HERBS' PRODUCTS USED IN ANTIVIRAL PROTECTION AND THERAPY

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Abstract
Nowadays the existing antiviral prevention and/or treatments mostly lead sooner or later to viral resistance, viral re-emergence or viral lethargy. Thus, the present paper tries to find natural phytochemical products which can be used as an alternative and/or complementary protection and treatment in viral diseases. To be more effective, the essential oils and distilled products are proposed, because these are products richer in phytonutrients with potent antiviral activity. To be more trustful, the experiments follow the *in vivo* and *in vitro* tests, have to reveal the antiviral mechanisms, the involvement in the virus life cycle, and also to be tested for short-term and long-term positive and negative effects. Thus, different herbal medicines, spices, essential plants' oils and distilled products can be used in antiviral protection and/or treatment. Literature published data prove the benefic effects of some medicinal and aromatic plants' extracts as a phyto-therapeutic approach, even to SARS-CoV-1 (Severe Acute Respiratory Syndrome Coronavirus from 2013), MERS-CoV (Middle East Respiratory Syndrome Coronavirus from 2018), and also to the novel SARS-CoV-2 strains (Severe Acute Respiratory Syndrome Coronavirus from 2019). The complete work that has to be done remain the optimum composition of herbs extracts, the concentration, the extraction technique, the *in vivo a*nd *in vitro* tests – for short- and long-term effects. There have to be evaluated also the positive effects on the virus strains, and also the harmful action for the human and animal organisms.

Key words: plants' extracts, antiviral