

## AUGMENTATION OF STRESS MEDIATED LIFESTYLE DISEASES: THE COLLATERAL DAMAGE OF COVID-19 PANDEMIC

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*Stress is an altered extrinsic or intrinsic condition having the potential to modulate an individual's biological responsiveness. The condition is a key component to modify the health status in a positive (adaption) and negative (bodily harm) direction. The brain along with various organ systems (reproductive, cardiovascular, gastrointestinal, endocrine, nervous, and other systems), and different chemical messengers are involved to execute stress response. Stress intolerance has a complex relation with lifestyle diseases (LDs) that are associated with unhealthy food habits, smoking practices, insufficient physical activity, and inappropriate behaviour. Cellular stress responsiveness (survive or death) is a key understanding of the stress properties to analyse LDs. Oxidative stress (OS), a burning issue, plays a crucial role in the pathogenesis of LDs by adversely affecting the activity of organelles and biomolecules. Coronavirus disease 2019 (COVID-19) pandemic necessitated new realities such as restriction in movement and maintenance of physical distance, uncertainty in future planning and employment, debilitating economic status and changing job pattern, indefinite home confinement along with the threat of being infected by covid. Other than acute stress perceived by covid survivors these increasing secondary threats (Cov-stress) are potential enough to alter the stress-coping machinery and dysregulate the homeostasis of the body. In this review stress-induced worsening of mental health as well as of physical status has been discussed. It is aimed to have an inner look at the crosstalk between the adverse effect of constant stress with the different biomolecular systems that people are experiencing for more than a year due to COVID-19 induced pandemic situation.*

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