

Herbs to Get Better Lungs: Potential Protection Against COVID-19 Today

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Abstract

Since the dawn of civilization, medical herbs have always been powerful remedies specially in Indian subcontinent. Even the use and benefits of powerful herbs are also found large in religious texts originating in ancient India, long before the flood of modern medical practice. Today, overwhelmed with sophisticated technical aspects, it has become indispensable not to forget that ancient knowledge of natural medicine that made us alive for thousands of years. Today, to control the pandemic situation of COVID-19, several modern medicines are being developed to stop the infection that affects our respiratory organs (lungs). But, there are several herbs are there having powerful medicinal values to cure our lungs naturally without any harmful side effects. It has also been found that regular consumption of such herbs not only strengthen out respiratory track, bit also improves our immune system. According to several related studies suggests that such dual useful characteristics of these medicinal herbs are to be implemented to our daily regular diet to make us more strong from

within. Specially, when all modern medicines fail to prove their superiority.

Keywords: Alternative medicine, Antiviral, Herbal Plants, Immunity.

1. Herbs to protect respiratory infection:

1.1. *Abies pindrow* Royle - *Abies pindrow*

Commonly known as Himalayan silver fir, is being used for centuries as a powerful protector of respiratory track. *Abies* are used to treat cough-cold, asthma and chest infection. This tree is easily available in the Himalayan region and can be used (fresh leaves) to make a protective shield against respiratory track disorders. [1-4]

1.2. *Ginger - Zingiber officinale*

A very well known herb having anti-inflammatory effect against several respiratory infection and also improves our digestive power. You can take ginger in several ways. According to several research, ginger effectively removes mucus from lungs. This property also supports healthy lungs and if consumed on regular basis,

can improve the lungs power to fight against diseases. Anti-inflammatory and anti-bacterial effects give an extra benefit alongside. [4-8]

1.3. Tulsi - *Ocimum sanctum*

Tulsi is called the super medicine that has even anti-viral properties along with several health benefits. In one hand, Tulsi reduces common cold-flue, another way, scientists have found antiviral effects of Tulsi. This medical herb also promotes hearth health, boost immunity, fights against common cold, relives fever, treats kidney stones. Moreover, Tulsi does not allow mucus to cluster on respiratory track. In this connection, Tulsi along with ginger would be an excellent home remedy to fight against respiratory track infection at a low cost [7-13].

1.4. Yashti Madhu - *Glycyrrhiza glabra*

Commonly known as Liquorice root. The foremost constituent of liquorice is glycyrrhizin (its trademark sweet taste). Different useful constituents present in liquorice root are: glucose, sucrose, mannite, starch, and asparagine, harsh standards, tars and an unpredictable oil. Liquorice root is utilized in bronchitis, dry hack, respiratory contaminations, catarrh, tuberculosis; genitourinary sicknesses, urinary plot diseases; stomach torment, gastric and duodenal ulcers, kindled stomach, mouth ulcer and in catarrh of the upper respiratory lot.

Likewise utilized for adrenocorticoid deficiency[14-16]. It is therefore considered to be one of the most effective herbs to treat multiple health issues [17-22].

1.5. Cinnamon - *Cinnamomum verum*

Cinnamon, a common spice that are in use for centuries have recently been found to have exceptional anti-viral and anti-inflammatory effects. It is scientifically tested that cinnamon has efficiently reduced the influenza (H7N3 Influenza A) virus especially in adults and children. This indicated its strong antiviral effect. It has also antimicrobial effect that fights against a wide spectrum of bacteria. This herb is also loaded with antioxidants that adds an extra benefit to promote beter health and fight against viral infections. Apart form traditional chemical drugs these herbs gradually proving more efficient treatment in near future with less side effects at a lower cost [23-27]

1.6. Green Tea - *Camellia sinensis*

Green tea consists of rich source of natural antioxidant that boost our immunity and fights against various potential diseases. Green tea has been found to reduce the risk of several types of cancer. Thus it is effective for reducing negative mutation and rejuvenates our cells and immunity. If used on regular basis, it could make us strong from within to fight against any viral or bacterial infections. It has been found that green tea rejuvenates healthy cells present in breast, bladder, ovarian colorectal (bowel),

esophageal (throat), lungs, prostate, skin and stomach. Lungs cells became healthy if green tea is consumed. In addition, green tea lower cholesterol that also improves proper blood flow and strengthen our metabolism and immunity [27-31].

1.7. Clove - *Syzygium aromaticum*

Clove, earlier used as spice only, now being used as a herbal remedy to treat several infections and as anti-microbial agent. It has anti-viral, anti-bacterial, anti-fungal, anti-carcinogenic properties. This tiny flower is loaded with several health benefits that are yet to be discovered [32-36]. It is also a natural food preservative that can even improves cell vitality. Clove consists of one of the richest natural source of phenolic compounds such as eugenol, eugenol acetate and gallic acid [35-36]. Therefore it has very high potential for pharmaceutical applications. It has also been observes that clove oil removes harmful dental bacteria and the vapor of clove oil has potential lungs cleansing property to keep viral/bacterial infections away [31-34].

2. A simple yet powerful formula to combat COVID-19 with the help of herbs:

From several studies it has been concluded that herbs are simple yet extremely powerful agents to treat viral infections specially in developing countries where prevention is very much desirable than cure.

2.1. A suggested herbal formula to combat viral infection in Lungs

A very simple yet powerful home remedy is represented as follows to combat against viral infection that cause lungs disorders.

Ginger (5gm) + Clove (1gm)+ Tulsi (1gm) + Cinnamon (5gm) + Green tea (5gm) → Boil in 1lt. of water for 30mins. (Ready to serve).

The above mentioned formula could not only protect us from viral infections, it can even strengthen our immunity, digestive power and metabolism.

3. Future prospects

There are immense future scope for the development of proper composition of herbal medicines. Many have been invented. But more vigorous research is yet to be done to find accurate dose and composition. It is very much predictable that after COVID-19 pandemic situation, the need of such herbal medicines will be sky high to protect us in advance. In addition, these natural medicines also help us to get a year around health protection without any side effects.

4. Conclusion

Modern medical industries are flooded with chemical drugs. But, during a pandemic situation, when these drugs struggle to protect our health, ancient knowledge of herbs can act as a shield at a cheaper cost, specially for highly

populated developing countries. Herbs, if used for a long time, could develop strong immunity and resistance that is most effective to combat against any viral infections. In addition, herbs not only act as anti-viral agents, they in addition improve our overall health and stamina. Herbs rejuvenate cells and slow down ageing. All of these benefits are free from side effects, unlike conventional drugs. Needless to say, COVID-19 gave us a lesson to come close to nature and future medical industries need to focus parallelly to herbal medicines along with conventional ones to save our civilization.

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