

Internship Training

at

International Institute of Health Management Research

Preferable mode of COVID-19 management among patients in Delhi

by

Vibhu Bajaj

PG/19/100

Under the guidance of

Dr. Preetha GS

PGDM (Hospital & Health Management)

2019-21



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New Delhi**

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**International Institute of Health Management Research
New Delhi**

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Vibhu Bajaj** student of PGDM (Hospital & Health Management) from International Institute of Health Management Research, New Delhi has undergone internship training at **Nexus HealthTech Private Limited** from 21st April to 6th June.

The Candidate has successfully carried out the study designated to him during internship training and his/her approach to the study has been sincere, scientific and analytical.

The Internship is in fulfillment of the course requirements.

I wish her all success in all his/her future endeavors.

Ms. Divya Aggarwal
Associate Dean, Academic and Student Affairs
IIHMR, New Delhi

Mentor:- Dr Preetha GS
IIHMR, New Delhi

(Completion of Dissertation from respective organization)
The certificate is awarded to

Vibhu Bajaj

in recognition of having successfully completed his/her
Internship in

Nexus HealthTech Private Limited

and has successfully completed his/her Project on

Preferable mode for COVID-19 management among patients in Delhi

Date:- 21st April to 6th June

Organisation:- Nexus HealthTech Private Limited

He/She comes across as a committed, sincere & diligent person who
has a strong drive & zeal for learning.

We wish him/her all the best for future endeavour

Priyanka Singh

Human Resources

Certificate of Approval

The following dissertation titled “**Preferred mode of COVID-19 management among patients in Delhi**” at Nexus HealthTech Private Limited ”is hereby approved as a certified study in management carried out and presented in a manner satisfactorily to warrant its acceptance as a prerequisite for the award of **PGDM (Hospital & Health Management)**for which it has been submitted. It is understood that by this approval the undersigned do not necessarily endorse or approve any statement made, opinion expressed or conclusion drawn therein but approve the dissertation only for the purpose it is submitted.

Dissertation Examination Committee for evaluation of dissertation.

Name

Signature

Dr Rupsa Banerjee

Dr Sumant Swain

Dr Ajay Sood

Certificate from Dissertation Advisory Committee

This is to certify that Vibhu Bajaj , a graduate student of the **PGDM (Hospital & Health Management)** has worked under our guidance and supervision. She is submitting this dissertation titled “ Preferred mode of COVID-19 management patients in Delhi” at “Nexus HealthTech Private Limited ” in partial fulfillment of the requirements for the award of the **PGDM (Hospital & Health Management)**.

This dissertation has the requisite standard and to the best of our knowledge no part of it has been reproduced from any other dissertation, monograph, report or book.

Priyanka Singh

Institute Mentor Name:-
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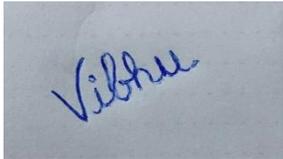
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Organization:- Nexus HealthTech Private Limited

CERTIFICATE BY SCHOLAR

This is to certify that the dissertation titled “**Preferred mode of COVID-19 management among patients in Delhi**” and submitted by **Vibhu Bajaj** , Enrollment No. **PG/19/100** under the supervision of **Dr Preetha GS** for ward of PGDM (Hospital & Health Management) of the Institute carried out during the period from **21st April to 6th June**, embodies my original work and has not formed the basis for the award of any degree, diploma associate ship, fellowship, titles in this or any other Institute or other similar institution of higher learning.



Signature

FEEDBACK FORM

Name of the Student: Vibhu Bajaj

Dissertation Organisation: Nexus HealthTech Private Limited

Area of Dissertation: Preferred mode of COVID-19 management among patients in Delhi

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Priyanka Singh

Signature of the Officer-in-Charge/ Organisation Mentor (Dissertation)

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Table Of Contents

<u>Topic</u>	<u>Page No.</u>
Internship Report	11
Introduction	13-14
Review of Literature	15-18
Material and Methods	19-20
Results	21-30
Discussion	31
Conclusion	32-33
Recommendation and Limitation	34
References	35-36
Annexure	37-40

Internship Report

Nexus is a budding start up designed and nested in India.

Vision:-

- Bring empathy
- Build ecosystem in field of healthcare benefitting both care givers and care receivers.

Mission:-

Accomplish boutique of technology driven products that targets a defined segment.

Company:-

They have a product named Maatri- Saluting the motherhood. Cutting out IT Products to associate different dabs of the general public; based on the standards of "Ethics" and "Empathy". Nexus salutes the Spirit of Mankind and will continue pursuing bettering it.

The app Maatri offers a lot of advantages. People can download the app, store their health data. Facilities like – child vaccination, child development growth certified by psychologist.

The app is also coming in with more features. It is a digital health based app.

Abstract

Keywords:- COVID-19, treatment, homeopathy, ayurvedic, coronavirus

Coronavirus or COVID-19 is an infectious disease. The virus effects nose, lungs, upper respiratory tract. The symptoms range from mild to severe including fever, cough, cold, body ache, loss of smell and taste etc. Being a novel disease, it has no definite treatment available. It was a cross-sectional descriptive study. The aim of the study was (a) To study the different routes of treatments used for specific mode/modes for managing COVID-19 symptoms (b) To study the satisfaction level for selected mode/modes for managing COVID-19 symptoms. Only 68 participants participated in the study. It was found that majority population favors allopathy as a mode for managing COVID-19. Apart from allopathy, participants have chosen homeopathy and ayurveda as a mode for managing COVID-19 or its symptoms. It was also found that patients after their course of treatment had post COVID complications like joint pains, headache, breathing problem, fast or pounding heartbeat, dizziness, pain in ribs, migraine, sleep problem, cough etc.

