

Covid Tongue - A New Symptom of Covid-19

Hima Bindu Mylapalli

Department of Pharmacy Practice, GIET School of Pharmacy, Rajahmundry, Andhra Pradesh, India.

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Corresponding Author:**Dr. Hima Bindu Mylapalli Pharm.D**

Department of Pharmacy Practice

GIET School of Pharmacy,

Rajahmundry, Andhra Pradesh, India

E-mail: bindu2996@gmail.com

ABSTRACT

Corona virus disease Caused by SARS-CoV-2 commonly called as novel corona virus 2 disease was declared as global health concern by world health organization (WHO). It is originated in Wuhan, China and now evolved into a global pandemic. The clinical spectrum of SARS CoV2 ranges from asymptomatic infection to severe disease requiring intensive care unit admission. The count of Covid-19 symptoms has been escalated since the outbreak of the deadly virus over 9 months ago. While the virus begun to expand, new and atypical symptoms towers the risk to public domain. Although, fever, fatigue and dry cough are some of the most predominant signs of SARS-COV-02. There may be another addition to the growing list of strange possible symptoms of the new coronavirus, which causes infection inside the mouth. After getting trickled with weird symptoms of Covid-19 for months, there was covid toes, anosmia, ageusia and unusual skin rashes which were later declared as the symptoms of Covid-19. Now there is another new symptom called the Covid tongue in the current clinical scenario of Covid-19. The mouth is one of the entry portals of the novel corona virus infection into the human body. The spike protein on the virus binds with the ACE 2 receptors in the nose and mouth. As the presence of ACE receptors are higher on the tongue, the virus concentrates heavily on this region which leads to tongue bumps and tongue swelling. With the increasing number of covid tongue and strange mouth ulcer symptoms, health professionals must make the patients aware about the current clinical manifestations in order to deal with Covid-19 in an effective way.

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Introduction

Corona virus disease Caused by SARS-CoV-2 commonly called as novel corona virus 2 disease was declared as global health concern by world health organization (WHO). It is originated in Wuhan, China and now evolved into a global pandemic [1-2]. The clinical spectrum of SARS CoV2 ranges from asymptomatic infection to severe disease requiring intensive care unit admission. The clinical picture may varies greatly from patient to patient that includes fever (99%), chills, dry cough (59%), sputum production (27%), fatigue (70%), lethargy, arthralgia, myalgia (35%), headache, dyspnea (31%), nausea, sore throat, coryza, altered mental status, vomiting, anorexia (40%) and diarrhea [3-5].

Transmission occurs primarily through respiratory droplets, fecal-oral transmission, conjunctiva, fomites, saliva and through contaminated surfaces. Incubation period ranges from 2 to 14 days with a mean period of 5.1 days and hence, 14 days is the chosen cut off for self-quarantine. Transmission can occurs during asymptomatic phase, symptomatic

phase and recovery phase [6-9]. The inflammatory response of alveolar sacs to SARS CoV 2 results in accumulation of exudative fluid. This fluid moves into lobes during severe disease progression resulting in solid white consolidation [10-13]. Covid-19 patients have usual or decreased leucocytes and lymphocytopenia, systemic elevation of pyrogenic cytokines (IL-6, IL-10 and TNF- α). Among critically ill Covid patients, neutrophilia, elevated D-dimer, increase in BUN (Blood Urea Nitrogen) and elevated creatinine levels should be documented [1,5,6,14,15].

Covid Tongue

The count of Covid-19 symptoms has been escalated since the outbreak of the deadly virus over 9 months ago. While the virus begun to expand, new and atypical symptoms towers the risk to public domain. Although, fever, fatigue and dry cough are some of the most predominant signs of SARs-COV-02. There may be another addition to the growing list of strange possible symptoms of the new coronavirus, which causes infection inside the mouth. After getting trickled

with weird symptoms of Covid-19 for months, there was covid toes, anosmia, ageusia and unusual skin rashes which were later declared as the symptoms of Covid-19. Now there is another new symptom called the Covid tongue in the current clinical scenario of Covid-19 [22-24].

A British researcher reported that most of the people infected with the virus complain of tongue discolouration, enlargement and other mouth problems. According to a research letter published in the British Journal of Dermatology, a significant number of Covid-19 patients are experiencing bumps on their tongue, along with inflammation and swelling.

According to the data from 666 patients at a temporary field hospital in Spain found that more than 4.5% of patients are experiencing some form of mucocutaneous symptoms. One-tenth of the patients exhibited oral cavity findings, 11% had inflammation of the small bumps on the tongue's surface, 6% had a swollen and inflamed tongue with indentations on the side, 6% had mouth ulcers, 4% had patchy areas on the tongue and 4% had tissue swelling in the mouth.

There are number of viruses that can cause mucocutaneous manifestations, which is not just pertained to Covid alone. The mouth is one of the entry portals of the novel corona virus infection into the human body. The spike protein on the virus binds with the ACE 2 receptors in the nose and mouth. As the presence of ACE receptors are higher on the tongue, the virus concentrates heavily on this region which leads to tongue bumps and tongue swelling [23,25,26].

It is unlikely to develop covid tongue alone as a symptom. Instead tongue oddity is noticed along with other symptoms such as cough, shortness of breath, aguesia and anosmia. These oral and mucocutaneous manifestations tend to be non specific. Tongue symptoms could increase suspicion for corona virus infection and it's likely that other symptoms would trigger that diagnostic pathway.

Conclusion

Corona virus is already known to diminish the sense of smell and taste both of which associated with the impaired functioning of the nose and mouth. With the increasing number of covid tongue and strange

mouth ulcer symptoms, health professionals must make the patients aware about the current clinical manifestations in order to deal with Covid-19 in an effective way.

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