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A Review: Suppressed Activity Of Respiratory System After Covid-19

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***Abstract*:**
People's lifestyles and health have undergone significant changes globally in the post-pandemic, or post-Covid-19, era. Those who took drugs during the epidemic have recovered from the negative impact that SARS COVID 2 had on their respiratory systems. Individuals have taken a variety of precautions to keep themselves safe from the infection. As a result, they realized from studying respiratory physiology that common people underwent a number of alterations during the pandemic. A number of them have noticed that when they run or perform any demanding job, their breathing becomes difficult, they pant because of respiratory issues, their heart becomes profound, and they huff because their stability is compromised. The several strategies and mechanisms employed by COVID-19 to modify respiratory conditions in humans following the pandemic have been discussed in this article.

Keywords: ARDS, Asthma, Covid-19, Pulmonary syndrome, SARS-CoV-2

Introduction

The most notable event of 2020 was the coronavirus disease-2019 pandemic (COVID-19), which resulted in 1.88 million deaths and about 86.8 million illnesses worldwide. In this highly contagious condition, the virus (Severe Acute Respiratory Syndrome Corona virus 2) rapidly multiplies and spreads to every part of the body. There is a wide range of short-term disease and fatality rates associated with the Covid-19 epidemic. The primary organs impacted by SARS-CoV-2 infection are the lungs. Numerous long-term respiratory issues related to COVID-19 have been reported; these issues range from vascular issues, lung fibrosis, and permanent alterations to compromised respiratory physiology. In this review article, we provide an update on our current understanding of the respiratory complications that arise in post-COVID-19 circumstances for the general public. Complications from COVID-19 may have a significant long-term influence on communities and healthcare systems. This is because a major increase in pulmonary sequelae cases is anticipated as a result of the high number of former COVID-19 patients. Respiratory problems or the severity of the disease at first are not linked to long-term poor health following COVID-19 [1]. In numerous studies, the clinical and radiological characteristics of acute SARS-CoV-2 infection have been thoroughly documented. The respiratory organs, or the lungs, tend to function abnormally differently—that is, slower and at an average rate—after the Covid-19

scenario. Its long-term effects on the lungs are not yet fully understood, though. The majority of newly published works are observational studies, case reports, or case series. We are concentrating on how the post-pandemic state affects respiratory and pulmonary functions.
The main objectives of this review are to unveil the causes and effects on the respiratory system by the action of SARS COV 2 and to understand the mechanism of Covid 19 on pulmonary Sequelae.

Mode of action

The impact of COVID-19 on the respiratory system- People have been infected with coronavirus for a very long time as it is one of the viruses that causes colds. Since it is an infectious viral infection, contacting a contaminated surface, sneezing, or coughing are the main ways to get it. Moreover, viral droplets can be eaten or inhaled. The coronavirus has about 30,000 nucleotides in its DNA. It encodes four structural proteins: the nucleocapsid (N) protein, the membrane (M) protein, the spike (S) protein, and the envelope (E) protein. It also encodes several non-structural proteins (nsp) [2]. The protein shell that envelops the virus is called the capsid, and inside it is the nuclear capsid, also referred to as N-protein. Because it is connected to the virus's single positive strand RNA, human cells can become infected and grow more of the virus. The N protein covers the viral RNA genome, which is necessary for transcription as well as replication. The N-terminal of the N protein binds to genomic and subgenomic RNAs in MHV and IBV virions to process viral transcription and replication. One of the main unresolved research issues is the creation of an effective drug to prevent the contacts between the N-terminal of the N-protein and a single positive RNA strand, which can stop viral replication and transcription. Theophylline and pyrimidone medications are two important families of chemicals that have been reported to have the potential to function as RNA binding inhibitors to the N terminal domain of the coronavirus N protein, opening up new possibilities for in vitro validations. Since the M-protein is more common on the viral surface, it is assumed to be the main organizer for the coronavirus assembly [3]. Viral attachment to host cell surface receptors and viral-host cell membrane fusion are mediated by the S-protein, which is integrated into the virus's surface and helps the virus enter the host cell. A small membrane protein of between 76 and 109 amino acids, the E-protein is essential for virus assembly, host cell membrane permeability, and virus-host cell interaction. It makes up a small portion of the viral particle. There is a lipid sheath surrounding the genetic material. There is a hemagglutinin-esterase dimer (HE) on the surface of the virus. The HE protein may be involved in virus entrance and appears to be essential for infection of the natural host cell, even though it is not required for virus reproduction. Advanced cryo-electron microscopy research has revealed the whole structure of the Spike (S) protein in both its closed and open (prefusion) states.The two unique protein domain segments that make up this kind of glycoprotein are the S1 and S2 subunits, which are connected to cell identity and the fusion of viral and cellular membranes, respectively. It is composed of three chains, each of which has 1273 amino acids. Numerous, as of yet undiscovered protein structural changes are involved in the latter step. Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2) causes pulmonary infections that lead to coronavirus disease (COVID-19), which in turn sets off immunological reactions that may result in severe pneumonia [4]. SARS-CoV-2 attacks pulmonary alveolar cells through ACE2 receptors.

