

Introduction of the prevention and control of the Covid-19 with herbs in Thailand

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ABSTRACT:

In late December 2020, the government of Thailand approved a pilot study of the use of the southern Asian herb "Andrographis or Fa Talai Chon" (*Andrographis paniculata*) to treat early symptoms and reduce the severity of COVID-19. Also, there is a study published in November 2020, researchers screened 122 Thai natural products (114 medicinal plant extracts and eight purified compounds) for activity against SARS-CoV-2, the virus that causes COVID-19. Among six selected candidates, Andrographis extract had moderate inhibitory activity against the virus in cell cultures, while its purified compound andrographolide exhibited 99.9% inhibitory activity against the virus in cell cultures. In support with another in vitro study from Thailand published in December 2020 showed that a 95% ethanol extract of Andrographis significantly inhibited the production of SARS-CoV-2 in a human lung cell model. The early of 2021, there is a retrospective study reported 568 patients with COVID-19 found that Andrographis extract and its powder with 180 mg of andrographolide per day for 5 days could reduce the severity of the disease significantly when compare with the control.

Therefore, the mid of 2021 Andrographis extracts and its powder, with 180 mg. of andrographolide per day for 5 days, have been approved and listed in the National List of Essential Medicine, indicated for treating mild COVID-19 infection to prevent the severity of the disease. It is the nation recommendation in the clinical practice guideline for doctors to prescribe Fa Talai Chon as a first remedy for treating mild COVID-19 patients.

In the same time, from the above-mentioned study (November, 2020) found that "Finger root or Krachai" (*Boesenbergia rotunda*) extract had highest inhibitory activity against the virus SARS-CoV-2 in cell cultures. Therefore, Thai researchers including the Department of Thai Traditional and Alternative Medicine (DTAM) have been conducted 3 clinical studies of Krachai currently. This herb is quite popular among Thai people because it is commonly used a food ingredient in our kitchen. The preliminary dose of Krachai for COVID-19 treatment is containing Pinostrobin 90 mg and Panduratin A 27 mg per dose, 3 times a day at least for 5 days.