

Chinese, European and Persian Medicine Recommendations for the Prevention of Pandemics (COVID-19) Related to the Respiratory System: A Systematic Review

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ABSTRACT

Epidemics of spreading sickness have significant been considered as collective issue and problem, the given systematic review intended to epitomize the suggestions, instructions, and framework of Chinese, European, Persian and Asian medicine for managing and treating respiratory infection concerned epidemics also to match these instructions and frameworks with the overall outcomes and results of present treatment techniques and medicines. Besides, the given review also evaluates research efforts and reviews of the impacts of herbal medicine of different countries in the present situation. For this reason, the given review evaluates and critically analyzes the findings of 70 selected papers and previous articles on similar topics and concepts. The current systematic review searches the electronic type of medical databases majorly counting EMBASE, Science direct, Carcinogenic Potency, PubMed, Up-to-date, Cochrane Library, Bioethics research library, and CAMEO Chemicals. From the perspective of conventional Chinese, European, and American medical experts and professionals, infection avoidance is chiefly possible majorly by evading pathogenic influences and causes. As a second, quick fix, minimizing individual's possibilities to sickness is important; and this can largely be acquired by sanitizing the skin and reinforcing the temper and humor, minimizing food consumption, also minimizing the inner stickiness and closeness, sanitizing the residence with verdant disinfect, and ensuring the incorporation of enjoyable fragrance. Quite a few of these suggestions are restated by the present study and research effort. Chinese and European medicine approach and procedures prove to be effective and deterrent majorly during influenza-related sickness and pandemics and respiratory concerned diseases, still, meticulous research efforts are required to verify this supposition and theory.

Keywords: COVID-19, Prevention, Epidemic, Respiratory, Pandemic, Medicine.

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INTRODUCTION

Coronavirus is a disease that affects the respiratory system of a person and may even lead to death. It may also be the reason for causing pneumonia, and the first case for COVID-19 has occurred in China. Pneumonia is the main disease that is being caused by COVID-19 that involves cough, fever, difficulty in breathing, and may even cause death if not controlled. The Chinese traditional herbal medicine has been used by China to prevent the issues of the respiratory system and treat pneumonia so that the chances of Coronavirus can be reduced¹. It is a therapy that consists of a mixture of different herbs depending upon the syndrome of the patient's differentiation². The Chinese herbal formula helps in improving the lung damage of a person with the help of influenza viruses. This therapy was considered successful because it cured a patient of Corona Virus on 24th January 2020. Basically, there is not a specific medication to cure COVID-19, but the Chinese have introduced and have consumed their Tradition Chinese Medicine to treat and cure the patients of SARS and Corona Virus³. The herbal therapy has been proved beneficial to control fever and pneumonia, so the Chinese recommend herbal therapy to prevent COVID-19 that is related to the respiratory system. The agency of medicines of Europe named as European Medicines Agency has contributed a lot to control and prevent Coronavirus and to save the lives of people⁴. For this purpose, Europe has developed several effective and safe vaccines and treatments to support the

availability of medicines and provide reliable information to healthcare professionals and patients. Remdesivir is a medicine that has been introduced by the medicine agency of Europe to prevent Coronavirus that is a disease that affects the respiratory system of a person⁵. This medication helps in interfering with the viral genetic material's production and prevents the virus of Coronavirus from multiplying and increasing by infusion into the veins⁵. It was introduced by Veklury on 3rd July 2020, who is a member of the marketing authorization. Remdesivir helps in curing and treating Coronavirus in children as well as adults who suffer from pneumonia and require supplemental oxygen. Dexamethasone is one of the medications that have been introduced by Europe to treat COVID-19 as it is a corticosteroid with the effects of immunosuppressant⁶. It has been authorized by the EU at the national level and has been used to treat several rheumatic problems, allergies, skin diseases, lung diseases, and asthma⁷. The most preferred method of treating COVID_19 that has been approved by the EU is the Remdesivir. It is widely being used to treat Coronavirus and prevent it as Remdesivir is the molecule of a drug that is mainly used to treat Ebola and now Coronavirus⁸. The other three drugs that have been approved by the EU to treat Coronavirus are olokizumab, levilimab, and favipiravir. Dexamethasone is also being used for a purpose that is widely used to cure asthma, lung problems, allergies, etc. Almost every country has been affected by COVID-19, so their

