



## Anti-COVID-19 Properties of Ginger (*Zingiber officinale*) assisted Enugu - Nigerian People During the Pandemic

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### Abstract:

Coronavirus (COVID-19) has shaken the world not minding the strength of the global health system and poor health system in Enugu Nigeria in particular leading to over 824, 000 deaths across the globe and 21 deaths in Enugu State Nigeria. While the global community is in search of COVID-19 cure, the Enugu people while adhering to World Health Organization, Nigerian Center for Disease Control and Enugu State Ministry of Health guidelines resorted to home/ domestic remedies using ginger (*Zingiber officinale*) alone or ginger in combination with other helpful agents. Based on phytochemical constituents and other analysis, ginger contains essential oils like curcumene; macronutrients like carbohydrates, fibre, and proteins (with amino acids), lipids (including omega 3, 6 and 9 fatty acids); micronutrients like calcium, zinc, vitamins A and vitamin C with other vital components of which studies have suggested their anti-COVID-19 properties. Ginger has antioxidant effects by inhibiting superoxide production, anti-inflammatory and analgesic activities with better effects against swine flu (H1N1), and human respiratory syncytial virus in human respiratory tract cell lines thereby showing antiretroviral nature and as well shows bronchodilatory effect that could prevent severe damage to the lungs due to inflammation which is also applicable in COVID-19. There is reasonable increase in the consumption of ginger in various forms during the pandemic in Enugu State and could have helped to reduce predicted number of deaths in the area. The use of Ginger alone or in combination of other vitamin C enriched plants such as Bitter kola, Garlic, Giloy, Turmeric, and Lime could be considered for use in the management and treatment of COVID-19 symptoms or as home remedies for prophylaxis in Enugu-Nigeria and across the globe towards ensuring that Coronavirus is eliminated.

### Biography:

OBETA Uchejoso is a Doctoral student in the University



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### Recent Publications:

1. Etukudoh NS, Ejinaka RO, Olowu FA, Obeta MU, Adebawale OM, Udoudoh M P. (2020) Coronavirus (COVID-19); Review from A Nigerian Perspective. *American Journal of Biomed Science & Research.* - 9(1). DOI: 10.34297/AJBSR.2020.09.001347
2. Vwioko DE, Osemwegie OO, and Akawe JN. (2013). The effect of garlic and ginger phytochemicals on the shelf life and microbial contents of homemade sour-sop (*Annona muricata* L) fruit juice. *Biokemistri. International Journal of the Nigerian Society for Experimental Biology* 25 (2) 31–38
3. Tadepalli SP. (2020). Novel Remedial Approaches Against Virulent Corona Viruses. *International Journal of Infectious Diseases and Research* 1(1): 1-15

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