Method for polarization-phase interferometry of the optically anisotropic architectonics of fibrillar and parenchymal tissue specimens from deceased individuals who suffered from COVID-19, by means of polarization mapping of laser microscopic images of native histological sections of biological tissues with algorithmic reconstruction of integrated average phase maps of the polycrystalline architectonics of biological layers through the measurement of coordinate distributions of partial elements of the polarization matrix. To evaluate changes in the layer-by-layer phase maps of the optically anisotropic architectonics of fibrillar (myocardium) and parenchymal (kidney) tissue specimens from the deceased, native histological section samples of deceased individuals who suffered from COVID-19 are placed in the optical beam path of a Mach-Zehnder polarization interferometer. A series of plane-polarized (with polarization azimuths of 0°, 90°, 45°, 135°) and circularly left-hand ⊗ and right-hand ⊕ polarized irradiating and reference laser beams are formed; for each polarization state, the irradiating beam is directed by means of a rotating mirror onto the native histological section sample of the deceased who suffered from COVID-19, the laser image of which is projected by a polarization micro-objective into the plane of photosensitive pixels of a digital camera, while a series of reference beams with polarization states of 0°, 90°, 45°, 135°, ⊕, ⊗ are sequentially directed by means of a rotating mirror into the laser image plane of the native histological section of biological tissue. Interference patterns are formed, which are passed through a linear polarizer for two rotations of the transmission plane by angles of 0° and 90° and are sequentially recorded by the photosensitive pixels of the digital camera, followed by algorithmic digital holographic reproduction of the layer-by-layer phase maps of the optically anisotropic architectonics of the fibrillar (myocardium) and parenchymal (kidney) tissue specimens from the deceased, which are evaluated by calculating 1st-4th orders central statistical moments, the values of which are used to judge the long-term consequences of COVID-19.