

## Drugs and natural products for the treatment of COVID-19 during 2020: comment

### Medicamentos y productos naturales para el tratamiento del COVID-19 durante 2020: comentario

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Dear Editor,

We want to share ideas on the publication “Drugs and Natural Products for the Treatment of coronavirus disease 19 (COVID-19) during 2020, the 1<sup>st</sup> Year of the Pandemic”<sup>1</sup>. This work evaluated and discussed 37 clinical studies conducted in 2020 and 2021 to determine which medications are effective against COVID-19. Excluding vaccinations and computational research, the study focused on medications, vitamins, and herbal therapies that have pharmacological action against symptomatic COVID-19. The findings highlighted 34 medications, one vitamin, and one herbal therapy that have demonstrated potential in reducing COVID-19 patient mortality, disease progression, or recovery time. Several medications were found to be effective in reducing inflammation in severe cases after being categorized according to their mode of action.

The study may have limitations due to the exclusion of certain study designs, including *in vitro* and *in silico* investigations, which could have provided insights into the efficacy of COVID-19 treatment strategies. Furthermore, the generalizability of the findings may be limited by the reliance on clinical trial data, as varying

patient populations and trial protocols may influence outcomes. Another limitation is the lack of specific information on the studied medications’ dosage, duration, and adverse effects, which may affect their efficacy and safety in real-world settings.

Future research directions in this area could include further investigation of the mechanisms of action of the identified treatments and exploration of potential drug combinations to enhance their efficacy. In addition, conducting larger, multicenter clinical trials to validate the findings of this study and assess the long-term effects of the treatments on COVID-19 patients would be beneficial. Further research is also needed to explore the potential of drug repositioning as a strategy for identifying effective therapies for COVID-19 and other infectious diseases. Overall, continued research in this area is essential to improve our understanding and management of COVID-19.

### Reference

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