

References for Interventions of different AYUSH systems of medicines for promotion of immunity and help in improving the respiratory symptoms

1. Pedersen A, Zachariae R, Bovbjerg DH. Influence of Psychological Stress on Upper Respiratory Infection—A Meta-Analysis of Prospective Studies. *Psychosom Med* [Internet]. 2010 Oct [cited 2020 Mar 4];72(8):823–32. Available from: <http://journals.lww.com/00006842-201010000-00014>.
2. JENSEN MM, RASMUSSEN AF. Stress and susceptibility to viral infections. II. Sound stress and susceptibility to vesicular stomatitis virus. *J Immunol* [Internet]. 1963 Jan 1 [cited 2020 Mar 4];90(1):21–3. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/13957641>.
3. WHO. Ethical considerations for use of unregistered interventions for Ebola virus disease (EVD) <https://www.who.int/media/centre/news/statements/2014/ebola-ethical-review-summary/en/>.
4. Dinesh Kumar *et al.* A review of immunomodulators in the Indian traditional health care system *Journal of Microbiology, Immunology and Infection*, Volume 45, Issue 3, June 2012, Pages 165-184.
5. Winston J. *The Faces of Homeopathy*. Wellington, New Zealand: Great Auk Publishing; 1999.
6. Dewey W. A.. Homeopathy in influenza—A chorus of fity in harmony. *Journal of the American Institute of Homeopathy* 1920-21; 13: 1038-1043.
7. Sharma, A.; Chadha, N.K.; Das, S.K.; Sen, A.; Roy, S.D.; Chanu, T.I.; Sawant, P.B.; Prakash, C. *Tinospora cordifolia* extract induced effects on cellular immune reactions of labeorohita (hamilton) challenged against aeromonas hydrophila. *Int. J. Pure Appl. Biosci.* 2017,5,765–775. [Cross Ref].
8. Kalikar MV, Thawani VR, Varadpande UK, Sontakke SD, Singh RP, Khiyani RK. Immunomodulatory effect of *Tinospora cordifolia* extract in human immuno-deficiency virus positive patients. *Indian J Pharmacol* 2008;40 (3):107-10.
9. More, P.; Pai, K. Immunomodulatory effects of *Tinospora cordifolia* (Guduchi) on macrophage activation. *Biol. Med.* 2011, 3, 134–140.

10. G.S.Lekha *et.al.* An Interventional Cohort Study in Dengue Prevalent Area by Using Nilavembu Kudineer and Awareness Programme "IOSR Journal of Dental and Medical Sciences (IOSR-JDMS), Volume 17, Issue 2(2018),PP (19-23).
11. Christian GJ *et.al.* Protective Effect of Poly Herbal Siddha Formulation – Nilavembu Kudineer against common Viral Fevers Including Dengue – A case Control Approach. *Int J Pharm Sci Res* 2015; 6(4):1656-60.
12. Kalaiarasi *et.al.* A combination of Nilavembu Kuidineer and Adathodai Manapagu in the Management of Dengue Fever. *International Journal of Current Research*, Vol 5, Issue 4, PP 978-981 2013.
13. The medical importance of *Cydonia oblonga*- A review Prof Dr Ali Esmail Al-Snafi Department of Pharmacology, College of Medicine, Thi qar University, Nasiriyah, P O Box 42, Iraq *IOSR Journal Of Pharmacy* www.iosrphr.org (e)-ISSN: 2250-3013, (p)- ISSN: 2319-4219 Volume 6, Issue 6 Version. 2 (June 2016), PP. 87-99.
14. Hamauzu Y, Yasui H, Inno T, Kume C, Omanyuda M. Phenolic profile, antioxidant property, and anti-influenza viral activity of Chinese quince (*Pseudocydonia sinensis* Schneid.), quince (*Cydonia oblonga* Mill.), and apple (*Malus domestica* Mill.) fruits. *J Agric Food Chem.* 2005 Feb 23;53(4):928-34.
15. Hong EH, Song JH, Kang KB, et al. Anti-influenza activity of betulinic acid from on influenza A/PR/8 virus. *Biomol Ther.* 2015;23(4):345–349. doi:10.4062/biomolther.2015.019.
16. Chi A, Kang C, Zhang Y, Tang L, Guo H, Li H, Zhang K. Immunomodulating and antioxidant effects of polysaccharide conjugates from the fruits of *Ziziphus Jujube* on Chronic Fatigue Syndrome rats. *Carbohydr Polym.* 2015 May 20;122:189-96. doi: 10.1016/j.carbpol.2014.12.082. Epub 2015 Jan 14.
17. Ali WR, Al-Asady ZT and Ibrahim AA. Immunomodulatory of *Cordia myxa* (L.) aqueous extract fruit in immunized mice with hydatid cyst fluid. *Journal of Natural Science Research* 2015; 5(10): 75-83.
18. Ad-Dahhan HAA. Detection of Immunomodulatory activity of alcoholic extract of *Cordia myxa* (L.) fruit. *AL-Qadisyia Journal of Applied Sciences* 2010; 15(4): 1-8.