Introduction

Coronavirus or COVID-19 is an infectious disease. The main cause of it is SARS-COV-2. The virus affects nose, lungs, upper respiratory tract. The symptoms range from mild to severe including fever, cough, cold, body ache, loss of smell and taste etc (1). Coronavirus first emerged in the city of Wuhan and started spreading to different countries. When the Corona virus infects a person various symptoms are observed in the body of the person. These range from mild to moderate to severe and in many cases no symptom or asymptomatic nature is also observed. These symptoms could range from high fever, cold, cough, body ache, loss of taste and smell, followed by other symptoms like sore throat, diarrhea, pain in limbs, persistent headache, tiredness, conjunctivitis, rash on skin, dry cough and in severe cases problems like difficulty in breathing, chest pain, shortness of breath, loss of speech and movement is also observed (4). Coronavirus is an infectious disease. Thus, it can travel via droplets, or when someone coughs or sneezes. If the droplets fall on any surface it may remain there for hours and infect the person who uses that place. There are many studies that have been carried out and has reported that the disease is not confined to any particular age group but infects both young and the old. And the symptoms could be severe, moderate or mild. There are also studies that have been carried out that prove that when an infectious droplet falls on plastic or metal surface, it can last for 3 hours (5). To fight the disease like COVID-19, there is no such thing like natural immunity. What is more important is to stop the spread the infection. Coronavirus is different from SARS or MERS-CoV in terms of infection rate, fatality rate. Being an infectious disease, the transmission can only be stopped by frequent hand washing, social distancing, avoiding crowded places, wearing mask, avoid placing hands on eyes, nose and mouth (2). Another important way to stop the spread of COVID-19 is getting vaccinated. Vaccination will help

break the chain of transmission and stop the spread of virus. It is declared as a pandemic by WHO. Being a novel disease, it has no definite treatment available. For disease management various approaches are available and are generally adopted by patients as well as healthcare workers. As an individual, one can avoid sneezing in public, maintaining good hygiene, keeping the area where you live clean, stepping outdoors as and when required, using sanitizers time to time, using soaps to wash hands, covering face and mouth with masks. At management level, there are different approaches that help in managing COVID-19. These approaches range from allopathy, to ayurvedic, to unani, and to yoga (3). Patients suffering from mild to severe symptoms have adopted different approaches. Many who have undergone allopathic are treated with hydroxychloroquine, remdesivir, corticosteroid, famotidine, ivermectin etc. All these are prescribed for both hospitalized and home isolated patients. All these are nothing but anti-viral drugs that maybe used in fighting the virus(6). Apart from this the government of India has issued guidelines to battle with COVID-19. All the AYUSH practitioners have been given guidelines to manage COVID -19. For ayurveda, guidelines given are for management of mild cases. These includes warm water therapy, some home remedies, medicines like AYUSH64, GuduchiGhanavati are prescribed. Yoga protocol is given for primary prevention and post COVID management. These includes several asanas that can be of help(7). In terms of homeopathy, the medicine is patient specific. It includes phosphorus, camphora etc but is given to suspects only (8). In case of Sidha, anti-viral formulations and herbs are given to patients to manage COVID-19(8). Depending on disease knowledge, severity and the guidelines provided by the government patients go for various approaches.

Review of Literature

Shivangi Talwar (22 October 2020) carried out a descriptive study on “Ayurveda and Allopathic therapeutic strategies in Coronavirus pandemic treatment 2020”. The study formed four groups based on symptoms like no symptoms, mild, moderate and quarantined. For allopathic treatment, drugs like chloroquine, hydroxychloroquine were given to patients. Apart from this, intravenous therapy or oxygen support was used in severe cases. Apart from this, drugs like remdesivir, ribavirin, antiretroviral, dexamethasone were used. The study concluded that no specific drug is suitable for Covid-19. Remdesivir has proved to be the best treatment. Also, allopathy has some or the other side effects. On the contrary, ayurveda is used to boost immunity and is also suitable in battling COVID-19. But is not applicable for all types of patients(9).

Aqib Adnan Shafin (December 2020), carried out a systematic review study on “Combined Homeopathy and Allopathy treatment for COVID-19: A Review”. The study reported that mortality rate was high in patients taking allopathic treatment (10.4%) and was (4.5%) in ayurvedic treatment. It is observed that WHO recommends allopathy as the main treatment for battling COVID-19. But it is also evident that homeopathy has advantages over allopathic treatment as it has no side effects. Therefore, after carrying out the study, it was also found that in patients suffering from COVID-19, combined treatment of allopathic and homeopathic could be used as a treatment for managing COVID-19 patients and also aid as an immunity booster in COVID-19 management(10).

Anurag Srivastava (2021) carried out a study on “A double blinded placebo controlled comparative clinical trial to evaluate the effectiveness of Siddha medicines along with standard Allopathy treatment in the management of symptomatic COVID 19 patients”. The secondary objective was to carry out the safety of trial medicine and their effect to reduce the risk of disease. A double blinded, three arm, single centre, placebo controlled, exploratory and comparative randomized controlled trial was carried out. Patients were admitted to COVID care centre and patients with mild and moderate symptoms who tested positive in RT-PCR, between age group 18-65 willing to participate. It was observed that at the end of the treatment i.e. 10 days there was reduction in viral load. There was reduction in hospital stay time. There was reduction in intensive support care and also complications [\(11\)](#).

Ubiratan Cardinalli Adler (1st February 2021) carried out a study on “Homeopathy for Covid-19 in Primary Care: A structured summary of a study protocol for a randomized controlled trial”. The study aimed to investigate and effectiveness and safety of homeopathic medicine for mild cases of COVID-19 in Primary Health Care. One hundred participants 18 years or older with influenza like symptoms and willingness to participate in the study and who tested positive for RT-PCR. It was observed that within 10 days the patients started to recover [\(12\)](#).

Leila Veronica da Costa Albuquerque (13 February 2021), carried out a study on “Homeopathic Intervention in Health Workers with COVID-19: Case Study”. The study aimed to provide us the information that health workers at the time of pandemic were exposed to the virus. Hence, they were treated with both allopathy drugs like ivermectin and azithromycin followed by homeopathic combined treatment.

It was observed that the combination of both the treatment is effective in battling COVID-19. The study also revealed that homeopathy is not directly responsible for battling COVID-19 but what it does is boosts the immunity and prevent further complications and has also reduced the time needed to recover from COVID-19 [\(13\)](#).