Major symptoms of COVID-19 affecting the lungs & probable cause

Some people might have dyspnea. Abrupt respiratory distress, abrupt respiratory failure, and pneumonia are among the severe COVID-19 symptoms that people with chronic heart, lung, and blood illnesses may experience. When COVID-19 causes significant breathing difficulties, patients may need oxygen therapy, a ventilator, or other forms of airway support. [5]
Individuals who suffer from long-term respiratory diseases are more vulnerable to pneumonia and severe COVID-19. Among them are:
1. The syndrome of acute respiratory distress (ARDS)
2. Allergies
3. Chronic pulmonary obstruction (COPD)
4. Fibrosis of the cysts
5. Pulmonary fibrosis, among other unique respiratory issues and anomalous circumstances.

The conditions acute respiratory distress syndrome (ARDS) and pulmonary hypertension [6]: The syndrome of abrupt respiratory failure known as acute respiratory distress syndrome was first identified in 1967. It is characterized by increasing arterial hypoxemia, dyspnea, and a noticeable increase in the labor of breathing

[7]. Positive pressure breathing and endotracheal intubation are needed for the majority of patients. Aspiration of stomach contents, pneumonia, sepsis, and severe trauma are among the clinical conditions linked to the onset of ARDS [8]. In a groundbreaking paper published in 1977, Bachofen&Weibel first defined the pathophysiology of ARDS in the lung. Understanding the epidemiology, etiology, and factors influencing clinical outcomes in ARDS has been the focus of extensive scientific and clinical research since the early clinical and pathologic descriptions of the disease. Additionally, a number of clinical trials have been conducted to evaluate novel ARDS treatments [9].

The pulmonary vasculature, lung parenchyma, and airways are all impacted by chronic obstructive pulmonary disease, or COPD, an inflammatory disorder. The process is thought to entail oxidative damage and imbalances between proteases and antiproteases. The term "emphysema" refers to a structural abnormality linked with COPD that is caused by the disintegration of the alveolar air sacs, which are the surfaces of the lungs that exchange gases and result in obstructive physiology. Emphysema sufferers experience an inflammatory response when exposed to an irritant (such as smoking). Neutrophils and macrophages release a range of inflammatory mediators during recruitment. overabundance of oxidants and proteases that burst the air sacs. The airway compresses during exhalation as a result of the lack of elastic recoil caused by proteases breaking down elastin [10].

A deficiency in alpha-1 antitrypsin is an uncommon cause of emphysema. Because of the imbalance in antiprotease levels in this illness, proteases may cause damage to the lung parenchyma. The etiology of AATD is misfolding of the mutant protein, which can accumulate in the liver. When COPD patients have liver injury, AATD should be suspected. In contrast to smoking-induced emphysema, AATD primarily impacts the lower lobes [11].

