ROLE OF HERBS IN COVID-19

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ABSTRACT

Corona (covid-19) the biggest challenge to India fight against it. In last of 2019, Wuhan(china) the first case of corona was found. But now it consider as a world pandemic. All over world scientist are busy to discover the vaccine of corona virus. Covid, Co-corona, Vi-virus, Ddisease. The common symptoms of corona virus are fever, coughing, shortness of breadth, haedche, nausea. The spreading of corona occur due to it is viral infections disease which easily spread through coughing, sneezing in air. As we know Indian ayurvedic system, natural source of ayurvedic medicine. Play an important role in corona. Prevention is better than cure” related to corona. Ayurvedic medicine are easily available, no side effect, cheap in cost. This review is focused on “Role of herbs in Covid-19.” Over all it include ayurvedic herbs used for corona (Tulsi, garlic, black cumin, ginger, liquorice, ashwagandha), with its preparation. Also marketed preparation available on herbs. The main objective is to give importance to ayurveda system. In short “Old is Gold, AYUSH is best”.

KEYWORDS: Covid-19, herbs, AYUSH, Pandemic.

INTRODUCTION

The severe acute respiratory syndrome2 (COVID-19) spread from the china to all over world. The corona virus are group of RNA infections disease causing respiratory tract infectious from mild to lethal. As common cold to pneumonia to death. In India until no vaccine or antiviral drug to prevent or treat the corona infections.
Ayurvedic product and its preparation are used to treat viral infections. The scope of medicinal product in nutraceutical is vast. In past, from the Vedas medicinal plants are used to treat disease. Medicinal plants are popular for benefits such as improve the immunity, decreasing the blood pressure, reduce the chances of cancer.

Apart from that, focused on role of herbs in COVID-19. Fighting with corona virus body needs immunity power, with rich source of vitamin A,C,E,D,B-complex, & zinc, copper supplement on diet.

The antiviral activity present in garlic helps the body resist or destroy the viruses and microorganisms and also help to fight with viral infections. Ashwagandha can effective against corona virus found by “IIT Delhi and Japan AIST”. It play role to boosting our immunity, eradicating the virus from the body.

Giloy is powerhouse of the antioxidants that neutralizes the free radical, boost immunity, flushes out toxin from the body and flight against bacteria and viruses. Its anti-inflammatory property helps to tacking respiratory problems such as cough, cold, breathing.

Tulsi called “herb for all medicine”. It act as a natural sanitizer due to presence of anti microbial activity. Tulsi tea can help to strengthen the respiratory system. Kadha help to improve body immunity against corona virus and other pathogen.

Turmeric(curcumin) has a role in regulation of RAAS (Renin angiotensin aldosterone system) with anti-oxidants, anti-inflammatory effects. Curcumin with zinc and calcium supplements helps to improve our health natural immunity and protective defense against corona virus.

Cineole present in cardamom acts as antiseptic and anti microbial helps to prevent bacterial infection which affect liver.

There are the chart of some herbal drug which are mainly used into covid-19:-

<table>
<thead>
<tr>
<th>Venacular name</th>
<th>Scientific Name</th>
<th>Family</th>
<th>Chemical constituent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neem</td>
<td>Azardicta indica</td>
<td>Maliaceaeae</td>
<td>Nimbin, nimbidin</td>
</tr>
<tr>
<td>Turmeric</td>
<td>Curcumin longa</td>
<td>Zingiberaceae</td>
<td>Curcumin</td>
</tr>
<tr>
<td>Lasun</td>
<td>Allium satrium</td>
<td>Amaryllidaceae</td>
<td>Allicin,</td>
</tr>
<tr>
<td>Amla</td>
<td>Emblica officinalis</td>
<td>Myrtaceae</td>
<td>Eugenol, tanin</td>
</tr>
<tr>
<td>Tulsi</td>
<td>Ocium tenuiflorum</td>
<td>Lamiaceae</td>
<td>Eugenol, cineole</td>
</tr>
<tr>
<td>Black piper</td>
<td>Piper nigrum</td>
<td>Piperaceae</td>
<td>Piperine, piperidine</td>
</tr>
<tr>
<td>Ashwagandha</td>
<td>Withania somnifera</td>
<td>Solanaceae</td>
<td>Anaferine</td>
</tr>
</tbody>
</table>
Liquorice | Glycyrrhiza glabra | Leguminaceae | Glucorinic acid, liquiritin
Tea | Thea sinensis | Theaceae | Theobromine
Coffee | Coffea arabica linn | Rubiaceae | Caffeine
Shatavari | Asparagus racemosus | Liliaceae | Satavarin-I-Asparnin
Pipali | Piper longum | Piperaceae | Olenolic acid
Nilgari | Eucalyptous | Myrtaceae | Limonene
Pipali | Piper longum | Piperaceae | Oleonlic acid
Brahmi | Bacopa monera linn | Scrophulieracea | Brahmic acid
Haritaki | Cheblis myrolion | Combretaceae | Shikmamic acid

Those drug are used in different ways with condition of patient in pandemic situation. The patient mainly classified into 2 different category: - Asymptomatic patient

Symptomatic patient
Mainly known as quarentine & non quarentine patient respectively. pandemic, people can be segregated into four distinct categories.

1) **Unexposed asymptomatic group:**--common health keeping approach of ayurvedic including helathydiet, healthy life style, adequate sleep, maintain well physical stability

Drugs & dosage form:- Chyavanprasha, Brahma
Rasayana, AmritBhallataka, Sanjeevanti

2) **Mild covid19 symptoms:** pipalirasayna
JihvadiQuath, KantakariAvaleha,
Vyaghriharitaki, Dash
Amulkwath, Sitopaladi, Talishadi, and Yashtimadhu etc.

3) **Moderate to serve covid -19symptoms :-** Sanjeevanivati, TribhuvanKeerti
Laghu vasant malati
Mritynjaya rasa

**DISCUSSION**

In this review we collected the herbs which having anti viral activity which can play important role in current pandemic situation of corona virus. These plant are used because they have antiviral activity, low cost, easy available, with or without side effects.

**CONCLUSION**

The main focus of the review is on traditional medicinal plant treatment. Its is highly effective against viral infections.
ACKNOWLEDGMENT
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