

Introduction:

- Home remedies are simple measures of symptom management for minor health complaints or disease prevention. These measures include the use of easily accessible tonics, herbs, and spices (Adebiyi, Dong, Omukunyi & Roman:2022).
- Reliance on home remedies increased during coronavirus disease 2019 (COVID-19)

Aim:

- To identify home remedies used to treat and prevent COVID-19

Objectives:

- To find common home remedies used for the prevention and treatment of COVID-19
- To identify specific uses of each home remedy in preventing and managing COVID-19
- To make recommendations for practice and further research

Methods:

Coooper's five-stage process of integrative review was followed.

Google Scholar, BMC, EBSCOhost, Medline, Academic Search Ultimate, Web of Science Core Collections, Science Direct, and Global Health were used to retrieve 526 English-language articles on the usage of COVID-19 home remedies from 2019 to 2022.

Eleven (11) out of five hundred and twenty-six (526) articles from the nine (9) countries were selected following the Critical Appraisal Skills Program (CASP) checklist to arrive at the findings.

Findings:

Findings of the qualitative, quantitative, and mixed method research revealed that home remedies were used for the prevention of COVID-19 infection, treatment of COVID-19, and boosting immunity.

THEMES	FINDINGS
1. Remedies for the treatment of COVID-19	Most Asian Countries used plant-based remedies like a warm mixture of ginger, cloves, coriander, black cumin seeds, and honey, fruits high in Vitamin C, garlic, turmeric, cinnamon, black pepper, Ayurveda, and Chinese chase tree powder. Drinking herbal teas. (Azam <i>et al.</i> 2020; Charan <i>et al.</i> 2020; Jesmi <i>et al.</i> 2021)
2. Remedies for the prevention of COVID-19	Asian and African countries used spices, herbs, fruits like warm water with garlic, ginger, honey, and lemon tea. In India, they took Ayurvedic Kadha. (Adebiyi <i>et al.</i> 2022; Charan <i>et al.</i> 2020)
3. Remedies as immune boosters	Taking multivitamins, a supplementary diet high in proteins using Chinese herbal medicine (Lam <i>et al.</i> 2021)

Table 1: Three themes that emerged

Discussion and limitations

During the epic COVID-19 pandemic, many opted for the use of home remedies to complement modern medicine.

The search strategies for this review were a limitation, only peer-reviewed articles written in English were considered.

Conclusion

The use of home remedies remains a vital therapeutic measure for COVID-19. Generally, spices, herbs, and plant-based products are commonly used to boost immunity and fight COVID-19.

Recommendations

The authors recommend more research inquiry into all remedies used in different countries as a way of complementing and advancing modern medicine.

Policies should be available to regulate the use and effectiveness of home remedies.

An essential home remedies list should be developed regarding its usage. The nursing practice is to advocate for the use of home remedies to boost individuals' immunity and fight disease.



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