As a result of tissue degradation, gas exchange is disrupted and airflow is restricted; moreover, airway obstruction and inflammation reduce forced expiratory volume (FEV1). The reason for the hyperinflation of the lungs, often observed on CT scans, is air trapping from the airway collapsing during expiration. The inability to completely exhale also contributes to increases in carbon dioxide (CO2). As the condition progresses, poor gas exchange is frequently observed. Reduced ventilation or an increase in physiologic dead space are the two main causes of CO2 retention. Pulmonary hypertension may arise from diffuse vasoconstriction caused by hypoxemia [12].

The most common cause of acute exacerbations of COPD is an external trigger, which can be anything from viral or bacterial pneumonia to environmental irritants. The use of bronchodilators and corticosteroids is often required due to an increase in inflammation and air trapping [13].

The organ system affected by asthma is the lungs. The lungs consist of lobes and segments; the left lung has eight or nine segments, whereas the right lung has ten, based on the lobe's division [14]. Asthma primarily affects the bronchial tree and its primary purpose is to propel air through the lungs and into the alveolar sacs. At the end of the trachea, where the bronchi begin, it splits into the left and right bronchi.

Whereas the right bronchus is bigger and more vertically orientated, the left bronchus is smaller and more horizontally oriented. The bronchi then divided into secondary and tertiary bronchi. To maintain the integrity of the bronchi's walls, smooth muscle and elastic fibers are present, which are dependent on inflammatory mediators, bronchoconstrictor, or bronchodilators for the contraction and relaxation of smooth muscle [15]. There are two phases to an asthma exacerbation: the early phase and the late phase. The early phase is initiated by sensitized and secreted IgE antibodies by plasma cells. These antibodies react to specific environmental stimuli, such as the risk factors listed above. High-affinity mast cells and basophils then cling to (IgE) antibodies. In reaction to an inhaled contaminant or risk factor, the mast cells produce cytokines and finally degranulate. Mast cells emit histamine, leukotrienes, and prostaglandins. These cells compress the smooth muscle, which causes airway tightness [16]. Allergens inhaled are significant environmental elements that contribute to the etiology of asthma and most likely its long-term persistence. Furthermore, in the vulnerable host, the interplay of environmental cues and host variables (genetics) can lead to the emergence of airway inflammation, modified pulmonary physiology, and symptoms of asthma. Moore et al1. employed investigative bronchoscopy with segmental allergen challenge to examine the airway responses to allergen amongst participants with mild and severe persistent asthma in order to explore the hypothesis that the degree of airway inflammation correlates with or causes the severity of asthma. They tried to ascertain from these responses whether the severity of the underlying illness is similar to or influences the airway inflammatory response to allergen [17][29].

Over 30,000 Americans suffer from cystic fibrosis (CF), the most common autosomal recessive genetic disease affecting Caucasians. Just 50% of CF patients born in 1970 had a probability of living to be 15 years old; in

less than 20 years, that percentage rose to 95% [18]. New drugs have been developed as a result of growing understanding of the pathophysiology of cystic fibrosis (CF) and normal airway physiology. These drugs have significantly increased patient life. A lifelong bacterial infection that is typically first discovered in childhood is the hallmark of cystic fibrosis lung disease.Despite rigorous antimicrobial therapy, the infection is typically limited to the airway lumen and continues to persist. Clinical evidence indicates that aspiration or viral infection are usually the causes of the disease's onset [19][28]. The disease also advances with isolated acute exacerbations into adulthood, which may be related to viral infection.

