

## Using the Herb to Treat COVID-19 by Self-medication

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The new corona-virus disease (COVID-19), transmitted from humans to humans, has dramatically become a pandemic responsible for the ongoing global health crisis. Presently, the corona-virus disease pandemic of 2019 (COVID-19) has caused a worldwide outbreak of respiratory disease [1]. The COVID-19 is caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), which is said to have a zoonotic basis. Between 31 December 2019 and 1, December 2020, 63 245 164 cases of COVID-19 (under the case description and testing strategies implemented in the affected countries) have been registered, including 1 469 469 deaths [2]. No effective vaccine or treatment recommends nutritional therapy and herbal medicine as alternatives to COVID-19 immune booster prevention therapies. Herbal drugs have been used for many years now. Many physicians and researchers have already attempted to use herbal medicines in clinical trials against SARS-CoV-2.

The extracts or bioactive compounds of garlic, ginger, Korean red ginseng, eucalyptus, tea tree, Tianmingjing, maquis, fish mint, Chinese mahogany, cape jasmine, zhebeimu have been shown to have antiviral efficacy against the influenza virus and its very useful for improving immunity system and using nutritional therapy with herbal medicine to avoid SARS-CoV2 infections can complement COVID-19 treatment. However, drugs remain under development [1]. Long-standing usage of nutritional therapy and herbal medicine to prevent and cure diseases can not be overemphasized on this fact several herbs have antiviral activity. It states all plants to be useful, but they are not harmless. It is generally accepted that complementary drugs such as Ayurveda are better to use than allo-

pathic medicines. WHO does not recommend self-medication with any medicine, including antibiotics, to avoid or cure COVID-19.

However, a variety of ongoing clinical trials include both Western and conventional medicines. It is also necessary to exercise caution when herbal concoctions are recommended by medical practitioners or marketed in the media as "healthy" and "natural" remedies for mild illnesses. Herbal medicines can be more effective than medication formulation. We are graded with pharmacologically active phytochemicals [3]. Herbal medicines may interact adversely with standard medicines when they are combined. Pregnant women, children, and people with pre-existing health conditions are particularly at risk of their side-effects. Dietary supplements and herbs quickly trade on the internet; they are used with self-diagnosis and self-medication without knowing their pharmacokinetics and pharmacodynamic effects. Current time COVID-19 pandemic increase in the popularity and patronage of herbal medicines and therefore self-medication have necessitated concern based on the adverse effects of potentially toxic ingredients (such as diterpenes, pyrrolizidine alkaloids, benzophenanthrinealkaloids, saponins, lectins, viscotoxins, cyanogenetic glycosides, aristolochic acids, and furanocoumarins) in several herbal plants [4], which includes acute tubular necrosis, acute interstitial nephritis, hypokalemia, Fanconi's syndrome, chronic interstitial nephritis, hypertension, papillary necrosis, nephrolithiasis, urinary retention, and urinary tract cancer [3]. The present time encourages herbal supplements that provide immune boosters, but they should thoroughly understand herbal supplements, pharmacodynamics, and pharmacokinetics.

In this pandemic of COVID 19, herbs in pharmacopeia should be revised, and all contraindications should be indicated. Therefore, it is crucial for governments and agencies involved in the health sector to take urgent action, such as policy-making and programs, to raise public awareness of the health hazards of self-medication with herbal medicines (especially without standardized products).

### Conflict of Interest Statements

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

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