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REHABILITATION AFTER COVID-19.

Annotation. Recently, a disease such as coronavirus (COVID-19) has become a very urgent problem. This type of virus has not yet been fully studied. For example, there are still no exact answers to the following questions: where did coronavirus come from (is it of natural or artificial origin)? Why do some people carry the disease harder than others? How is it possible to recover faster after the transfer of the disease? etc. Despite the fact that there is still there are a lot of unsolved problems, there are also positive results. All over the world are being conducted active research that made it possible to understand that COVID-19 can become infected absolutely any age groups of the population. Recovery takes longer than with flu and colds. The main source of transmission of infection is the airborne droplet pathway. And, of course, it is impossible to ignore the fact that a considerable number of vaccines that can prevent infection have already been given. The article is devoted to effective methods of recovery after the disease coronavirus. This applies to both physical exercise and food.

Keywords: COVID-19; coronavirus; infection; rehabilitation; nutrition; physical activity.

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РЕАБИЛИТАЦИЯ ПОСЛЕ КОВИД-19.

Аннотация. В последнее время такая болезнь, как коронавирус (COVID-19), стала очень актуальной проблемой. Этот тип вируса еще не до конца изучен. Например, до сих пор нет точных ответов на следующие вопросы: откуда взялся коронавирус (имеет ли он естественное или искусственное происхождение)? Почему одни люди переносят болезнь тяжелее, чем другие? Как можно быстрее выздороветь после перенесения болезни? и т.д. Несмотря

на то, что до сих пор существует множество нерешенных проблем, есть и положительные результаты. Во всем мире ведутся активные исследования, которые позволили понять, что COVID-19 могут заразиться абсолютно любые возрастные группы населения. Выздоровление занимает больше времени, чем при гриппе и простуде. Основным источником передачи инфекции является воздушно-капельный путь. И, конечно, нельзя игнорировать тот факт, что уже сделано значительное количество вакцин, способных предотвратить заражение. Статья посвящена эффективным методам восстановления после заболевания коронавирусом. Это касается как физических нагрузок, так и питания.

Ключевые слова: COVID-19; коронавирус; инфекция; реабилитация; питание; физическая активность.

Food. The recovery process after coronavirus is individual. It averages 2-3 months and depends on various factors: the human immune system, the severity of the disease and other Nutrition plays an important role in the rehabilitation process, because it determines many processes occurring in the body. Consider the recommendations and contraindications in nutrition during recovery from COVID-19. Vitamins will help normalize the immune system Groups C and D. They are especially effective in combination with zinc and selenium. Food products that are rich in vitamin C include: citrus fruits, sea buckthorn, shea butter, black currant, kiwi, all kinds of cabbage, sweet pepper, etc. This vitamin reduces the risk of complications, reduces the number of pathogens and reduces the likelihood of developing pneumonia. Vitamin D source products are: eggs, sea fish and its liver, dairy products, forest mushrooms, etc. This type of vitamins plays the role of a powerful immunomodulator that increases protection against respiratory infections. Scientists have noted that high mortality from corona virus in the most affected regions can be associated with vitamin D deficiency. Selenium, as well as zinc, is rich, for example, in various cereals, nuts, liver of beef and chicken. It was found that the lower the level of zinc in the body, the more severe the infection, that is,

when it is consumed, the immune system is strengthened. It also has a moderate antiviral effect. Innate immunity, which is affected by selenium, plays an important role in the fight against coronavirus. In addition, it protects the lungs and, together with zinc, weakens inflammatory reactions.

The vitamins and minerals I mentioned above contribute to a more accelerated recovery from coronavirus. At the same time, we should not forget that there are a number of food products that need to be excluded for the duration of rehabilitation from COVID-19, because they can interfere with the normal course of many processes in the human body, reduce its natural protection. Among them are the following: heavy, fried and spicy food, smoked meats, fast food, sausages, sauces (mayonnaise, ketchup and others), chips, crackers, carbonated drinks, alcohol and so on. Sweet lovers should limit or even exclude the use of confectionery.

Thus, for effective rehabilitation from coronavirus, food intake should be saturated, but at the same time moderate. Gradually, the range of products needs to be expanded. It is important to pay attention to the restoration of the microflora of the intestine, the work of which could be disrupted due to taking medications during treatment for the disease. It is necessary to stimulate the immune system.

Physical activity. In addition to nutrition, respiratory gymnastics is an important part of restoring health after carrying COVID-19. It not only increases lung ventilation, but also has a complex effect on the body as a whole: effects on the musculoskeletal system, nervous system, blood circulation, etc. For patients with mild and moderate degrees of coronavirus, breathing exercises are most suitable.

With regular performance of the above exercises, the body will get used to such a volume of oxygen. Initially, the intensity of classes should be minimal, and later – increase. It is best to first learn the first 3 exercises, then add one new one per day. The same goes for approaches. Each time their number should increase.

Between each approach, pause for 5-10 seconds. As a treatment, breathing exercises should be performed twice a day: in the morning and in the evening.

However, not all they can do these gymnastics. People should refrain from classes

for: oncological diseases, brain lesions, various injuries, circulatory disorders, stroke, kidney or liver stones, severe myopia, severe chronic diseases, etc.

In addition to performing breathing exercises, daily outdoor activities are necessary: walking, jogging, cycling. Visits to the forest or park area are desirable.

Conclusion. Thus, I tried to collect in this work effective methods of recovery from COVID-19, concerning nutrition and physical activity. Without doubt, there are other ways of rehabilitation. Everyone chooses their own method, but if you want to quickly return to a normal lifestyle, my recommendations will be useful to you. However, a doctor's consultation is mandatory.

Literature.

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