

Study of Immuno Booster Medicinal Plants against Covid-19

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Abstract

After the declaration of pandemic like Corona virus or covid 19, everything is getting unlocked in the current situation and we are also busy in fixing our daily routine, but it is dangerous to come in contact with many people in this phase. In such situation, it has become very necessary to increase our immunity. Ayurveda prescribes remedies for strong immunity. Mint, Amla, Aloe, Sour fruits, Lahshun, Ginger, Neem etc. increase our immunity.

The medicines use to increase the body's immunity. It has been given as a gout since ancient times, six months after the birth of the child. In early stage of childhood, peppers, nutmeg, almonds, kasturi, deafening and icing have been rubbed in a spoon of milk to increase the immunity of the child and to protect against cold. Today, besides children, it has become necessary for the youth and the elderly to consume medicinal products that increase their immunity during this corona crisis.

At present, Trikota(kada) decoction is used to get rid of epidemic like Covid 19. As a medicinal plant in this decoction, basil, turmeric, giloy, black peppers ashwagandha etc. are included.

Keywords:

Introduction

Fruits, roots, stems, leaves and flowers or whole plants derived from medicinal plants are used as medicines. Due to which the human body gets rid of diseases and increases immunity. The mysterious properties of medicinal plants are also found in medicine today and in the past. Ayurvedacharya and Kaviraj who have been planting and using these plants in the traditional way for the treatment of many diseases. They are so experienced that they use useful medicinal plants as medicine by touching the patient's pulse, looking at the face and listening to their discomfort.

The growth and development of science has led to the creation and use of medicines to overcome all diseases globally, based on experimental tests. This treatment is possible but it is expensive for poor families or humans who live in far flung villages. In Ayurveda Shastra, treatment of all diseases such as skin related, cancer, asthma, blood deficiency, diabetes, paralysis, impotence, indigestion, reproductive medicines, etc. are possible in the Ayurveda scriptures. After the arrival of the corona virus and Covid 19 has been declared an epidemic by the World Health Organization, all the countries of the world are engaged in making vaccines to get rid of it. Many countries have started trials. But no one has claimed it completely. The use of medicinal plants as medicines is necessary to strengthen your body's immune system until the disease is vaccinated by the ICMR or to manufacture medicines for treatment. In India, the Ministry of AYUSH has said that to get rid of corona virus, drink a decoction of tricotu powder and increase its immunity. In Ayurveda, ashwagandha, mulethi and giloy are considered the basis for Trikota powder. Primarily, Giloy is considered to be the most effective drug for treating many diseases.

Aim of the Study

In this paper, there is a study of green herbal to increase the immunity of the body. Immuno boosters take the form of plant fruits, seeds, stems, roots, leaves etc. which prevent our body from getting many diseases.

Through this research paper, 25 plants that increase the immunity of our body have been collected and made herbarium which is used as food. These foods are taken as medicines in the treatment of

many diseases along with increasing immunity. These plants are listed on the basis of their local name, family, botanical name, alphabet. Different parts of plants have

been reported to be used for medicine in many ways. Table : 1 -: Arrangement of the plants in their botanical name.

S. No.	Local name	Botanical name	Family	Plant parts	Uses
1	Garlic	Allium Sativum	Ameryllideaceae	whole plant	Garlic is widely used for several conditions like to the blood system and heart, including prevention of lungs cancer, heart attack, breast cancer, protests cancer, stomach cancer.
2	Aloe	Aloe Barbadens is	Liliaceae	Whole plant	Aloeverais used to all kinds of diseases. Skin, Hair, acne, dye, liver, jaundice, wounds, burning, cosmetic, antiparasitic activities, digestion etc.
3	Broccoli	Brassica Oleracea	Brassicaceae	Whole plant	Broccoli is a bone builder veggie. Contains Vitamin K1 and K2 . vitamin K1 & K2 are also present in some green leafy vegetables. both Vitamins are helpful in maintaining our bone strength.
4	Termeric	Curcuma longa	Zingberaceae	Roots	Curcumin activates the production of T-cells which are the main cells fighting for your health in your immune system. so the curcumin is a great source of boosting immune system.
5	Mosubbi (Sweet Orange)	Citrus Sinensis	Rutaceae	Fruits	Sweet Orange (Mosubbi) are packed to Vitamin C. Vitamin C is help full preventive in common cold for people. it's supported to cold weather and boosting immune system in our bodies.
6	Lemon	Citrus Limon	Rutaceae	Fruits	Lemon is a great nutritional asset. That is virtually free of fats, sodium and calories and packed with vitamin C which is powerful antioxidant, reducing the risk of heart disease and fight cancer.
7	Red pepper	Capsicum Annum	Solanaceae	Fruits	Red peppers are filled with Vitamin C. It is rich source of fighting coldand boost immune system in our body.
8	Green Tea	Camellia Sinensis		Leaves	Green tea contains a small amount of caffeine for an energy boost. further green tea may also