medicine agencies have developed different medications, techniques, or methods to prevent corona from saving the lives of the people⁹. Persian medical agencies have also taken part in this situation and have worked a lot to treat Coronavirus. The Persian scientists reviewed the old books of the previous scientists and have analysed and gathered the data related to the pandemic and polluted air¹⁰. They have gathered the information of about six pages from those books and concluded a result related to the treatment of COVID-19. The scientists have advised the people to stay away from the place where the disease has been spread and asked them to self-quarantine themselves at home¹¹. The people have been advised to improve their internal environment. Despite all the preventions and recommendations, Persian medicine has been developed by scientists to treat COVID-19 as it is deeply rooted in GHS. Persian medicine is also known as Traditional Iranian Medicine and is effective only if it is applied correctly, and its guidelines have been followed efficiently¹². Persian medicine helps in treating the illness of the whole body to purge it, and it follows the holistic method that is related to health¹³. It helps in mitigating the underlying health conditions and focuses on cleaning up the body from the diseases and viruses, plus this medicine is reliable in curing COVID-19 just like Chinese Medicine and European Medicine. Though several Chinese, Persian, and European medicine treatment and method is being majorly applied for COVID-19 pandemic and pneumonia, distrust remains about its efficiency and validity. Hence, the given review article aims to systematically review some recent studies and research efforts of the applications of European, Persian, Chinese and others related medicines in COVID-19 patients and victims to evaluate the overall empirical proof of the direct impact of some traditional and modern European and Chinese medicines for COVID-19 pandemic. Besides, the current review article aims to give powerful and vigorous proof base majorly for clinical exercise in fighting with pandemics like COVID-19. Moreover, the current effort is designed to review some important, experiences, thoughts, models, and views of Chinese, Persian, and European medicine experts and practitioners and then contrast them with the overall results and suggestions of the modern type of managing respiratory infection conditions and pandemics. The overall purpose of

this review paper is to systematically and empirically epitomize the suggestions and recommendations in present clinical practice regulations and instructions mainly about the incorporation of conventional as well as modern medicines of different regions and sub-continent for the respiratory type of infections and also for COVID-19 patients, the given review paper also analyze and report on the reporting quality and methodological quality of these instructions.

METHODOLOGY

Search strategy

In the given reported systematic review, the important publications and books of Chinese, Persian, Europe and American medicine published entirely between the 2009 and 2019 years, mainly including The Body Clock in Conventional Chinese Medicine (Lothar Ursins), Hand Reflexiology and Acupressure (Chen Feisong), A Field Guide to the Huangdi Neijing Suwen (Amy Chang), Master Tung Acupuncture Book (Dr. Clavin Chein), Stone Medicine (Leslie J. Franks), Balance Your Hormones (Claudia Welch), Physical Examination and Health Evaluation (Carolyn Jarvis), Fiber Fueled (Will Bulsiewicz), The grate Influenza (John M. Barry), The Autonomy Coloring Book (Wynn Kapit), Cardio Pulmonary Resuscitation (Mohammad Ali Montaseri), Fundamentals of Brain Death and Organ Donation (Dr Mohammad Sadegh Saine), were majorly explored for the keywords and terms like “Pandemic”, “Outbreak”, “Incubation period”, “air-pollution”, and Epidemic, the reason for the incorporation of pandemic keyword is that it mainly uses when a new type of infection and disease spreads to several regions of the world; the keyword outbreak largely used because it refers to a sudden increase of certain illness in a region and country; incubation period keyword used in the given review article because it refers to the time it takes for someone with an infection to initialize showing signs for COVID-19 symptoms appear 2-14 days mainly after disease and infection. Moreover, the keyword epidemic is also used because it refers to a condition where more cases of infection than expected happen in a given region or to a group of individuals, and all other similar and equivalents keywords in the Chinese, European, Persian and American languages and dictionaries. (See table 1)

Table 1:Search Strategy adopted for this systematic review

Web of Science		PubMed	Cochrane Central Register			
	Search	Result	Search	Result	Search	Result
1	COVID-19	34,734	Topic (COVID-19)	45,565	COVID-19	12,732
2	Hydroxychloroquine	34,382	Topic (Medicine)	6,310	Medicine	13,567
3	Pandemic	52,754	Topic (Pandemic)	56,526	Pandemic	43,900
4	Prevention	1,984,233	Topic (Prevention)	2,577,781	Prevention	67,987
5	Respiratory	648,943	Topic (Respiratory)	656,865	Respiratory	234,876

6	Clinical Medicine Trials	284,923	Topic (Clinical Medicine Trials)	375,161	Clinical Medicine Trials	125,786
7	Pharmacist	12,463	Topic (Pharmacist)	39,543	Pharmacist	13,983
8	1 OR 2 OR 3 OR 4 OR 5 OR 6	123,330	Topic (1 OR 2 OR 3 OR 4 OR 5 OR 6)	539,330	1 OR 2 OR 3 OR 4 OR 5 OR 6	240,645
9	Pneumonia	327,732	Topic (Pneumonia)	233,672	Pneumonia	109,670
10	Fever	123,432	Topic (Fever)	222,327	Fever	99,093
11	Cough	70,324	Topic (Cough)	60,936	Cough	10,678

