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# An Observational Study on Health issues Developed during Lock Down w.s.r. to Physical Fitness Challenges

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## ABSTRACT

The new infection, a worldwide danger brought about by novel Corona virus or COVID-19 was first found in December 2019 in the Chinese city of Wuhan. The proof from investigations of cases was that COVID-19 contamination caused gentle infection in about 80% of cases and most cases recuperate, 14 % had more serious sickness and 6% experience basic illness<sup>2</sup>. It was accounted for that more seasoned men with clinical comorbidities were bound to get tainted and that too with more awful results. Extreme cases could even prompt heart injury, respiratory disappointment, intense respiratory pain condition and death<sup>3</sup>. There was no treatment and prevention available and there was no pre-existing resistance in the population.

The only way for breaking the disease transmission was quarantine of the healthy people and isolation of the infected. In India the Govt. of India started the full nationwide Lock down from 25 march 2020 for 21 days and extended it to 31 may 2020 in four phases. Phase 5 was running from 1 June 2020 only at contentment zones<sup>4</sup>. While from 8<sup>th</sup> June 2020 unlock one was started<sup>5</sup>. During this period so many restrictions were started on human life. So, the daily routine of most of the people was locked or transformed. In this concern so many health challenges and changes were happened with unknowing the results of them.

A study on impact of COVID-19 lockdown on physiological health, economy and social life of people in Jodhpur was done. A study was conducted by Dr Sarvepalli Radhakrishnan Rajasthan Ayurveda university Jodhpur in 2020, found that 53.8% of respondents rated the physiological impact of the outbreak as moderate or severe. Female gender, student status, specific physical symptoms (e.g., myalgia, dizziness, coryza), as well as the poor self-rated health status were significantly associated with psychological impact of the outbreak and higher levels of stress, anxiety and depression. Specific up-to-date and accurate health information (e.g., treatment, local outbreak situation) and particular precautionary measures (e.g., hand hygiene, wearing a mask) were also related with a lower physiological impact of the outbreak and lower levels of stress, anxiety, and depression.

**Key Words** Covid-19, Mild Cases, Moderate Cases, Severe Cases, Lockdown, Quarantine, Isolation.



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### INTRODUCTION

The novel corona virus or COVID-19 first came in knowledge in December 2019 -in Wuhan (China) with the symptoms similar to atypical pneumonia and severe acute respiratory syndrome (SARS). Corona virus include the symptoms of fever, chills, coryza, dry cough, sore throat, difficulty in breathing, muscle ache, nausea, vomiting sensation, and diarrhea. It was named by the World Health Organization (WHO) on 11<sup>th</sup> February 2020 as coronavirus disease –19 (“COVID-19”) and officially declared it as a pandemic on 11<sup>th</sup> March 2020 (WHO, 2020). The average incubation period is estimated to be 5 days, with significant variation among various patients and it might be capable of asymptomatic spread also. There was no any availability of drugs and also no any vaccine was present that time for cure of COVID-19 and there was no any pre-existing immunity in the population. The symptoms of COVID-19 have a different range like from very severe symptoms to no any symptoms, and also can lead to collapse. According to WHO 80% cases showed mild illness, whereas 14 % of cases had severe symptoms and 6% of cases had critical type of illness. It was estimated that old age people with associated chronic illness of heart, lungs, kidneys were more likely to catch the infected and chances of complication was also high in their group. Severe cases had tendency to injury to the heart, respiratory illness, ARDS (acute respiratory distress syndrome) and collapse. Less of line of

treatment, most of the Governments of whole world suggested to restricted life style. In India the Govt. of India started the full nationwide Lock down from 25 march 2020 for 21 days and extended it to 31 may 2020 in four phases. Phase 5 was running from 1<sup>st</sup> of June 2020 only at contentment zones. While from 8<sup>th</sup> June 2020 unlock one was started. During this period so many restrictions were started on human life. So, the daily routine of almost all the people was locked or changed. In this concern so many health challenges and changes were happened with unknowing the results of them.

