

The effect of disorderliness in odour and taste

Bryan Pearson*

Abstract

Indoor air pollution is dust, dirt, or gases in the air inside buildings such as your home or workplace that could be dangerous to breathe. Low indoor air quality has been linked to lung diseases such as asthma, COPD and lung cancer. It has also been linked to an increased risk of heart disease and stroke.

Keywords: Odor, COVID-19, taste

Commentary

Disorders of taste and / or odour were associated with independence and thinness in a woman, lower risk of diabetes, heart disease and cancer, longer delays between onset of symptoms and consultation, and less severe modes of COVID-19 upon admission. . Of the 605 patients smelling and / or tasting disorders followed, 154 (25.5%) reported persistent symptoms for more than six months. During follow-up, femininity, chronic obstructive pulmonary disease and the use of angiotensin-converting enzyme inhibitors (ACEis) were independent factors associated with persistent odor and / or taste disturbances. In conclusion, long-term persistence of bad breath and gustative disorders is common in COVID-19 patients, especially female patients and patients who suffered from chronic respiratory illnesses prior to infection. The role of ACEis needs to be re-evaluated by a large number of patients.

Flavor is what people often call "taste" of food. It is actually a combination of aroma, flavor, taste, temperature and texture. Most of the smell of food comes from the smell, so that when you can smell it you lose your sense of taste. Food can be especially flavorful when it comes to certain aspects of taste, such as texture, temperature, and seasoning. The composition can be improved by adding sugary foods (nuts, croutons, water chestnuts) to your diet. Combining cold temperatures and heat in the same dish (sour

cream on baked potatoes), as well as trying hot and spicy foods can help make food less palatable. Remember that fresh air and delicious food can also help to make food more enjoyable.

Disturbance of smell and taste is rarely a health hazard; it may not receive close attention. These problems, however, can be frustrating because they can impair the ability to enjoy food and drink and to appreciate the aroma. They can also impair the ability to detect potentially harmful chemicals and gases and thus have very serious side effects. Occasionally, bad taste and taste can be caused by serious disturbances, such as an eruption.

Smell and taste are closely linked. The tongue senses taste, and the nasal passages signify smell. Both emotions are transmitted to the brain, which includes information so that flavors can be seen and appreciated. Other flavors — such as salty, spicy, sweet, and sour — can be seen without the sense of smell. However, a complex taste (like raspberry) requires both taste and smell to be seen.

Partial paralysis (hyposmia) and total paralysis (anosmia) are the most common diseases of smell and taste. Because the distinction between one taste and another is based on hellfire, people often begin to realize that their sense of smell is diminished when their diet appears to be tasteless.

Conflict of Interest

We have no conflict of interests to disclose and the manuscript has been read and approved by all named authors.

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Department of Respiratory Care, Bangkok university, Thailand
Corresponding author: Bryan Pearson, e-mail: pearson_bryan@yahoo.com