

# Discovering Herbal Ingredients as Immune Booster

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The rapid spread of the Coronavirus or Covid-19 caused many deaths in various countries and unrest of the world community. There have been multiple attempts made to ward off this virus, one of which was taking multivitamins or supplements to enhance immunity. As in this country, some people consume *empon-empon* as multivitamins consumption to prevent Coronavirus.

Head of the Pharmacist Professional Study Program, Department of Pharmacology & Clinical Pharmacy, UGM Faculty of Pharmacy, Dr. Ika Puspitasari, M.Sc., Apt., appealed to the public to always maintain the immune system using the body's natural immune system to avoid the Coronavirus.

Ika said there are several ways to activate the body's immune system. One of them is maintaining a balanced diet with nutrition. Also, drink at least six glasses of water/day, exercise at least three times a week for at least 30 minutes, and maintain overall body hygiene by bathing every day. No less important, wash your hands with soap or hand sanitizer every time you are going to eat or drink and get out of the bathroom, as well as resting or getting enough sleep 6-8 hours/day.

Ika also said that the use of immunomodulators or vitamins and supplements are not for daily



consumption. In other words, the community is still encouraged to maintain a balanced nutritional diet.

"There are several herbs that have been studied both in vitro (in cells) and in vivo in test animals that can boost the body's immunity," she said on Monday (30/3).

Eighteen herbs have been studied and proven to increase immunity. Some of these herbs include Hibiscus (*Hibiscus rosa Sinensis*), Brotowali (*Tinospora cordifolia*), Teen (*Ficus carica*), Aloe vera (*Aloe vera*), Mulberry (*Morus alba*), Lime (*Citrus aurantifolia*), Garlic (*Allium sativum*), Aloe vera (*Aloe vera*), Mulberry (*Morus alba*), Lime (*Citrus aurantifolia*), Garlic (*Allium sativum*), Turmeric (*Curcuma longa*), Orang-arang (*Eclipta alba*), Mango (*Mangifera indica*), Mimba (*Azadirachta indica*), Noni (*Morinda citrifolia*), Pegagan (*Centella Asiatica*), Java Chili (*Piper longum*), Mimba (*Azadirachta indica*), Noni (*Morinda citrifolia*), Gotu kola (*Centella Asiatica*), Java Chili (*Piper longum*), Echinacea (*Echinacea purpurea*), Meniran (*Phyllanthus niruri*), Rodent Tuber (*Typhonium flagelliforme*) and Ant nests (*Myrmecodia tuberosa*)

She explained the eating of these ingredients could boost the immune system. Consumption ideally carries out for a certain period of up to 8 weeks. However, drug regulatory authorities in several European countries recommend that the time to use immunomodulatory substances is no more than eight weeks.

"Consumption should not be more than eight weeks so that if the patient experiences health problems can be known, not covered by the effects of the immunomodulator. If health problems occur, the patient must go to a health facility," she explained.

Furthermore, an immunomodulator is not recommended for patients with chronic diseases such as leukemia, TB, and autoimmune diseases such as SLE, Rheumatoid arthritis, Idiopathic thrombocytopenic purpura, and type 1 DM.

Ika reiterated that a healthy lifestyle and a healthy diet to be able to ward off Covid-19 must be a top priority. It is essential, considering the influence of eating patterns and healthy living, is more reliable in increasing the body's resistance against Coronavirus infection.

Author: Ika

Photo: Illustration

Translator: Natasa A

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