



Mucormycosis

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Presently black fungus is serious infection coupled with covid-19. Black fungus is caused by Mucor mould which is regularly found in soil, compost, plants, decaying fruits and vegetables. Mucor fungal infection is known as mucormycosis. Mucor belongs to *Mucoraceae* family and having the aseptate thallus. Mucor is an opportunistic fungus. Opportunistic organism is any infectious microorganisms that take advantage of a host with a weak immune system. Majorly these opportunistic pathogens do not cause disease in a healthy individual. Immune system may become weak by malnutrition, ageing, leukopenia, HIV, immunosuppressing agents and so on.

A atypical "black fungus" infection among recovering and recovered Covid-19 patients are reporting now. It affects the eye, sinuses, the brain and the lungs. It can be life-threatening in the people who are under long term medication. It is believed that, 50% mortality rate in Covid-19 patients may be due to the usage of life-saving steroids, given for treatment to the Covid-19 patients. Steroids reduce inflammation in the lungs for Covid-19 and but they increase blood sugar and also reduce immunity in Covid-19 patients. Hence, lowering the immunity may offer the mucormycosis infection. Wearing of dusty/unclean masks continuously, long-term ventilation and unsterilized humidifier water being given along with oxygen may welcome the mucormycosis.

Mucormycosis can be controlled by maintaining self hygiene and salt with warm water gargle can do regularly. Sterile humidifier water must be used while giving oxygen. Limited usage of steroids. Normal commensal flora will be removed by unnecessary usage of broad-spectrum antibiotics and fungicides. Anti-fungal wouldn't always help and can lead to side-effects according to research published by WHO. Hence, it is the time to look in to usage of traditional mycotoxins which will be having fewer side effects.

According to Dr. Smita, the following home remedy recipe one can try to fight black fungal infection. (1) Take 1 teaspoon Gudici powder + 1 teaspoon tinospora cordifolia powder + 1 teaspoon neem + 1 teaspoon turmeric powder and half glass of water. Mix them well and drink it 3 times a day. (2) Along with this if one observes external symptoms of black fungus on the nose one can immediately apply a mixture of neem oil, chalmogra oil and sesame oil in equal parts on the infected area around 6 times a day. This will lead to remarkable reduction in black fungal within 4-5 days.

It would be conclude that, increasing the immune power with healthy food habits, Maintenance of good hygiene and cleanliness and using of clean mask can avoid the entry of opportunistic microorganisms naturally.

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