



# INTERNATIONAL CONFERENCE

Natural Products for Drug Discovery & Development towards  
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Saturday, 12<sup>th</sup> March, 2022



MIPSCON/PCOG/41

## A COMPREHENSIVE REVIEW ON COVID "LONG HAULERS"

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### Abstract

SARS-CoV-2 infection (COVID-19) is a major pandemic resulting in substantial mortality and morbidity worldwide. Most of the affected individuals had mild to moderate disease and 5% of among those with severe disease develop critical illness. A few of those who recovered from COVID-19 develop persistent or new symptoms lasting weeks or months; this is called "long COVID", "Long Haulers" or "Post COVID syndrome."

The following integrative classification is proposed which is based on post-COVID symptoms: potentially infection related-symptoms (up to 4–5 weeks), acute post-COVID symptoms (from week 5 to week 12), long post-COVID symptoms (from week 12 to week 24), and persistent post-COVID symptoms (lasting more than 24 weeks). Majority of people with post-COVID syndrome are PCR negative, indicating microbiological recovery. In simpler way, post COVID syndrome is the time lag between the microbiological recovery and clinical recovery. Post COVID or Long COVID can be divided on the basis of duration of symptoms into two stages-post acute COVID where symptoms extend beyond 3 weeks, but less than 12 weeks, and chronic COVID where symptoms extend beyond 12 weeks.

Two main patterns of symptoms were identified by the researchers in people suffering with long COVID: 1) fatigue, headache and upper respiratory complaints (shortness of breath, sore throat, persistent cough and loss of smell) and 2) multi-system complaints including ongoing fever and gastroenterological symptoms.

**Keywords-** SARS-CoV-2 infection, Long Haulers, mortality, morbidity etc.

