



## Using of Natural Remedies for Patients Recovered from COVID-19

Poonam Maurya<sup>1</sup> and Neelesh Kumar Maurya<sup>2</sup>

<sup>1</sup>Research Scholar, Institute of Pharmacy, Bundelkhand University, Jhansi, UP, India

<sup>2</sup>Research Scholar, Department of Food and Nutrition, Institute of Home Science, Bundelkhand University, Jhansi, UP, India

**\*Corresponding Author:** Neelesh Kumar Maurya, Research Scholar, Department of Food and Nutrition, Institute of Home Science, Bundelkhand University, Jhansi, UP, India.

Coronavirus disease 2019 (COVID-19) was reported a global public health concern by the World Health Organization (WHO) due to its pandemic. Typical human coronavirus NL63 (alpha coronavirus), 229E (alpha coronavirus), OC43 (beta coronavirus), and HKU1 (beta coronavirus) cause widespread coldness [1]. Coronavirus Cases: the risk of death of a novel coronavirus was reported to be approximately 2% at the WHO press conference on 29 January 2020 [2]. Globally, 22,812,491 recorded cases of COVID-19, including 795,132 fatalities, were announced to the WHO at 2:09 p.m. CEST, 22 August 2020 [3].

MERS-CoV, SARS-CoV and SARS-CoV-2 are the three human coronavirus that induce more severe illness; MERS-CoV triggers Middle East Respiratory syndrome (MERS), SARS-CoV induces extreme difficulties in breathing and SARS-CoV-2 (COVID-19) is novel coronavirus that causes coronavirus disease 2019 [4]. While most patients with COVID-19 have the mild influenza-like disease and may be undiagnosed, a minority of patients may have extreme pneumonia, acute respiratory distress syndrome (ARDS), multi-organ failure (MOF) and death. Some of the main signs to be found with an affected COVID 19 person are breathlessness, fatigue, nausea, dizziness, dry cough (which eventually results with phlegm) and also lack of taste and odour. Some cases of diarrhoea and fatigue have also been identified. COVID 19 directly affects the lungs and destroys alveoli (tiny air sacs) [5]. In older people, the risk is more significant as tolerance declines with age. There is a strong link between COVID 19 and acute respiratory distress syndrome. The virus behaves by affecting alveoli and capillary walls and linen. The deposition of stress accumulates on the surface, clotting the tissue supply of oxygen to the red blood cells is disrupted if the wall clots. The harder the air, the more complex the flow of oxygen

is. It induces trouble breathing, as the body is out of oxygen [6]. Sadly, Scientists have not recently produced an effective vaccine or medicines to treat COVID 19.

Medicinal plants are considered to be rich in ingredients that can be used in the manufacture of pharmaceutical products. Such plants have a crucial role to play in the growth of human cultures around the world. In addition, it is essential to use nutritional therapies in the form of immune nutrients such as vitamin A, B-complex, C, E, D, zinc and copper [7].

Numerous different herbs such as *Acorus calamus* (Bach), *Adhatoda vasica* (Adusa), *Boerhaavia diffusa* (Punarnaba), *Leucas aspera* (Guma), *Ocimum sanctum* (Tulsi), *Solanum surattense* (Kateli), *Tylophora indica* (Asthambuti), *Zingiber officinale* (Adarakh), *Mentha arvensis* (Mint), *Curcuma longa* (Haldi) and *Ferula asafoetida* (Heeng), *Verbascum thapsus* ("great mullein"), Licorice Root, Osha Root, Chaparral, Echinacea have been medically proven to be beneficial for respiratory wellbeing [8]. These are all recommended for well-described respiratory therapy in European Pharmacopoeia (EP), British Pharmacopoeia (BP) and Japanese Pharmacopoeia (JP), Indian Herbal Pharmacopoeia, and therapeutic compendium, which constitute qualitative and therapeutic monographs such herbs are well-described pharmacokinetics and pharmacodynamics in person and even available in tincture type. Government, research institutes and NGOs agencies should continue to be informed of locally available immune booster herb according to personal health needs at acceptable limits for recovered COVID 19 patients as well as common citizens to reduce respiratory system affect.

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## Conflict of Interest Statements

I declare that I have no conflict of interest at all.

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