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Potent Antiviral Activity of *Echinacea Angustifolia* Against Respiratory infections (SARS & COVID -19)

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Echinacea angustifolia also known as blacksans belongs to order Asterales, family Asteraceae. It is perennial herb spindle shaped taproot, leaf, Stem narrow & hairy. Flower had 9-22 purple, Pinkray florets 90-260 orange disc florets. The flower blooms spring to mid summer. The flower's native place is N.America & Canada. It has potent antiviral Polyphenols & Alkylamides. Phytochemicals are beneficial for our health. Plant stem, leaves Flower & roots dried & powder given one teaspoon (4.2) mg powder given twice a day to SARS patient act as Potent antiviral. It shows virucidal effect on SARS & COVID 19 infected cells. Effects are seen better if concentration increased to 1 tablespoon (15 grams).

Keywords: Antivirals, Asteraceae, Alkylamides, *Echinacea Angustifolia*, Polyphenols.

Introduction

Echinacea belongs to family Asteraceae. Phytochemicals are beneficial for our health. *Echinacea* is native to North America. Polyphenols & Alkylamides are immunity boosters, antivirals, Antimicrobials. All plant parts Stem, Leaf, Flower & root are potent antivirals. COVID 19 Pandemic affected different persons in all different ways. Caused Tiredness, Cough, Fever, Loss of smell, Loss of Taste, red eyes, irritated eyes, rashes on skin, redness or discolouration of toes & finger, pain, aches, headache, sore throat, diarrhea, joint pain. 47.7 Cr cases were recorded & 61L deaths were recorded due to COVID. Antiviral effects of *Echinacea* were studied in the present paper.

Materials & Methods

Four groups of 20-20 persons were formed.

1. Control: 1st group given no dose *Echinacea* dried leaf, Stem powder.

2. Treated: 2nd group given 2 gram twice dried *Echinacea* powder twice a day.

3. Treated: 3rd group given 5gm twice dried *Echinacea* powder twice a day .

4 Treated: 4th group given 15gm twice daily dried *Echinacea* powder .

Results

People infected with COVID recovered faster In 3rd group given 5gms twice dried *Echinacea* powder twice a day.

Conclusion

Echinacea dry powder is antimicrobial & antiviral and immunity booster. Patients given *Echinacea* powder recovered earlier.

Summary

Echinacea dried powder is potent antiviral agent. It has potent antiviral Polyphenols & Alkylamides. Phytochemicals are beneficial for health. Plants based medicines are better than allopathic Chemical based medicines.

Biography

Dr Rashmi Sharma has 28 years of teaching & Research experience. 8 students completed M.Phil. under her guidance, 6 students doing Ph.D. under her guidance 2 students awarded Ph.D. She is Author 20 Books. She has attended more than 100 conferences National & International. Organizing Secretary more than 5 International Conferences. She is Editorial Board Member of Many Journals.

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