Lockdown: A Solution for Covid-19 Pandemic in India

Shlok Jaiswal*

Department of Community Medicine, Jawaharlal Nehru Medical College, Datta Meghe Institute of Medical Sciences, Sawangi (M), Wardha, Maharashtra 442004, India

ABSTRACT

Novel coronavirus member of SARS (Severe Acute Respiratory Syndrome) known as Covid-19 which reported is first case in Wuhan city of China has spread worldwide and has become a pandemic of 21st century. But to stop its spread is lockdown a solution in INDIA or WORLDWIDE? To stop the spread of covid-19 in India lockdown was imposed in India from 24th March 2020 to 14th April 2020 of 21 days. Lockdown in INDIA was in Phase wise manner and was in 4 phases. PM announced first lockdown on 23rd of March after the JANTA CURFEW on 22nd March. Lockdown was beneficial for INDIA to a much extent because if lockdown would not have happened; in initial days it could have spread to a lot of people and it would have been challenging to state as well as central government to deal with this problem of so many people affected by covid because INDIA is not much developed in terms of health infrastructure. Though there was a lockdown and still cases were rising in India in an exponential manner, but lockdown gave some time to central as well as state government so that they can build isolation wards and can strengthen the health infrastructure of our country.

INTRODUCTION

India reported its first case of covid on 30th January 2020 in Kerala, a south-western coastal state in INDIA confirmed by MOHFW (Ministry of Health and Family Welfare). Initially country was not much familiar about the spread of the coronavirus but in the mid of March number of cases began to rise in country. So on 19th March 2020 PM announced JANTA CURFEW so that all persons should remain at home and chain of transmission could be broken. Also, from start of the March month there was thermal screening done of all passengers of international flights at the airport and if someone having any symptoms of covid were asked to be home quarantine for a period of 14 days.

Lockdown in India was in a phased wise manner which was in 4 phases

1. First phase - From 24th March 2020 To 14th April 2020
2. Second phase - From 15th April 2020 To 3rd May 2020
3. Third phase - From 4th May 2020 To 17th May 2020
4. Fourth phase - From 18th May 2020 To 31st May 2020

When India imposed lockdown total cases in INDIA were under 500 and due to which country was able to control its spread so lockdown was very much beneficial to the country. According to the studies it is said that if lockdown would not have been
imposed total cases in INDIA would have reached to 50,000 to 60,000 in 21 days but due to lockdown it was under 10,000 in first phase of 21 days lockdown. But as from 2nd phase onwards cases begin to rise much faster as lockdown was being eased a little bit to start economic activities. But to start economic activities in country was also important at the same time so that country’s GDP could be maintained. Due to lockdown imposed growth rate of covid slowed down as doubling rate which was of 6 days by 6th April was of 8 days by 18th April 2020. Though lockdown was beneficial to country but not a solution because it is not possible to run a country without GDP being maintained as INDIA has a population of 135.26 crores and majority of population is having low socioeconomic status so lockdown had a major impact on people having low socioeconomic status and also on GDP of a country. Lockdown in INDIA was beneficial in many ways like

1. It helped country to control the spread of the disease.
2. It helped the government to strengthen the health care facilities of a country, as many isolation wards and hospitals were built during the lockdown period so that they can accommodate the patients and treat them.
3. In lockdown India became highest manufacturer of PPE kits it was also a benefit to the country’s GDP. (Meo SA n.d.)
4. If seeing at the brighter side of lockdown apart from controlling its spread it also helped to control the air pollution. Delhi is the most polluted state in INDIA but due to lockdown it had a great impact on controlling the pollution too as NO2 (nitrous oxide) and CO (carbon monoxide) shown considerable decline during phase of lockdown.
5. Also, central and eastern Delhi had observed maximum improvement in air quality.
6. There was 40% to 50% improvement in air quality.
7. Also, many people in lockdown had done something productive like they spent some quality time with their families, some got to know their hidden talent to glorify.

But also lockdown is not a solution to the pandemic because to live livelihood is important and it could be by earning. Lockdown also had some negative effects especially on poor people because due to lockdown everything was closed and poor peoples who come to cities from their villages to earn they didn’t have any source of income, so they didn’t get the food to eat they were not able to feed their families, they were not able to run their livelihood. Though government offered many schemes and free food to poor but it could not be sufficient to everyone as in INDIA maximum population is of poor socioeconomic status. The cases begin to rise in the second phase of lockdown as economic activities got started and the poor migrants started to travel to their respective villages and family as there was no work for them due to lockdown. (Singh and Misra, 2020) Because of soo much of travelling of the migrants in spite of lockdown it was not able to control the spread of the disease. We can think of lockdown so that the spread gets over but what about the people who are daily wage workers they didn’t even have money to eat. Many migrants travelled to their homes by walking because at that time transportation was not there and what will they do if they don’t have any source of income, so they started walking to their homes. Now the country is in the phase of unlock and it is obvious that the cases will rise but to impose lockdown is not a solution we also have to think about the poor’s and also about our source of income because to live livelihood is important. (Paul et al., 2020)