Farzana (14th January 2021), carried out a study on “Prevention and management of COVID-19 with Unani medicine: A review”. A descriptive study was carried out to find out about the use of Unani medicine and how it is used to manage disease. It is found that Unani medicines have been used to manage infectious diseases. And Unani medicines have been proved to be efficient, effective, cost effective and is good to manage infectious diseases. There is also evidence found on Unani herbs and drugs for managing COVID-19 [\(14\)](#).

HR Nagendra (May-August 2020) carried out a study on “ Yoga for COVID-19”. A descriptive study was carried out. It says that Yoga is good for health and well being. The study suggests that yoga is very effective in managing communicable diseases, helps to establish homeostasis, reduce stress level and thus promote a healthy life style. It also suggests that yoga therapy helps to prevent suppression of immune system and thus boosts the immunity. It uses an holistic approach that helps to fight disorders of the body. Thus, yoga therapy is good at time of COVID-19 to help fight stress and immune modulation for managing COVID-19 [\(15\)](#).

Rhea Veda Nugraha (10th October 2020), carried out a study on “Traditional Herbal medicine candidates as complementary treatments for COVID-19: A Review of Their mechanisms, pros and cons. It was a descriptive study.

The study suggested that herbal medicines might have the ability to fight COVID-19. But it is not recommended to heal the disease without proper advice. And also, they can be used as a supplement. But no, pre-clinic or clinic studies have been carried out that gives relevant data for the same.

Aim:- The aim of the study is to understand the preferred mode of COVID-19 management among patients in adult population of Delhi

Specific objectives:-

- a) To study the different routes of treatments used for specific mode/modes for managing COVID-19 symptoms
- b) To study the satisfaction level for selected mode/modes for managing COVID-19 symptoms

Study population-

Inclusion criteria:-

- COVID patients who are residents of Delhi
- COVID patients above 18 years of age
- COVID patients who can take online survey
- COVID patients who are willing to participate

Exclusion criteria:-

- Non- COVID patients who are residents of Delhi
- COVID patients who are not residents of Delhi
- Non COVID patients below 18 years of age
- COVID patients who are not willing to take the online survey
- COVID patients who are not willing to participate

Sample size- Since no previous study could be found in India. Sample size was calculated assuming a prevalence of 50%. Considering 95% significance level and a relative precision of 5%, the sample size calculated is 385. But only 68 responses could be obtained.

Sampling technique- Purposive Sampling

Study design- Cross sectional descriptive study

Study duration- 3 months

Tools used- Semi- structured questionnaire was created using google form and was sent to participants for collecting the data.

Data collection technique- With the help of google form responses were collected from the participants and were recorded in MS-Excel spreadsheet.

Ethical consideration- The potential subjects were informed about the study. For collecting data participants consent was obtained. The informed consent made it clear that agreeing to contact others is not a requisite for participating in the research. The dignity of the research participants would be maintained. Responses collected were kept confidential.

Results

A total of 68 patients were taken for the study.

Socio-demographic Data

Table 1. Age of Patients

Age Group	Number of patients
18-29	39
30-44	14
45-60	11
Above 60 years	4

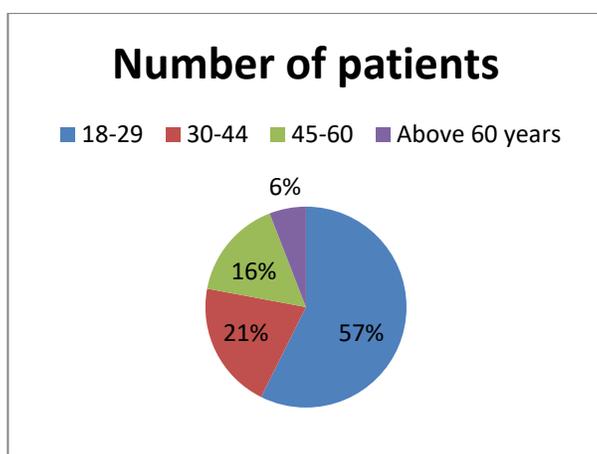
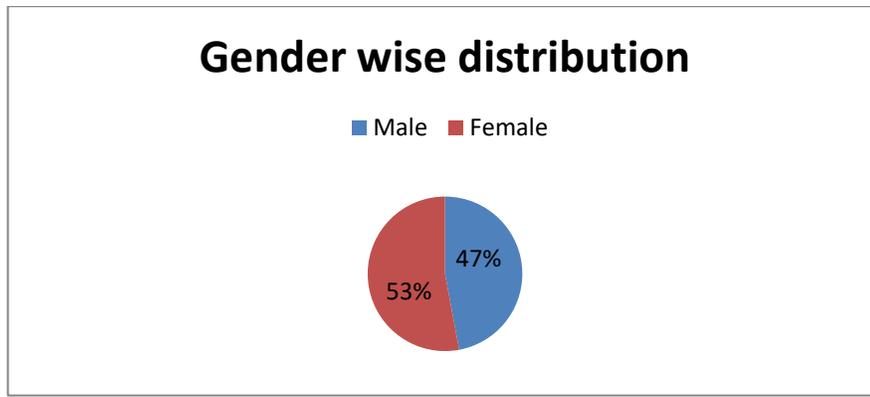


Figure 1

It suggests that majority of the population is in the age group of 18-29, followed by 30-44, then 45-60 and later above 60 years of age.

