

C08 Promising nutrients for boosting happy chemicals in post-COVID depression: Recent evidences

Jesmine Khan, Wan Nor Izzah WMZ and Mohammed Nasimul I

Faculty of Medicine, Sungai Buloh Campus, Universiti Teknologi MARA, Jalan Hospital, Selangor 47000, Malaysia

Recent research found that approximately one third of all COVID sufferers develop post-COVID anxiety, depression or other neuropsychiatric conditions within six months of contracting the virus. Dopamine, serotonin, oxytocin and endorphin are known as the happy chemicals. They have important role in maintaining happy mood and prevent depression. All these chemicals are synthesised from amino acids. Recently, altered amino acids profile after corona virus infection has been reported, which revealed deficiency of some of the amino acids essential for the synthesis of happy chemicals and might have role in post-COVID mental well being. Objective of this study was to gather updated information about the effect of diet and nutrition on the level of happy chemicals in the body. PubMed and Google Scholar were searched using the key words corona virus infection combined with dopamine, serotonin, oxytocin, endorphin, tyrosine, tryptophan and nutrients till date. Dietary fat, tryptophan, probiotics, vitamin D, rosemary extract, *Opuntia humifusa* stems and fenugreek were reported. All of them increased the level of one or more happy chemicals except dietary fat which had dual action, it decreased dopamine and increased oxytocin level. Updated knowledge on the effect of nutrients on the level of happy chemicals in the body and supplement them in patients with corona virus infection might help to prevent post-COVID anxiety and depression.