literature is a modest attempt to create awareness that CFS can be managed or treated with multidisciplinary approach. In fact "Exercise is medicine" but in CFS, a proper self-paced "PHysical Activity and RESt (PHARE) regime" remain the mainstay. Graded exercise programmes are also not appropriate for people with post COVID fatigue – this has been confirmed by National Institute for Health and Care Excellence (NICE) guidelines [4].

The Yoga including breathing exercises in form of Pranayama should always remain the mainstay. Meditation and Relaxation techniques can prove promising in decreasing fatigue and depression. Mental/cognitive activities could include distraction activities in the form of social interaction either in person or through social media, reading, listening to music or occupying oneself with digital media like computer work. At the same time one has to limit screen time on computers and phones and avoid using electronic devices where it is not mandatory. When physical activity is concerned, walking and swimming is a good option – this to be started slowly at a low pace or short walks customized to one's potential and then building up slowly. The most important is to train your brain, curtail the changes to get over exerted and eat healthy.

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