Study suggests... Niacin should be used as soon as coughing begins!

One of the very first signs of a possible COVID-19 infection includes Dry Cough along with Sore / Itchy throat, Fever, etc. In absence of an anti-COVID-19 treatment, ***supportive treatment*** is important[1]. Fully understanding the characteristics of COVID-19-related ARDS is conducive to early identification and precise treatment[2]. Earlier the treatment starts better will be the prognosis of the disease.

Human SARS-CoV-2 virus, causing COVID-19 leads to dreaded course due to cytokine storm in lung tissue, leading to fatality[1]. One thing is crystal clear that ***fatal*** course of COVID-19 is the result of mature immune response and resultant **cytokine storm**, leading to fatal lung injury[1].

Acute Respiratory Distress Syndrome (ARDS)

COVID-19 can lead to fatal co-morbidities especially, *Acute Respiratory Distress Syndrome* (ARDS)[2]. Of the people who do survive ARDS, some recover completely while others experience ***lasting damage to their lungs***[3].

Elderly population is otherwise deficient in Niacin, putting them at increased risk of tissue injury due to COVID-19 and poor recovery of tissue damage[1]. Further, aging leads to slower metabolism and reduced absorption of dietary niacin[1]. **Niacin supplementation will help them in restoring damaged tissue**[1].

Niacinamide, due to its ***cytoprotective and antioxidant properties*** could play a vital role. Since Niacinamide is highly **lung protective**, it should be used as soon as coughing begins[4]. To prevent this irreversible damage to the lung tissue, Niacinamide is required in large doses, especially in the elderly.

ORAFLORA Tablet contains Niacinamide (100mg) besides Riboflavine (10mg), and Folic acid (1.5mg) along with Lactic acid bacillus. ORAFLORA is a TRUSTED brand of clinicians across India with a legacy of 33-years. Therefore, in such patients with Cough, co-prescribing ORAFLORA Tablets 3-4 tablets a day for at least 14 to 15 days could ensure better prognosis and protection of the lungs.

References:

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