

ROLE OF ACT 12 AND ACT 13, A PHYTOCONSTITUENTS COMPLEX AS A POTENTIAL THERAPY FOR MANAGEMENT OF COVID 19: A COMPREHENSIVE CASE STUDY REPORT

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ABSTRACT

In lack of definite treatment for COVID-19 and prophylaxis regarding COVID-19 is deficient drugs discovered from Nutraceutical and phytoconstituents can reveal some promise for the development of interventions against COVID-19 infection. The purpose of the study is to present the clinical finding and outcomes of around 100 subjects of mild to moderate Covid 19 disease, who have been administered with ACT12 and ACT 13 together with standard of care to explore the potential of the intervention. Considering evidences from past research on ACT 12 and 13 together with the clinical observations of 100

subjects it can be concluded that ACT 12 and 13 could be a frontline option for early recovery, improving symptomatology and overall prognosis in patients with mild to moderate Covid 19. Surely the phytoconstituents based composition of ACT 12 and 13 holds promise to patients and healthcare stakeholders as safe and efficacious intervention in Covid 19 as therapeutic and prophylaxis as well.

KEYWORDS: COVID-19, SARS-Cov-2, Nutraceutical, Phytoconstituents.

INTRODUCTION

The Covid -19 has so far affected 213 countries and 31 territories around the world with 22 million confirmed cases of Covid -19, including 777,000 deaths worldwide. Despite standard treatment, 10% of the patients' progress to moderate stage out of which 5% deteriorate to severe stage. There is around 3% mortality rate in Covid -19 patients.

At present in our country, there is no definite therapy for Covid -19 are available and prophylaxis regarding the treatment of Covid -19 is deficient. Drugs discovered from herbal sources and phytoconstituents can reveal some promise for the development of interventions against Covid -19 infection.^[1]

This presents a pounding need of present times to come up with a research based nutraceutical or formulation with phytoconstituents with high quality which could provide, antiviral, anti-inflammatory, and anti-oxidant effect and can be safely used in clinical protocols of Covid 19 management. GP Life Healthcare Pvt. Ltd. has emerged with phytoconstituents based formulations ACT 12 and ACT 13. Therefore, the purpose of the study is to present the clinical finding and outcomes of around 100 subjects of mild to moderate Covid 19 disease presentation, who have been administered with ACT12 and ACT 13 together with standard of care to explore the potential of the intervention.

CASE PRESENTATION AND METHODOLOGY

Total RT-PCR and/or HRCT, and/or Rapid antigen test positive subjects for Covid 19, including male and female, provided consent and received ACT 12 and ACT 13 as an adjuvant to the standard care medicine prescribed to them by respective medical authorities were considered for this study. The subject's data at baseline like symptom gradation for fever, illness, olfactory sensation, body ache, headache and shortness of breath were recorded; body temperature and SpO₂ and CRP levels were noted at baseline. Periodically each day symptom gradation, body temperature and SpO₂ levels were checked. Up to 5th day CRP levels and RT-PCR and/or HRCT, and/or Rapid antigen test results were recorded. Out of 100, 44 subjects were presenting confounding illness like diabetes, hypertension and hypothyroidism etc. Out of 100, 56 subjects were presenting no comorbidity.

CLINICAL OUTCOMES

The mean age of subjects was 44.57 ± 12.37 years. Out of the subject size of hundred, 73 were male with average age of 46.64 years and 24 females with average age of 38.73 years. All subjects were RT-PCR and/or HRCT, and/or Rapid antigen test positive at baseline and consumed 2 tablets of ACT 12 thrice a day and 20 ml ACT 13 thrice a day for at least till the final assessment i.e. average day 5 of treatment. All the subjects were symptomatic and having common symptoms as fever, loose of taste and smell, headache, body ache, of which 24 subjects presented shortness of breath as well.

All of the subjects were turned RT-PCR and/or HRCT, and/or Rapid antigen test negative after 5 days of treatment. There was improvement in symptoms after 3rd day of the treatment. There was complete resolution of symptoms till day 5 of treatment which was being observed in all 100 subjects. Following are the details of body temperature and SpO₂ from baseline to day 3 of treatment.

As a whole the average time of recovery of subjects from fever, SpO₂ levels and other symptoms was found to be 4.1 ± 0.91 days from day 1.

Table 1: Changes in body temperature SpO₂ and Serum CRP levels (mg/l) from baseline to day 3rd of treatment.

Parameter	Baseline	Day 3
Body temperature (°F)	101.7 ± 1.17	98.7 ± 0.41
SpO ₂ (%)	92.6 ± 2.96	97.9 ± 1.00
Serum CRP levels (mg/l)	34.3 ± 22.11	2.7 ± 1.37

There was 100% tolerability and compliance to the investigational product. The intervention was equally tolerable to subjects with or without presenting confounding illness like diabetes, hypertension etc.

DISCUSSION AND CONCLUSION

It can be concluded that there is potential in ACT 12 and 13 in the management of Covid 19 as a frontline option. The beneficial effects offered by ACT 12 and ACT 13 are the result of the key ingredients from formulation and the technology implemented and quality maintained. Following are the already studied evidences of the ingredients used. Shilajit is reported to possess increase in antibody production.^[2]

Shilajit and Tulsi extract are known to modulate T helper cell response which can contribute to the acquired immunity of the subject.^[3] Shilajit, Tulsi, Ashwagandha and Guduchi extracts can provide complete immunomodulatory activity i.e. innate and acquired immunity support to the patient to combat with the infection and thus the symptoms.^[4,5]

Azadirachta indica and curcumin extract as a key ingredients of investigational product are known to be antiviral and inhibit protease and protein kinase.^[6,7]

Extracts of the both of the above cited herbs are known to reduce elevated LDH, TNF-alpha and IL-6 etc. Tulsi extract is known to possess alleviating effect on elevated serum ferritin.^[8]

Which might further protect subjects from the blood coagulation related complications.

Considering these evidences from past experiences and the clinical observations of 100 subjects it can be concluded that ACT 12 and 13 could be a frontline option for early recovery, improving symptomatology and overall prognosis in patients with mild to moderate Covid 19.

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