



Complementary and Alternative Treatment Methods in SARS-CoV-2 Infection

SARS-CoV-2 Enfeksiyonunda Tamamlayıcı ve Alternatif Tedavi Yöntemleri

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Dear Editor,

We read the article titled “Evaluation of the Clinical Findings of the Patients Receiving the Diagnosis and Treatment of Covid-19 and the Data Based on the Applied Pain Scores”, prepared by Güven *et al.*, published in the second issue of your journal in 2023, with great interest (1). We thank the editorial board and the authors for this interesting article. Although mortality was prominent during the pandemic, pain control was important to maintain living standards in patients who were not hospitalized. In order to contribute to the discussion of the study, we would like to talk about the additional methods used by society in pain control during the pandemic.

After the SARS-CoV-2 pandemic was declared a pandemic in March 2020, it affected society socially, psychologically, and economically. Health resources (hospital beds, intensive care beds, ventilators, and health personnel) were insufficient. Despite ongoing clinical studies worldwide, no antiviral has been found that can end the pandemic (2,3). It aimed to identify priority patients in providing health services and use resources with optimum efficiency. All these adverse conditions limit the accessibility of health services. Misinformation made through social media and conventional media has reduced the public's trust in the health system. Instead of the pharmacological treatment recommended by health professionals, an alternative treatment has been sought by people (4,5).

Cardinal symptoms of SARS-CoV-2 infection were cough and shortness of breath, which are related to the respiratory system. In addition, headache, muscle joint pain, and sore throat negatively affected the comfort of life. Complementary and alternative treatment methods used in pain control today are the control of pain with drugs or non-drug applications. These methods are used to increase the quality of life by relieving the patient's pain as much as possible and reducing the use of analgesics. The literature review determined that SARS-CoV-2 infected patients received information about integrated medicine methods to cope with pain from their close circles, SARS-CoV-2 infected patients who benefited, the media, and health personnel (6). In the study conducted by Sayın *et al.* to determine the complementary and alternative treatment methods used by elderly individuals for pain, they reported that elderly individuals obtained information about these methods from their close circles and mass media. Information sources about individuals' complementary and alternative treatment methods are mostly close friends or family and mass media such as television and the Internet and media. Written and visual communication tools contribute to promoting these methods and their widespread use (7).

A study conducted in our country determined that patients used integrated medicine methods such as cold/hot application, massage, relaxation exercises, prayer/worship, yoga, meditation, cupping, and acupuncture for





pain. During the epidemic, it was observed that people infected with SARS-CoV-2 tended to religious worship (praying, reading the Quran). It has been determined that patients take vitamin C support (orange, lemon, lemon tea) and uses herbal methods such as garlic, ginger, turmeric, cloves, hot water with honey, black seed oil, rosehip, sage, linden, sumac, vinegar, chamomile to cope with the pain (7-10). A study conducted in our country determined that patients used integrated medicine methods such as cold/hot application, massage, relaxation exercises, prayer/worship, yoga, meditation, cupping, and acupuncture for pain. During the epidemic, it was observed that people infected with SARS-CoV-2 tended to religious worship (praying, reading the Quran). It was determined that to cope with the pain, patients received vitamin C support (orange, lemon, lemon tea), garlic, ginger, turmeric, cloves, hot water with honey, black seed/black seed oil, rosehip, sage, linden, sumac, vinegar, and chamomile (8). In the study of Kaplan *et al.* from Turkey, it was reported that individuals used orange, lemon, tea with lemon, garlic, ginger, turmeric, water with vinegar, and green tea containing vitamin C during the epidemic (9). In Işık and Can's study, they found that plants such as garlic, vinegar water, lemon juice, turmeric, black cumin, ginger, sage, chamomile, black cumin, St. John's Wort are used as herbal treatment methods (10).

In line with this literature review, health experts should know about integrated medicine methods and drug-herb interactions, contact the patient to question the integrated medicine methods they use, and guide individuals to obtain information about these methods from reliable sources.

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