Due to the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) in recent months, a considerable number of people worldwide have caught the coronavirus illness 2019 (COVID-19) [20][27]. Fever, dyspnea, coughing, weakness, headaches, nausea, diarrhea, and vomiting were all common symptoms reported by COVID-19 patients, whether or not they were hospitalized. Most patients exhibited very few or no symptoms, but a few ultimately developed acute respiratory distress syndrome, which can be lethal, necessitating hospitalization. Furthermore, it has been found that abnormal findings on pulmonary function tests (PFTs) and chest computed tomography (CT) scans were seen in more than half of COVID-19 patients in the early stages of their recovery, or within 30 days [21].Another investigation said that the majority of COVID-19 affected individuals did not exhibit any signs of lung damage four weeks after being discharged from the hospital. Furthermore, a mean of 60 days following the onset of the first COVID-19 symptom, only 13% of patients were still symptom-free; more than one-third still had one or two symptoms, and more than half had at least three. Remarkably, none of the patients exhibited fever or any other signs associated with an acute disease. In a study that followed patients for ninety days, clinical outcomes such baldness, arthralgia, post-activity polypnea, resting tachycardia, and psychological issues were often noted [22][30]. Additionally, following the ingestion of different drugs and during the recuperation of SARS COV 2, the respiratory system becomes functionally fragmented. Heart rates are often lower than they were previously. Clinical reports show a considerably lower inhalation measurement [23][26].

Observations

Additionally, following the ingestion of different drugs and during the recuperation of SARS COV 2, the respiratory system becomes functionally fragmented. Heart rates are often lower than they were previously. Clinical reports show a considerably lower inhalation measurement [23][26]. According to a 12-month cohort study, the mean age was 60.5 (11.9) years, and 55.3% of the sample (157/284) were male. The severity of the cohort also greatly increased [$p = 0.010$], going from 50.2% (105/209) to 60.9% (14/23) to 73.1% (38/52). The length of hospital stay ($p < 0.001$), RALE scores ($p < 0.001$), and laboratory indicators (higher peak levels of lactated dehydrogenase, D-dimer, C-reactive protein, and lymphocyte count, and lower lymphocyte count) (all $p < 0.001$) showed significant differences between the groups. However, there was no discernible difference in the groups' body mass index (BMI), age, comorbidities, or smoking [25].

Conclusion

Patients with COVID-19 who recovered from an acute SARS-CoV-2 infection nonetheless had clinical effects. More specifically, a considerable portion of them continue to suffer from hypocapnia three months later. Furthermore, on chest HRCT scans, they consistently exhibit abnormal outcomes such as fibrosis, GGO, and interstitial involvement. The levels of inflammatory biomarkers have largely recovered, but signs of lung injury (such hypocapnia and abnormalities on CT scans) are still present, suggesting that the stigma related to SARS-CoV-2 may persist longer. In particular, those who experienced a moderate-to-severe sickness should be actively monitored in the short- and long-term by the medical community in order to look for any early indicators of respiratory failure that might manifest months or years after the acute infection. These results should promote this approach. In order to get further insight into the nuances of the experiences that COVID-19 patients have after contracting SARS-CoV-2 for the first time, comprehensive prospective studies covering every aspect of respiratory diagnostics are eagerly expected.

As per the perspective and the latest clinical facts that it have substantiated in this review study, individuals who have recovered from COVID-19 have a noteworthy impact on the respiratory system and breathing patterns. Because of the case-by-case measurements and controls conducted throughout the pandemic, the medications have put them in a susceptible position even though they are effective. This has significantly reduced their potential to adapt. Aerobic and anaerobic exercises, together with other COVID initiatives, have simultaneously raised awareness and had an impact on individuals, which will be a significant step in increasing human wellbeing.

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Conflict of interest

All authors declare that there are no conflicts of interest.

Data availability statement

No data was used for the research described in the article.

Author's contribution

ManojitBysack (MB) participated in the conception of the study. MB, AyanSengupta (AS), PriyanshuGanguly (PG), PreetiPatra (PP) and AnkitaBallav (AB) participated in literature searches and extraction. Banashree Ash (BA) andShayani Das (SD) wrote the manuscript for submission to this journal.

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