

Herbs in Corona

Dr Vibha Singh
KGMU Lucknow India

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Abstract

The Ayurveda being the science of life propagates the gift of nature in maintaining a healthy and happy life. There are some herbs which can be used in boosting immunity, fight the foreign pathogens and are safe to use with minimal side effects. It will be good to take preventive measures. There are several herb species that have antioxidant, anti-inflammatory and antimicrobial properties. They have a wide variety of active phytochemicals including flavonoids, terpenoids, polyphenols, saponins, alkaloids, proteins and peptides.

Ayurveda's extensive knowledge is based on preventive care derives from the concept of Dinacharya, Ritucharya and Sadvitra (code of conduct). It is plant-based science to remain healthy and for the sick to regain health. The awareness about plants which are in our soundings can be helpful in fighting against various infections. Our Ministry of AYUSH recommended certain advice to boost our immunity with special reference to respiratory health. Some commonly used culinary herbs, spices, and herbal teas have also exhibited antiviral activities. They have antiviral effect either by inhibiting the formation of the viral DNA or RNA or inhibiting the activity of reproduction.

The use of dietary therapy and herbal medicines to prevent Covid infection will help community to fight against this pandemic. The Ayurvedic Rasayana are known for their immune modulator activities. The adaptogen and regenerative properties of rasayana botanicals help to maintain physiological homeostasis.

There are more than 5000 different types of virus that can cause serious disease like common cold, flu, Hepatitis, HIV, Virus is small infectious agent that replicates only inside living cells and can infect all forms of life like human, animal, plant and other microorganisms. It is very important to boost immunity and follow other instructions like maintenance of distance between people, proper hygiene and minimum exposure. Every virus is unique in its structure and behaviour, the herbs that seems to work for other viral infection will need to be tested. There are some plants which are commonly used in our kitchen can be helpful in fighting with various diseases as they have antioxidant properties like Ginger, Tulsi, Ashwagandha. and Giloy, Yastimadhu are some important plants can be used in prevention of Covid.

The herbal products are widely used and safe but all drugs carry risk, it can produce allergic reactions. The use of all herbal agents should be with all precaution and in supervision of specialists. The creation of awareness is very important among all people regarding prevention of Covid-19 infection.

The coronavirus disease 2019 (COVID-19) pandemic has resulted in a worldwide respiratory sickness outbreak. The purpose of this study is to assess the efficacy and side effects of herbal remedies for the treatment of COVID-19. Methods: Through the 12th of May 2020, twelve databases were searched. The researchers looked for

randomised controlled trials (RCTs) and quasi-RCTs that looked at the effects of herbal medications in the treatment of COVID-19. Two reviewers worked together to choose the studies and retrieve the data. In all of the included RCTs, the Cochrane risk of bias tool was used to assess the risk of bias. The effect sizes of the studies were pooled, and mean differences (MDs), risk ratios (RRs), and odds ratios (ORs) with 95 percent confidence intervals (CIs) were determined. Seven RCTs with a total of 855 patients were included in the study. All of the studies involved a comparison of herbal treatment and Western medication against Western medicine alone. The combined therapy increased the total effective rate (RR 1.23, 95 percent CI 1.13 to 1.34, $p = 0.001$), cough symptom disappearance rate (RR 1.45, 95 percent CI 1.12 to 1.89, $p = 0.005$), and sputum production symptom disappearance rate (RR 1.73, 95 percent CI 1.19 to 2.50, $p = 0.004$) significantly. Cough (MD 1.18, 95 percent CI 1.34 to 1.03, $p = 0.001$), fever (MD 0.62, 95 percent CI 0.79 to 0.45, $p = 0.001$), dry and sore throat (MD 0.83, 95 percent CI 1.45 to 0.20, $p = 0.009$), and weariness (MD 0.60, 95 percent CI 1.04 to 0.17, $p = 0.007$) all showed positive benefits from the combination therapy. The overall risk of bias in the research examined remained unknown. There were no major side effects noted. Conclusion: The combined therapy of herbal medicine and Western medication had significant results, revealing the potential significance of herbal medicine in the treatment of COVID-19. To further validate the effectiveness and side effects of herbal medication in the treatment of COVID-19, more high-quality RCTs are needed.

COVID-19, commonly known as SARS-CoV-2, a novel coronavirus disease, has produced a widespread outbreak of severe respiratory illness since December 2019. On March 11, 2020, the World Health Organization declared COVID-19 a pandemic due to its rapid spread. This pandemic has killed around 154,000 people in at least 177 nations. Due to the disease's vast clinical spectrum, there are currently no particular treatment medicines available.

Herbal medicine has played a significant role in the control of infectious diseases in the past. Clinical evidence from a variety of herbal medicine research in the treatment of SARS coronavirus (SARS-CoV) has shown promising results, bolstering the hypothesis that herbal medicine might help treat and prevent epidemic diseases. Herbal therapy mixed with Western treatment may enhance symptoms and quality of life in SARS-CoV patients, according to a Cochrane systematic review. Herbal medicine could also reduce the likelihood of H1N1 influenza infection, according to a recent meta-analysis.

Herbal medication is regarded one of the alternate ways in the treatment of COVID-19, based on prior experience. The National Health Commission of China has declared the use of herbal medicine in conjunction with Western medicine as a treatment for COVID-19 and has produced numerous guidelines on herbal medicine therapy.

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