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Immune Boosting Antioxidant and Anti-inflammatory Food Supplements Targeting Pathogenesis of COVID-19

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ABSTRACT

Pneumonia and ARDS are symptoms of the covid-19, which is an acute and infectious illness. SARS-COV-2, like MERS-COV and SARS-COV-1, is a corona-related virus that causes the sickness. The virus has the positive sense RNA as its genome encoding for 26 proteins that works together for the viral survival, replication in the host. The virus is spread by contact with infected people's aerosoldroplets. COVID-19 has a complicated pathophysiology that includes inhibition of the host's antiviral and innate immune responses, production of oxidative stress, and a "cytokine storm" that results in acute lung damage, tissue fibrosis, and pneumonia. Several vaccines and medications are now being investigated for effectiveness, safety, and dosing for COVID-19. As a result, investigating the repurposing of natural chemicals might give alternatives to treatment of COVID-19. A number of nutraceuticals have been shown to have immune-boosting, antiviral, antioxidant, and anti-inflammatory properties. Zinc, vitamin D, vitamin C, curcumin, cinnamaldehyde, probiotics, selenium, lactoferrin, quercetin, and others are among them. Some of these phytonutrients, when taken as a dietary supplement, can assist in stimulating the immune system, control excessive inflammation, and provide preventive and therapeutic support against COVID-19.

Keywords: replication, inflammation, nutraceuticals, curcumin

