

Ask Prescription from Doctor If You Want to Consume Chloroquine


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UGM Pharmacy Professor, Prof. Dr. Zullies Ikawati, Apt., requested that people not consume carelessly. At the same time, the drug considered to cure COVID-19 disease because these drugs include a hard category of drugs and have side effects. "Chloroquine is a strong drug that has side effects. It needs a prescription from the doctor. It uses for those who have been tested positive or suspect," said Zullies on Monday (3/23).

As believed, recently, the government is ordering two drugs for COVID-19; they are chloroquine and favipiravir (Avigan). According to Zullies, chloroquine was originally an antimalarial drug which was then used as an immunosuppressant in patients with autoimmune diseases, such as lupus or rheumatoid arthritis. Later, chloroquine is also said to have antiviral effects, and it is even used to treat COVID-19 in China. "Chloroquine does indeed support having a strong antiviral effect against the SARS-CoV virus. This drug works by binding to the cellular receptor angiotensin-converting enzyme 2 (ACE2), which is the entry point for the SARS-CoV virus so that it inhibits the entry of the virus into cells," she said.

Zullies also said, chloroquine can increase endosomal pH, which causes viral replication disorders. It is because viral replication requires acid complexity. However, as a drug with a category of hard



drugs needs prescription from doctor and it used for those who are positive or suspect. "If you consume these drugs without prescription, it may affect the changes in vision and change abnormalities in the heart," she said.

She asked that the public also not hoard the two kinds of drugs. Hopefully, she recommends maintaining health by increasing the immune system to improve endurance at home. "Wash your hands frequently, avoid crowds, keep your distance, and don't stress. Stay alert, but don't panic," she said.

Regarding the efficacy of consuming red ginger to prevent COVID-19, according to her, it is still unsure because it still needs further research, "Whether or not effective, it can not yet be proven because the disease has just been going on. Precisely for red ginger, it is still under research. So, to be effective or not, you have to try it first," she said.

To prevent Coronavirus, she recommends eating nutritious foods and doing regular exercise. "We recommend that you are better at doing sports at home can be done with exercise or light exercise at least 30 minutes a day," she explained.

Related to the existence of patients who can recover from Corona, but not a few who died after being tested positive for Coronavirus, according to her, this is more common in patients who are elderly and have comorbidities such as heart disease, hypertension, diabetes. "Maybe that condition is exacerbating the infection," she said.

While corona patients who survived and recovered, she assessed the patient to get therapy at the right time and have a better immune system so that it is faster to eliminate the virus.

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