A study on impact of COVID-19 lockdown on physiological health, economy and social life of people in jodhpur was done. If cities continue to impose a lockdown to prevent COVID-19 transmission, there were few emergency preparedness plans to transport and provide shelter for these large number of people experiencing homelessness and are starving. In the time of lockdown, public places were closed, outside movement from homes were completely restricted and major roads of transport were closed, all the things negatively affect these people. An observational study was conducted by Dr S R Rajasthan Ayurveda university Jodhpur, on the health issue developed during the lockdown in 2020.

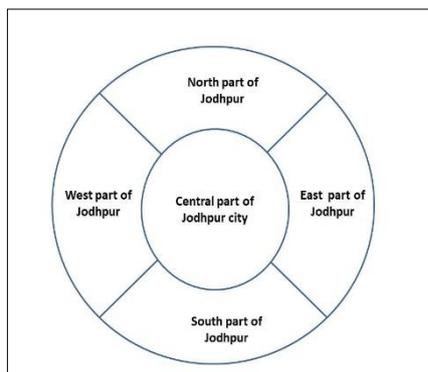
### MATERIALS AND METHODS

For data collection purposively stratified random sampling method was used. The study was mainly



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based on the data generated by the survey which



include demographic, environmental, socio-economic and health related variables. These variables included zone, locality, religion, caste, occupation, education, health problems, housing profiles, drainage and sanitation, household items, food consumption, pollution levels in house premises etc.

**Sample collection Site** - The whole Jodhpur city was divided into five zones viz. Central, East, West, North and South.

**Sample Size** -1000 Individuals (200 from each of the 5 zones.)

**Period included in the study** – months of July and August 2020 in Jodhpur city,

**Survey Method** –

Cross-sectional survey research methodology was taken for this research work. In this context above mention steps were taken: -

1. Well target defined questioner was designed
2. Door to door filling of questioner was done on target population by PG scholars of University college of Ayurveda Jodhpur.
3. Primary data through survey was collected
4. Secondary data was also collected from various articles published from local newspapers

and other surveys conducted at Jodhpur city.

5. Organized the data logically in a computer, so as to simplify data retrieval for analysis.

Whole Jodhpur city was divided into 5 areas for this survey as mentioned in the figure

### **Inclusion criteria:**

1. People of 15 to 75 years of age were included in the survey.
2. People aware of health issues.
3. Persons who will to participate.

### **Exclusion criteria:**

1. Respondents with traveling history in the city and out the city area.
2. Respondents of emergency services.
3. Patients with COVID-19 in critical condition.

### **Approval of survey**

The following approvals for this work were granted by the different departments:

- Ethical committee: - By the later no RAU/IEC/20-21 249 dated 02/07/2020. The approval of institutional ethics committee of Dr. S. R. Rajasthan Ayurveda University was granted.
- Trial registration: - Clinical trial registry India (CTRI) gave the approval for this survey work. CTRI No. – CTRI/2020/07/026424. and trial was registered in their DATA base.

After the registration and kind permission of Registrar Dr. S. R. Rajasthan Ayurveda university, the work was started. The survey was acquitted at July and August 2020 and report was submitted to ethical committee of University.

### **AIM**

To identify the health-related issues generated during Lock down at Jodhpur city area.



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### OBJECTIVES

1. To find out the impact of Lock Down on personal health status perceptions in Jodhpur city.
2. To search the factors affecting on diet and Daily regimen.
3. To study the pattern of health issues in the area of study (Jodhpur city).
4. To study the pattern of changed or unchanged life style in the study area and method to cope up in unlock period.
5. To search the major wellbeing related problems and their distribution across class and locations.

