

AL REHAN HERBAL TEA AND ITS EFFECTIVITY AS AN IMMUNITY BOOSTER IN  
THE PATIENTS OF COVID 19

Huzefa Gulam\*, Mohammed Randera, Dr. Sayed Asif and Dr. Ilyas Beemat

\*Corresponding Author: Huzefa Gulam

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**ABSTRACT**

In this time of COVID-19 pandemic almost every institution is searching a possible cure for this disease or any kind of an immunity booster. Since time immemorial medicinal plants have been used by various communities by a large number of elements. One of the great advantages of medicinal plants is that they offers almost completely natural medicinal properties often without scary side effects. The global demand for herbal medicinal products has increased significantly in recent years. The Jamia / Kadha is the Unani / Herbal immunity booster made by Jamia Islamic Ishtul Ulooms A.G.Unani Medical College & As – Salam Hospital using traditional medicinal herbs. This medicine is an immunity booster that contains Chief ingrediants such as Unnab, khatmi, Gaozaban, Barge Adusa, Ustikhuddus, Giloy, Rehan and Mulethi etc. These medicinal herbs have immense benefits in strengthening the immune system and also are effective in curing symptoms like Cough, Bronchitis, Pneumonia, Sore throat, Fever nasal congestion etc. This medicine can be used as a supplement for immunity enhancement but its effectiveness in curing certain symptoms is still under question as extensive research is yet to be alone. In this review, an effort has been made to provide infraction on medicinal properties of ingredients of Jamia Kadha in Unani classified literature as well as recent scientific studies.

**KEYWORDS:** Immunity booster, COVID-19, Khatmi, Rehan, Mulethi, Traditional medicinal herbs.**INTRODUCTION**

Three quarters of world population relay on herbal & traditional medicines as a basis for primary health case. Many plants have been known to produce biologically active substances which are found to be useful as antioxidant or antimicrobial agents. The year 2020 began with unfortunate advent of a pandemic of COVID-19 which has created have in entire world. WHO define corona virus disease as an infectious disease caused by novel corona virus of family corona virus. According to WHO, Some of the most common symptoms of COVID 19 includes fever, tiredness, dry cough, headache & serious symptoms includes difficulty in breathing & chest pain. Existing antiviral till date do not work against this virus & there is no cure for it. However, experts claim that good immunity increases the pace of recovery even if it gets affected by the virus. Hence in these times, boosting immunity is of almost importance. Extensive research is going on throughout the world to study the nature of virus so that a cure or a vaccine could be developed. In mean while many organizations have shifted their focus in producing immunity boosters which can be used as supplements.

**Ingredients of Jamia Kadha**

Jamia Islamic Ishatual Ulooms A.G.Unani Medical college & As-Salam Hospital claims that Jamia Kadha

has been made using 12 ingrediants. These are as follows.

**(1) Gaozaban :- (Borago Officials)**

Gaozaban appears to have benefits described by Greek Physician described from whom it was adopted by Arbas & Subsequently redescribed by Avicenna 4 (AD 980-1037) by its Gaozaban appears to have benefits described by Greek Physician described from whom it was adopted by Arbas & Subsequently redescribed by Avicenna 4 (AD 980-1037) by its Arabic name 'Lissanussaur' hancing same meaning as pessian name gaozaban i.e. Cow's tongue.<sup>[49]</sup> The drug Goazaban (Borago Officials) has a semi purified glycoside which is extracted from aqueous extract of flowers by garg et al.<sup>[1]</sup> Plant borgo officials having awabiline, thesinine supenine, lycopsamine, acetyl intermedine, choline, tannin and amino acids.<sup>[3,5,6,7,10,11]</sup> The drug is stimulant, tonic, antitussine, diuretic, antihypertensive, anti-inflammatory.<sup>[2]</sup> the leaves and flowers are used in cough, bronchitis, fever, core throat & urogenital elemnts. Flower decoction is used for bronchitis cold, cough, edema.<sup>[4]</sup>

**(2) Unnab :- (Zizyphus Valgaris)**

Medicinally, Unnab is used as an expectorant, digestive, laxative, antipurpurtis & blood purifier. It's other

pharmacological actions are antioxidant, ant cancerous, antianxiety, immune stimulate, anti inflammatory, antiallergic & anti obesity activities.<sup>[48]</sup>

### (3) Khatmi :- (*Althaca officianlis*)

Khatmi botanically named as *althaca officianalis* linn. Belongs to family malvaceae.

The meaning of Khatmi is ‘Kaser-ul-munafaye’ (possessing many functions) in Arabic language. Every part of the plant yields mucilage,<sup>[26,28]</sup> B- as perafin, betacine, starch, sugar.

It is useful in uterine ulcer, infertility bronchitis, cough, used as an expectorant & antitussive.<sup>[29]</sup>

### (4) Khubbazi:- (*Malva Sylnestris*)

Khubbazi hancing anti inflammatory, antioxidant, anti cancer, hepatoprotective, antinorceptive and antiturobeal activities. Traditionally *M. Sylnestris* is used for various infections or disease including cold, cough, ronsillitis, bronchitis, digestive problems, eczema etc.<sup>[47]</sup>

### (5) Sapistan:- (*Cordia Latifolia*)

Sapistan is used in treatment of various upper respiratory tract elements. it clears phlegm, stops cough. It is used to treat cough, bronchitis, pneumonia & pthisis.

The chemical constituents of *cordia latifolia* are cordinaolic acid, cordicilin, cordinol etc.