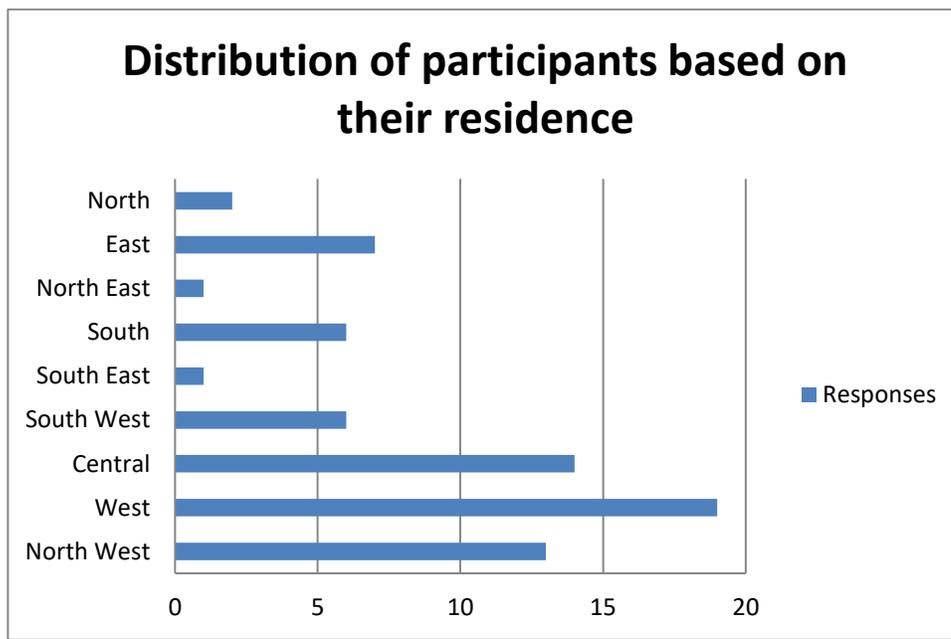
Table 2: Gender of the Participants

Male	Female
32	36

**Figure 2**

Female population is present in large number than the male population comprising 53%.

All the participants of the study are resident of Delhi living in different zones

Figure 3**Figure 4**

The majority of the study population is Graduate, followed by Post Graduate, Higher secondary and PhD.

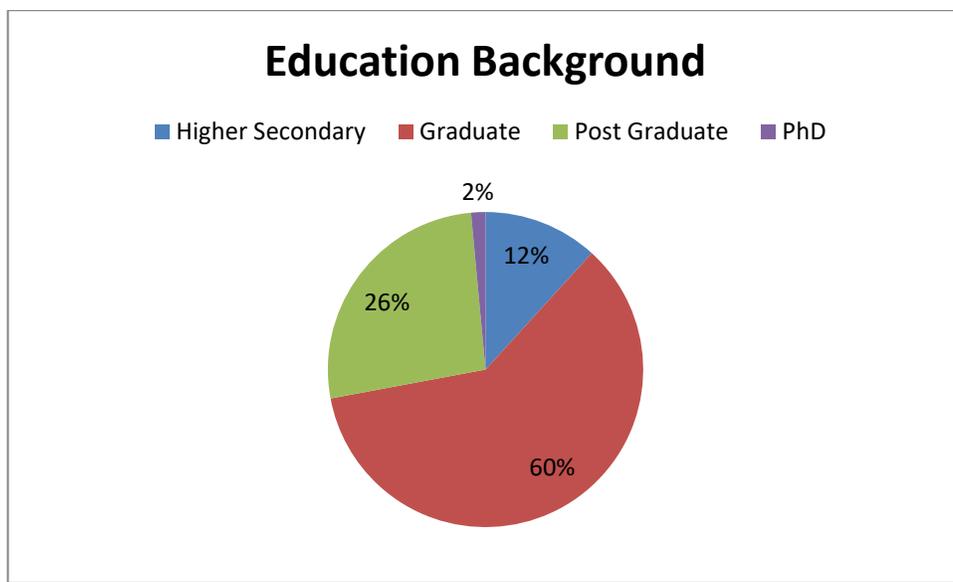
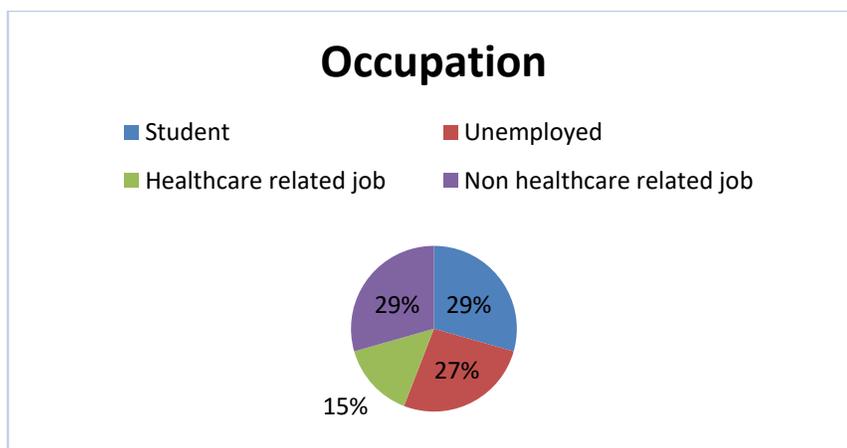


Figure 5 : Occupation of the participants

Major study population is either student or related to non healthcare related job.



All the respondents had COVID or COVID like symptoms. Only the severity varied from patient to patient. It is shown in the figure below.

Figure 6 : Symptoms of the Patients

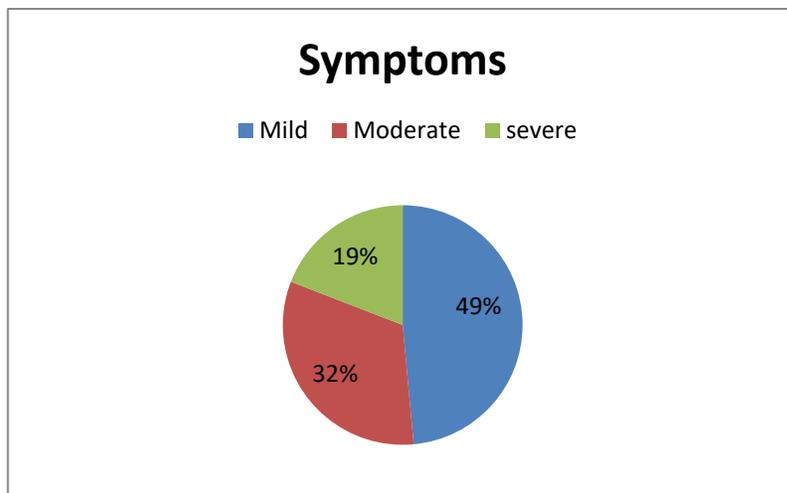


Figure7 : Stay of patients during the course of treatment

The figure shows that majority of them were isolated at home followed by others who were both hospitalized and home treated.

