"Fir (*Abies Alba* L.) extracts as symptomatic relief from covid respiratory discomfort"

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An Opinion Article

Fir extracts are known for their anti-inflammatory properties due to the presence of polyphenolic active ingredients which are commonly used in several pharmaceutical syrups, drops and other preparations to name a few. The mechanism of action of polyphenols is known to be linked with the suppression of nitric oxide production which, as we know, is connected with inflammation. As such, fir buds are quite a potent type of expectorant and thus could be recommended in the management of mild *coronavirus* symptoms, such as those presented by the omicron variant, resembling *rhinovirus* cold features: post-nasal drip with an excess mucus, whereby the virus may be responsible for invading salivary and potentially other glands. Because the congestion deriving from the post-nasal drip can be difficult to solve, the symptomatic reduction of inflammation locally remains important. Herbal remedies, such as the Active Principle Ingredients contained in fir buds offer that kind of coverage.

No conflicts of interest to disclose