



Fig. 6.3 Allium Sativum/Garlic

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See Fig. 6.3.

Garlic, a common food ingredient in Indian and Western food is known for its natural antiviral efficiency. A study by Mehrbod et al. (2009) proved the antiviral activity of Garlic against the Influenza virus [8]. The antiviral activity of garlic has also been reported in several viral infections like influenza A and B (Fenwick and Hanley [9]), cytomegalovirus (Meng et al. [10]), rhinovirus, HIV, herpes simplex virus (Tsai et al. [11]), herpes simplex virus 2 (Weber et al. [12]), viral pneumonia, and rotavirus [13].

6.4 Tinospora Cordifolia/Giloy

See Fig. 6.4.

Giloy is a common climbing shrub found growing with other plants in the fields as a weed or roadside. It is known to have several beneficial activities as explained by herbal science. It is known to possess several medicinal and therapeutic activities including its activity against the HIV [14]. Docking studies have also revealed that

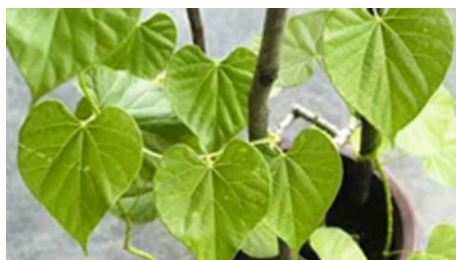


Fig. 6.4 Tinospora cordifolia/Giloy