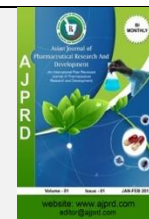


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Review Article

An Integrative Medicine Is Prudential Hope for Covid-19 Therapeutics

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ABSTRACT

The human body is an integrated system. The prudential co-operation of antiviral herbs, vitamins and homeopathic products are economically feasible offer of complementary medicine to COVID-19 therapeutics.

Keywords: COVID -19, Antiviral, Ayurvedic, Vitamins, Homeopathic.

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INTRODUCTION

The human body is integrated system based on the physiological division of labor by cells, tissues and organs. The viral invasions impair the normal biological processes and disrupt physiological discipline of the human body. The Traditional conventional medicines are gaining momentum in recent years. The western medicine realized that expenditure on health care system should re-innovate their policies for the therapeutical co-operation with complementary medicine.

Viruses¹⁻² are unique self-replicating organisms. They are dependent on metabolic machinery of host cells; therefore they are obligatory intracellular parasites. Virologically they are of two types RNA-viruses and DNA-viruses. Their genomes cannot have both nucleic acids together in capsids.

The viral replication has various steps which are the biological targets for the antiviral. The tropism of virions in host cells accounts for clinical manifestation of infectivity. The basic steps of lysogenic cycle of virus – attachment penetration, replication of nucleic acids, maturation and release. The prime objective of antiviral chemotherapy is to inhibit two key steps of replication.

- Adsorption of virus for entry into host cell
- Release of mature virions from host cell through lysis or rupturing.

COVID-19³⁻⁴ is the positive sense single stranded RNA virus discovered in 2019. This virus remains active in air for eight hours and being contiguous transmitted by sneeze, droplets and spitting. The symptoms are cough congestion, fever and breathing hardship.

Theoretical methodology

The therapeutic solution can be indigenously complimented by integrative medicine. The rational approach of the medicine is based on the etiologies of respiratory diseases, usually caused by respiratory syncytial virus (RSV) – Bronchitis, influenza and pneumonia because their clinical symptomology has virological resemblance with COVID-19.

We studied the antiviral herbs, vitamins, homeopathic products, dietary fruits and vegetables life-style and astrological rationality. They are preventive and supportive therapies of complementary medicine.

Antiviral herbs⁵ – They are epitome of Ayurveda Alstonia, Andrographis, Azadirachta, Calotropis, Plumbago Cassia, Ashwagandha, Ocimum, Giloy, Echinacea, Ginseng ,they are used in anti-viral preparations

Antiviral Vitamins and Micronutrients⁶: They are supportive therapy. The vitamins regimen of vitamin C and D reduce respiratory infectivity. Zinc throat – lozenges are eliminators of cough congestion in nostrils (nasal) and throat.

Antiviral Homeopathic Products⁷: The principle of therapy is dilution and like cure like. Rhus Toxicodendron and Bryonia Alba are antipyretics for quick relief of viral fevers. Spongia 30 c is an effective in clearance of viral cough.

Antiviral Dietary Fruits and Vegetables⁸: Apple, Blackberries, Green peppers, Copaiba (Brazil nuts), Parsley, Tomatoes, Ginger, Garlic are preventive cure.

Antiviral Self-caring Life Style: Rest, Sleep well, keep your self-warm, Take plenty of water and liquids.

Antiviral Astrological Rationality

The viral infectivity is governed by Saturn, Rahu and Ketu. COVID-19 is geminian virus, ruled by mercury. It rules lungs / respiratory system and also health/ nutrition house (6th). Antiviral astrological advices are: Stay away from crowds, maintain maximum cleanness and personal hygiene, dietary regimens should be enriched by vitamins, vegetables, nuts and fruits. The foods and drinking water should be warm. The cold and unhealthy environment may be avoided.

DISCUSSION AND RESULT

The complimentary / alternative integrative medicine conceptualized ethical use of traditional re- medicines with self-responsibility. The concept of herd immunity⁹ (epidemiological) relates to population. The orthomolecular medicine¹⁰ prescribe nutritional supplements for restoration of antiviral immunity. Both have antiviral benefits for fighting global pandemic of COVID-19.

The desirable antiviral activities are anti-replicating to block viral replication, anti-inflammatory for preventing viral inflammation. Immune stimulatory for strengthening innate immunity and anti-mutagenic for curbing viral mutations¹¹.

The ayurvedic herbs have antiviral phytochemicals. Some of them are listed here: Ursolic acid, Apigenin, Rosmarinic acid, Oleanolic acid, Elenolic acid, Hypercin, Liquiritigenin, Acetoside, Glycyrrhizin etc. They have anti RSV activity and possibly prevent viral entry to host cells. The plant extract of *Plantago asiatica* and *Clerodendrum trichotomum*¹² proved to be effective antiviral. Fifatrol¹³ is an ayurvedic prized medicine against viruses. It is useful in treatment of viral upper respiratory infections and relief from nasal congestion. It is a supportive therapy against COVID-19 virus.

The synergism of vitamins (A, C, D, E) acts as revitalizer for fighting against COVID-19. Vitamin C has great potential

as antiviral for respiratory infections¹⁴. It prevents cytokine induced lung damage and natural immune booster.

Eucalyptus oil has multiple benefits. It is supporter of respiratory system, immune booster and anti-inflammatory. Aromadendrene is an aroma therapeutical, present in oil and moderate antiviral.

Lockdown boredom, home and self-quarantines are anxiety and, stress prone and mood depressant. Healthy diet against COVID-19 can take care of psychological setbacks. The antiviral and immune booster spices- ginger, turmeric garlic are helpful. Foods rich in zinc and magnesium (nuts, seeds, whole grains), citrus fruits red bell pepper and probiotic rich foods and pickles. Cashews have good viral fighting activity. Some of them releases serotonin and dopamine for mood elevation and act as anti-anxiety/anti-stress.

CONCLUSION

We are living in virulent times CAIM system of health care offers safety and efficacy for the future generation. Health is the ultimate happiness and inspiration for good quality of life which can be achieved by therapeutical intelligence of complimentary medicines. The replication of CAIM may promote the protection of ecosystem and reorient pharmacoeconomics for feasible affordability of consumers.

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