Databases

Additionally, the major medical databases and tables largely such as EMBASE, PubMed, PubMed Central or PMC, Up-to-date, Cochrane Library, Science direct, Bioethics research library, CAMEO Chemicals, Carcinogenic Potency, CenterWatch and Chem Sources online or Chemical search were majorly searched and evaluated for the keywords “prevention methods”, “COVID-19”, “Epidemic”, “history” and “pandemic”. EMBASE is firstly searched because it is one of the famous medical databases and is a type of proprietary research database that majorly includes in its corpus PubMed facility and can also be approached by other DB providers for example Ovid and it mainly contains 37 million medical articles. PubMed is the second major source of medical articles and it is largely hosted at the National Institute of Health and gives effective bibliographic data covering research abstracts and links to the full-text publisher websites and platforms for more than 28 million research articles and efforts. Moreover, Cochrane Library is best known and famous for its systematic reviews and articles, this database is largely used by the existing review study because 51 review groups around the globe provide the published reviews are of effective quality and proof-based, and in this database medical articles are generally updated over time to provide new research suggestions and recommendations.

Inclusion Criteria

Randomized examinations and prospective managed or quasi-randiest clinical examinations and trials that majorly have evaluated and implemented European, Chinese, American and Persian medicine for the treatment of COVID-19 largely be included in the given review article, and there will be no constraints mainly for publication update, blinding and follow-up and the overall publications in Chinese, Persian, and English has been covered in the following review. Data and medicine papers and research articles published between 2010 and 2019 years were searched and collected, a total of 100 papers was searched and out of which 70 were included in the given review study. Laboratory and basic medical research that largely involves scientific examination and experimentation of medicine in a managed and controlled conditions to develop an understanding of chemical interactions, biological, genetic materials and cells have also been selected for effective and efficient review of medicines that play a major role in the present situation. Moreover, clinical medicine research which was completed to enhance the forecasting, treatment, and prevention of diseases and infections like COVID-19 has also

been included in the present review study. This is because the major focus of these types of research is on the identification of the effectiveness of certain kinds of medicines and other methods that play a direct role in the treatment of diseases like COVID-19. Moreover, conventional Persian, American, Chinese, and European herbal type of medicine majorly covering extracts from mixture herbal techniques, herbs and single herbal code coarse of their forms as well as compositions has also been included. Conventional herbal techniques and medicines grouped with one or more several other pathological formulas have also been covered and there have been no limitations concern with duration, dosage, the follow-up period of treatment, and frequency. Besides, there were no limitations regard to the form and dimension of imperator and the imperators are probably to include the supportive type of care, medical therapies, and extra types of therapeutic techniques and methods. The initial findings and outcomes of the following review paper are the successful and efficient medicines and herbal techniques that play a positive role in the treatment of a respiratory type of disease, and also provide a review of recommendations and suggestions given by different specialists and medical experts.

Exclusion Criteria

The exclusion criteria of the given paper are as given; matched information and information that cannot be removed majorly after approaching real analysts and authors and the full text cannot be generated after approaching real scholars and authors. Besides, the given review effort excludes all old versions of instructions and contradicting statements and reviews majorly published by an individual managing body, entity, and medicine care firm and organization in the mentioned regions and countries. Moreover, studies and empirical pieces of evidence with patients and individuals with life menacing comorbidities and possibilities likely to lead to death have not been included in the review study, and this increases the effectiveness level of the review. Moreover, studies with the objectives of determining the impact of traditional treatment methods on the recovery of patients and individuals affected by certain kinds of diseases and infections are also excluded in the present review effort. (See Fig 1).

