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Review Article

Herbal recommendations for treatment of COVID-19 symptoms according to Persian medicine

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ABSTRACT

Background: The outbreak of COVID-19 has spread quickly all over the world. Apparently, the uncontrolled increases in the inflammatory and the immune processes are its major pathologies. Therefore, the use of natural plants containing antioxidant factors for the regulation of the immune system can be useful for the inflicted patients. Many epidemic diseases have occurred throughout human history. Persian physicians such as Avicenna offered solutions to these epidemics that were helpful in controlling these diseases. **Objective:** In this study, we introduce the herbs according to traditional Persian medicine's point of view that confirm their having antitussive, antipyretic, anti-viral, anti-inflammatory and antioxidant effects. Methods: In this regard, a thorough search was done on the detoxifier and immuno-modulatory plants in the Persian medicine books such as Makhzan-ol Advieh" and "Tohfat ol momenin" and "Qanun fi al tib". Then, the herbs that were effective in fever and pulmonary diseases were browsed and arranged, and their pharmacological properties were also searched in the scientific databases. Results: This study examined the antipyretic, antitussive and immuneenhancing properties of the plants cited in Persian medicine books and showed that plants such as orange, sweat lemon, citron, myrtle and lavender have antipyretic, antitussive, anti-inflammatory, antioxidant and antimicrobial properties. Conclusion: It seems that the introduced plants could be potential candidates for animal studies and clinical trials. However, more studies are needed to prove their specific effectiveness.

1. Introduction

In December 2019, the emergence of a novel type of coronavirus with the acronym of SARS-CoV-2 (Severe Acute Respiratory Syndrome

Coronavirus 2) was confirmed [1]. In the last twenty years, two outbreaks of respiratory illnesses, namely SARS and MERS (Middle East respiratory syndrome coronavirus), have also

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occurred due to the coronavirus in the world [2]. Although the rate of person-to-person transmission for COVID-19 is higher than that of SARS and MERS, the death rate of this virus is lower than theirs. [3] Furthermore, the incubation period of COVID-19 is longer; it is estimated to be between 2 to 14 days after exposure [4].

COVID-19 was first identified by respiratory symptoms and then other symptoms such as gastrointestinal complications began to be recognized. This virus typically attacks the mammalian respiratory system and can cause a wide range of symptoms from chills, fever, cough, shortness of breath, pneumonia to the severe acute respiratory syndrome, and even death [5]. Stomachache, nausea, vomiting, and diarrhea are other gastrointestinal symptoms. Moreover, kidney failure as well as skin and nervous complications are other symptoms of COVID-19.

The production of reactive oxygen species and reactive nitrogen such as superoxide, nitric oxide, and nitrogen peroxide by phagocytes is one of the mechanisms of the body's immune defense against viruses. Of course, the excessive production of free radicals causes epithelial cell permeability to the virus that is one of the main causes of lung tissue damage in viral diseases such as influenza. The immune system is constantly trying to balance the production of the free radicals and antioxidants in the body [6-7].

According to the clinical symptoms and pathogenesis of ARDS caused by COVID-19, which is responsible for about 3% of patient's death in this disease, uncontrolled increases in the inflammatory and the immune processes are the main pathologies of COVID 19. Therefore, the use of natural plants containing flavonoids and tannins as anti-inflammatory and antioxidant agents, to regulate the immune system, is recommended for these patients [8-9].

Due to the lack of specific treatment and vaccine for this virus, most of the recommended treatments are based on experiments with similar viral diseases; however, the effects of these therapies are not entirely clear and need further evaluation [10].

The World Health Organization's new approach is applying the ethno-pharmacological heritage such as traditional medicines since they can be helpful in the diagnostic and therapeutic approaches and could reduce the costs [11].

Accordingly, China, as the primary source of this disease in the world, has recommended the use of Traditional Chinese Medicine, in combination with conventional medicine after about ten days of quarantine in Wuhan [12].

Traditional Persian Medicine (TPM) is one of the most important traditional medical systems in the world [13]. More than 10 centuries ago, Avicenna (980-1032 CE), as one of the greatest TPM physicians, and other Persian physicians suggested TPM for the respiratory outbreaks [14-15]. Based on TPM's point of view, there are many issues involved in controlling epidemics. For example, the responsibility for dealing with the pathogen in the body is the responsibility of the vital force (*Tabiat*), which is known as "Qi" in Chinese medicine. The use of plants that have immuno-modulatory activity is helpful to improve this function. Besides, the use of detoxifying plants helps strengthen the body's ability to fight off diseases by removing waste metabolites and toxins from the body [16-17].

