BIO-RESOURCES DEVELOPMENT CENTRE

(A Government of Meghalaya Institution under S&T Cell, Planning Department)

LIST OF PLANTS EXHIBITING ANTI-VIRAL PROPERTIES

A viral infection is a proliferation of a harmful virus inside the body. Viruses cannot reproduce without the assistance of a host. Viruses are tiny germs, they are like hijackers. Viruses invade living, normal cells and use those cells to multiply & produce other viruses like themselves.

Viruses can kill, damage or change the cells and make you sick. Unlike bacterial infections that responds to antibiotic, viral infections are not so easy to treat. Many, like colds, run their course and your body heals on its own, but others donot like covid-19, Influenza, HIV, Meningitis, Pnuemonia, HPV, Herpes, Rotaviruses, Chicken-pox. These viral infection needs intermediate responsive action.

The COVID-19 pandemic which has affected millions of people globally and killed over 300,000 people has turned the world's attention to the immune system, the body's defence force against disease-causing bacteria, viruses and other organisms that we touch, ingest and inhale every day. It is not different from how Influenza viruses or even the Corona virus responsible for the common cold, attack the body. Therefore, the immune system has a predictable response. It is the degree to which this response is tolerated by the body that determines mortality rates.

The use of antibiotics and chemotherapy has not been encouraged due to some ill effects such as drug resistance in bacteria and causing toxic effects. Alternatively, plant products are ecofriendly, possess a beneficial effect and do not cause any problem. The beneficial effect of plant products are reducing the stress condition, serving as an appetizer, rendering antimicrobial activity as well as stimulating the immune system. Herbal preparation plays a prominent role in controlling diseases by exhibiting their antioxidant and antimicrobial activity.

This brochure presents some of the common medicinal plants exhibiting anti-viral properties. Beside these, there are various other plants with such properties.

The main advantages of herbal formulations are they serve as cheaper therapeutic agent and have a better accuracy in comparison with chemotherapeutic agents. Herbs may also be supplemented along with diets as a mixture or as an individual supplement.

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Acorus calamus
Common Name: Sweet flag(E), Bat bhut, Bet(K)
Method of use: Extract of the roots
Properties: Against Dengue virus

Aloe vera
Common Name: Aloe(E)
Method of use: Decoction of the whole plant is consumed
Properties:- Inhibits Influenza A virus

Azadirachta indica
Common Name: Neem(E), Dieng nim(K)
Method of use: The leaves can be cooked or consumed as Neem water
Propwerties:- Inhibits Dengue Virus Type-2

Rubia cordifolia
Common Name: Indian madder
Method of use: Powder of roots taken wirh honey/Decocotion of roots
Properties:- Anti-viral activity against Rotavirus

Andrographis paniculata
Common Name: Kalmegh(H), Green Chirata(E)
Method of use: Infusion, decoction or powdered form of stem, leaves and roots are used
Properties:- Against HIV, HSV-1

Punica granatum
Common Name: Pomeganate(E), Anar]
Method of use: Juice of fruits,
Properties:- Antiviral effects on HIV

Allium sativum
Common Name: Garlic(E), Rynsun(K)
Method of use: The bulbs are eaten raw or cook with curry, fried with mustard oil
Properties:- Against HPV< Influenza A&B, HIV, HSV-1

Asparagus racemosus
Common Name: Shatavari(H), Bat niangsohpet(K), Phlang chokria(J)
Method of use: The powdered or decoction of the roots are used
Properties:- Anti-HIV Activity

Acacia arabica
Common Name: Babool,
Method of use: Dried stem bark decoction
Properties:- Against HIV-PR, Hepatitis-C virus