Antiviral study by Traditionally used Plants

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ABSTRACT

Medicinal plants, as a complementary medicine, have been used to treat various diseases since ancient times. These plants have numerous beneficial applications and are the source of certain conventional drugs. In diseases such as hepatitis, which are caused by several factors, virus is an important causative factor. Accordingly, novel and effective therapies such as herbal remedies should be practiced to prevent such lethal diseases.

Methods:

Using the available databases such as Google Scholar and PubMed, the previously reported antiviral generally divides as target organism and no registered study on antiviral herbs has been done so far. Subsequently, 4 native medical plants of Pakistan containing the potential antiviral were selected. The selected plants were purchased and cleaned and were packed in raw form without processing. Then 1 concentration of herbs(6 grams each) was made. Finally, antiviral effect of the selected herbs was evaluated by by performing PCR and Elisa.

Results:

Among the 4 selected herbs, including **Lactuca Stavia(seed),Cichorium, ntybus(seed), Protulaca Orelacia(seed) and Nelumbo Nucifera (dry flower)** showed a more promising antiviral effect.

Conclusion:

The antiviral activity was identified for the first time by these 4 herbs. Further in vivo study and mechanism of action assay are required to be performed on these three herbs, which could be suitable candidates for use as natural antiviral

Key words:

Antiviral, Herbs, Hepatitis, Medicinal plant

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INTRODUCTION

Plants are a great source of ingredients with numerous beneficial uses, including therapeutic and pharmaceutical applications, which are in use since ancient times. Although they are known safe and show many therapeutic effects in a vast range of illnesses, they may have harmful effects due to a paramedical plants may be a better choice due to negligible harmful effects. It should be noted that those who use their medicine along with medicinal

plants should be cautious due to the increased effect of the medicine. There are several reports regarding the harms of concurrent use of medicinal plants and modern drugs, and it should be taken seriously.According to the report, 325 million **people**, or roughly 4% of the world's population, lives with viral **hepatitis**, and the disease causes 1.34 million **deaths per year**.(1) The study showed that in 2016, 1.34 million **deaths** were related to viral **hepatitis**, including liver cancer, acute cases, cirrhosis, **hepatitis** A, E, B, C and D, according to the World **Hepatitis** Alliance (2)At this rate, an estimated 20 million **deaths** will occur between 2015 and 2030. Within the Region, **Pakistan** and Egypt bear 80% of the disease burden and within **Pakistan** almost 12 million people are suffering **from hepatitis** B or C.(3) Hence, finding safe and effective therapeutic approaches to prevent and treat such
diseases, particularly with the use of herbs, which are safer, cheaper, and more available, is an important goal that we are seeking to achieve with the help of novel and fast in the present study.

METHODS

Gathering information regarding antiviral compounds and plants.To gather a list of all the known antivirals compounds and plants, databases such as Google Scholar and PubMed were searched with appropriate keywords, which are listed in as video links.

Accordingly, we prepared a combination of the herbs from a study done on rats and as per ancient way of treatment reported previously .Selecting, purchasing, and extracting the candidate herbs. The selection of candidate plants was based on their similarity in having one of the similar antiviral compounds resulted previously, and their antiviral effect was not reported previously.

According to these principles, 4 herbs of Pakistan were selected to be evaluated for their

antiviral effect. Then the selected antiviral herbs were purchased from herbs whole sale market a specialized plant shop (Ganj mandi Bazaar, Lahore,Pakistan). Subsequently, the identity of the purchased plants was checked by an expert botanist, and a voucher specimen was appointed to each plant in the herbarium of Ecolife Pharma and Drug Design Unit, Rawalpindi dist. Pakistan. Herbs were cleaned individually for the packing procedure. The herbs were packed 6 grams each in raw form without any processing.The doses were then trailed on the patients on Jaundice Hep B and Hep C as per there PCR and Elisa reports. Starting dose was for 1 week in Jaundiced patient with altered ALT. 1 sachet was soaked in a boiled and warm water of 300 ml and the container was covered with a piece of cloth and was left overnight. At morning with out removing the cloth water was drained and taken 30 minutes before breakfast. The process was repeated for 1 week in a fore mentioned case. For Hep B it was repeated 3 weeks and for Hep C 6 weeks initially followed by repeat of lab reports.

RESULTS

Search results for antiviral compounds and Herbs. According to search results, the ALT were back in normal limits and in case of B and C the basic screening(70 percent), ELISA and PCR got negative which in not reported previously.

DISCUSSION, CONCLUSION, AND IMPLICATIONS FOR TRANSLATION

In the present study, the main objective was to evaluate the efficacy in Antiviral herbs. Herb design and to study the antiviral effect of selected herbs,as well as to anticipate the possible additive effect of herbs in case of concomitant use of antiviral medication.

Therefore, we successfully identified an antiviral influence in selected herbs. Hence, following our previous work **(this remedy is used by our ancestors to treat several signs and symptoms of viral diseases)** , we evaluated the antiviral effect of 4 different native herbs of Pakistan, which showed a significant in vitro antiviral effect. According to our results, in the continuation of the previous study, we confirmed the usefulness and cost-effectiveness of new therapeutic compounds and herb materials. Also, we could effectively show the suitability of lab reports to evaluate the effect of herbs on the virus.

