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Experts develop protocol for psychosocial rehabilitation of COVID-19 patients

23 April 2021 | News

Simple breathing exercises and pranayama have been seen to enhance SPO2 levels in symptomatic patients



Realising the importance and need of psychological care along with the physical treatment, three premier institutions have come together to develop a protocol for Psychosocial Rehabilitation of COVID-19 Patients.

These 3 eminent institutions are: the Central Council for Research in Yoga & Naturopathy (CCRYN), an autonomous body of the Ministry of Ayush, the National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru and the Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA).

As per reports, the accompanying psychologic distress in covid 19 patients are often ignored and not managed. There have also been reports of anxiety and acute depression leading to suicides in Covid care hospitals.

Many of the patients, according to inputs coming in from different countries, have had to contend with isolation anxiety and distress due to fear of worsening of symptoms.

Complications like respiratory distress, hypoxia, fatigue and insomnia and other symptoms have also been observed. Interventions Yoga and Naturopathy systems have shown effectiveness in facilitating recovery of Covid-19 patients.

Simple breathing exercises and pranayama have been seen to enhance SPO2 levels in symptomatic patients and those with respiratory distress. Preliminary reports from studies conducted by CCRYN also validate these findings.