So its in our hand to control the spread we have to be alert and should follow the precautionary measures by following use of mask, frequent hand wash, maintain the social distancing among us, should not step out from home until it is very important and we have to be the responsible for our own and others health. INDIA is now on 3rd rank in context to cases of covid 19 worldwide with total cases of 7,71,851 among which 4,77,715 has recovered from the disease and the active cases are 2,72,861. Maharashtra is the worst affected state in INDIA due to which state government has imposed lockdown till 31st July 2020 with lockdown being eased. In containment zones restrictions has to be followed so that it should not spread to the others.

Due to unlock cases begin to rise in states and districts which was earlier free but lockdown can not be a solution to control the spread of the disease because the country can not be in a lockdown till the disease stops to spread. So till the vaccine comes the main solution or the weapon to stop or to fight the pandemic is the precautionary measures.

1. Follow social standing
2. Avoid going outside until its very important
3. Frequent hand washing
4. Use of mask in public places

The most important tool to control the spread is improving the testing rate in country and improving the health infrastructure of the country. Also, this pandemic gave country important lesson that the strengthening of certain sectors like health, economy, farming sector so that the poor people will not have to suffer much and also improvement of the educational as well giving youth the employment so that they don’t have to travel in other states or countries for their income. (World Health Organization, 2020)

DISCUSSION

General prosperity has been portrayed as an “integrative approach to manage guaranteeing and propelling the prosperity status of the two individuals and society.” Made up of different requests including the investigation of sickness transmission, biological and people prosperity, biostatistics, and socioclinical sciences, and using an extent of investigation and intelligent instruments, the overall prosperity approach has created past watching out for a single prosperity result or contamination. As such it thinks about information regarding unequivocal peoples, the prosperity structures with which they partner, and the social and characteristic factors that advance prosperity and prevent contamination.

Across the world, the driver of the system taken in the response to COVID-19 has been to “level the curve” — the method is to block the spread of the contamination to enable prosperity structures to adjust better to the best in class concentrated thought limit required by genuine cases. Countries have in this manner executed an extent of lockdown estimates zeroed in on spatial and physical isolating. (Lauer et al., 2020)

While this procedure is showing convincing in diminishing the spread of COVID-19, these measures have furthermore achieved compromises to an extent of other prosperity organizations, including care for the people who may require it for various conditions. Visits for routine preventive thought have reduced certainly. Further, there is growing evidence of excess passing’s, which implies people falling horrendously of coronary scenes or strokes since they didn’t will mind adequately early or in any way shape or form. (Grover et al., 2020)

There are also reports of extending family hostility, stress, and passionate health issues, including for youngsters and youth, as of now generated “age C” for the profound established influence this pandemic will give upon them.

Despite the prompt effects, lockdown measures have in like manner subverted an extent of social determinants of prosperity, including informational achievement, food security, work, and pay, which disproportionately impact those families and masses who are as of now vulnerable, and further heighten prosperity irregular characteristics and detachment inside and across countries. Given that various people have key conditions related with both destitution and COVID-19, including heaviness, coronary ailment, diabetes, and hypertension, the lockdown may have achieved putting asymptomatic or to some degree intriguing people shedding the disease in close nuclear family contact with people in harm’s way. It isn’t past where it is conceivable to by and by present an enormous number of the key organizations of general prosperity, and the principles of people prosperity, into the COVID-19 response. (Usher et al., 2020)

The overall prosperity impact of choices made at present will have recommendations long after the brief crisis is done. Following a long time of work to diminish maternal and youth passing’s, including through vaccination programs, the negative impact of requiring these organizations to quickly pause — particularly in countries with high readiness, a tremendous under-five people, and high speeds of compelling infections — is presently having certifiable results.

Lockdown and mental health

Impact of this pandemic on psychological wellness information is yet not set up, entitled however there are information with past experiences with covid. During season of Mediterranean east respiratory condition persistent were treated with haemodialysis noticed decrease nature of pressed cell volume, calcium and different electrolytes. Comparative information demonstrated influencing psychophysical stress indicated clinical withdrawal in the above mentioned infection disease.

