

# Spices and COVID-19

Sora Yasri<sup>a</sup> Viroj Wiwanitkit<sup>b</sup>

<sup>a</sup>Private Academic Consultant, Bangkok, Thailand; <sup>b</sup>Dr. DY Patil University, Pune, India

Dear Editor,

We would like to share our ideas on the publication “Spices to control COVID-19 symptoms: yes, but not only ...” [1]. Bousquet et al. concluded that “Spicy foods are likely to desensitize TRP channels and act in synergy with exogenous antioxidants that activate the Nrf2 pathway” [1]. The antioxidant from spices might be useful in controlling many diseases, including COVID-19. It is hypothesized that spice consumption might play a role in increased body ability to fight COVID-19 [2]. In a recent bioinformatics report [3], some spices that are also local herbs exhibit antiviral mechanisms. Nevertheless, the important consideration is whether the level of natural antioxidant activity in spices is sufficient for managing COVID-19. In Indochina, spices are common ingredients of local foods, but there are still many COVID-19 cases in this area.

## Conflict of Interest Statement

The authors have no conflicts of interest to declare.

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## Author Contributions

Both authors contributed equally and finally approved the submitted article.

## References

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- 2 Elsayed Y, Khan NA. Immunity-Boosting Spices and the Novel Coronavirus. *ACS Chem Neurosci*. 2020 Jun;11(12):1696–8.
- 3 Sriwijitalai W, Wiwanitkit V. Herbs that might be effective for the management of COVID-19: A bioinformatics analysis on anti-tyrosine kinase property. *J Res Med Sci*. 2020 May;25(1):44.

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