

An Experimental Measurement Through Folk Therapy to Strengthen the Immunity After Confirmed COVID-19

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Abstract

This study is to perform experimental measurements through folk therapy to strengthen the physical immunity after confirmed COVID-19. The survey was conducted from May 8 to July 10, 2021. The experimental group applied to the information system was classified as 46 people, and the control group not applied was classified as 46 people. In this study, a total of 92 people used the survey. The process of time change of symptoms of COVID-19 was analyzed by a t-test. The effect of applying folk remedies was measured on 8, 16, 24, and 32 days before and after applying folk remedies for symptoms of COVID-19. The results of this study were as follows. Firstly, in terms of age, 54.3% of the experimental group was significantly higher than 34.8% of the control group at the age of 60 or older ($X^2=7.51$, $p<.05$). Secondly, the residual cough decreased significantly after application compared to before folk therapy ($t=5.21$, $p<.05$). Thirdly, the residual cough continued to decrease significantly after 8 days than before the experiment. The results were confirmed that the folk remedies applied in this study were effective. The research derived from this results is expected to contribute to alleviating respiratory symptoms

Keywords: Folk, Therapy, Immunity, COVID-19, Respiratory symptoms.

1. INTRODUCTION

COVID-19 is a pandemic that started in China in November 2019 and continues around the world to this day. There are various symptoms such as fever, fatigue, cough, shortness of breath, and pneumonia main route of transmission is transmission by respiratory droplets of people infected. COVID-19 symptoms continue even after people feel completely cured. Symptoms of COVID-19, phlegm, headache, fatigue, poor concentration and cold continue after complete recovery[1],[2]. Most people would dismiss omicron symptoms as just a cold. But there's a steady stream of deaths out there. The aftereffects of COVID-19 may pass by lightly, but deaths continue to occur[3],[4].

Symptoms of lethargy and depression are increasing due to the aftermath of COVID-19. The status of COVID-19 confirmed cases occurred more than 20,000 won in 2021 and is on the decline in the middle of 2022. COVID-19's aftereffects could lead to widespread health problems in weeks and months. According to a survey of 1,500 people after the virus was cured, one in four has the aftereffects of coronavirus hair loss. It is occurs frequently when the immune system decreases. So we need to devise ways to strengthen our immunity[5].

Previous studies have not conducted studies on folk remedies that strengthen immunity after Covid-19[6],[7]. Therefore, this study is to perform experimental measurements through folk therapy to strengthen the physical immunity after confirmed COVID-19.

