

**Title: The potential of ketogenic dietary therapy in the COVID-19 pandemic**

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**Abstract:** The [coronavirus](#) disease of 2019 (COVID-19) has been responsible for causing a lot of problems for the whole world for the past 3 years, and scientists are continuously doing research to find potential natural medicines and foods to control and prevent this acute disease. The risk factors that belong to this viral disease include obesity and [metabolic diseases](#) such as hypertension, diabetes, etc. A diet containing low carbohydrate concentrations and high fat concentrations is known as the [ketogenic diet](#) (KD). It helps to fight COVID-19. Acute COVID-19 infections are associated with the [cytokine storm](#) and [acute respiratory distress syndrome](#). In [chronic obstructive pulmonary disease](#) patients, high-carbohydrate diets may lead to increased carbon dioxide generation and oxygen intake. Macrophages and [monocytes](#) are attracted to COVID-19 infection and deter them. This [coronavirus](#) type is adversely affected by [obstructive sleep apnea syndrome](#). Hence, there is an urgent need to understand the importance of a KD, which could enhance the immune system and could be helpful in preventing metabolic and cardiovascular diseases and after-effects of the diseases in COVID-19 patients. Hence, sophisticated research is required in this specific domain to control the epidemic of COVID-19.

**Keywords:** COVID-19 Ketogenic diet (KD) Low-carbohydrate diet High-fat diet Metabolic diseases Obesity Diabetes

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