### DISCUSSION

- The Total data collected from 1041 respondents (male=63.5% and female=36.5%) was analysed and presented in Tables and Figures.
- In this study, most of the people (96.3%) agreed that the lockdown was must if continued for a long time may result to save the peoples life. The absence of medical as well as transport facilities was the main causes so that they had to follow all the rules of guidelines.
- The data showed in the study that always wearing a mask was the first choice of prevention. Most of the people reported that they washed their hands after sneezing and coughing. People adopted all precautionary measures during COVID-19 Lockdown.
- Most of the respondents reported that they believed continuous lockdown may affect the mental health of the people so that they work as a social worker. However, many of the respondents

stated that they have not worked as corona warrior. A major section (11.9%) of the respondents was able to express their work as a staff in this condition. some of people (9.5%) performed as a doctor to save the life. The continuous COVID-19 lockdown causes stress and stress makes other risk factors like high blood pressure, diabetes and high cholesterol worse. The doctors working in various hospitals of jodhpur revealed to authors that there was a lot of hike in health related issues like stomach related disorder, respiratory disorders and so many disorders related to mental health like and depression, mood swings and anxiety.

- Most of the people (22.3%) agreed that they were relaxed in current lockdown. However (21.9%) of the respondents expressed their views that they were aware about COVID 19, so there can't be such sufferance in the health sector. Some of people (11.1%) were hopeful that the condition might be controlled by the government. Some people could not express any views either way.
- Most of the respondents (54.2%) were taking normal diet. 13.3% respondents stated that they were taking digestible food to maintain the health. The lack of medical facilities as per respondents was a big issue in Jodhpur, that's why most of respondents focused on their health and diet. Some people (approximately 8.3%) were taking heavy diet. Some of respondents (approximately 6%) were taking light food.
- Most of the persons (60.4%) agreed that they have used the medicine for COVID protection. 34.8% of respondents has shown fearlessness regarding the disease precaution, as they were not



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using *Ayurvedic Kwath* etc. Some of respondents were taking *Giloy kwath*, some were taking *Ayurvedic kadha*, some were use Ayurveda medicine to protect thierselves.

➤ Maximum people (79.2%) had not faced any economic issues during the period of lockdown. some of respondents (approximately 20.8% had really faced the problem of food and not able to say that they were economically strong).

➤ The data shows that most of the people (92.6%) agreed that they used to live with their family and feel to have protection by family members. However, 7.4% respondents were not felt protected by stay home.

➤ The data shows the question of weight gain that maximum respondents had no change in their weight during lockdown. However (29.9%) stated that they had gain the weight during lockdown due to less physical work. some were doing exercise in lockdown to maintain their physical health.

➤ The data shows that most of the respondents (61.8%) agreed that they had no need to take care of any disease as such serious problem and nothing to do for this. However (24.5%) stated that it had to be control to diet that they had been taken during lockdown and another section of the respondents were able to express their views either way some were taking extra dose of medicine for control the disease.

➤ On the query of exercise most gave with Yoga practices. However, second major response had been gone with walking at home in this lockdown and another section of the respondents (19.3%) was unable to do exercise, some people

were such type that they express their views either way some were playing volleyball, some were using aerobics to keep himself fit and fine.

➤ On the query of fruits intake maximum respondents went with (69.9%) not include especial fruits. However (26.5%) stated that it had to necessary to use any type of fruit to improve their immunity against COVID 19. some were taking mango, amla, some were using lemon orange and apple to protect himself.

➤ Most of people were using *Adhaytmik* techniques like Pooja, meditation during lock down. Another section of the respondents was able to express their views either way some were doing *Vipaasna* and some were doing *hanuman chalisa*.

➤ Maximum respondents (80.7%) agreed that they had worked according to the fillings of their family member. However (18.4%) stated that they had not worked according to their family members. they had their own ways to worked. some were agreed that they had support the family members and encourage them.

➤ In present study, most of people (86.5%) agreed that they have not used to any type of addiction so that they had no such type of problem in this lockdown. However (12.7%) stated that they had habit of addiction and another section of the respondents was unable to express their views either way some were taking less tea some were increase use of phone for divert himself, some were trying to stop the addiction.