19. Al-Bayaty MAA and Al-Tahan FJ. Mechanism of the tracheal smooth muscle relaxant activity of the *Cordia myxa* plant extract in sheep. *Iraqi Journal of Veterinary Medicine* 2008; 32(2): 214-226.
20. Afzal M, Obuekwe C, Khan AR and Barakat H. Antioxidant activity of *Cordia myxa* L. and its hepato protective potential. *EJEAF* Che 2007; 8(6): 2236-2242.
21. Bellavite P, Signorini A, Marzotto M, Moratti E, Bonafini C, Oliosio D. Cell sensitivity, non-linearity and inverse effects. *Homeopathy*. 2015 Apr;104(2):139-60.
22. Srikanth Narayanam & K.D.Sharma, &R.K.Shingal, &G.Veluchamy, Effect of AYUSH-64 in the treatment of Malaria. 2001.
23. Divya Kajaria, Nasreen Ahmed and Deepak Bhati. Evaluating Clinical Efficacy of Ayurvedic Inhalation Therapy (Aerosol) and Rasayan Therapy in the Management of COPD - A Randomized Cohort Control Clinical Study. *The Lancet Respiratory Medicine*. The lancetrm-D-19-00759.
24. Dalvi *et al.* LITERARY REVIEW OF ANU TAILA NASYA, *UJAHM* 2015, 03 (02): Page 42-45.
25. Saravanan J *et.al.* Anti – Inflammatory, Anti – Pyretic and Anti bacterial Study of Kabasura kudineer Chooranam. *International Journal of Current Advanced Research*, Vol 7; Issue 2,2018.
26. Shailaja *et.al.* A Review on Poly herbal Formulation – Visha Sura Kudineer Chooranam – A Classical Anti –Viral Used in Siddha System, *European Journal of Pharmaceutical and Medical Research*,2017,4 (9),184-192.
27. Chakraborty P S, Lamba C D, Nayak D, John M D, Sarkar D B, Poddar A, Arya J S, Raju K, Vivekanand K, Singh H B, Baig H, Prusty A K, Singh V, Nayak C. Effect of individualized homoeopathic treatment in influenza like illness: A multicenter, single blind, randomized, placebo controlled study. *Indian J Res Homoeopathy* 2013;7:22-30.
28. Shailaja *et.al.* A Review on Polyherbal Formulation – Visha Sura Kudineer Chooranam – A Classical Anti –Viral Used in Siddha System, *European Journal of Pharmaceutical and Medical Research*,2017,4 (9),184-192.
29. Marc Maurice Cohen. Tulsi – *Ocimum sanctum*: A herb for all reasons. *J Ayurveda Integr Med*. 2014 Oct-Dec; 5(4): 251–259.

30. Sharma *et al.* Therapeutic Vistas of Guduchi (*Tinospora cordifolia*): a medico-historical memoir. The Journal of research and education in Indian medicine XX(2):113-28 · April 2014.
31. Dr Anant Saznam, Dr Satyendra Kumar Singh. Review of Shunthi (*Zingiber officinale* Rosc.) in Ayurvedic Literature. Journal of medical science and clinical research. Volume 05 Issue 09 September 2017.
32. Krup V, Prakash LH, Harini A (2013). Pharmacological Activities of Turmeric (*Curcuma longa* linn): A Review. J Homeo Ayurv Med 2:133. Doi: 10.4172/2167-1206.1000133.
33. Chandrasekaran, C. V., Sundarajan, K., Edwin, J. R., Gururaja, G. M., Mundkinajeddu, D., & Agarwal, A. (2013). Immune-stimulatory and anti-inflammatory activities of *Curcuma longa* extract and its polysaccharide fraction. Pharmacognosy research, 5(2), 71-9.