

## **Government of Thailand Approves Andrographis for Initial Treatment of COVID Pilot Study**

*By: Roy Upton RH, DipAyu, President, American Herbal Pharmacopoeia®*

**Dear Friends of AHP,**

**In interesting news and a new year's gift to all, on December 29, 2020, the Government of Thailand approved the use of andrographis (*Andrographis paniculata*) for a pilot study in reducing the initial symptoms and subsequent severity of COVID-infected individuals. Initial studies reported by the Thai government demonstrated what traditional herbalists have known for a long time; when andrographis is given within the first 72 hours of experiencing symptoms, the symptoms subside and patient conditions are improved within three days, without side effects and with reduced costs! As many practicing herbalists can attest, in many cases, andrographis when taken at the first onset of symptoms can prevent upper respiratory infections from taking hold, stopping the virus in its tracks.**

**According to AHP President Roy Upton:**

**“Mobilizing immune defenses as soon as symptoms arise is critically important for management of any upper respiratory infection. It is a strategy employed by Chinese herbal practitioners for centuries and is a formal part of treatment protocols in China where more than 90% of COVID patients are treated with herbs. Conversely, formal policies in the US for COVID patients is take a test, wait three days for the results as the disease progresses, stay away from everyone, wear a mask, and wash your hands. It is about time the American medical system paid attention to Asian experience.”**

**This approval has a strong foundation as numerous studies, including at least one meta-analysis, demonstrates the antiviral potential of andrographis in reducing symptoms and severity of influenza in adults and children. This may be especially important considering that the new variants of COVID, unlike the original strain, reportedly is targeting children. Andrographolide, a primary compound of andrographis, has been shown to reduce the inflammatory response associated with influenza as well as reduce bacteria that causes pneumonia, a primary need for management of COVID.**

**COVID patients in the US are at a distinct disadvantage in not integrating herbal medicines into the management of COVID. Luckily, Americans have access to herbal supplements if they have the education of their benefits.**

*Selected references for andrographis:*

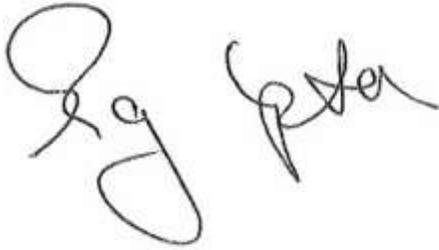
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**Ding Y, Chen LZ, Wu WJ, et al. 2017. Andrographolide inhibits influenza A virus-induced inflammation in a murine model through NF-kB and JAK-STAT signaling pathway. Institut Pasteur. Microbes and Infection xx. 1e1.**

**Hu XY, Wu RH, Logue M, et al. 2017. *Andrographis paniculata* (chuān xīn lian) for symptomatic relief of acute respiratory tract infections in adults and children: A systematic review and meta-analysis. PLoS ONE 12(8): e0181780. <https://doi.org/10.1371/journal.pone.0181780>**

**Sah SK, Rasool U, Hemalatha S. in press. *Andrographis paniculata* extract inhibit growth, biofilm formation in multidrug resistant strains of *Klebsiella pneumoniae*. Journal of Traditional and Complementary Medicine. <https://doi.org/10.1016/j.jtcme.2019.02.006>**

Sincerely,

A handwritten signature in black ink, appearing to read 'Roy Upton'.

Roy Upton RH, DipAyu  
President, American Herbal Pharmacopoeia®