

Effects of Folk Remedies on the Treatment of Respiratory Sequelae After COVID-19 Confirmation

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코로나 확진 후 호흡기 후유증 치료를 위한 민간요법의 효과

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Abstract

This study measures the effectiveness of folk remedies for the treatment of respiratory sequelae after confirmation of COVID-19. The subjects of this study were surveyed on 86 people who visited the internal medicine department of a general hospital in the central region from April 2 through May 25, 2021. The effect of applying folk remedies was measured on 8, 16, 24, and 32 days before and after applying folk remedies for symptoms of COVID-19. The difference between the symptoms of COVID-19 and the application of folk remedies before and after application was analyzed by a t-test. The results of this study are as follows. Firstly, small cough decreased significantly after application compared to before folk therapy($t=5.21$, $p<.05$). Secondly, salt water gargle increased significantly after the experiment compared to before the experiment($t=-3.84$, $p<.01$). Therefore, the results were confirmed that the folk remedies applied in this study were effective. The research derived from this study is expected to contribute to alleviating respiratory symptoms.

1. Introduction

There are many cases of aftereffects after COVID-19 confirmed cases. After COVID-19, phlegm, headache, fatigue, poor concentration and cold continue after complete recovery[1],[2].

Most people would dismiss omicron symptoms as just a cold. But there's a steady stream of deaths out there. The aftereffects of COVID-19 may pass by lightly, but deaths continue to occur. Symptoms of lethargy and depression are increasing due to the aftermath of COVID-19s. In previous studies, there are studies on the aftereffects of COVID-19, but there are few treatments for folk remedies[3],[4]. Therefore, this study measures the effectiveness of folk remedies for the treatment of respiratory sequelae after confirmation of COVID-19.

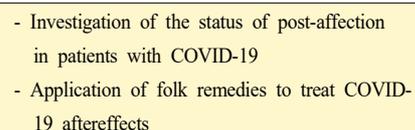
2. Materials and Methods

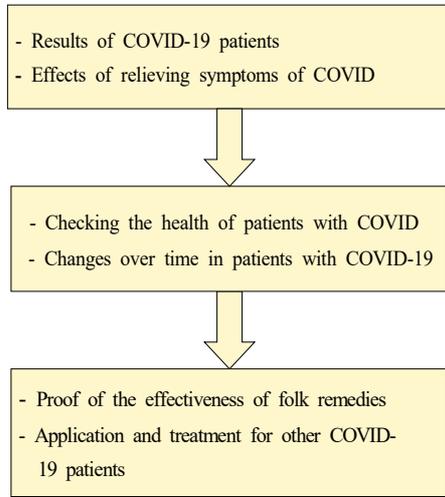
2.1 Materials

The subjects of this study were surveyed on 86 people who visited the internal medicine department of a general hospital in the central region from April 2 through May 25, 2021. Figure 1 shows attempts of folk remedies to treat COVID-19 aftereffects.

2.2 Methods

The difference between the symptoms of COVID-19 and the application of folk remedies before and after application was analyzed by a t-test. The process of time change of symptoms of COVID-19 was analyzed by a t-test. The effect of applying folk remedies was measured on 8, 16, 24, and 32 days before and after applying folk remedies for symptoms of COVID-19

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- Investigation of the status of post-affection in patients with COVID-19
 - Application of folk remedies to treat COVID-19 aftereffects



[Fig. 1] An attempt at folk remedies to treat the aftereffects of COVID-19

3. Results

3.1 Symptoms of COVID-19 and differences before and after application of folk remedies

Table 1 presents the differences between the symptoms of COVID-19 and the application of folk remedies. Small cough decreased significantly after application compared to before folk therapy ($t=5.21, p<.05$). Insomnia decreased significantly after the experiment compared to before the experiment ($t=1.83, p<.05$). Salt water gargle increased significantly after the experiment compared to before the experiment ($t=-3.84, p<.01$).

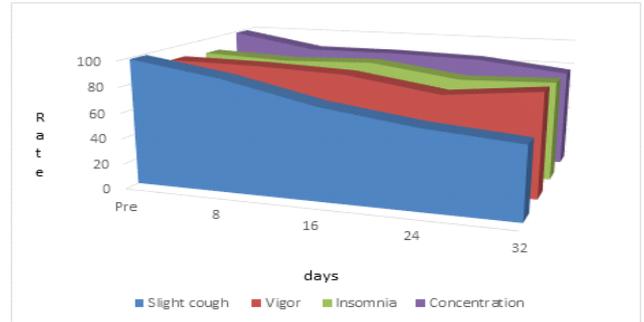
[Table 1] The condition of COVID-19 before and after the experiment

Variables	Pre	Post	t
Symptoms			
Residual cough	28.14±0.95	16.63±0.78	5.21*
Headache	25.63±4.28	18.47±3.41	3.64
Muscle pain	23.49±1.51	15.25±1.83	1.75
Poor circulation of legs	26.05±0.49	11.64±2.51	3.62*
Vigor	19.46±3.62	25.01±1.74	-5.47
Insomnia	26.71±0.69	14.59±0.55	1.83*
Folk remedy			
Balloon flower root	11.83±4.26	27.47±3.92	-4.61*
Radish ingestion	15.74±1.93	28.15±1.84	-1.83*
Picking out the sunlight	23.19±0.52	29.84±1.53	-6.05
Exercise	20.61±0.74	26.49±0.77	-5.19
Salt water gargle	12.29±1.38	29.60±2.54	-3.84**
Eating balloon flower root	16.83±4.95	28.17±4.61	-1.96*

* $p<.05$ ** $p<.01$

3.2 The process of changing the symptoms of COVID-19 over time

Figure 2 shows the process of changing the symptoms of COVID-19 over time. The residual cough continued to decrease significantly after 8 days than before the experiment. Insomnia decreased after 16 days compared to before the experiment and increased again after 24 days.



[Fig. 2] The process of changing the symptoms of COVID-19 over time

4. Discussion

This study measures the effectiveness of folk remedies for the treatment of respiratory sequelae after confirmation of COVID-19. As a result, muscle pain decreased after applying folk remedies than before application. This was found to be similar to the study of natural therapy in previous studies [3],[4]. Stretching and yoga can help because it relieves muscle pain.

After ingestion of balloon flower root, the residual cough decreased significantly after application compared to before application of folk remedies. This is similar to previous studies showing that balloon flower roots help the bronchial tubes [5],[6]. Therefore, the results were confirmed that the folk remedies applied in this study were effective. The research derived from this study is expected to contribute to alleviating respiratory symptoms.

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