

BÖLÜM 40

COVID-19 HASTALIĞI TEDAVİSİNDE VİTAMİNLERİN ROLÜ

Said ALTİKAT¹

GİRİŞ

Aralık 2019 da Dünyada daha önce de gördüğümüz Şiddetli Akut Solunum Sendromu Koronavirüsü (SARS-CoV) benzeri bir hastalık ortaya çıktı. SARS-CoV-2 olarak bildiğimiz yeni etken hastalığı olan COVID-19 çıkış yeri olan Çin'den Avrupa'ya oradan da tüm Dünyaya hızla yayıldı. Daha önce de buna benzer Orta Doğu Solunum Sendromu Koronavirüsü denilen MERS-CoV ve H1N1 influenza A gibi benzer viral pandemiler, gerek tanıda gerekse tedavi ve çeşitli tıbbi stratejiler için sağlık alanında bizlere önemli bir deneyim kazandırmıştı. Fakat diğer hiçbiri bunun kadar küresel çapta tıbbi, sosyolojik, psikolojik ve ekonomik bir yıkıma neden olmamıştı.(1) SARS-CoV benzeri RNA virüsleri, yıkıcı yayılmacılık ve mutasyonlar hız bakımından diğerlerinden farklı olduğu zaten bilinen bir gerçektir.(2) COVID-19 salgını, çeşitli tedavi stratejilerine rağmen pandemi döneminde iki yıla yakın hız kesmeden yoluna devam etmiştir. Pandeminin ilk zamanlarında aşının bulunmadığındaki belirsizlikler, küresel olarak tedarikindeki eksiklikler, kişisel uygulamalarındaki paradokslar

ve toplumsal hayattaki yok edici yansımaları bakımından COVID-19 gerçekten dünyanın son iki yılını kendine esir etmiştir.

Belirti vermeyen taşıyıcılardan, şiddetli ARDS dediğimiz Akut Solunum Sıkıntısı Sendromuna ve nihayetinde ölüme varan hasta yelpazesine karşın virüs davranışı ve konak cevabının belirsizliği dolayısıyla, etkin bir tedavi prensibinin ortaya konamaması nedeniyle (3) Tıp Dünyası şu soruyu sormuştur, " bu kadar fark nereden kaynaklanmaktadır ve acilen neler yapılmalıdır?" Bununla ilgili muhtemel çeşitli vitamin ve mineral eksikliğine yönelik "yerine koyma" dediğimiz tedavi prensipleri geliştirilmeye başlanmış, çeşitli farmakolojik ürünler, bitkisel kaynaklı ajanlar ve çeşitli bilimsel veya bilimsel olmayan maddeler tedavide denenmiş (4) ve kanıta dayalı tedavi modellerine ihtiyaç duyulmuştu. Bir dönem semptomatik destek tedavisi tedavinin ana stratejisi olmuştu.

İmmün beslenmenin esasını oluşturan vitamin ve mineral takviyesinde amaç bağışıklık sisteminin düzenlenmesidir. (5) Bu tedavi prensibi hastalığın şiddetinin azalmasında, proinflatuar

¹ Prof.Dr., Kütahya Sağlık Bilimleri Üniversitesi Tıbbi Biyokimya AD. sayit.altikat@ksbu.edu.tr

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