➤ The data shown received from the present study, reveals that most of the respondents (64.6%) agreed that they had not change their



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nature during this lockdown. However, (31.8%) stated that they had change their behaviour and another section of the respondents was agreed that they were aware about corona. some had started wake up early in the morning. some were changed their food habit. some became slightly aggressive.

➤ Most of the respondents (69.1%) agreed that they had spent their time on phone mostly during this lockdown period.

➤ Again, most of the respondents (85.7%) agreed that they had not get any new disease in this lockdown period. However (10.3%) stated that they had got new disease in this COVID period. Some were agreed that they had get depression, some were angry, some people lost their mental balance and some were stressed, some were got obesity, some had sleeplessness.

➤ 50.2% respondents agreed that they had changed their habit of wake up in the morning. However (49%) stated that they had not changed their habit of wake up in the morning. Some were agreed that they had got the habit of wake up early in the morning.

➤ Most of the respondents (80.3%) agreed that they had normal bowl habit. However, some (18.3%) stated that they got constipation during this lockdown period. To remove this constipation some were using *Ayurvedic* medicine, some were used *danamethi*, some were using light food and some started drink lukewarm water.

➤ 45% of respondents agreed that they had not got digestive problem. However, (26.3%) stated that they had normal digestion during this lockdown. Some (13%) had got low appetite.

About (8.5%) people were such type that increased their appetite. Some had got acidity. some were feeling heaviness.

➤ Most of the respondents (53.1%) agreed that they had no cold and cough during this lockdown. However (21.1%) stated that when they had cough and cold they use *Ghrelu upchar* for treat this and just same (21.1%) people were using ayurvedic medicine. some were using hot water some were using kadha.

➤ Most of the respondents (83.3%) agreed that they had not increased their blood pressure and blood sugar. However (9.4%) stated that they had increased their blood pressure. A very few were increased their blood sugar. some were decreased blood sugar.

➤ 49.6% respondents agreed that they had normal physical strength during this lockdown. However (18.4%) stated that they had decreased their physical strength. A very few persons (11.9%) had increased physical strength.

➤ Most of the respondents (60.8%) agreed that they had no problem in this period. However, (16%) stated that they had got insomnia during this lockdown period. some (10.7%) were got headache in that time. A very few persons were such that had fever, cervical pain, join pain, diarrhoea etc.

## CONCLUSION

COVID-19 was causing widespread concern, depression and anxiety among the people all over the world. COVID-19 disease affected almost all



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groups of society including scholars, health professionals, labour class, and also the general population, physically and mentally. Govt. of India proposed a lockdown to prevent the spread of COVID 19 and the present study entitled “**An Observational Study on Health issue Developed during Lock down W.S.R. Physical fitness challenges**” was conducted. The final conclusion of this study may be drawn as follow: -

1. In Jodhpur city area maximum people like to wear mask and are aware regarding protective measures of COVID-19. But increasing the cases has shown that proper direction of wearing mask was not published.
2. People followed the Ayurvedic preventive medicine (Ayurvedic *Kadha*, *Giloy Kadha*, herbal tea) to enhance their immunity.
3. Maximum people of Jodhpur were aware about the rules of lock down and also worked as volunteer to needy people.
4. Some psychological conditions like laziness, sleepiness, stress were increased but could not be stamped.
5. Maximum people maintained their weight during lock down.
6. Yoga and walk at home were the first choice of people. It shows the general awareness about yoga practices.
7. Some bad habits like spend more time on mobile and television were among the bad habits during lockdown.
8. It was shocking to know that still people were not aware about fruits intake or proper diet.

9. Meditation and chanting of different mantra and *stotra* were the best *Adhytmik* techniques in vogue.

10. Some people got success in leaving the drug addiction.

11. More than fifty percent people were going to wake up early.

12. Ayurvedic *Kwath* was the most favourite remedy for general cold symptoms.

13. It was good to see that people did not lose their strength during the time.

Overall, this is to clarify that the people of jodhpur were more aware and had will to fight the disease. This work is done on a small sample size, with a large sample data may got varying.



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