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Short Communication

Early Therapeutic Intervention in COVID-19 Infection May Prevent Death

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It appears that COVID-19 infection (SARS-CoV-2) has two distinct clinical phases - Early Nasopharyngial phase and Late Bronchoalveolar Phase.

Most mortality happens in the second phase – the bronchoalveolar phase - due to overdrive immunological response leading to Cytokine storm which results in pulmonary edema, pneumonia, SOB (requiring ventilator), blood clotting, MI, PE, stroke and multi-organ failure resulting in death.

However, if one can aggressively treat the COVID-19 infection in early nasopharygeal stage (with symptoms of mild to moderate fever, chills, cough, fatigue, muscle pain) by preventing the replication of virus while still in the nasopharynx thus aborting the progression of virus from nasopharynx to bronchoalveoli, then one can prevent the death of the patients.

Early therapeutic intervention includes Ivermectin + Doxycycline combination therapy – Ivermectin tablet 0.2 mg/kg single dose & Doxycycline Capsule 100 mg daily for 10 days.

Alam., *et al*. (1) treated a series of 100 COVID-19 positive patients in the early nasopharyngeal stage (with mild to moderate symptoms of fever, cough, fatigue, muscle ache) with Ivermectin + Doxycycline regimen. All 100 patients' symptoms improved and tested COVID negative within 72 hours of treatment with no side effects of either medicine. None of the 100 patients progressed to bronchoalveolar phase and therefore no death occurred.

Ivermectin, an antihelminthic drug, also possesses antiviral effect and prevents viral replication of COVID-19.

Doxycycline, a widely used antibiotic, also possesses antiviral activity (prevents replication of virus) and anti-inflammatory activity against cytokines Il-6, Il-8 and tumor necrosis factor alpha released in COVID-19 infection.

With current public health crisis of 2,000 to 3,000 deaths per day with COVID-19, attention should be given to abort the progression of COVID-19 from nasopharyngeal phase to bronchoalveolar phase with aggressive treatment with Ivermectin + Doxycycline combination therapy during Nasopharyngeal phase thus preventing unnecessary death and saving a lot of lives.

Bibliography

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