



Curcuma longa

Common Name: Turmeric(E), Shynrai(K), Chyrmitt(J)
Method of use: The powdered rhizome (fresh/dried mixed with honey)
Properties:- Against Dengue virus, Influenza virus



Momordica charantia

Common Name: Bitter gourd
Method of use: Decoction of flowers & leaves
Properties:- Inhibition of Influenza-A, HIV, Hepatitis viruses



Swertia chirata

Common Name: Chirata
Method of use: Decoction of dried roots
Properties:- Against HSV Type-1



Tinospora cordifolia

Common Name: Heart-leaved Moonseed (E), Chinnaruha (H), Bat bteng(K)
Method of use: Dry stem crude extract is used
Properties:- Anti-HIV effects
Decoction of leaves, bark and root bark is taken in equal proportion



Solanum nigrum

Common Name: Nightshade plant
Method of use: Decoction of dried roots
Properties:- Against Hepatitis-C virus



Gymnema slyvestre

Common Name: Gurmar
Method of use: The leaves are boiled in water taken as tea
Properties:- Against HBV,HIV, Influenza viruses



Boerhavia diffusa

Common Name: K)
Method of use: Decoction of roots
Properties:- Against Yellow fever, Chikungunya virus



Withania somnifera

Common Name: Ashwagandha(H), Indian Ginseng(E)
Method of use: Powdered/ extract of roots and leaves is consumed with warm milk/
Honey
Properties:- Inhibits activity of SARS-COV-2, Hepatitis –A&B, Herpes Viruses



Euphorbia hirta

Common Name: Slakweed
Method of use: Fresh whole plant decoction is taken
Properties:- Against HIV-1, HIV-2



Glycyrrhiza glabra

Common Name: Licorice root(E),
Method of use:- Roots decoction, Root powder with honey
Properties:- Against HIV, Herpes Viruses, SARS-COV



Piper longum

Common Name: Long pepper(E), Sohmril Khlaw(K)
Method of use: The grounded dried fruits are consumed with honey
Properties:- Inhibits Hepatitis B virus



Zingiber officinale

Common Name: Adrak(H), Ginger(E), Sying(K)
Method of use: The rhizome is eaten raw or taken as a decoction
Properties:- Against Chikungunya virus, Influenza-A H1N1