In this study, the immuno-modulatory and detoxifying herbs in the Persian medicine which have antitussive, antipyretic, anti-viral, anti-inflammatory and antioxidant features are introduced along with their specific effects on the various respiratory diseases such as bronchitis, asthma, and pneumonia.

2. Methods

In this study, the search for detoxifier and immuno-modulatory plants was performed with the keywords "Teryagh", "Padzahr", "Mofareh" and "Moghavi" in TPM books such as "Makhzan-ol Advieh", "Tohfat ol momenin" and "Qanun fi al tib" [14, 18, 19]. Detoxifier plants (Teryagh, Padzahr) are collected in Table 1 and immuno-modulatory plants (Mofareh" and "Moghavi) are collected in Table 2. Next, the herbs that were effective in fever and pulmonary diseases were searched by the keywords cough

"Sorfeh" (i.e. cough), "Zigh Alnafas" (i.e. shortness of breath) and "Tab and Homma" (i.e. fever) (Table 3). Each of these findings was tabulated seperately. The common names, the scientific names, the family names and the parts of the plants were searched and added to the tables. In the end, the plants that in all of the three tables were in common, were arranged in a separate table (Table 4) and their pharmacological properties were also searched in Scholar, scientific databases Google PubMed, Medline, and Scopus.

Table 1. Plants introduced as detoxifiers

No	Common name	Scientific name	Persian name	Family name	Part used	Ref
1	Myrtle	Myrtus communis L.	As, Moord	Myrtaceae	Fruit, leaf	18, 19
2	Citron	Citrus medica L.	Baalang	Rutaceae	Fruit	18
3	Lavender	Lavandula angustifolia Mill.	Ostokhoddus	Lamiaceae	Aerial part	18, 19
4	Barberry	Berberis vulgaris L.	Zereshk	Berberidaceae	Fruit, root	14, 18
5	Anise	Pimpinella anisum L.	Anison	Apiaceae	Fruit	14, 18, 19
6	German chamomile	Matricaria chamomilla L.	Baboone	Asteraceae	Flower	14, 15, 18
7	Apple	Malus domestica Borkh.	Sib	Rosaceae	Fruit	14, 15, 19
8	Jadwar	Jadwar Delphinium denudatum Wall. ex Hook.f. & Thomson Jadwar		Ranunculaceae	Root	14, 18, 19
9	Asafoetida	Asafoetida Ferula assa-foetida L. Anghozeh Api		Apiaceae	Gum, Oleoresin	14, 18, 19
10	Cinnamon	Cinnamon Cinnamonum verum J.Presl		Lauraceae	Stem bark	14, 18, 19
11	Leopard's bane	Doronicum grandiflorum Lam.	Durunaj	Asteraceae	Root	18, 19
12	Peppermint	Mentha x piperita L.	Sisanbar	sanbar Lamiaceae		14, 18, 19
13	Turnip	Brassica rapa L.	Shalgham	Brassicaceae	Root	14, 18, 19
14	Thyme	Thymus kotschyanus Boiss. & Hohen.	Avishan	Lamiaceae	Aerial parts	14, 15, 19
15	Sandalwood	Santalum album L.	Sandal	Santalaceae	Stem wood	18, 19
16	Bay laurel	Laurus nobilis L.	Ghar, Barg-e- Boo	Lauraceae		14, 15, 18
17	Cardamom	Elettaria cardamomum (L.) Maton	Hel	Zingiberaceae	Fruit	14, 15, 18
18	Saffron	Crocus sativus L.	Zafaran	Iridaceae	Stigma	14, 18, 19
19	Orange	Citrus sinensis (L.) Osbeck	Porteghal	Rutaceae	Fruit	14, 15, 18
20	Sweet lemon	Citrus limon (L.) Osbeck	Limu Shirin	Rutaceae	Fruit	14, 18, 19
21	Bitter orange	Citrus x aurantium L.	Narenj	Rutaceae	Fruit	14, 18, 19

3. Results

In TPM textbooks, 21 herbs have been introduced as detoxifiers; Table 1 shows the detailed information.

