

Table S1. Antiviral potential of Medicinal Plants

Common name (Traditional Asian)	Botanical name & parts of the plant	Chemical constituents	Effective in Viral disease	Reference
Lahsun	<i>Allium cepa</i> , bulb	Allicin, E/Z-ajoene, Allin, Diallyl disulfide, Diallyl trisulfide, pyrogallol, protocatechuic acid, Quercetin, gallic acid.	COVID19, Influenza virus	[41]
Kali mirch	<i>Piper longum</i> , fruits	α -pinene, β -pinene, limonene, myrcene, sabinene, camphene, α -tujone, piperitone, caryophyllene, p-cymene, α -terpinene, piperamide.	Coxsackie virus type-3 (CVB3),	[44]
Haldi	<i>Curcuma longa</i> , rhizome	Curcumin, curcumenone, bisacumol, bisacurone, Curcumenol, curcumadiol, demethoxycurcumin.	COVID19, Zika virus, Chickungunya virus, vesicular stomatitis virus	[46]
Clove pink	<i>Dianthus caryophyllus</i> , root, flower	Dianthin30, dianthin32, dianthramides, flavonoid	COVID19, Herpes simplex virus-I (HSV-I), Hepatitis-A Virus-27 (HSV-27)	[44-45]
Laung	<i>Syzygium aromaticum</i> , flowering buds	Eugenol, acetyl eugenol, β -caryophyllene, vanillin, eugenin, kaempferol, Rhamnetin, eugenitin	COVID19, Herpes simplex virus-I, Herpes simplex virus-2, Hepatitis C virus	[47]
Adrak	<i>Ginger officinalis</i> , rhizome	6-Gingerol, 6-Shogaol, 6-Paradol, Zingerol, Gingerol.	COVID19, Human respiratory syncytial virus (HSRV)	[51]
Garden Rhubarb	<i>Rheum rhabarbarum</i> , whole plant	Emodin	SARS-CoV	[52]
Dalchini	<i>Cinnamomum zeylanicum</i> , bark	Cinnamaldehyde, Eugenol, cinnamic acid, cinnamyl acetate, cinnamyl alcohol, Thujene	Immunostimulatory action	[53]
Pokeweed	<i>Phytolacca Americana</i> , root, Brries & leaves	Phytolaccoside-A, B Phytolacca saponine-B, Phytolaccagenic acid, pokeberrygenin, hederogenin	HIV-I, Human T-cell Leukemia virus	[54]
Four o'clock flower	<i>Mirabilis jalapa</i> , whole plant	4-hydroxycoumarin, Mirabijalone A-D, 9-o-methyl-4-hydroxyboeravinone B, Campesterol	HIV-I	[55]

Green tea	<i>Camellia sinensis, leaves</i>	(-)-epigallocatechin gallate,(-)-epigallocatechin, (-)-epicatechingallate, (-)-epicatechin,(+)-catechin	COVID19	[51,56,57]
Chaihu	<i>Radix Bupleuri, roots</i>	Saikosaponins A, B ₂ ,C and d	HCoV-22E9	[67,73,74]
Liquorice root	<i>Glycyrrhiza glabra, roots</i>	Glycyrrhizin Glycyrrhizic acid	SARSr virus	[68,75]
Chinese skullcap	<i>Radix Scutellaria</i>	Baicalin	SARS-CoV	[76-77]
Fish mint	<i>Houttuynia cordata, leaves</i>	Cinanserin	3CLpro inhibitors of SARS-CoV, covid-19	[78-79]
Japanese alder	<i>Alnus japonica,stem bark, root</i>	Diarylheptanoids	PLP inhibitors of SARS-CoV	[80,81,82]
Tobacco	<i>Nicotiana tabacum, leaves</i>	Nicotianamine	ACE-2 inhibitor in SRAS-CoV	[85]
Citrus fruit	<i>Citrus sinensis, fruits</i>	Naringenin	Inhibits Mpro of SARS-CoV	10.1016/j.jsps.2022.02.014[51]
olive	<i>Olea Europaea, fruits</i>	Apigenine-7-glucoside, Oleuropein	Inhibits Mpro of SARS-CoV	10.1080/21655979.2022.2027181 [51]
Chili pepper	<i>Capsicum annum, fruits</i>	Quercetin, Luteoline-7-glucoside	SARS-CoV	[69-70]
Boswellia	<i>Extract</i>		Viral infection	[72]
Isobavachalcone,	<i>Rhoifolin Pectolarin</i>	Quercetin 3-β-d glucoside, Helichrysetin	SARS-CoV	[60-70;102]
Nutritional element				
Name	Dietary/Other source	Benefits offered	Effective in Viral disease	Ref
Vitamin C	Amla, Lemon, Oranges	An immune booster	Antiviral, Anticancer	[51-52]
Vitamin D	Soy milk, Beef Liver, Cheese, Egg Yolks	Raise the resistance level	Antiviral,COVID-19	[153.154]
Vitamin E	Soybean oil, Wheat Germ oil, Rice Germ oil	Reduce oxidative stress	Antiviral, Anticancer	[153.154]
Vitamin A	Carrot, Spinach, Papaya, Mango	Raise innate immunity	Antiviral, Anticancer	155,156,151
Omega-3-polyunsaturated fatty acid	Cereals, vegetables, and nuts	Raise the levels of prostaglandin/leukotriene/proteine	Omega-3-polyunsaturated fatty acid which is commonly found in Cereals, vegetables, and nuts has been reported to raise the levels of prostaglandin/leukotriene	[153.154]

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Zinc	mushrooms, spinach, broccoli, kale, and garlic	Raise the level of humoral & cell mediated immunity	Antiviral, Anticancer	[151,159]
Selenium	Cereals ,Jaggery, Ragi	Increases the host immune system	Antiviral, Anticancer	[151,160]
Iron	Legumes, Cereals, Green leafy vegetables, Fruits	Prevents development of recurrent acute respiratory tract infection	Antiviral, Anticancer	[161-162]