					helps for lowering cholesterol.
9	Mulethi	Glycyrrhiza Glabra	Fabaceae	Roots	Mulethi is a powerful herbs to used in the various diseases. Asthma, diabetes, digestion, etc.
10	Mushroom	Agaricus	Agaricaceae	whole plant	All edible mushroom's contain varying degrees of protein and fiber. it also contains Vitamin B as well as powerful antioxidant called selenium , which helps to the support immune system and prevent damage cells & tissue.
11	Drumstick	MoringaOleifera	Lamiaceae	Whole plant	Drumstick is multi utilization in daily life of human. one of the most popular medicinal plants. It is aslo do support for boosting immunity and prevent the diseases.
12	Pudina	Mentha	Moringaceae	Whole plant	The phytonutrients present in herbs are something that directly supports your immune system. Most of these herbs have antibacterial and anti-inflammatory properties and antioxidants present in them that can help you fight against viral infections and flu.
13	Tulsi	OcimumSanctum	Lamiaceae	whole plant	Tulsi is not only an immunity boosting herbs. It's also most commonly found plants in India household. Overall Tulsi helps in relieving lungs related diseases. it's also beneficial to controlling blood pressure skin related problems as well.
14	Amla	Phyllanthusemblica	Phyllanthaceae	Fruits	Alma is one of the main ingredient in Chawanprash. Amla aids in improving digestion enabling that the food taken more effective. It's aslo called Indian Gooseberry and help full in detoxifying the entire organs system for better health and immunity.

15	Gulme hindi	Rosemerinus	Lamiaceae	whole plant	Rosemerry is an antioxidant and anti-inflammatory compound and improves digestion. It is enhances memory and concentration, protection against macular degeneration.
16	Tomato	SolanumLycopersicum	Solanaceae	Fruits	Tomatoes are a great food to eat when you are sick due to high concentration of vitamin C. which prevents to your body from disease and boost immune system.
17	Spinach	Spinach Oleracea	Chinopodiaceae	Whole plant	Spinach is high in iron, magnesium and potassium. iron is transporting oxygen needs for energy production. Magnesium also plays beneficial role to production of energy and boosting immunity. Potassium protects to nerves system from various diseases.
18	Giloy	TinosporaCordifolia	Menispermaceae	whole plant	Giloy has multi uses in Ayurveda. Giloy protects your body from skin disorders, liver, piles, Aphrodisiac treatment, rheumatism and fever. Its juice is aslo useful in debility caused for repeated attacks of fever and boost immune system.
19	Blueberry	Vaccinium	Ericaceae	Fruits	Blueberries are filled with antioxidants. That can help treatment and prevent cough and cold.
20	Ashwagandha	WithaniaSomnifera	Solanaceae	Roots	The Plants has "the smell of horse" hence called Ashwagandha. which indicates its ability to give immunity strength and unique fragrance carries. it helps increase strength muscle mass and improve brain function as well.
21	Corn	Zea Mays	Poaceae	Fruits	Corn is a champion of snacks and storehouse of antioxidants. it is a best food as veggie and high level fibers. it has tempered quality for fighting cold & boosting immunity.

22	Zinger	Zinger root	Zingiberaceae	Rhizome	zinger is used to treating common cold and one of the best food of the relief. Zinger roots have anti-inflammatory properties, where key in the roots power to combat a cold or flu.
23	Apamarge	AchyranthousAspara	Amranthaceae	Whole plant	Apamarge is a great medicinal plant in Ayurveda. It has filled with Vitamin B, K & E. It prevents our body from various diseases and boosts immunity.
24	Neem	Azadirachta indica	Miliaceae	Whole plants	Neem also known as a miracle herbs in Ayurveda. Neem has ability to fight bacteria, virus and fungus. It also protects from cancer, diabetes and liver disease.
25	Sweet Potato	Ipomoea batatas	Convolvulaceae	Roots	sweet potatoes are source of iron, magnesium carbohydrate and vitamin C. vitamin C is needed for transporting fat into the cells of body for energy production.

Review of Literature

Review of the literature reveals that many workers explore the medicinal plants or green herbs.- Jain S. K. 1965, Singh et. al (2004), Sharma O. P. (2015), Babu S.S. et. Al (2001)

Methods and Materials

Periodic expensive survey has been made from January 2019 to January 2020. collection of plants specimens were made from various locations of India. Expensive Information regarding plants used in protect from common cold and flu, such as boosting immune system in our body. The medicinal plants are used in their daily needs of these regions was noted.

Results and Discussion

The collection data of medicinal plants have been arranged alphabetically followed by their family and medicinal significance as reported by the expert presented in table: 01. this paper presents a description of 25 plants, used the whole parts of 12 plants, the fruits of 08 plants, the roots of 03 plants and the use of rhizomes and leaves of 01-01 plants. This table has been prepared by going to different places and asking experts to know the survey and the plants as medicine.

Conclusion

The present conclusion is mainly based on the results obtained from studies made under various locations survey. At present, patients of Corona are being found everywhere. Therefore, it is necessary to have strong immunity to the person. In this way, take medicinal plants according to the rules of AYUSH and increase your body's immunity. Vegetables, fruits, juices, roots, stems and leaves of these plants are used, which keeps our body healthy. All the medicinal

plants described in Table - 1 protect against cold, cough and fever. Thus, using immuno booster medicinal plants can prevent dangerous diseases like covid 19.

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