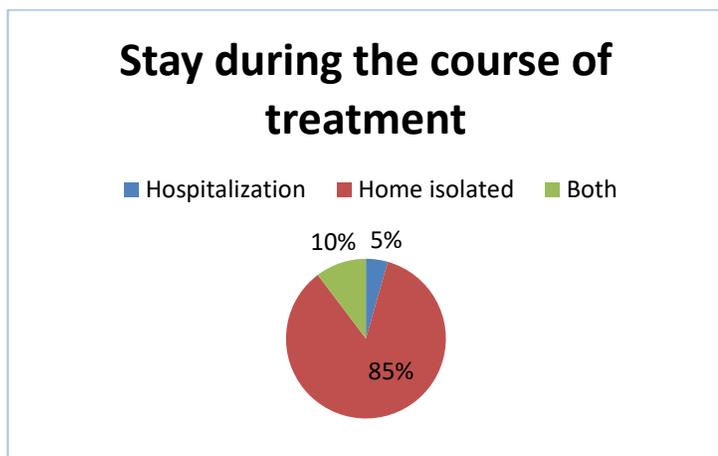


Table 3:Mode of treatment adopted by patients (A)

<u>Mode of treatment</u>	<u>Responses</u>
Allopathic	47
Homeopathic	1
Siddha	0
Unani	0
Yoga	0
Ayurveda	20

Figure 8

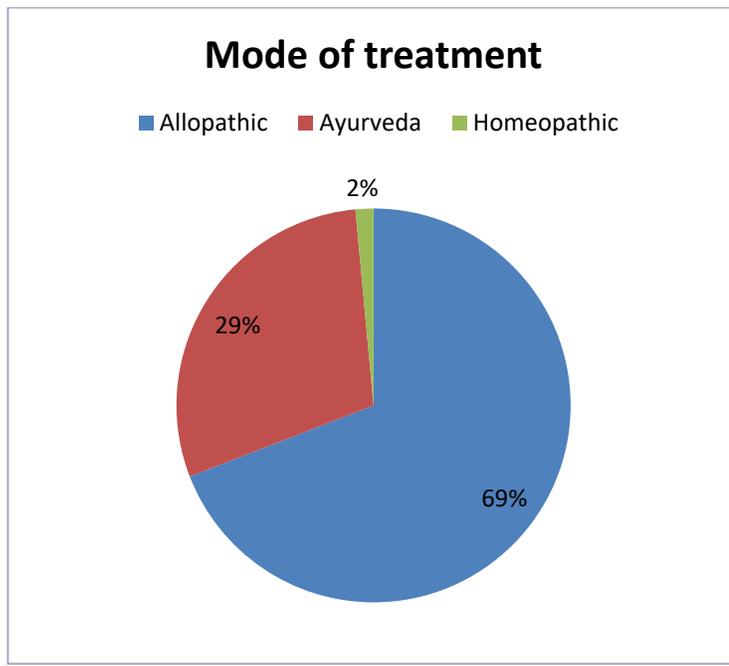
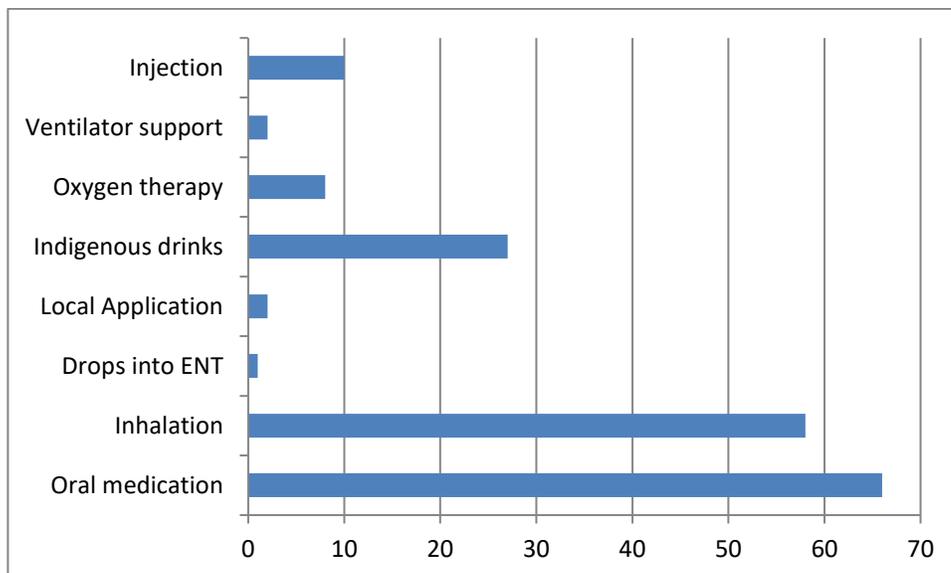


Figure 9:- Treatment adopted during the course(B)



Oral medication includes tablets, capsules, or any zinc, vitamin C supplements. Inhalation refers to steam, inhaler etc. Local application is in terms of ointment or cream used by the patient. Patients who were on oxygen therapy and ventilator support had severe symptoms.

The patients were either advised by doctors or they took the advice of their friends and family to choose above mode of treatment.

