

Herbal Medicine in Controlling Infectious Diseases

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EDITORIAL

SARS-CoV-2 has caused an international outbreak of acute respiratory illness. Herbal medicine has played an important role in controlling infectious diseases. Clinical evidence from a range of studies of herbal medicine in the treatment of SARS coronavirus (SARS-CoV) has shown significant results, and supported the idea that herbal medicine has a beneficial effect in the treatment and prevention of epidemic diseases.

Due to the high rate of contagious and highly nonspecific symptoms of this disease such as respiratory symptoms, cough, dyspnea, fever, and viral pneumonia, the establishment of precise and fast diagnostic tests are urgently required to verify suspected cases, screen patients, and conduct virus surveillance. Three coronaviruses crossed the species barrier and causes deadly pneumonia in humans: severe acute respiratory syndrome coronavirus (SARS-CoV), Middle-East respiratory syndrome coronavirus, and SARS-CoV-2. Inspired by previous experience, herbal medicine is considered one of the alternative approaches in the treatment of COVID-19. In China, the National Health Commission has declared the use of herbal medicine combined with Western medicine as a treatment for COVID-19, and has issued many guidelines on herbal medicine-related therapy. To date, there is much clinical evidence that reports favorable of the usage of herbal medicine in the treatment of COVID-19. Several systematic reviews that included evidence from case reports, case series, and observational studies have also been conducted, to study the effectiveness of herbal medicine in the treatment of COVID-19. Natural product and herbal remedies have long track record to treat respiratory infection. The herbal medicine ideal prophylactic candidates for term use they found it has been more potent in blocking enzyme function and membrane of receptor of human corona virus.

The *Astragalus* is derived from the *leguminosea* plant. Pharmacological studies have shown that several compounds from *Astragalus* have multiple including stimulating boost the body resistance to infection and increase immune response decrease their chance of being infected by viruses and

bacteria and enhance immunoglobulin production to restoration of lost T cell activity. It contains astragaloside, flavonoid, and saponin which are used in prevention of common cold. Foundational herb in Traditional Chinese Medicine, its root supports healthy resistance from occasional physical and emotional stressors, and supports healthy immune function. It contains complex sugars called polysaccharides that interact with and educate the immune system and micro biome residing in the gastrointestinal tract. In studies, this has been shown to support the integrity of mucous membranes and epithelial cells in the intestinal tract, which in turn supports immune function in the respiratory tract.

Olea europea has been a revered plant throughout human history. While much attention is given to the antioxidant support of olives and olive oil, Olive Leaf also provides antioxidant support. The evergreen leaves of the Olive tree must produce their own antioxidants to withstand the radiation from hot, dry sun. Olive Leaf was used historically to support cardiovascular health, glycemic health, and immune health, by supporting healthy body temperature and healthy levels of immune cells. Dill seed is considered to be a powerful boost for immune system of human beings and also good for oral care. It can prevent a number of microbial infections of the body including the infections result in open wounds or small cuts on the skin.

Drugs having different labeled uses are currently being tried in various combinations as supportive treatments. Essential oils have long been known to have anti-inflammatory, antioxidant, immune modulatory and antiviral properties and are being proposed to have activity against SARS-CoV-2. The current literature strengthens the potential of various EOs as suitable immune modulatory alternative treatments for infectious or immune diseases. Furthermore, these compounds also provide good efficacy as preventive medicine, which promotes a general healthy lifestyle it is also good for oral care and can be a powerful boost for immune system of human body.

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