

## COVID-19: Dietary Therapy and Herbal Medicine

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### Description

The new coronavirus disease (COVID-19) pandemic has caused global socioeconomic disturbances with a worrisome number of deaths and health issues, and therefore the world has been struggling to seek out medicine to treat and stop COVID-19. As the coronavirus disease (COVID-19) is transmitted from humans to humans, which has rapidly become the pandemic liable for the present global health crisis. This coronavirus outbreak caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), which is claimed to be of zoonotic origin, Coronaviruses are important animal and human pathogens. Towards the top of 2019, the novel coronavirus identified in Wuhan, China, presented as a cluster of symptoms of pneumonia. Its quick spread resulted during a global pandemic. In May 2020, there are approximately 5 million confirmed cases of COVID-19 and quite 30 thousand deaths worldwide, as reported by the WHO, the utilization of dietary therapy and herbal medicine as complementary COVID-19 prevention therapies, given the present absence of an efficient drug and/or vaccine against COVID-19/SARS-CoV-2. Several doctors and researchers have already attempted to use herbal medicines on clinical trials against SARS-CoV-2. The longstanding use of dietary therapy and herbal medicine to stop and treat diseases can't be overemphasized, as several herbs exhibit antiviral activity. Using dietary therapy and herbal medicine to stop SARS-CoV-2 infections might be a complementary COVID-19 therapy, while drugs remain under development. Within the past, herbal medicine has played a crucial role in controlling infectious diseases. Clinical evidence from a variety of studies of herbal medicine within the treatment of SARS coronavirus (SARS-CoV) has shown significant results, and supported the thought that herbal medicine features a beneficial effect within the treatment and prevention of epidemic diseases. A Cochrane systematic review reported that herbal medicine combined with Western medicine may improve symptoms and quality of life in SARS-CoV patients. Herbal medicine is taken into account one among the choice approaches within the treatment of COVID-19.

### Signs and Symptoms of COVID-19

Early discoveries of COVID-19 pneumonia patients were suspected to be related to the Huanan seafood market in Wuhan, where wild-animal trading occurred. SARS-CoV-2 is postulated to possess

originated from a bat, because its full-length genomes are almost like the bat-derived SARS-CoV genome: 88% identical. Phylogenetic analyses indicate that SARS-CoV-2 belongs to the subgenus Sarbecovirus of the genus Betacoronavirus. So, homology modelling studies reveal that the receptor-binding domain structure of SARS-CoV-1 is analogous there to of SARS-CoV-2. SARS-CoV-2 might amplify within the intermediate mammalian host, probably pangolin, since the whole-genome of pangolin-CoV is 91.02% just like SARS-CoV-2. Molecular and phylogenetic data showed that SARS-CoV-2 didn't emerge directly from the pangolin-CoV. However, as the origin of the transmission from pangolin-to-human remains in debate. Trading pangolin in wet markets should therefore be strictly prohibited to scale back the danger of future zoonotic transmission. SARS-CoV-2 genomes have now mutated into 3 types; A, B, and C. A is closest to the ancestral bat-derived coronavirus. Great proportions of types A and C are observed in Europeans and Americans, while B is especially found in East Asia.

SARS-CoV-2 may be a human-to-human aerosol transmission, making the fear of contracting COVID-19 a serious panic-trigger amongst numerous individuals. supported data collected from 99 COVID-19 patients admitted in Jinyintan Hospital, Wuhan, the standard signs and symptoms include fever (83%), cough (82%), and shortness of breath (31%), which are often amid muscle ache (10%), confusion (9%), headache (8%), and pharyngitis (5%). Approximately 75% of those patients also presented with bilateral pneumonia (75%), 17% of them had acute respiratory distress syndrome, and 11% died over a brief time span, due to multi-organ failure. Coronavirus are often treated using nutrition; as an example, treating influenza with very large amounts of vitamin C has been practiced for many years. The cold, SARS-CoV-1, and SARS-CoV-2 fall into an equivalent coronavirus family; hence, are considered an equivalent viral type. Therefore, vitamin C could also be effective against COVID-19; clinical studies are required. Evidence showed that vitamin D decreased the danger of COVID-19 outbreak in winter, which may be a time when 25-hydroxyvitamin level is low. Thus, vitamin D intake may reduce the danger of influenza and COVID-19 infections and related deaths. Currently, there's limited number of allopathic medicines considered effective against COVID-19. The planning and development of medicine and vaccines require elucidation of the mechanism of SARS-CoV-2.