Figure 9(a)

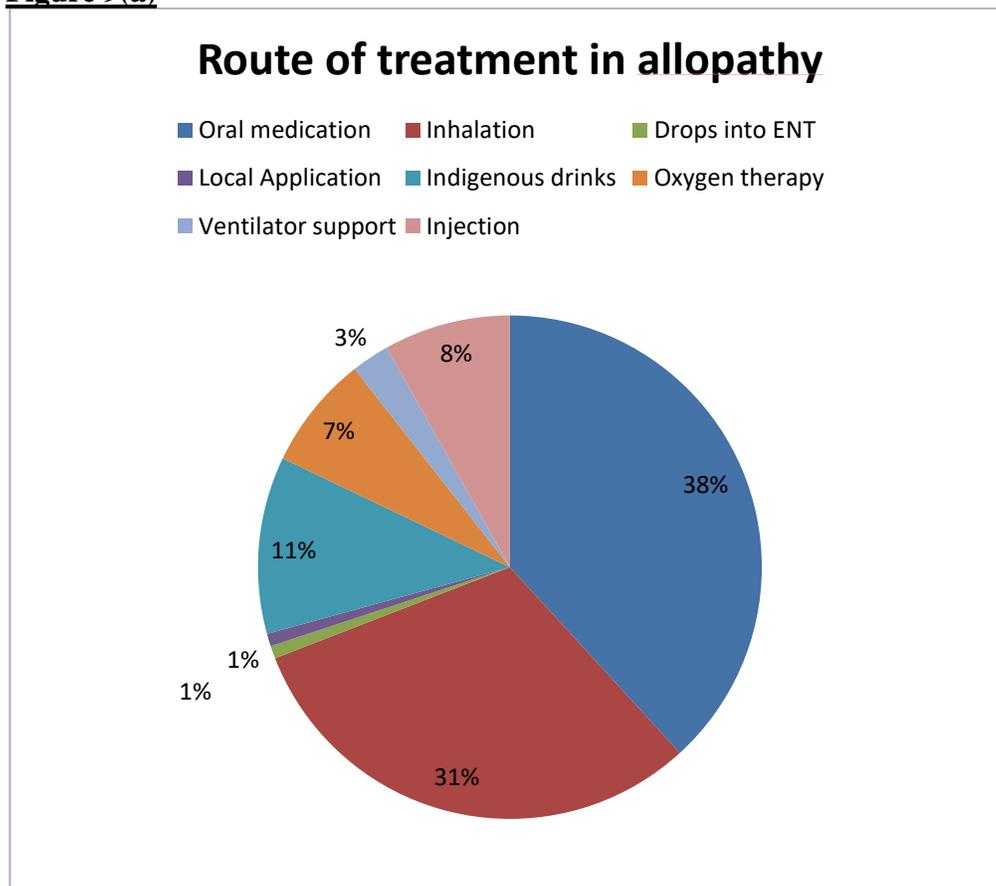
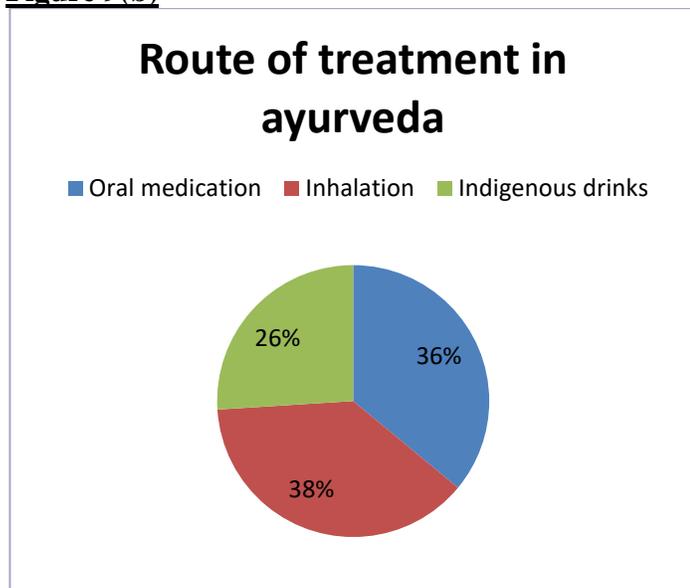
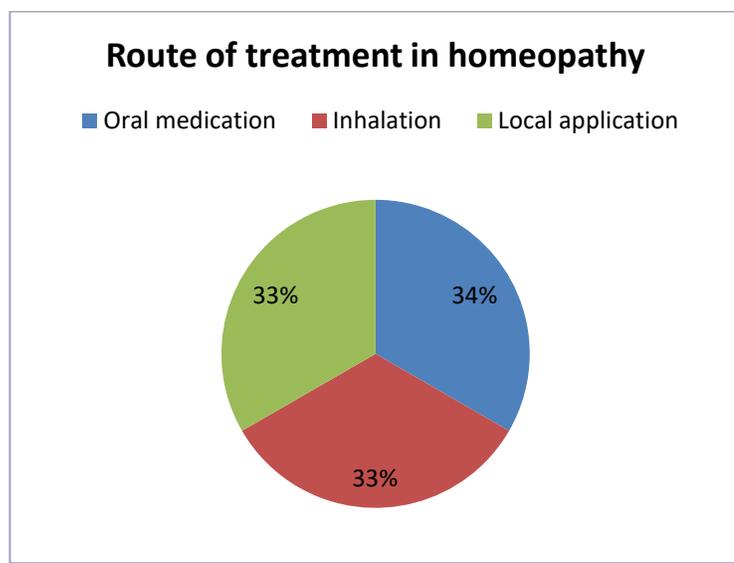
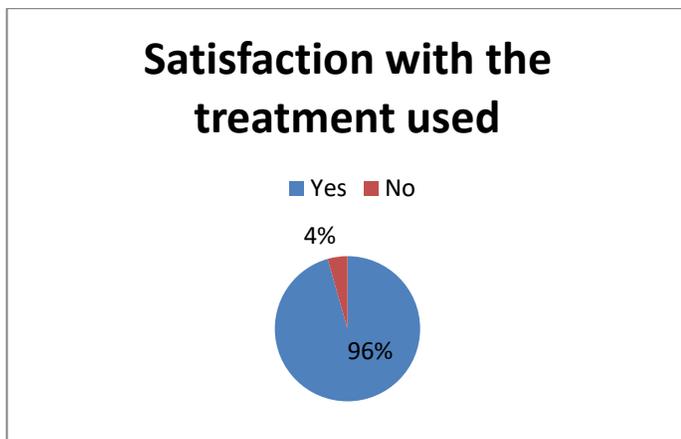


Figure 9(b)**Figure 9(c)****Figure 10:- Level of satisfaction with treatment adopted**



The patients unsatisfied with their treatments were 3 in number. Out of which 2 went for allopathic treatment and were both home isolated and hospitalized. 1 went for ayurvedic treatment and was home isolated during course of treatment.