Furthermore, 31 herbs have been introduced as immune-modulators; Table 2 displays detailed information.

Besides, 29 herbs or fruits can reduce the complications of respiratory disease such as cough, shortness of breath and fever; Table 3 exhibits the details on such herbs.

Table 4 summarizes the commonalities between plants in Tables 1, 2 and 3, which have been shown to have immuno-modulatory and detoxifier effects along with antitussive and antipyretic effects. It seems that these plants, apart from boosting the immune system, can be efficacious in controlling the symptoms of the corona diseases like fever, cough, and shortness of breath. Furthermore, pharmacological studies on these plants were also included.

Table 2. Plants introduced as immune-modulators

Table 2. Plants introduced as immune-modulators										
No	Common name	Scientific name	Persian name	Family name	Part used	Reference				
1	Myrtle	Myrtus communis L.	As, Moord	Myrtaceae	Fruit, leaf	14, 15, 18				
2	Citron	Citrus medica L.	Baalang	Rutaceae	Fruit	14, 18, 19				
3	Lavender	ender Lavandula angustifolia Mill. Ostokhoddus Lamiaceae		Aerial part	14, 15, 18					
4	Barberry	Berberis vulgaris L.	Zereshk	Berberidaceae	Fruit, root	14, 18, 19				
5	Anise	Pimpinella anisum L.	Anison	Apiaceae	Fruit	14, 18, 19				
6	Apple	Malus domestica Borkh.	Sib	Rosaceae	Fruit	14, 15, 18				
7	Jadwar	Delphinium denudatum Wall. ex Hook.f. & Thomson	Jadwar	Ranunculaceae	Root	14, 15, 18				
8	Cinnamon	Cinnamomum verum J.Presl	Darchin	true cinnamon tree, Ceylon cinnamon tree	Stem bark	14, 18, 19				
9	Peppermint	Mentha x piperita L.	Sisanbar	Lamiaceae	Aerial parts	14, 15, 18				
10	Bay laurel	Laurus nobilis L.	Ghar, Barg-e- Boo	Lauraceae	Fruit, leaf	14, 18, 19				
11	Cardamom	Elettaria cardamomum (L.) Maton	Hel	Zingiberaceae	Fruit	18, 19				
12	Clove	Syzygium aromaticum (L.) Merr. & L.M.Perry	Mikhak-e- Hendi	Myrtaceae	Flower buds	14, 18, 19				
13	Orange	Citrus sinensis (L.) Osbeck	Porteghal	Rutaceae	Fruit	14, 18, 19				
14	Sweet lemon	Citrus limon (L.) Osbeck	Limu Shirin	Rutaceae	Fruit	14, 15, 18				
15	Bitter orange	Citrus x aurantium L.	Narenj	Rutaceae	Fruit	18, 19				
16	Amla	Phyllanthus emblica L.	Amele	Phyllanthaceae	Fruit	14, 15, 18				
17	Lemon balm	Melissa officinalis L.	Vaarang Boo	Lamiaceae	Aerial parts	14, 18, 19				
18	Saffron	Crocus sativus L.	ntivus L. Zafaran Iridaceae		Stigma	14, 18, 19				

Table 2. Plants introduced as immune-modulators (Continued)

No	Common name	Scientific name	Persian name	Family name	Part used	Reference
19	Quince Cydonia oblonga Mill.		Beh	Rosaceae	Fruit	14, 18, 19
20	Coriander Coriandrum sativum L.		Geshniz	Apiaceae	Fruit	14, 18, 19
21	Pear	Pyrus communis L.	Golabi	Rosaceae	Fruit	14, 18, 19
22	Oxtongue flower	Echium amoenum Fisch. & C.A.Mey.	Gol-e-Gavzaban	Boraginaceae	Flower	14, 15, 19
23	Banana	Musa x paradisiaca L.	Moz	Musaceae	Fruit	18, 19
24	Spearmint	Mentha spicata L.	Na'na' Lamiaceae		Aerial parts	14, 15, 18
25	Damask rose	Rosa x damascena Herrm.	Gol-e-Mohammadi	Rosaceae	Flower	14, 15, 18
26	Chebulic myrobalan	Terminalia chebula Retz.	Halileh-e-Siah	Combretaceae	Fruit	14, 18, 19
27	Fig	Ficus carica L.	Anjir	Moraceae	Fruit	18, 19
28	Ginger	Ginger Zingiber officinale Roscoe Zanjabil		Zingiberaceae Rhizome		14, 18, 19
29	Mastic Pistacia lentiscus L. Mastaki		Mastaki	Anacardiaceae	Oleo-gum- resin	14, 15, 18
30	White water lily	White water lily Nymphaea alba L. Niloofar-e-Abi-e- Sefid		Nymphaeaceae	Flower	14, 18, 19
31	Sweet flag Acorus calamus L.		Akir-e-Torki	Araceae	Rhizome	14, 18, 19

