

Treatment Of Patients With Asymptomatic And Mild Case Of Covid-19 Infection And Its Prevention In Outpatient Basis By Using Infrared Resonance Therapy

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Abstract:

About 7 months, the whole world has been plunged into the coronavirus pandemic. And each time, coronavirus infection surprises medical workers with its new abilities to affect various organs and systems of the body, which makes it more dangerous for humanity [5, 6].

Unfortunately, for now, there is no specific treatment and prevention for Covid-19 have not find out [7, 8]. Non-specific prophylaxis of coronavirus infection is aimed at to close borders and to stop spreading of Covid-19 into the territory of the Republic, regulated by the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated March 23, 2020 No. 176 "On additional measures to prevent the spread of coronavirus infection", By the Decree of the President of the Republic of Uzbekistan No. PP-4649 dated March 26, 2020 "On additional measures to prevent the wide spread of coronavirus infection in the Republic of Uzbekistan", by the Decree of the President of the Republic of Uzbekistan No. PP-4652 dated March 26, 2020 "On additional measures to support medical workers and employees of the sanitary and epidemiological service involved in countering the spread of coronavirus infection. " Despite certain advances in drug therapy for patients with Covid-19, the number of temporary disability of patients for several months is increasing, as well as complications associated with thrombosis of the vessels of the heart and brain, leading to disability for all life.

In this regard, the improvement of methods of prevention and treatment in the rehabilitation period of patients with Covid-19 remains an urgent problem of medicine.

During many years in medical practice we use infrared resonance therapy according to the method of R.Kh. Rakhimov to treat various diseases, to disinfect viral infections, pathogenic microflora and to improve vascular microcirculation, as well as to increase immunity [1, 2, 3 and 4].

Key words: *coronavirus infection, prevention, treatment, infrared resonance therapy.*

1. OBJECTIVE

Improvement of methods of prevention and treatment of patients with coronavirus infection Covid-19 on mild case by using infrared resonance therapy by the method of Rakhimov R.Kh. on an outpatient basis.

2. MATERIAL AND METHODS

There were 18 people under our supervision. From them 6 patients were infected with a mild case Covid-19, aged 30 to 50, they were treated at home and 12 people of the same age who were in contact with them.

Diagnostics of Covid-19 was carried out by doctors of polyclinics, according to WHO recommendations and the protocol presented by the Ministry of Health of the Republic of Uzbekistan.

In addition to traditional therapy, all patients underwent infrared resonance therapy (IRT), using a common unit that regenerates infrared pulsed radiation of the RC type, ZB, GI and KL. (RC - antiviral, ZB - improves microcirculation in blood vessels, GI - antimicrobial and KL - immunostimulating) All emitters and IRT method are FDA certified.

The principle of action of infrared radiation on the human body is that the enzyme Revertase, which is responsible for the reverse transcription of the RNA of the virus from the human DNA, is a radical.

The pulses generated by RC, RV emitters create short-lived radicals from water, forcing the enzyme-substrate complex to bind to it and a recombination reaction occurs, as a result of which the enzyme is converted into a complete molecule and prevents other reactions from taking place.

The proposed IRT technique is as follows: for the prevention of coronavirus infection, the exposure of infrared emitters is carried out for 15 minutes, once a week, and for the treatment of mild coronavirus infection, the exposure of the emitters is also 15 minutes 2 times a day for 3-5 days until the symptoms of the disease disappear completely.

Subsequently, to prevent viral infection and pathogenic microflora, as well as to improve microcirculation in blood vessels and restore the body's immunity, the exposure of infrared emitters was carried out once a week for 15 minutes.

This is due to the fact that the incubation period for the manifestation of coronavirus infection is 7-14 days, which is sufficient for being under the influence of pulses generated by RC, ZB GI and KL emitters during the specified time.

3. RESULTS

The examined patients, with a mild case of Covid-19, complained of an increase in body temperature to 37.5 - 37.8 degrees, dry cough, impaired taste, sweating and general weakness.

The doctors of the family polyclinic prescribed them preparations of vitamin D, vitamin C, zinc, Lactofiltrum, drinking up to 3-4 liters per day, and with an increase in body temperature, Paracetamol or Nimesil.

Despite the traditional therapy, in 4 patients on the 7th day of the disease, the body temperature periodically increased to 37.2 -37.5 degrees, they complained of coughing and general weakness. Respiratory system diagnostics (pulse oximetry) showed saturation (SpO2) 92-93%.

After IRT - therapy, about 2-3 sessions, the body temperature returned to normal, the cough stopped, the weakness significantly decreased, and the state of health improved. Saturation (SpO₂) increased to 96-98%.

Tests for the presence of coronavirus infection in all patients with a mild case of Covid-19 showed a negative result.

Two patients with Covid-19 had concomitant diseases such as type 2 diabetes mellitus (blood sugar 8.5 mmol / L) and hypertension (BP 160/100 mm Hg). After the second session of IRT - therapy, blood sugar dropped to 6.0-6.5 mmol / l), blood pressure dropped to 130/80 mm Hg. Art.

On the 7th day, 3 people who had contact with Covid-19 patients developed a cough, increased body temperature to 37.0-37.2 degrees, as well as sweating and slight weakness. After 2 sessions of IRT therapy, all symptoms of the disease disappeared.

4. SUMMARY.

Thus, traditional therapy, in combination with IRT therapy, can be effectively used in the prevention and treatment of Covid-19 coronavirus infection in patients with mild case.

For prophylactic purposes, 9 people who had contact with Covid-19 patients underwent IRT - therapy with exposure to infrared emitters, for 15 minutes, once every 5-6 days. In total, 3-4 sessions were performed. After the treatment, the patients have not complaints.

A rational comprehensive approach to the treatment of Covid-19 coronavirus infection increases the efficiency of providing specialized medical care to this contingent, which contributes to rapid rehabilitation, as well as improving the quality of life of patients who had been ill with Covid-19.

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