



## International Journal of Case Reports (ISSN:2572-8776)



# Successful experiments with *Salvia officinalis* and *Salvia microphylla* and COVID19

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### ABSTRACT

This paper presents results of the author on *Salvia officinalis* and *Salvia microphylla* and COVID19. The results were achieved with dried *Salvia officinalis* leaves and with fresh *Salvia microphylla* leaves. The properties of fresh leaves appear with the taste as being much richer in antiviral agents, drying reduces the antiviral activity. The experiments presented in this paper are on the author himself, do not involve biosampling to confirm in laboratory but existing data in the published literature confirms the excellent efficiency of *Salvia officinalis* against COVID19 and a large array of other diseases. The self-experiments were very successful against COVID19, opening a path for natural treatment.

**Keywords:** Novel Coronavirus 19; nCoV19; COVID19; *Salvia officinalis*; *Salvia microphylla*

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#### How to cite this article:

Florent Pirot. Successful experiments with *Salvia officinalis* and *Salvia microphylla* and COVID19. International Journal of Case Reports, 2020 ; 4:182.

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## 1. Introduction

“La salvia salva” (Italian popular saying). It happens that *Salvia officinalis* was tested successfully against the former SARS-CoV [1] and that *Salvia officinalis* is known in general for its strong cytotoxicity against coronaviruses [2]. In another study [3] some invitro activity of *S. officinalis* against the SARS-CoV was also found.

## 2. Results

In the first case of contamination, the novel coronavirus was felt immediately as it entered the face just above the top lip, its big size matched the data on virus biopsies allowing for immediate recognition. This event was before the series of mutations that have been reported (it happened at the end of February 2020). *Salvia officinalis* was immediately used (less than 30 seconds after contamination), just a small leaf mashed immediately had the effect of leading to a quasi-disappearance of the virus. The author deliberately started with a very low dosage, less than one gram (a *tiny* pinch of dried *S. officinalis*). So this did not kill entirely the virus (solely contamination around the throat) and it was noted *some delayed symptoms*, a feeling of tiredness and of reproduction of the virus in the bottom part of the body, in the thigh precisely where it seems to have been able to jump out after demultiplication. A bigger amount of *Salvia officinalis* (*five times* what had been taken in the first intake) eliminated totally the virus.

Later, many, many, many other occurrences have allowed the author to use *Salvia officinalis* successfully. The feeling of being contaminated by the virus, with its particular “taste”, followed by immediate destruction with the consumption of a pinch of fresh *Salvia officinalis*. Among these occurrences, for instance, walking in a pneumology department of a public hospital before the beginning of strict measures of self-protection (to try to present the result to medical staff) led to the rapid need to use *S. officinalis* after being contaminated by a nurse who had not understood she was ill and contagious (*Salvia officinalis* was again, of course, immediately efficient) ; the author never wore a mask in public

before September simply because of the easiness to kill the virus with low amounts of *Salvia officinalis* (and a good knowledge of immune systems, i.e. the key issue of alpha-emitting nanoparticulates (see for instance [4] and [5])). It is, nevertheless obvious that the *combination* of mask-wearing and use of *Salvia officinalis* is a better solution, more protective, reducing *Salvia officinalis* needs strongly.

Recent cases of contamination of the author (around September 2020) on novel coronavirus strains circulating in Southern France have again shown the perfect efficiency of *Salvia officinalis* against it, with solely mild amounts of the dried *S. officinalis* plant required for destroying the virus.

## 3. Discussion

*Salvia officinalis* is a plant with many antiviral properties [6] [7]. *Scutellaria baicalensis* also seems to have many similar properties. The cytotoxicity of the plant (associated with a bitter taste) correlates of course with the antiviral properties.

*Salvia microphylla*, a kind of sage with a quite similar physical profile, being available on the author’s garden and due to circulation of the virus on the author’s family (as the entourage of the author resists the idea plants can heal the virus), this allowed a demultiplication of opportunities to confirm efficiency of *Salvia officinalis* and allowed also to test a new plant), *Salvia microphylla* was used very successfully, as well, against COVID19. A single picked leaf of small size, eaten immediately was always more than enough. Sometimes, for small contaminations (the amount of viral load incorporated can be felt quite easily, with experience) a pinch of half a leaf was enough (letting the rest on the tree). In [8] camphor, a traditional anti-coughing medication and respiratory stimulant is found to be a significant component of *S. microphylla*. Camphor is also found in *Rosmarinus officinalis*, which was also found to have action against the novel coronavirus [9]. Thymol is also found in *S. microphylla* [8] and in [2] *Thymus vulgaris* was found to be one of the most efficient. Carvacrol

is also found in *S. microphylla* [8]; carvacrol was also shown to possess antiviral properties (see for instance [10]). An infusion of *S. microphylla* leaves (by boiling in clear water a large amount of fresh leaves and drinking the resulting liquid) was also successful against the novel coronavirus (the infusion could be kept for several weeks and was still working).

#### 4. Conclusions

Reading [3] suggests that *Laurus nobilis*, *Thuja orientalis*, *Juniperus oxycedrus* and *Cupressus sempervirens ssp pyramidalis* would be even more efficient against SARS-CoV2 than *S. officinalis*. These novel findings open a pathway for an efficient natural treatment of SARS-CoV2.

**Funding:** This research received no external funding

**Conflicts of Interest:** The authors declare no conflict of interest.

#### Appendix A

The author traveled around France over the testing period, solely using a single bag of dried *Salvia officinalis*, staying in particular in Brittany during the first confinement period, and then moving to the South (French Riviera). The bag of dried *Salvia officinalis* that was used through the research was bought in mid-2018 for less than 4 euros in a big hypermarket and had been carefully kept away from humidity since then.

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