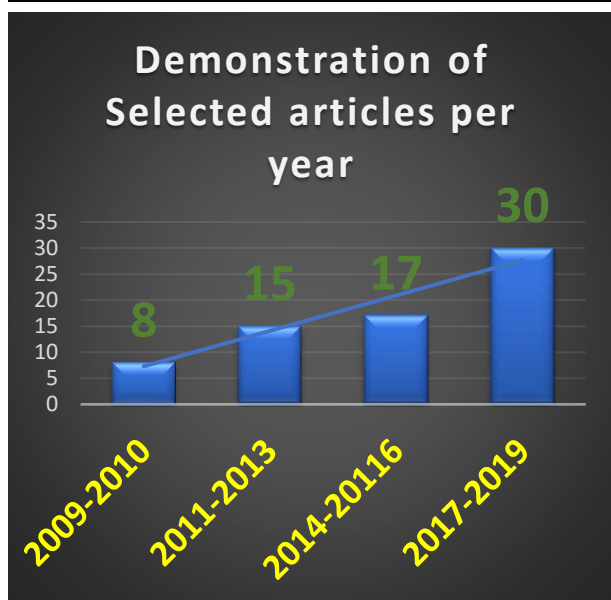


Figure 1: Number of selected articles

REVIEW BODY

The selected articles in the given systematic review were majorly get from the following medical journals including The Lancet, The British Medical Journal, Annals of Internal Medicine, The Journals of American Medical Association, New England Journal of Medicine, and Nature. The majority of the selected articles were largely from the Annals of Internal Medicine, 20 intervention articles got from the New England Journal of Medicine, and more than 17 articles were searched and get from The Lancet, and the other 8 articles belonged to remaining top medical Journals and search engines. Almost all intervention studies and articles that were included in the specific review evaluated the performance and role of medicines and other techniques that are mainly used in the treatment of diseases that directly affect the respiratory system of an individual. The selected articles majorly deal with the performance and effects of medicines like antitussive, decongestants, lung surfactants, antiasthmatic combinations, respiratory inhalant products, expectorants, bronchodilators and miscellaneous respiratory agents in the overall treatment of respiratory-related diseases and pandemics like COVID-19.

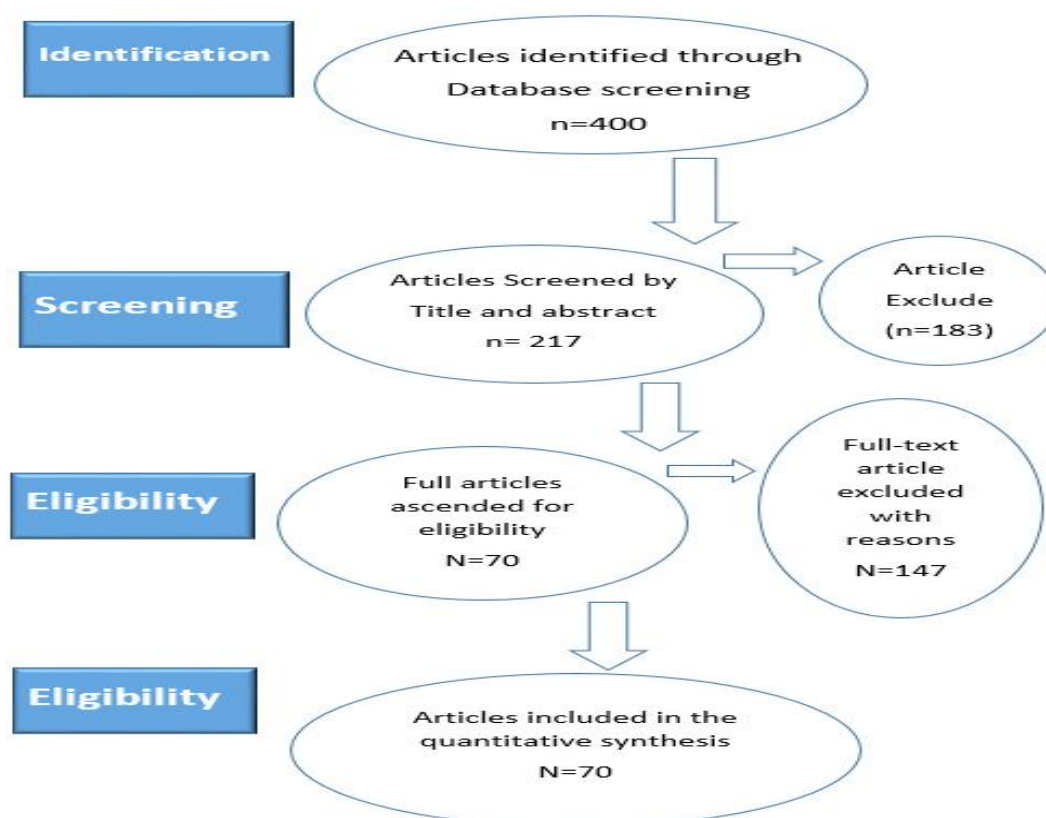


Figure 2: Article Selection Flowchart

Moreover, this is the first and most important attempt and review to evaluate the empirical proof of the uses and recommendations of Chinese, European, American, and Persian medicine and other treatment techniques majorly used for COVID-19 fever and pneumonia and other related diseases. The given systematic review also provides an effective review of Chinese and American doctors and pandemic experts about using the medicine and different treatment methods used against pandemics and respiratory diseases. Chinese scientists and medical experts have proposed and recommended using traditional Chinese medicine as a major source of medicines and treatment process that can be used directly against Corona virus and the major reason for this is that traditional Chinese and Persian medicines proved to be significant and effective by individuals with severe acute respiratory syndrome majorly during the current pandemic and disease ¹⁴. Besides, the China and Korean Government approved and extent the use of traditional medicinal herbs and as a consequence, 80% of COVID-19 patients and individuals with lesser symptoms received grouped treatment with routine medication processes and conventional remedies ¹⁵. Moreover, according to selected articles, the traditional Chinese and Korean medicine is also the subject of many