Table 3. Plants effective in respiratory diseases or fever

No	Common name	Scientific name	Persian name	Family name	Part used	Antitussive	Antipyretic	Ref
1	Myrtle	Myrtus communis L.	As, Moord	Myrtaceae	Fruit, leaf	*	*	14, 18, 19
2	Citron	Citrus medica L.	Baalang	Rutaceae	Fruit	*		14, 18, 19
3	Lavender	Lavandula angustifolia Mill. Ostokho		Lamiaceae	Aerial part	*		14, 18, 19
4	Anise	Pimpinella anisum L. Ani		Apiaceae	Fruit	*		14, 15, 18, 19
5	Common polypody	Polypodium vulgare L.	Besfayej	Polypodiaceae	Rhizome	*		14, 18, 19
6	Thyme	Thymus kotschyanus Boiss. & Hohen.	Avishan	Lamiaceae	Aerial parts	*		14, 15, 18, 19
7	Apple	Malus domestica Borkh.	Sib	Rosaceae	Fruit	*		14, 18, 19
8	Jadwar	Delphinium denudatum Wall. ex Hook.f. & Thomson	Jadwar	Ranunculaceae	Root		*	14, 18, 19
9	Lemon balm	Melissa officinalis L.	Vaarang Boo	Lamiaceae	Aerial part		*	14, 15, 18

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Willow

Bitter

orange

Salix spp.

 $Citrus\ x\ aurantium$

L.

28

29

No	Common name	Scientific name	Persian name	Family name	Part used	Antitussive	Antipyretic	Ref
10	Sweet lemon	Citrus limon (L.) Osbeck	Limu Shirin	Rutaceae	Fruit	-	*	14, 18, 19
11	Quince	Cydonia oblonga Mill	Beh	Rosaceae	Fruit	*	-	14, 15, 18, 19
12	Oxtongue flower	Echium amoenum Fisch. & C.A.Mey.	Gol-e- Gavzaban	Boraginaceae	Flower	-	*	14, 15, 18, 19
13	Damask rose	Rosa x damascena Herrm.	Gol-e- Mohammadi	Rosaceae	Flower	-	*	14, 18, 19
14	Fig	Ficus carica L.	Anjir	Moraceae	Fruit	*	-	18, 19
15	Mastic	Pistacia lentiscus L.	Mastaki	Anacardiaceae	Oleo gum- resin	*	-	14, 15, 19
16	White water lily	Nymphaea alba L.	Niloofar-e- Abi-e-Sefid	Nymphaeaceae	Flower	*	*	18, 19
17	Mango	Mangifera indica L.	Anbeh	Anacardiaceae	Fruit	*	-	18, 19
18	Sweet violet	Viola odorata L.	Banafshe-e- Moattar	Violaceae	Flower	*	*	14, 18, 19
19	Camel's- thorn	Alhagi persarum Boiss. & Buhse	Taranjebin	Fabaceae	Manna	*	*	14, 18, 19
20	Hollyhock	Alcea digitata Alef.	Khatmi	Malvaceae	Flower	*	-	14, 18, 19
21	Licorice	Glycyrrhiza glabra L.	Shirin Bayan	Fabaceae	Root	*	-	14, 18, 19
22	Barley	Hordeum vulgare L.	Jo	Poaceae	Seed	*	*	14, 18, 19
23	Lentil	Lens culinaris Medik.	Adas	Fabaceae	Seed	*	*	14, 18, 19
24	Jujube	Ziziphus jujube Mill.	Annab	Rhamnaceae	Fruit	*	-	14, 18, 19
25	Pistachio	Pistacia vera L.	Pesteh	Anacardiaceae	Seed	*	-	14, 18, 19
26	Tragacanth	Astracantha gummifera (Labill.) Podlech	Katira	Fabaceae	Gum	*	-	14, 18, 19
27	Chopchini	Smilax china L.	Chobe Chini	Smilacaceae	Root	-	*	14, 18, 19