### (6) Barge Adusa :- (*Adathoda Varica*)

Barge Adusa is a popular medicinal plant. consuming adusa powder with honey is considered to be beneficial in cases of respiratory infections such as whooping cough, bronchitis, asthma due to its expectorant property. The paste, powder & root decoction helps reduce fever due to its antipyretic property.<sup>[30,32]</sup>

### (7) Ustkhuddus:- (*Lavandula stoechas*)

Among medicinal plants Ustkhuddus (*Lavandula stoechas*) is the rationally very important. In Unani system, it is known as “Jarobe dimagh” which means “broom of brain” because of its removing black bile from brain, gives strength & improves intellect.

The phytochemical constituents present are carbohydrate, eucalyptor, glycoside, steroid, terpenes, rosmarinic acid, B-sitosterol.<sup>[17,18,19]</sup>

It is used as hypnotic, sedative, anticonvulsant & in chest affections. it expels the crudities from brain & clarifies intellect.<sup>[21,22,23,25]</sup>

### (8) Rehan/Tulsi(*Ocimum tenciflorum*)

Tulsi also known as Basir & highly served for its medicinal uses within Ayurved, Siddha & Unani Medicinal System. It consists of oleonic acid, urolic acid, eugenol, rosmarinic acid, B-caryophyllene.<sup>[53]</sup> Rehan / Tulsi is used in diabetes, obesity.<sup>[52]</sup>, stress, asthma,

fever, common cold, influenza, heart disease, bronchitis, antidote to snake & scorpion bites insomnia etc.

### (9) Gilory:- (*Tinospora cordifolia*)

Gilory is a herb that has been used & advocated in Indian Medicine for ages. The active ingredients in gilory are terpenoid, alkaloid, lignans & steroids. Gilory helps boost immunity, removes toxins, purifies blood, fights bacteria & combats liver diseases & urinary tract infection. It is also used in treating heart related conditions & treating infertility. Due to its antipyretic effect<sup>[55]</sup>, it helps get rid of recurrent fever. Gilory acts as a hypoglycaemic agent & helps treat diabetes (particularly types 2 diabetes). It helps reduce mental stress<sup>[54]</sup> as well as anxiety. Gilory is popularly known for its anti-inflammatory benefits & helps reduce respiratory problems like frequent cough, cold & tonsillitis. Gilory contains anti-inflammatory properties so reduces signs of aging.

### (10) Absesham:-(*Bombyx Mori*)

Absesham possesses antioxidant activities & rich flavonoid content. As it contains pectin, phytol, carotene, triacontanol etc. So since ancient times it has been used to treat cardiac elements due to lipid lowering properties.

### (11) Behidana:-(*Cyadonia Valgaris*)

Behidana has been used as medicine since ages<sup>[34]</sup> as laxative, astringent & anti-inflammatory.<sup>[35]</sup> Behidana is used in rhinitis<sup>[33,39]</sup> dry cough<sup>[37]</sup>, dryness in throat<sup>[36,39]</sup>, Tuberculosis<sup>[37,39]</sup>, fever and excess sweating.<sup>[40]</sup> Seeds contain significant quantities of mucilage & are helpful in treating bronchitis.<sup>[38]</sup> The polyphenolic extract of fruit from *cyadonia valgaris* acts as antioxidant, antimicrobial (antibacterial & anti influenza viral) properties.<sup>[42]</sup>

### (12) Mulethi:- (*Glycyrrhiza glabra*)

Mulethi has extensive pharmacological effects for human being. The most common medical use is for upper respiratory elements including cough, hoarseness, sore throat & bronchitis.<sup>[44,46]</sup> The active ingredients are saponin, flavonoids, isoflavonoids & coumarin.<sup>[43]</sup> The enzyme present in root helps the body produce lymphocytes & macrophages that protect body from microbes, allergens & cells that cause autoimmune diseases, further keeping away from infections & allergies & in turn boosting immunity.<sup>[45]</sup>

## DISCUSSION

In India, more than most of the population use herbal drugs for their health. There is vast experience based evidence. Mentioned in Unani classical literature for many of these drugs. The Jamia Kadha is the Unani / herbal immunity booster made by using traditional medicinal herbs. It contains chief ingredients such as Khatmi, Barge Adusa, Rehan, Gilory Behidana and Mulethi etc. As Khatmi means ‘Kaser-ul-munafaye’ it is useful in female disease, cough, infertility, bronchitis etc.<sup>[29]</sup> Barge Adusa is beneficial in respiratory problems & reduces fever.<sup>[32]</sup> Rehan / Tulsi hancing multiple

therapeutic actions including adaptogenic, cardio protective anti inflammatory & immune modulatory effects. Gilory in Ayurveda known as Amrita which literally translate to "The root of immortality" because of its abundant medical properties behidana possess multidisciplinary actions in human body & is used in heart failure fever, dry cough, rhinitis, bronchitis, broken bones etc. Mulethi used as anti inflammatory, antibacterial, antiviral, antimucolytic, antioxidant and memory stimulant.<sup>[45]</sup>

## CONCLUSION

Through this review, it can be concluded that even Jamia Kadha cannot be called as cure for COVID-19 but it indeed is an immunity booster & an effective COVID-19 management tool. The Scientific studies have proven claims of traditional system of medicine. More ever the herbal composition of Jamia Kadha eliminates the chances of any side effects making it safe for consumer. It can be believed that Jamia Kadha is a complete package of preventive drug which is all suitable for all ages, gender & even the income group. It is prepared in more crucial time when the cases of COVID-19 are acing rapidly every singal day.

However these is a need for more extensive research on this drug to back up authenticity of drug in the market.

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