controversies and debates that have put the overall spotlight on the medicine sector's connections with the wildlife business and trade ¹⁶. China's and Korean National Health Department was criticized after it recommended and suggested injections containing bear bile power and other related ingredients as a Corona virus treatment and care ¹⁷. According to Liu, Chen [18] China and other Asian nations recently banned the utilization of endangered species and pangolins which is commonly used in folk medicine and care for its degrees and scales. Though wildlife experts worry about the increasing popularity of traditional medicines products will drive a surge in illegal wildlife trafficking and another phenomenon ¹⁹. According to other selected articles and studies some significant attempts and efforts made by the state and media of different countries to promote traditional Chinese medicines for the possible second and third wave of Corona virus in upcoming months and years ²⁰. Besides, this review and assessment were entirely performed and carried out using significant tools and Health surveys ²¹; the given table summarizes the data and findings get from each intervention paper and research included in the given systematic review and effort; (See table 2)

Table 2: Reviews of selected studies and article

Author name	Country	Objective of Study	Type	Outcomes	Tools used to Evaluate the Outcomes	Number of Participants	Results	Limitations
Besile & Combe ²²	China (Wuhan)	To provide endorsements for the mitigation, containment, and prevention against the pandemic of COVID-19	Nephrology Dialysis Transplantation	Prevention from pandemic disease	Haemodialysis centers, isolation, prevention, nasopharynx swabs, and control	Staff members = 33 Haemodialysis patients = 230	The measures to prevent and protect an individual from the pandemic disease are important in the pandemic management and should be taken at the disease's initial stage	No proper medication is recommended
Vardanjani HM, Heydari ST(2020) ²³	Persia (Tehran)	Determination of benefits of Persian medicine	Cross-sectional Research	Introduction of recommendations to prevent COVID-19	Questionnaire	Participants = 523	Persian Medicine has been proved beneficial in the process of COVID-19 management, and it also helps in preventing the present dilemma	The bias of probable phone, the inability of investigation of different aspects, limited use of social media
Cook TM (2020) ²⁴	America (New York)	Determine the importance of the equipment of personal protection	A narrative Review	COVID-19 can spread from one person to another	Protective equipment, medical procedures	No. of procedures = 4	Preventive masks and hand sanitizers were introduced to prevent people from COVID-19	Shortage of equipment, no proper way of using equipment

Emami, A., Javanmardi, F., Pi (2020). ²⁵	China (Hubei)	Evaluate the prevalence of underlying disorders in hospitalized patients of COVID-19	Systematic, comprehensive research	The death rate of people with chronic diseases and the effect of chronic diseases in COVID-19 patients	Search strategy, statistical analysis through variance inverse method, Eggers's regression test, exclusion and inclusion criteria	Patients = 76993 Articles = 10	The patients of smoking, hypertension, diabetes, and cardiovascular disease are the most prevalent co-existing disorders, and the chronic diseases are 16.37% in existence in COVID-19 patients	A small number of reports and no specific patterns for research study
Basile C, Combe C, Pizzarelli F(2020) ²⁶	Persia (Shiraz)	Determine the pandemics of several clinical and infectious diseases such as COVID-19	Classic Medical Research	Evading the pathogenic factors can lead to the prevention of COVID-19	Search Strategy	Database = 4	The disease can be prevented by reducing the intake of food and body cleansing	Trouble in exploring causality, lack of statistical representation, insignificant contradictions
Givi B, Schiff BA(2020) ²⁷	America (New York)	To evaluate the safety recommendations to evaluate the complications of neck and head during the pandemic of COVID-19	Observational and Systematic Approach	The workers of the health care department and the physicians has determined several ways to reduce the risk of the pandemic disease	The evaluation process, Search Strategy, Analysis Method	Patients = 138 Health care workers = 40	Efficient health care can be provided to the patients with great efforts, and planned procedures can protect the health of the staff members	Lack of efficient efforts, unable to maintain the strength of clinical work
Ludvigsson JF (2020) ²⁸	China (Hubei)	Determine the symptoms and effects of COVID-19 in the children	Systematic Literature Review	Milder cases of children of COVID-19 than adults	Searching of Embase database and MEDLINE	Librarians = 2 Scientific papers = 45 Children = 1391	The disease of COVID-19 is milder in children as compared to adults. Lymphocytopenia was rare, and elevated inflammatory markers were not common in the children.	The language barrier between Chinese language and other languages