The 4 medicinal plants with recognized antiviral effect, including **Lactuca**, **Stavia(seed), Cichorium Intybus(seed),Protulaca Orelacia(seed) and Nelumbo Nucifera (dry flower)** are suitable candidates to be considered as candidate herbal medicines in the prevention and treatment of viral diseases, such as viral hepatitis.However, more evidence like in vivo study is required to understand the safety and the real effect of these herbs.

COMPLIANCE WITH ETHICAL STANDARDS [not included in word count]

Conflicts of Interest: [---]

Financial Disclosure: [---]

Funding/Support: [Self Supported]

Ethics Approval: As mentioned above these ingredients are used in region so people already suffering volunteered themselves and the drug to be registered, I searched a reference online that these ingredients had trials on rats but not in the way it is been used in our region.

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References [No more than 5 references total]

NOTE: These references are used for publication and registration services only, otherwise you can verify by any source your good self wants that the paper sent is purely my studies.

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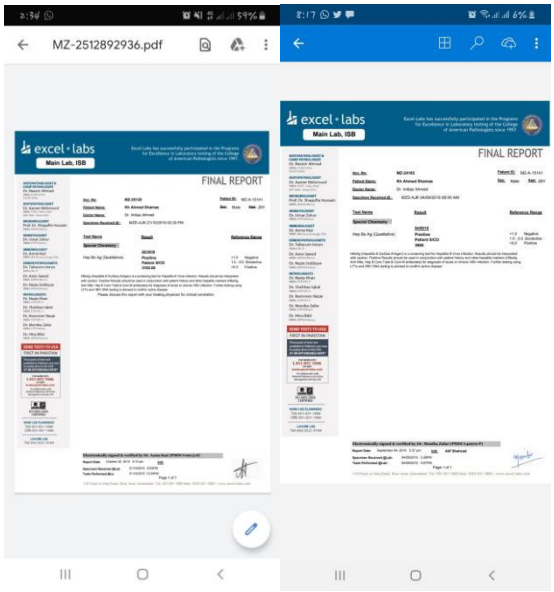
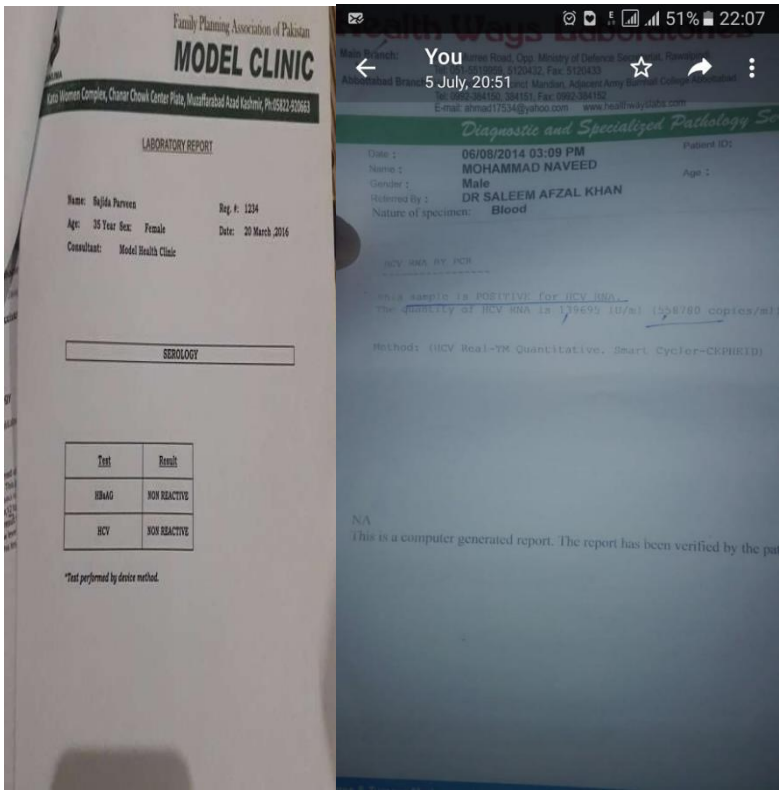
Tables & Figures

There are several other reports which can be presented. Below are samples please.




Family Planning Association of Pakistan
MODEL CLINIC
LABORATORY REPORT
Name: Rajida Parveen
Reg. #: 1234
Age: 35 Year Sex: Female
Date: 20 March ,2016
Consultant: Model Health Clinic
SEROLOGY
Test
Result
HBsAG
NON REACTIVE
HCV
NON REACTIVE
*Test performed by device method.
You
5 July, 20:51
51% 22:07
Diagnostic and Specialized Pathology
Date : 06/08/2014 03:09 PM
Name : MOHAMMAD NAVEED
Gender : Male
Referred By : DR SALEEM AFZAL KHAN
Nature of specimen: Blood
This is a computer generated report. The report has been verified by the