Figure 10 (a)

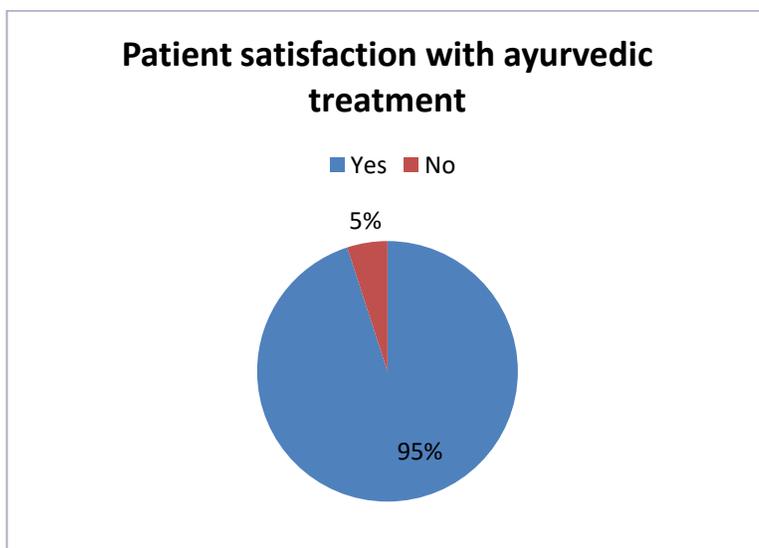


Figure 10 (b)

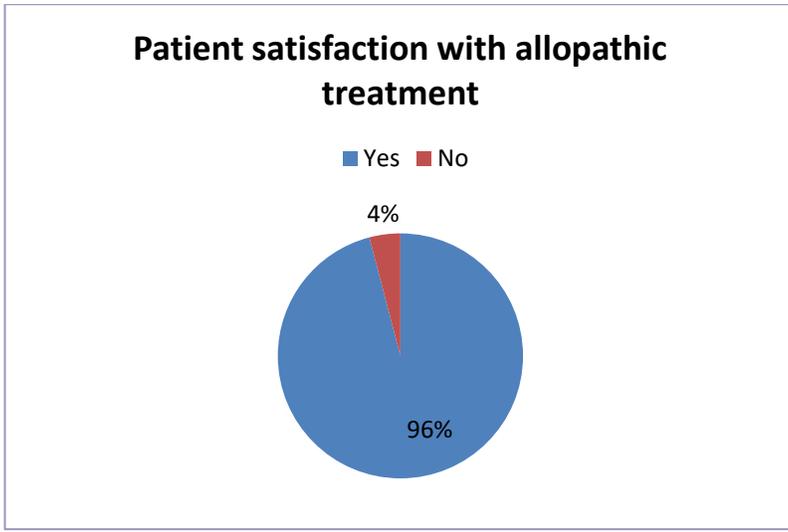
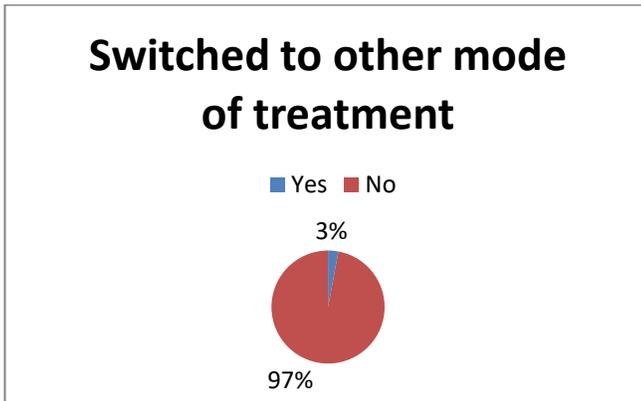
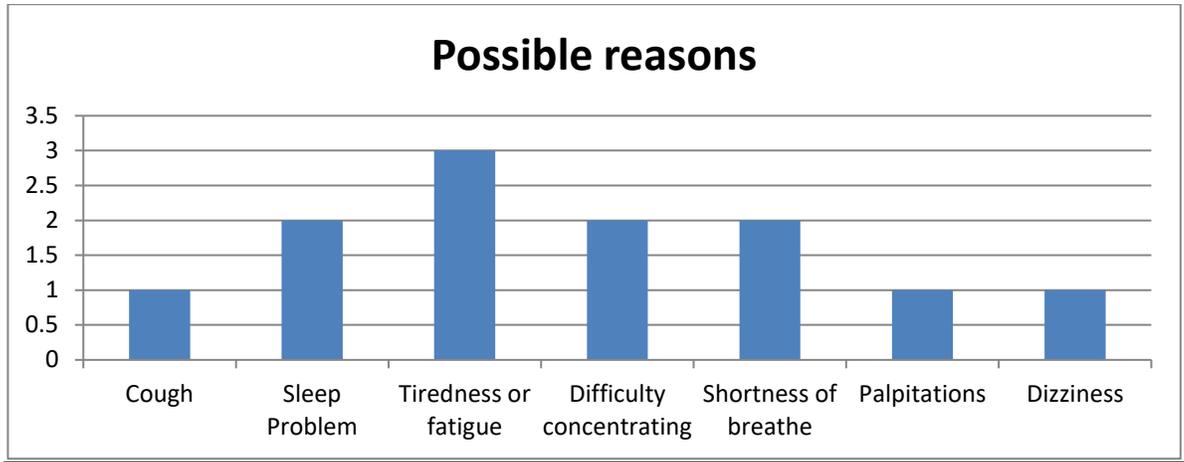