Honerkamp Y.(2020) ²⁹	Persia (Isfahan)	Evaluating and comparing the strategies adopted by Iran with that of China	Systematic Literature review	The contextually based strategies have been introduced by Iran regarding COVID-19	Content Analysis, evaluation of triangle of health policy	Countries = 206 Participants = 932166	A number of preventive strategies and policies have been introduced by Iran that deals with COVID-19	Difficulty in learning the policies, poor management of strategies
Yang J, Zheng Y,(2020) ³⁰	China (Wuhan)	To assess the prevalence of comorbidities in the patients of COVID-19	Literature Search	The chronic diseases can be proved risky for severe patients as compared to non-severe patients	Random effects model, search strategy, EndNote X9.0	Infected patients = 1576 No. of studies = 7	Fever is the most prevalent clinical disease that is followed by fatigue and cough	High heterogeneity statistics Large variation among studies Certain lengths of follow-up related to heterogeneity may be missed A small number of studies
Lakkireddy, D.R., Chung(2020) ³¹	America (Washington)	To determine the number of cases of COVID-19 in America per month and its cause	A clinical update	The cases of COVID-19 were increasing speedily when no precautionary measures were defined	Survey Method, Research method, Analysis method, Novel methods, Serosurveys, PCR-based tests	Patients = 235000	The immune system is highly affected due to COVID-19, and the infection spreads in the immune system of an individual first	Limited supplies for the workers of an organization, Limited distribution of masks and hand sanitizers
Basile C, Combe C, Pizzarelli F, Covic A (2020) ³²	China (Wuhan)	Recommending Chinese Medicine to prevent COVID-19	Historical Research	Treatment of infection and preventing respiratory diseases	Historical classic records, ancient CM books, inclusion criteria, retrieval strategy, data analysis, and extraction	Herbs = 22 Medical staff = 53 Influenza patients = 54 Students = 25329	The control programs and CM prevention programs to prevent pandemic disease.	Pestilence has not been widely discussed, which is the main objective and term, or COVID-19. No direct clinical evidence to prevent COVID-19

Basile C, Combe C(2020) ²²	Europe (Berlin)	To provide recommendations regarding the prevention, containment, and mitigation of COVID-19 in the centers of Haemodialysis	A systematic review	The outcome of approximately five staff members was positive and favorable	Preventive tools, Government guidelines, instruction of facemasks	Workers = 37 Patients = 65	The preventive measures for the pandemic disease are defined, and the workers of the organization are recommended with certain guidelines	No proper method of conducting a review was used, no efficient tools and techniques were available
Gupta R, Misra A (2020) ³³	Persia (Tehran)	Report the indication of therapeutics that has been used to manage the COVID-19 patients	Systematic Approach	First date- related review related to the medication for treating COVID-19 patients and the mark of therapeutics	PRISMA-P, PRISMA statement	Articles = 41	The adverse events related to the treatment of COVID-19 is considered as the result of this research	Insufficient evidence, low-quality studies are included, unable to conduct the analysis of subgroups
Kowalski LP, Sanabria A(2018) ³⁴	China (Hong Kong)	Ensure and preserve the safety of staff members and patients	Systematic Research	Treatment of cancer patients by the neck and head surgeons	Anosmia Reporting Tool, Screening tools	Workers = 41 Patients = 19	The risk of spreading the disease has been limited, and the policies have been changed to prevent COVID-19	Cancer patients have a high risk of death due to COVID-19, A small number of patients
Shahi F, Mirzania M(2020) ³⁵	Persia (Susa)	Determine the modification of the guidelines related to COVID-19 in the patients of COVID- 19	Systematic Literature Review	Reduction of the medical center's workload	Management tools, social media such as WhatsApp	Physicians = 5 Patients = 49	Enhanced protocols have been developed to treat breast cancer so that the rate of COVID-19 can be reduced in the patients of breast cancer	Medical centers are highly affected due to COVID-19 because of lack of preventive strategies
Shanthanna, H., N. H(2020) ³⁶	Europe (Paris)	To discuss the guidelines for taking care of the patients during the pandemic of COVID-19	Internation al systematic research	Chronic pain results in reducing the life's quality lead to sufficient suffering and imitates the daily-routine activities	Expert Panel method, Search Strategy, Meeting	Total People = 1,751,841 Patients = 883,225	COVID-19 can infect the respiratory system and immune system of an individual and can also cause death	Limited devices for testing purpose, no advance technology to prevent the disease from spreading