Table 3. Plants effective in respiratory diseases or fever (Continued)

*

14,

18, 19

18, 19

Salicaceae

Rutaceae

Bid

Narenj

Leaf,

bark

Fruit

Table 4. Potential candidate plants in COVID-19 symptoms

No	Scientific name	Antimicrobial	Antiviral	Antipyretic	Antitussive	Immuno- modulatory	Anti- inflammatory	Detoxifier	Antioxidant
1	Myrtus communis L.	20*	21	22	23	24	25	20	26
2	Citrus medica L.	27	28	29	30	28	28	31	29
3	Lavandula angustifolia Mill.	32	33	34	35	36	37	38	37
4	Pimpinella anisum L.	39	40	-	41	42	43	42	44
5	Malus domestica Borkh.	45	46, 47	-	-	-	48	49	50
6	Delphinium denudatum Wall. ex Hook.f. & Thomson	51	-	51	-	51	51, 52	51	52
7	Citrus limon (L.) Osbeck	53	54	53	55	56	57	58	53
8	Citrus x aurantium L.	59	-	-	60, 61	61	59, 61	-	59, 61, 62

^{*} Reference number

4. Discussion

M. Walsh in his systematic review which included 64 studies. demonstrated the effectiveness of herbs in controlling COVID symptoms. The effects of herbal medicine against viral infection and respiratory system disorders have been explained in previous researches. In this research, many plants based on TPM were introduced. While there are proofs that these herbs can be effective against the COVID-19 across the globe, there is need for research on the combined impacts of these plants and the modern phytotherapy [63].

The patients with COVID-19 show respiratory symptoms such as cough and lung damages in CT scan as well as some other symptoms such as myalgia, fatigue, fever, and digestive symptoms like diarrhea. There is not a specific medication currently available for the treatment [64, 65]. Thus, the number of patients

and deaths is growing exponentially every day around the globe. It appears then that the main therapeutic measure against COVID-19 is supportive care.

One of the principal causes of staying safe against an epidemic is to have a good immune system; in other words, if the patients have a good immune system, a large percentage of them evince only mild symptoms. Studies have revealed that patients with immune system disorders such as those who are treated with chemotherapy and immunosuppressive drugs are at a higher risk of COVID-19 infection [66]. In a nutshell, any factor that can boost the immune system will reduce the incidence of the symptoms.

When faced with a new disease, especially an epidemic disease for which no specific treatment is known yet, using complementary medicine like TPM along with new medical methods can

help us overcome the disease. TPM has been used to control infectious and epidemic diseases for thousands of years [14]. Therefore, some plants with immuno-modulatory, inflammatory and detoxifying effects can improve body resistance to pathogens. In the present paper, the detoxifier plants are displayed in Table 1 and immuno-modulatory plants are exhibited in Table 2. The plants in these two tables can be regarded as good choices for disease prevention. It is also expected that if someone has symptoms of the disease and consume these plants, will not enter the severe phase of the disease.

In the traditional medicine literature, several plants have been considered for the treatment of cough, shortness of breath, or fever. These plants were introduced in Table 3. Many plants, especially aromatic plants, are known for their antibacterial, antifungal and antiviral properties [67]. Antimicrobial and especially antiviral effects of plants are really important in the prevention and treatment of COVID-19. The plants included in Table 4 have these effects. For example, antiviral and antimicrobial effects of Myrtus communis, Citrus medica, Lavandula angustifolia, Pimpinella anisum, Citrus limon, and *Malus domestica* have been proven in some studies which are mentioned in Table 4. Antiviral effects of Delphinium denudatum and Citrus x aurantium have not been evaluated yet; however, valuable findings have been documented on the antifungal effects of Delphinium denudatum and further studies are warranted for the evaluation of their specific antiviral effects [68]. All in all, they are viable options at the beginning of the symptoms of the disease, especially in the mild to moderate cases. The benefits of these plants in strengthening digestive the system and improving the gastrointestinal symptoms of this disease also are amongst the benefits of their consumptions [69]. Citrus x aurantium, by relaxing the bronchial muscle, can be the best option for the patients with moderate to severe symptoms of shortness in breath. Previous studies on COVID-19 have demonstrated that oxygen free radicals are one of the most important causes of respiratory complications like shortness of breath due to elimination of the phospholipid layer of the cell membranes [71, Many plants, especially fruits vegetables, are valuable sources of antioxidants [73, 74]. They also have anti-inflammatory properties that may be good for COVID-19 symptoms.