Figure 11:- Switched to other mode of treatment



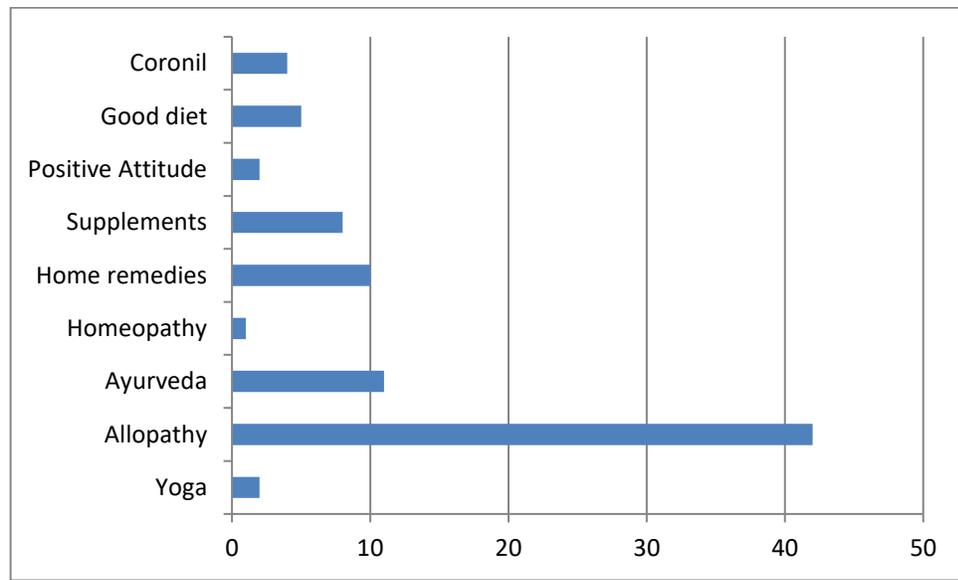
Only 2 patients switched their mode of treatment. Both went for homeopathic treatment.

Figure 12:- Post COVID-19 Complications



***Perception based effective treatment in battling COVID-19**

Patients reported:- Allopathy, Kadha, Good diet, Homeopathy etc as ways to manage COVID-19.



This had multiple responses.

Discussion

- Studies carried out in the past suggest that COVID-19 is a novel disease.
- It has no specific treatment.
- Various medicines in allopathy are being used now to manage COVID-19.
- But all these have side effects.
- Hence, alternate system of medicine like ayurveda, siddha, unani, homeopathy etc are also effective in the battle against COVID-19.
- Many studies have suggested that allopathy and homeopathy in combination are much effective, reduces stay time in hospitals and less complications are reported when this treatment is followed.
- The guidelines for Ayurveda, Siddha, Unani, Homeopathy are provided by AYUSH ministry in battling the virus.
- Ayurveda helps in managing mild to moderate COVID-19 symptoms.
- Siddha and Unani are also used to manage COVID-19 symptoms. Studies reveal that they also aid in boosting immunity as well.
- Yoga, as reported by ministry also suggests that it is an effective way in managing health both before and after COVID as it reduces stress level and boosts the immune system.

Conclusion

- The study highlights the different demographics in Delhi from where the participants actively took part in the study.
- Majority of the population is Graduate.
- Majority population favors allopathy as a mode for managing COVID-19.
- Apart from allopathy, participants have chosen homeopathy and ayurveda as a mode for managing COVID-19 or its symptoms.
- Few participants have combined allopathy with homeopathy in battling with COVID-19.
- The reason for choosing specific mode of treatment was because patients were referred mainly by doctors followed by advice from family and friends.
- During the course of treatment, whether patients chose ayurveda, homeopathy or allopathy, they were majorly on oral medication, followed by taking inhalers, and then indigenous therapy like Kadha. Few went for local application, oxygen support, ventilator support, injection and drops into ENT.
- During the course of treatment very few were unsatisfied with their treatment.
- Not only this, few switched to homeopathy from allopathy to fight COVID-19.
- It was also seen that patients after their course of treatment had post COVID complications like joint pains, headache, breathing problem, fast or pounding heartbeat, dizziness, pain in ribs, migraine, sleep problem, cough etc.
- Only few reported no symptoms. These were the ones who had mild symptoms and were home isolated.
- After battling with COVID-19, some patients reported allopathic as best way to manage COVID-19, some reported good diet and allopathy, some suggested

ayurveda, some went for yoga and allopathy, as the best method in battling COVID-19.

Recommendation

- There should be more awareness about alternate system of medicine in our country.
- People should be encouraged to adopt treatment like YOGA in battling post COVID symptoms.

Limitation.

- Purposive Sampling technique was used .
- As due to COVID-19 second wave, one to one interaction with participants was not possible .
- There was problem of time constraint.

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ANNEXURE

Questionnaire

- 1) Age-

2) Sex-

- Male
- Female
- Other

3) Are you a resident of Delhi?

- Yes
- No

4) Where do you live?

5) Education background-

- Secondary or below
- Higher Secondary
- Graduate
- Post Graduate
- PhD

6) Occupation-

- Student
- Unemployed
- Healthcare related job
- Non healthcare related job

7) Did you contract COVID or had COVID like symptoms?

- Yes
- No

8) What type of COVID-19 symptoms did you experience?

- Mild
- Moderate
- Severe
- No symptom

9) Were you hospitalized or home isolated?

- Hospitalized
- Home isolated
- Both

10) What mode of treatment did you use while battling with COVID-19?

- Allopathy
- Homeopathy
- Ayurvedic
- Unani
- Siddha
- Yoga
- Any other- Please specify

11) What treatment was used by you in battling COVID-19?

- Oral medication (Tablets, capsules, syrup etc)
- Inhalation (Steam, tulsi vapors, vicks vapors etc)
- Injection
- Local application (any ointment, cream etc)
- Oxygen therapy
- Drops into ENT
- Ventilator Support

- Plasma Therapy
- Indigenous therapy like Kadha
- Any other

12) What made you choose the above mode of treatment?

- Referred by Dr
- Family and friends
- Social Media (Facebook/ instagram/twitter)
- Newspaper
- Television
- Google search
- Youtube
- Other – Please specify

13) Were you satisfied with the mode of treatment you were using to manage COVID-19 or its symptoms?

- Yes
- No

14) During the course of treatment did you combine or switch to any other mode of treatment?

- Yes
- No

15) If yes please specify-

16) What side effects did you encounter post COVID-19 or its symptoms?

- Tiredness or fatigue
- Difficulty concentrating

- Headache
- Shortness of breath
- Cough
- Joint pain
- Sleep problems
- Fast or pounding heartbeat
- Dizziness
- Anxiety
- Any other- please specify

17) According to you which is the effective treatment for managing COVID -19 or its symptoms?