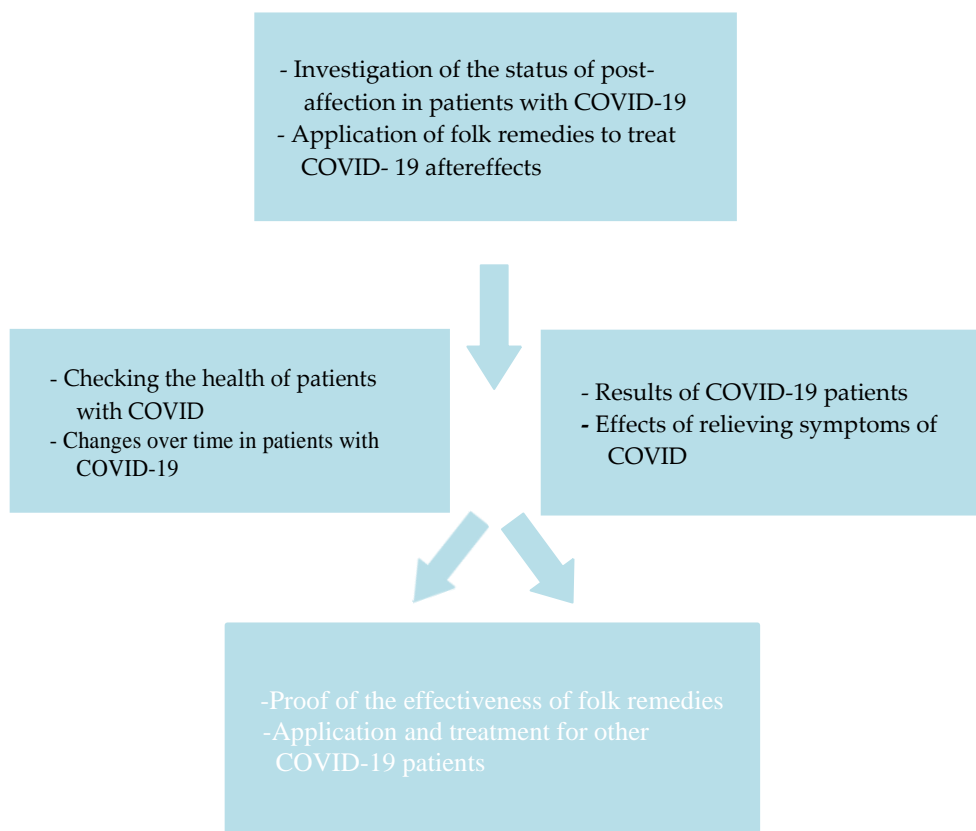
2. Materials and Methods

2.1 Strategic plan for strengthening immunity after COVID-19 confirmation

Figure 1 shows a strategic plan for strengthening immunity after COVID confirmation 1) Investigation of the status of post-affection in patients with COVID-19 2) Application of folk remedies to treat COVID-19 aftereffects 3) Checking the health of patients with COVID 4) Changes over time in patients with COVID-19 5) Results of COVID-19 patients 6) Effects of relieving symptoms of COVID 7) Proof of the effectiveness of folk remedies 8) Application and treatment for other COVID-19 patients

2.2. Materials and Ethical Considerations

The survey was conducted from May 8 to July 10, 2021. The experimental group applied to the information system was classified as 46 people, and the control group not applied was classified as 46 people. In this study, a total of 92 people used the survey, and poor responses were excluded. This study was conducted after being approved by a cooperative group related to research ethics. The purpose and process of this study were explained to the study subjects. This study identified the purpose of the data before collecting it. This study informed subjects that it was not used for any purpose other than research purposes. A survey was conducted on those who agreed to this study.



[Fig. 1] Strategies to strengthen immunity after COVID-19 confirmation

2.3 Research Tools

This study is a tool for strengthening immunity after COVID-19 is confirmed. A Likert 5-point scale was used in statistical processing. This means that the higher the score, the worse the condition, and the lower the score, the better the condition. The state of immunity after COVID-19 was confirmed was higher at 72.4 in the previous study but 78.1 in this study.

2.4 Methods

The difference between the symptoms of COVID-19 and the application of folk remedies before and after application was analyzed by a t-test. The process of time change of symptoms of COVID-19 was analyzed by a t-test. The effect of applying folk remedies was measured on 8, 16, 24, and 32 days before and after applying folk remedies for symptoms of COVID-19

3. Results

3.1. Characteristics of study participants

Table 1 shows the characteristics of the study participants. In terms of age, 54.3% of the experimental group was significantly higher than 34.8% of the control group at the age of 60 or older ($X^2=7.51$, $p<.05$). The number of vaccinations was 73.9% of the experimental group, lower than 80.4% of the control group. In the case of blood type, the experimental group of type A was 39.1%, which was higher than 23.9% of the control group.

Table 1. Characteristics of study participants

Variables	Experimental group	Control group	X ²
	N(%)	N(%)	
Age			
≤49	8(17.4)	11(23.9)	7.51*
50-59	13(28.3)	19(41.3)	
≥60	25(54.3)	16(34.8)	
Diseases			
Yes	12(26.1)	17(37.1)	1.06
No	34(73.9)	29(63.0)	
Gender			
Man	29(63.0)	19(41.3)	4.85*
Women	17(37.1)	27(58.7)	
Vaccination status			
Unvaccinated	12(26.1)	9(19.6)	2.73
Vaccination	34(73.9)	37(80.4)	
Blood type			
Blood type A	18(39.1)	11(23.9)	13.47

Blood type B	12(26.1)	15(32.6)
Blood type AB	10(21.7)	8(17.4)
Blood type O	6(13.0)	12(26.1)
Total	46(100.0)	46(100.0)

* p<.05

3.2 Symptoms of COVID-19 and differences before and after application of folk remedies

Table 2 presents the differences between the symptoms of COVID-19 and the application of folk remedies. The residual cough decreased significantly after application compared to before folk therapy ($t=5.21$, $p<.05$). Insomnia decreased significantly after the experiment compared to before the experiment ($t=1.83$, $p<.05$). Salt water gargle increased significantly after the experiment compared to before the experiment ($t=-3.84$, $p<.01$).

