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## DOST study shows lagundi helps rid patients of mild COVID-19 symptoms

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MANILA – Herbal medicine



can help mild COVID-19 patients get rid of their symptoms lagundi faster and speed up the return of their sense of smell, preliminary findings of a study conducted by the Department of Science and Technology (DOST) showed.

In a televised briefing on Wednesday, DOST Secretary Fortunato Dela Peña explained 278 participants of the study were divided into two groups – those who were given and those who did not take it or

lagundi the placebo group. “

Ang pagkakaiba lang po nila, unang una, ‘yung mga nag- lagundi, madaling nagbalik ‘yung kanilang pang-amoy. Kasi isa po sa mga sintomas ay ‘yung pagkawala ng panlasa, pagkawala ng pang-huminga,” amoy, ubo, masakit na lalamunan, Dela Peña said. lagnat, nahihirapan “

Ang una po nilang nakita ay yung mga nag-lagundi ay madali nagbalik ang kanilang pang- amoy.

Pangalawa, ‘yun pong mga sintomas ng mga nag-take ng sintomas,” he added. lagundi, mas unang nawala ‘yung

While pati e nt s who mga took got rid of their symptoms faster, Dela Peña said

lagundi all 278 participants of the study recovered from COVID- 19 in seven to eight days. No adverse effects were observed in all participants.

Dela Peña said the team spearheading the clinical trials for as supplemental COVID- 19 treatment might

lagundi release the analysis this Wednesday. “Kung maganda ang resulta,

DOH ito ay inaasahan namin na [Department of Health]. irecommend ng ating trials

At pwede moderate cases,” he added. rin ituloy ang para sa mga

Dela Peña noted that is only a supplemental treatment

lagundi and not for COVID-19 prevention.

It was in July last year when clinical trials for lagundi, widely used as a cough remedy, were approved by the DOST’s Philippine Council for Health Research and Development.

Apart from lagundi, the DOST is also conducting trials on the effectiveness of virgin coconut oil in the recovery of COVID-19 patients. Dela Peña said results of July.( these © trials may come out in 2021)