Zheng SQ, Yang L, (2020) ²⁰	China (Wuhan)	To discuss the strategies and methods of pharmacies that can be helpful during COVID-19	Social and Administrative Research	Provide appropriate medicines to different regions of the country	Flyers, Internet, emails, text messages	Domains of service = 6 Patients = 179	PC Pharmacies and pharmacists have played a vital role in providing medications and guiding people.	Limited patient number, Limited preventive measures
Pang J, Wang MX(2020) ³⁷	China (Wuhan)	To determine the cases of COVID-19 that has been reported.	Systematic Review	Characterization and systematic evaluation of the cases of coronavirus	The questionnaire, search strategy, RefWorks software	Studies = 18 Participants = 1065	The patients of pneumonia, kidney failure, and COVID-19 were treated with great care.	Limited reports and limited information, limited therapies, lack of brief information of children
Baksh M, Ravat V, Zaidi A(2020) ³⁸	Persia (Hamedan)	To determine and evaluate the risk perceptions and preventive behaviors of COVID-19	Cross-sectional Research Study	The Iranian medical students are intelligent enough to have knowledge about a different perspective of diseases	Questionnaire	Questions = 26 Items = 15 Students = 240	About 87% of students were enriched with great medical knowledge regarding pandemic diseases and preventive measures against them	There were high-risk perception and negative relation among risk perception and preventive behaviors of the students
Castagnoli R, Votto M (2020) ³⁹	China (Beijing)	To determine the recommendations and challenges of COVID-19	Observational systematic review	ECMO is reserved for the patients of ARDS	Biomarkers, prognostic tools	Countries = 204 Participants = 8096	Collaboration at national, international, regional and local levels has presented the best chance of survival for COVID-19	Limited shift hours, limited rest areas, inappropriate health support
Phua J, Weng L, Ling L (2020) ⁴⁰	China (Beijing)	Analyze the importance of vaccines and rapid diagnostics	Systematic Research	There are no specific combinations of drugs that have been supported by the evidence of the high level	Supplementary strategies, personal communication, Google Search	Studies = 27 Participants = 68	Certain vaccines have been developed that can be used to prevent COVID-19	No efficient policymakers, no defined laboratory protocols

DISCUSSION AND CONCLUSION

Like pandemics and outbreaks majorly caused by MERS and SARS, the recent pandemic of Coronavirus in China and Europe is developing a considerable individual health and respiratory system challenge⁴¹. In 2003, different traditional medicines and treatments tools of different nations and regions like China, Indonesia, America, Germany, and Italy played a favorable part in the overall treatment and care of MERS and SARS, and approximately 57.4% of confirmed individuals and patients received conventional herbs and medicines of different countries⁴². An effective and systematic review by He and Dai [43] manifest that Chinese, American and European herbs and traditional medicines positively enhanced the overall signs of MERS and SARS majorly incorporating minimizing overall body temperature,⁴⁴ quality of life dosages of corticosteroids, breeding challenges, types of different coughs and enhancing osmosis of pulmonary infiltration and other related issues and challenges⁴⁵. A study and systematic review of a significant number of studies of conventional treatment methods and medicines for SARS indicated favourable and effective but comprehensive outcomes regarding the efficacy and efficiency of grouped type of care, majorly incorporating conventional herbal medicine as an attendant⁴⁶. In the line of the past treatment outcomes of medicaments SARS with conventional type of treatment techniques and herbal medicine, the Department of National Health of different nations and regions hearten the use as well as a combination of traditional European, American and Chinese herbal medicines and techniques for the future treatment of disease regarding the respiratory system⁴⁷. Besides, several medicines and prescriptions are suggested in several steps and processes of diseases like Coronavirus⁴⁸. Moreover, after evaluating and examining the outcomes and reviews of given effort, it can importantly be concluded that Chinese, European and American medicines and treatment methods majorly views the problem of protection in terms of epidemics from two major thoughts and point of views⁴⁹. Initial, it scrutinizes the essential etiological element of the sickness and suggests its prevention mainly by withholding the region of epidemic and outbreak or self-locking at house and region⁵⁰. As a matter of fact, this is the initial and most significant suggestion of Chinese, American, and German medical experts and physicians⁵¹. And the second considerable and most suitable component that must be viewed and take into account is the background data and vulnerability of patients to the sickness, with the possibility of disorder and disease being majorly reduced if the recommended tasks and duties are completed. Besides, it also is famed that this type of disease is larger than the problem of medical condition reviewed in modern treatment and medicine, majorly because, from Chinese and European medicine, patients who show to insignificant any mentioned conditions can be quite considerable to a certain type of sickness and diseases⁵². And these similar to recent and past efforts that have suggested healthy and efficient subjects becoming seriously influenced by Coronavirus⁵³. Moreover, European and African physicians gave importantly advises to individuals and healthcare staff and professionals that they should only use Hydroxychloroquine and chloroquine majorly for their authorized suggestions, covering the caring of malaria and specific autoimmune infections and sickness,

