

Book Review

COVID-19 Epidemiological and Mental Health Challenges: Book Review

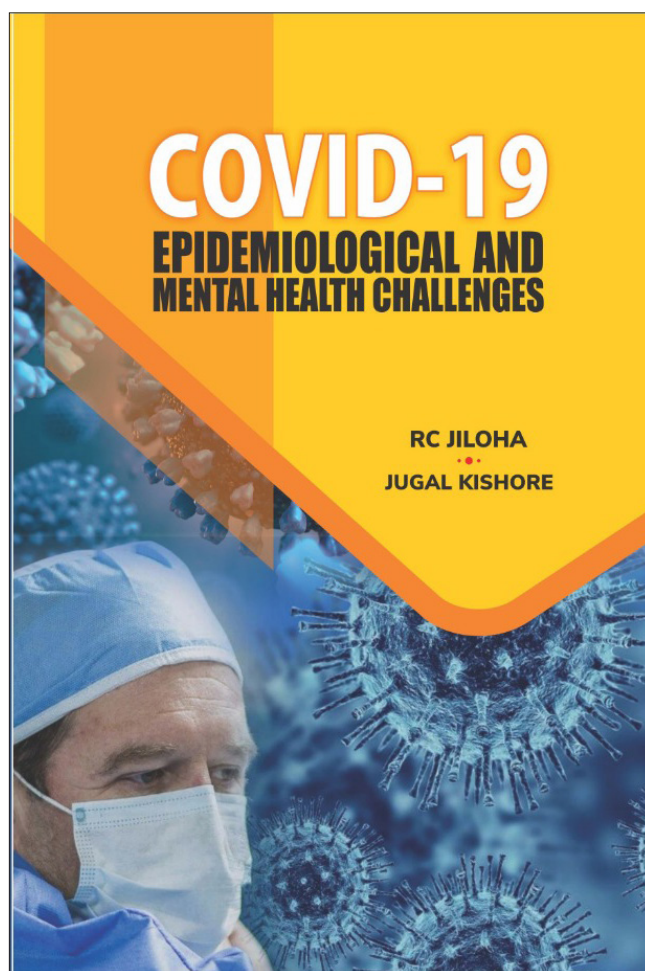
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The book titled “COVID-19 Epidemiological and Mental health challenges” is an easy read and a rich source of information, coherent both for initiated and knowledgeable readers. The authors have put in the desired effort to maintain the narrative and make the book interesting for the readers. This kind of book is the need of the hour in the ongoing pandemic. I am sure it will find a wide readership among people of all ages of medical and non-medical group. There is a good flow of content with legible print.

It is a good description and insight into the pandemic, its epidemiology, and its effect on mental health as a perfect introduction to COVID-19. It gave a good history of the pandemic from the beginning to it becoming a full-blown disease with its geography, mortality, and impact on society in a well-tabulated manner. The book also gave a good chronological order of the pandemics in the past. The Athenian plague, Antonine plague, Cyprian plague, Justinian plague, Leprosy, Bubonic plague, Plague doctor, Colombian exchanges, Great plague of London, Cholera pandemic, Third plague pandemic, Fiji measles pandemic, Spanish flu pandemic, cholera, Asian flu, HIV pandemic, smallpox outbreak, SARS, swine flu, MERS Ebola, Zika and then the novel coronavirus.

The book gave a perfect description to the reader of the novel coronavirus, its structure and emergence of the primary version and host of coronavirus with its transmission and resilience of the virus in different environments, the phylogenetic analysis, and genomic organisation, mutation and new strains. Further, the reader’s attention is drawn to the clinical pathology with clinical observations, clinical features, ARDS with sepsis, septic shock, diagnostic modalities, therapeutic strategies, intubation, protective mechanism, ventilation, non-invasive ventilation, passive antibody transfer, antiviral drugs, proteases, immunotherapy developing neutralising antibodies targeting SARS-COV-2 RNA genome role of probiotics. The book gives a good description of public health surveillance, community hygiene, infection control, closing of workplaces and schools, provision of necessities, international travel and border control, quarantine, social



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distancing, and isolation. The pandemic's impact on the emotional health and livelihood are also discussed.

The mental health challenges associated with COVID-19 have been elicited by the authors where such pandemics lead to delirium, depression, anxiety, recurrence of pre-existing psychiatric disorder, epilepsy, substance abuse, and cognitive disorder. Telepsychiatry has emerged as a method of management in pandemic times where the infectiousness of disease is a great concern. Also, its impact on socioreligious procedures and the recommendations for policy and practice have been discussed.

To conclude, the book provides a detailed insight into the causes, symptoms, and orientation of the novel coronavirus and also takes cases to provide the list of help, takeaways, and precautions for the common man. Such a book is an asset for the scientific community at large and the writers should continue to educate people through their writing.