

## Letter to the Editor

*[The Editor is not responsible for the views expressed by the correspondents]*

### Is there any Vaccine available which does have Zero side effect?

SIR, — We recently read of the Indian government's recent declaration, in answer to an RTI, that all COVID vaccinations had adverse effects. We don't understand why people are making such a big deal about the adverse consequences of vaccines. We are expressing our viewpoint on the adverse effects of vaccinations<sup>1</sup>.

The word "**vaccine**" is derived from the Latin word *vacca*, which means "cow," and it was originally used by Edward Jenner to describe the cowpox virus *vaccinia* in beginning of 19<sup>th</sup> Century. It was set up for illness prevention, however after injecting several humans lost their lives. This was not only the time of vaccine invention, but adverse effects are still there now, a century later<sup>2</sup>.

Researchers developed vaccines to protect the population from the infectious diseases caused by various bacteria and viruses that affect humans. The vaccination prevents polio, smallpox, measles, and many more diseases. We were able to eradicate polio from the world thanks to vaccines<sup>3</sup>. Every vaccine has negative consequences, whether it is administered orally, intravenously, or for prophylaxis or therapeutic. Some live but weakened organisms or antigens used in vaccines can sensitise the human immune system and stimulate it to create antibodies to fight infection. A few vaccines contain antibodies that were synthesized in another animal during lab testing. The human body may create the same immunity against the virus thanks to that antibody. Both types of vaccines contain substances (antigens or antibodies) that the immune system of the human body identifies as foreign antigens. Anytime a foreign antigen enters the body and is recognised by the immune system, the body reacts to it, which can manifest in a variety of signs and/or symptoms. The type of response can be local or systemic, short-term or long-term, self-limiting or requiring therapy<sup>4</sup>.

The most frequent adverse effects of vaccines are anaphylactic reactions such fever, chills, itching/rash, localised swelling and/or discomfort, and muscle spasms, which can subside on their own or are easily managed. Although occasionally the patient may experience those symptoms for several weeks, months, or longer. Despite the fact that there are very few incidences of this sort of disability, patients experience irreversible impairment that cannot be reversed. We would much rather get immunized against the disease than experience the disease and its side effects. Vaccine benefits outweigh any potential

drawbacks by a wide margin. Even after administration of the vaccine on proper time and appropriate dose still patient can get infections<sup>5</sup>.

Taking a vaccine for any disease is individuals' choice. Without the patient's or the patient's attendant's prior agreement, no one is allowed to administer the vaccine to any patients. The majority of vaccination side effects are mild to moderate. It does not mean we have to throw away the vaccines. We are neither in favour of nor against vaccination. We merely want to point you that there isn't a single vaccine which is offered without any adverse effects. We have our own choice, no one can pressurise you to take vaccine. Vaccine is not a magical wand which can make diseases vanish altogether<sup>6</sup>.

We conclude that, choose the vaccine yourself and don't hold others accountable for any adverse effects. Every choice for treatment and prevention, including medications and vaccines, has drawbacks that we must accept if we decide to use it.

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