and as part of clinical trials majorly for the treatment and prophylaxis of Coronavirus and in emergency use mechanisms in hospitalized individuals largely under close treatment⁵⁴. Several other physicians and medical experts recommend that Hydroxychloroquine and chloroquine may cause some side effects mainly including heart rhythm issues and challenges⁵⁵. The possibilities of these side effects may be revealed when these treatment methods and medicines are taken at significant doses than those suggested for their authorized proposes and in collection with other types of medicines that have close impacts on the respiratory, heart for example the antibiotic azithromycin⁵⁶. According to Li and Peng [57], these medicines and treatment processes may cause serious confusion, agitation, psychosis, insomnia, and suicidal attempts and they also known to damage the liver of the patient may cause neuronal effect and further lead to seizures and lower blood sugar and pressure of the individual, hence patients should only utilize chloroquine if they have been diagnosed for them and a medical expert is supervising their overall care and treatment⁵⁸. According to Chinese and American medical experts' suggestions, healthcare experts should continue to use Chloroquine in chronic type diseases and sickness, suggesting only the normal transmission of these medicines to individuals to prevent redundant restriction on supply chains⁵⁹. Moreover, a recent study by Schinwald, Murphy [60] also suggests that healthcare experts also employ these medicines for the caring of diseases that directly affect the respiratory system of an individual as part of clinical trials ideally and following national developed settings and bodies in hospitalized individuals under efficient treatment⁶¹.

IMPLICATIONS AND LIMITATIONS

Several respiratory medicines and drugs are provided by inhalation, while enteral, parenteral, topical ways of management and transdermal may be employed for certain agents, proving medications and treatment by the inhaled ways has several implications and benefits over systemic management; a kindred and smaller amount can be employed, unfavorable impacts are minimized, the medicine is given significantly to lung tissue and the bloodstream, overall management is painless and provision of treatment is often convenient as well as safe. In the perspective of review of suggestions on medicines, the major implication of the given systematic review is that in future healthcare professionals and experts use Hydroxychloroquine in the treatment of respiratory-related diseases because this type of medicine is a sickness modifying anti-rheumatic drug and dose and it also manages the activity of the entire immune system of an individual which may be overactive and provide effective results in certain situations. Another implication of the current review is that it will help different medical professionals and experts in the treatment of infections and sickness which may affect respiratory system and function of the patient because this review paper provides the wide-ranging effects of different medicines and herbal formulas and several significant implications in the overall treatment of lupus, and it is also suggested by Li, Chen [62] that these advantages and implications may be less productive in individual who smoke and drink. Moreover, this systematic review will also facilitate evaluate and investigate the productive role of conventional European, Chinese, Persian,

and Asian herbal and other similar medicine in the whole therapeutics and avoidance of zealous sickness and disease impacting the lung fever and pneumonia. Additionally, the existing review also provides significant data about the importance of mentioned medicines and techniques in reducing the impacts of pandemics and related diseases. The limitations of this review explain the very detailed idea that the effects of the medicines during pandemics of the respiratory system are not as much reliable as it becomes very difficult to evaluate and judge the reasons and causes and how much these medicines help protect and cure that disease. The countries around the globe try their best to discover such medicine that may prove 100 percent very positive and result oriented. The researchers and the scientist found it very tough to find out the exact causes affecting human respiratory system during the pandemic situation as many causes and reasons are creating very miserable situations and scenario to evaluate every factor briefly. During such pandemics, the time for making experiments and results of using medicines. This limitation may cause a serious drawback that seemingly the effects and results of medicines seem very effective and positive but over time, these pandemics may increase in number because of the short time was given to perform experiments to know their effects. The developed countries and the developing countries have a very huge difference and the gap in this regard. The review of the medicines during pandemics is quite difficult as various factors playing their role to make the situation very crucial and unbearable. The age factor is also great difficulty in analyzing the effects and results of the medicines. Herbal medicines also prove very effective in treating respiratory disease. Herbal medicines of China and Persia also play a vital role while the medicines manufactured in high standard labs may fail to give out positive results. The study very clearly evaluates the factors and effects of pandemics and the effective use of medicines to cure and save the lives of common people. Pandemics outbreak around the globe creates a very serious situation and the preparation of medicine to cure that disease-relevant to the respiratory system is a very sensitive issue.

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