

## WHAT IS CLAIMED:

1. A method of reducing the infectivity of a diabetes mediating virus by modifying the viral entry mechanism proteins in a subject, the method comprising administering to the subject an effective amount of a plant species or genus thereof-derived component selected from the group consisting of a plant part, extract thereof, fraction thereof, active ingredient thereof, synthetic analog thereof, mimetic thereof or combination thereof, wherein said component is capable of attenuating viral entry and wherein said plant species is selected from the group consisting of *Nigella sativa*, *Thymus capitatus*, *Thymus vulgaris*, *Origanum syriacum*, *Thymbra spicata*, *Satujera thymbra*, *Sesamum indicum*, *Rhus coriaria*, *Gynostemma pentaphyllum*, *Boswellia sacra* and *Panax ginseng*, any plant containing tryptophan such as oregano or sesame.
2. A method of preventing or treating an inflammatory disease in a subject in need thereof, the method comprising administering to the subject an effective amount of a plant species or genus thereof-derived component selected from the group consisting of a plant part, extract thereof, fraction thereof, active ingredient thereof, synthetic analog thereof, mimetic thereof or combination thereof, wherein said component is capable of ameliorating inflammation and wherein said plant species is selected from the group consisting of *Nigella sativa*, *Thymus capitatus*, *Thymus vulgaris*, *Origanum syriacum*, *Thymbra spicata*, *Satujera thymbra*, *Sesamum indicum*, *Rhus coriaria*, *Gynostemma pentaphyllum*, *Boswellia sacra* and *Panax ginseng*, any plant containing tryptophan such as oregano or sesame.
3. .
4. A pharmaceutical composition comprising an effective amount of a plant species or genus thereof-derived component selected from the group consisting of a plant part, extract thereof, fraction thereof, active ingredient thereof, synthetic analog thereof, mimetic thereof or combination thereof, wherein said component is capable of ameliorating inflammation and wherein said plant species is selected from the group consisting of *Nigella sativa*, *Thymus capitatus*, *Thymus vulgaris*, *Origanum syriacum*, *Thymbra spicata*, *Satujera thymbra*, *Sesamum indicum*, *Rhus coriaria*, *Gynostemma*

*pentaphyllum, Boswellia sacra and Panax ginseng, any plant containing tryptophan such as oregano or sesame* for use in preventing or treating an inflammatory disease.

5. A composition of matter comprising at least 2 of a plant species or genus thereof-derived components selected from the group consisting of a plant part, extract thereof, fraction thereof, active ingredient thereof, synthetic analog thereof, mimetic thereof or combination thereof, wherein said component is capable of ameliorating inflammation and wherein said plant species is selected from the group consisting of *Nigella sativa*, *Thymus capitatus*, *Thymus vulgaris*, *Origanum syriacum*, *Thymbra spicata*, *Satujera thymbra*, *Sesamum indicum* *Rhus coriaria*, *Gynostemma pentaphyllum*, *Boswellia sacra* and *Panax ginseng* any plant containing tryptophan such as oregano or sesame.
6. . A food supplement comprising a combination of at least 2 of a plant species or genus thereof-derived component selected from the group consisting of a plant part, extract thereof, fraction thereof, active ingredient thereof, synthetic analog thereof, mimetic thereof or combination thereof, wherein said component is capable of ameliorating inflammation and wherein said plant species is selected from the group consisting of *Nigella sativa*, *Thymus capitatus*, *Thymus vulgaris*, *Origanum syriacum*, *Thymbra spicata*, *Satujera thymbra*, *Sesamum indicum* *Rhus coriaria*, *Gynostemma pentaphyllum*, *Boswellia sacra* and *Panax ginseng*, any plant containing tryptophan such as oregano or sesame.
7. The method, pharmaceutical composition, of any one of claims 1-4, wherein said component comprises at least 2 components.
8. The method, pharmaceutical composition, composition or food supplement of any one of claims 1-5, wherein said component comprises at least 3 components.
9. The method, pharmaceutical composition, composition or food supplement of any one of claims 1-5, wherein said component comprises at least 4 components.
10. The method, pharmaceutical composition, composition or food supplement of any one of claims 1-5, wherein said component comprises at least 5 components.

11. The method, pharmaceutical composition, composition or food supplement of any one of claims 1-5, wherein said component comprises 5-10 components.
12. The method, pharmaceutical composition, composition or food supplement of any one of claims 1-10, wherein said component comprises thymoquinone or an analog thereof.
13. The method, pharmaceutical composition, composition or food supplement of any one of claims 1-11, wherein said component comprises thymol or an analog thereof.
14. The method, pharmaceutical composition, composition or food supplement of any one of claims 1-12, wherein said component comprises carvacrol or an analog thereof.
15. The method, pharmaceutical composition, composition or food supplement of any one of claims 1-12, wherein said component comprises bromelain or an analog thereof.
16. The method, pharmaceutical composition, composition or food supplement of any one of claims 1-12, wherein said component comprises Tryptophan, an analog thereof or extract of a plant containing tryptophan.
17. The method, pharmaceutical composition, composition or food supplement of any one of claims 2-5, wherein said inflammatory disease comprises an autoimmune disease.
18. The method, pharmaceutical composition, composition or food supplement of any one of claims 2-5, wherein said inflammatory disease comprises an acute inflammatory disease.
19. The method, pharmaceutical composition, composition or food supplement of any one of claims 1-5 and 15-16, wherein said inflammatory disease comprises diabetes.
20. The method, pharmaceutical composition, composition or food supplement of any one of claims 1 or 15-17, wherein said diabetes comprises type I diabetes.
21. The method, pharmaceutical composition, composition or food supplement of any one of claims 1 or 15-17, wherein said diabetes comprises type II diabetes.

22. The method, pharmaceutical composition, composition or food supplement of claim 1 or 16-18, wherein said diabetes comprises gestational diabetes.
23. The method, pharmaceutical composition, composition or food supplement of any one of claims 1-5 and 15-16, wherein said inflammatory disease comprises a specific thyroid disease selected from a group consisting of Hashimoto's disease, Grave's disease, Goiter disease, Thyroid Nodules disease and any combination thereof.
24. The method, pharmaceutical composition, composition or food supplement of any one of claims 1-5 and 15-16, wherein said inflammatory disease comprises at least one selected from the group comprising irritable bowel syndrome, Crohn's disease, colitis, gastritis, dyspepsia.
25. The method, pharmaceutical composition, composition or food supplement of any one of claims 1-5 and 15-16, wherein said inflammatory disease comprises at least one selected from the group consisting of hay fever, candiditis, cold related disorders.
26. said inflammatory disorder comprises at least one selected from the group The method, pharmaceutical composition, composition or food supplement of any one of claims 1-5 and 15-16, wherein consisting of cholesterol disorders, hair loss, depression, hormonal disorders, obesity.
27. The method, pharmaceutical composition, composition or food supplement of any one of claims 1-5 and 15-16, wherein there is provided a food supplement, composition or extracts further including "Beduin Tea" comprising  
Rose Leaves, Micromeria fruticosa, Salvia, cymbopogon (Citra), Aloysia, verbena officinalis, origanum majorana, mentha

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28. The food supplement, composition or extracts further including "Beduin Tea" comprising Thyme, sage, cardamom, cinnamon, black tea, habuk, Marmaya.