The plants in Table 4 can be used as nutraceuticals or functional foods. For example, *Citrus medica, Malus domestica, Citrus limon*, and *Citrus x aurantium, Myrtus communis* can be used as nutrients and *Lavandula angustifolia*, *Pimpinella anisum* and *Delphinium denudatum* can be used as herbal tea in the daily diet for people with or at risk for COVID-19 as a complementary treatment. Therefore, it seems reasonable to suggest the use of these plants to the general public. However, clinical trials of any of these proposed plants may be necessary to prove their effectiveness in the prevention or treatment of COVID-19.

5. Conclusion

Due to the rapid outbreak of COVID-19 disease, there is a significant need for preventive policies. Studies on the complementary medicine can be based on two themes: disease prevention in the general population and treatment of symptoms in the patient population. The plants which were introduced and examined in the present study can be used for both prevention and treatment. We suggest conducting clinical trials assessing the effectiveness of the herbs and fruits introduced in this study. By designing studies that

investigate effects of intake of these plants (individually or in combination) as the treatment regimen of the patients with COVID-19, we can better understand the effectiveness of these plants.

Author contributions

H. MK. and S. M. were the guarantor of integrity of the entire study and contributed to the study concepts and design; A. Gh., BS. Y., and

F. E. contributed to the literature search and data collection; all the authors contributed to the manuscript preparation and then discussed, edited and approved the final manuscript.

Conflict of interest

The authors declare that there is no conflict of interest.

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مقاله مرورى

توصیههای گیاهی برای درمان علایم COVID-19 بر مبنای طب ایرانی

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اطلاعات مقاله حک

گلواژگان: ویروس کرونا طب سنتی ایرانی داروهای گیاهی تریاق

تنظيم كننده سيستم ايمني

چکیده م**قدمه**: شیوع COVID-19 به سرعت در سراسر جهان گسترش

مقدمه: شیوع COVID-19 به سرعت در سراسر جهان گسترش یافته است. افزایش بی رویه فر آیندهای التهابی از آسیبهای عمده این بیماری است. بنابراین، استفاده از گیاهان حاوی عوامل آنتی اکسیدانی برای تنظیم سیستم ایمنی بدن می تواند در این بیماری مفید باشد. در گذشته بسیاری از بیماریهای اپیدمیک رخ می داد و اطبای طب سنتی مانند ابن سینا برای این همه گیریها راهکارهایی ارائه می دادند که در کنترل این بیماریها مفید بوده است. هدف: در این مطالعه، گیاهان مؤثر بر همه گیری بیماریهای تنفسی را با توجه به دیدگاه طب ایرانی معرفی می کنیم که مطالعات امروزی تأثیر آنها را به عنوان ضدسرفه، ضدتب، ضدویروسی، ضدالتهابی و آنتی اکسیدان تأیید می کنند. روش بررسی: جستجوی کاملی از گیاهان تنظیم کننده سیستم ایمنی و تریاق در کتابهای طب ایرانی نظیر مخزن الادویه، تحفه المومنین و قانون در طب انجام شد. همچنین گیاهانی که در تب و بیماریهای ریوی مؤثر بودند جمع آوری شد و خواص دارویی آنها در پایگاههای دادههای علمی جستجو شب ایرانی را بررسی کرده و نشان داد گیاهانی مانند نارنج، لیموشیرین، بالنگ، مورد، اسطوخودوس، دارای خواص ضدتب، ضدسرفه، ضدالتهاب، آنتی اکسیدان و ضدمیکروب هستند. نتیجه گیری: به نظر می رسد که خواص ضدتب، ضدسرفه، ضدالتهاب، آنتی اکسیدان و ضدمیکروب هستند. نتیجه گیری: به نظر می رسد که گیاهان موجود در این مقاله می توانند در بهبود علایم بیماری کرونا مؤثر باشند، که برای اثبات اثر بخشی خاص آنها، مطالعات بیشتری لازم است.

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