

certain alkaloids extracted from *Tinospora cordifolia* can bind to the active sites of HIV 1 protease with a good affinity [15] .

## 6.5 Ocimum Tenuiflorum/Tulsi and Withania Somnifera/Ashwaganda

See Figs. 6.5 and 6.6.

One of the recent report released by Acharya Balakrishna (MD, Pathanjali Ayurveda) stated that Ashwagandha, Tulsi and Tinospora when used in combination would potentially inhibit the COVID 19. Their study was further supported by in silico docking studies which revealed that the phytochemicals from Ashwagandha would inhibit the ACE2 of the host, which is the major site to which the Receptor Binding Domain (RBD) of virus attaches with its spike proteins. The docking studies of this herb with ACE2 reported a very good binding efficiency. This binding would inhibit the entry of the virus into the host cells thus preventing the infection [16] (Fig. 6.7).

**Fig. 6.5** Ocimum tenuiflorum/Tulsi



**Fig. 6.6** Withania Somnifera/Ashwaganda