Impact of lockdown on the wellbeing, abundance has been a significant concern everywhere on the world was seeing lockdown numerous individuals lost their positions, business, economy demolished individuals if remains at home would pass on of yearning moves out would bite the dust of crown was the mind-set everywhere on the country among destitute individuals henceforth they endured the two different ways lost their positions in addition to a pandemic and intellectually push down is the thing that they feel and they simply feel that everything has gotten futile and weight of family their kids everything has expanded gigantic mental weight on them on account of this infection.
Fit sincerely maintain advancement should not given even following 180 days after conveyance from imprisonment for individuals who as of now were experiencing mental sickness. Legitimate mental guideless, food, cash, veil preparatory should be made accessible. Clinical offices supplier may even have issues due the weight they are looking from recent months as indicated by SARS COV 2003 Infection had part of post frightful weight issues among medical care supplier’s thus during such pandemic there is raised degrees of anxiety among the clinical staff. (Jernigan, 2020)

Serious weight was noticed everywhere on the world during lockdown much more weight was made by the media all over contrary vibes were spreading numerous individuals did not had thought what to do where life will take them thousand and lakhs of individuals were feeling vulnerable just things was more frenzy was likewise being made by the media organizations ruining life of individuals. Likewise, clinical specialists treating Coronavirus patient’s, here all strain, stress of patient additionally they were away from their family as they were doing Nobel work yet couldn’t meet relatives, wearing ppe packs entire day caused a sensation of sadness, stress, disquiet, stress, alarm, considering being separated from everyone else. Hence, mental issues is a dynamic, complete urgent issue additionally among the health care suppliers.”Dimag se khush rahenga tabhi tho ladenga India”

Deprivation, detachment, loss of pay, dread this elements have set off psychological well-being numerous individuals are confronting issues of expanded medication use liquor, a sleeping disorder, anxiety. Also, Covid itself can prompt neurological difficulties like delirium, disturbances, stroke this are exceptionally serious may prompt even passing. Ongoing investigation of WHO in 130 nations demonstrated pulverizing effect of infection on psychological well-being to get to this underscore dire need of expanding funds. Big event for mental health” overview was done distributed for a call for expanded emotional well-being investments. Prior to pandemic additionally it has been noted LESS subsidizing on psychological wellness, wellbeing financial plans on psychological well-being is battling to meet their populace prerequisite. (World Health Organization, 2021)

Great psychological wellness is totally central to wellbeing, prosperity, basic medical care administrations for emotional well-being is required the most in present day. Review by WHO from June to August had following discoveries

1. Sixty percent revealed interruption of psychological well-being in youngsters, teenagers, more seasoned man, ladies’ requiring antenatal administrations.
2. Sixty seven percent indicated disturbance to counselling, psychotherapy
3. Forty five percent indicated opoids reliance.
4. One third populace demonstrated interruptions to crisis intercessions including individual having drag out seizures, withdrawal indications.
5. Thirty percent demonstrated powerlessness to get to meds.

Life is simply valuable never let mental considerations ruin it, if any such contemplations emerges than do call or gathering therapist never feel low don’t conceal issues of dysfunctional behaviour as they are most disregarded thing in our nation. Together government, clinical staff, all individuals everybody will win lets battle crown with inspiration allows remain to quiet in each circumstance help our good and you will clearly battle effectively in each circumstance (Ting et al., 2020).

“Let’s invest move on mental health ” was the occasion dispatched on psychological wellness day on tenth October it is an uncommon online occasion that will call for expanded interests in emotional well-being at all levels from individual to business’ to nation to common .this occasion is free open to all the public lets roll out an improve-ment lets put resources into psychological wellness as nobody discusses it everybody fears discussing mental health, individual can deal with all looked for of actual pressure throughout everyday life except an intellectually influenced individual its truly extreme, hard to adapt up to the circumstances. Intellectually influenced individual understands all took off alone, he is lost in his own reality, world brimming with cynicism without any wants to rise such dysfunctional behaviour issues have taken a top because of the pandemic.

With all the public authority organizations, wellbeing area, media everybody should discuss emotional well-being and its significance during this season of crown as crown will go from our life’s when immunizations are accessible yet the psychological burnt which an individual has endured because of this pandemic nobody knows how long will it be there. No investigation discusses how to manage dysfunctional behaviour what after Coronavirus what might be said about post Coronavirus mental pressure shouldn’t something be said about pressure
endured due to Coronavirus this remaining parts still an unsolved matter of conversation. Awareness camps, legitimate guiding, advertisement should be done so that individuals don’t go in gloom or some other ailment following crown. As it is a truism together, we will win, we will definitely win once we contemplate all variables and manage every one bit by bit. (Manchein et al., 2020)

CONCLUSIONS

Covid has spread worldwide and if vaccine will not be coming it will be staying with us for a long time so keeping a lockdown for a long time is not a solution to this because if lockdown will be imposed then no one will be able to do their work due to which person will have serious impact on their mental health as they will have no source of earning. So it’s better that to stay within our limits like if it is necessary then only we should be stepping out of the house and also if we are going outside social distancing norms has to be followed strictly as well as use of masks also mandatory as it is for our own safety as well as for other. Because lockdown is not a permanent solution for this virus so important is 2 feet distance.

Conflict of Interest

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REFERENCES


