

# Candidates of Traditional Herbal Medicine as Complementary Treatments for COVID-19

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## PERSPECTIVE

Coronavirus disease 2019 (COVID-19) is a novel viral illness caused by the coronavirus family's severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The disease became a pandemic after the first case was recorded in December 2019. One of the elements involved in its aetiology is impaired immunological modulation, which leads to poor outcomes in COVID-19 patients. Many investigations have been conducted using medication candidates as antivirals or immunomodulators. However, the findings of these studies revealed that the medication candidates were ineffective in combating the condition. In the meanwhile, some people feel that using herbal immunomodulators can help prevent or even treat COVID-19. Unfortunately, there have been no particular preclinical and clinical research to investigate the effects of herbal immunoregulators. Based on basic notions from past investigations, several natural substances may be beneficial in the treatment of COVID-19. Here discusses some herbal agents extracted from various plants including *Echinacea*, *Cinchona*, *Curcuma longa*, and *Curcuma xanthorrhiza*, which are considered for the treatment of COVID-19.

After certain research revealed that *E. purpurea* extracts showed antiviral activity, the use of *E. purpurea* extracts for the treatment of virus-induced disorders grew in popularity. However, whether it possesses anti-inflammatory or immunostimulatory properties is still up for debate. Sharma claimed that *Echinacea* extract has direct virucidal action and might be used as an antiviral herbal therapy against viruses with membranes.

*Curcuma longa* has been used as a medication or supplement in Asian nations for centuries. This drug is an antioxidant, anti-inflammatory, and anticancer agent that is used to treat diabetes, cardiovascular disease, obesity, neurodegenerative disease, inflammatory bowel disease, allergy or asthma, and psoriasis, among other ailments. Carbohydrate (96.4%), protein (6.3%), fat (5.1%), mineral (3.5%), and moisture (3.5%) are all found in *C. longa* (13.1%). Curcuminoids, such as curcumin (77%), demethoxycurcumin (DMC; 17%), and bisdemethoxycurcumin (BDC; 17%), are found in its extracts (BDMC; 3%). All of these curcuminoids, including curcumin, are used as medications or supplements.

Nowadays, quinine sulphate has become one of the most wanted drugs in the society for COVID-19 treatment. Inappropriate statements had been made by state officials and doctors that caused public panic. So, people looked for quinine-containing drugs competitively. The behaviour of the people was triggered by a spontaneous reaction because of the high incidence and mortality rate of COVID-19 worldwide. This section will explain the potential of quinine to act as an antiviral agent and function as an immunomodulator in a disease caused by a virus. Further explanation will also discuss the potentially harmful effects of quinine in individuals with or without COVID-19.

In today's world, quinine sulphate is one of the most sought-after medications for COVID-19 therapy. State authorities and physicians made insensitive comments that sparked widespread outrage. As a result, individuals competed for quinine-containing medications. Because of the high prevalence and fatality rate of COVID-19 globally, the people's behaviour was motivated by a spontaneous reaction. The ability of quinine to operate as an antiviral drug and immunomodulator in a virus-caused illness will be discussed in this section. In addition, the possibly hazardous consequences of quinine in people with or without COVID-19 will be discussed.

We infer that these herbal medications may be able to regulate the synthesis and release of pro-inflammatory cytokines, interfere with the virus's growth in host cells, and alter some RAA system molecular pathways. Herbal agents might be effective in the battle against COVID-19. Finally, patients should be advised that using a supplement containing one of these chemicals to prevent COVID-19 or repair the condition without specialised counsel or under the direct supervision of a specialist is still not recommended. A guideline for the physician is that, even if the patient is well, the administration of these herbal remedies should be done with caution. This is due to the fact that there has been a lot of conflicting information concerning these agents. As a result, there's a chance that these therapies are linked to the production of negative side effects. Furthermore, reviews of preclinical and clinical trials evaluations of these herbal agents for COVID-19 have not specifically been conducted, so further investigations related to this are warranted.

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