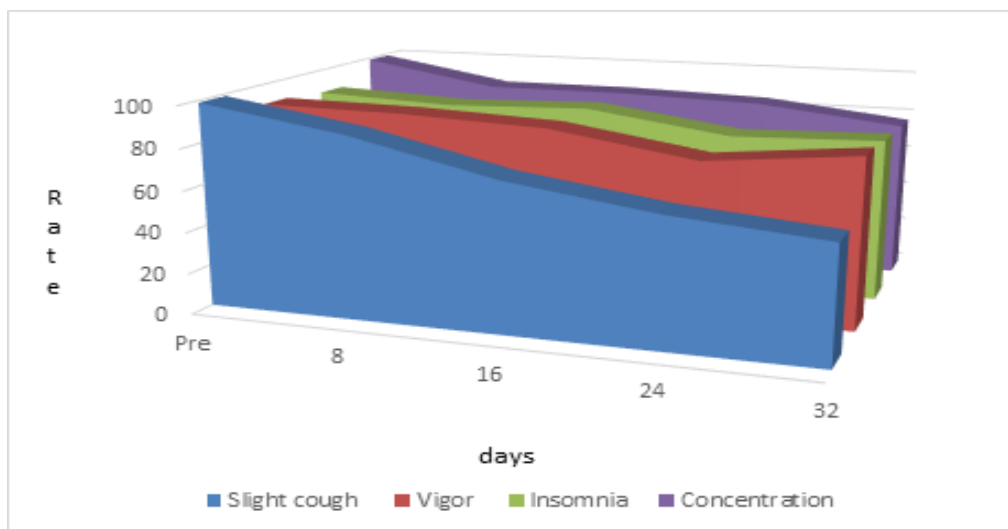
Table 2. The condition of COVID-19 before and after the experiment

Variables	Pre-experiment	Post-experiment	T
Symptoms			
Residual cough	28.14±0.95	16.63±0.78	5.21*
Headache	25.63±4.28	18.47±3.41	3.64
Muscle pain	23.49±1.51	15.25±1.83	1.75
Poor circulation of legs	26.05±0.49	11.64±2.51	3.62*
Vigor	19.46±3.62	25.01±1.74	-5.47
Insomnia	26.71±0.69	14.59±0.55	1.83*
Folk remedy			
Balloon flower root	11.83±4.26	27.47±3.92	-4.61*
Radish ingestion	15.74±1.93	28.15±1.84	-1.83*
Picking out the sunlight	23.19±0.52	29.84±1.53	-6.05
Exercise	20.61±0.74	26.49±0.77	-5.19
Salt water gargle	12.29±1.38	29.60±2.54	-3.84**
Eating balloon flower root	16.83±4.95	28.17±4.61	-1.96*

* p<.05 ** p<.01

3.3 The process of changing the symptoms of COVID-19 over time

Figure 2 shows the process of changing the symptoms of COVID-19 over time. The residual cough continued to decrease significantly after 8 days than before the experiment. Insomnia decreased after 16 days compared to before the experiment.



[Fig. 2] The process of changing the symptoms of COVID-19 over time

4. Discussion

This study is to perform experimental measurements through folk therapy to strengthen the physical immunity after confirmed COVID-19. As a result, muscle pain decreased after applying folk remedies than before application. This was found to be similar to the study of natural therapy in previous studies[8],[9]. Stretching and yoga can help because it relieves muscle pain. People need to have strong immunity to beat COVID-19. Immunity is important for daily lifestyle and exercise. Pushing the body into the sun for about 30 minutes a day is also a way to strengthen immunity. Immunity refers to the body's ability to resist antigens from outside. Immunity is the action of killing or disabling pathogens against infection or disease. It's important how to strengthen people's immune system

After ingestion of balloon flower root, the residual cough decreased significantly after application compared to before application of folk remedies. This is similar to previous studies showing that balloon flower roots help the bronchial tubes[10],[11]. It can be seen that it is effective to treat with abdominal breathing and diet to strengthen immunity

Therefore, the results were confirmed that the folk remedies applied in this study were effective. The research derived from this study is expected to contribute to alleviating respiratory symptoms

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