Studies Review of Herbs for virus mylabris - blister beetle, wild buckwheat root, ginger, bitter almond, Astragalus, Sambuca, Chrysanthemum, dandelion, African geranium, Cimicafuga, Artemisia + Peppermint

COLLOIDAL SILVER

Silver has been utilized as a medicine since ancient times to treat scores of ailments, including the bubonic plague. Colloidal silver is a suspension of pure metallic silver in water, that is used to dramatically reduce the activity of the HIV virus in AIDS patients, slow down the ravages of the hepatitis C virus and combat other viruses in general. It works by interfering with the enzymes that allow a virus to utilize oxygen thus, in essence, suffocating it so it cannot do damage in the body.

ELDERBERRY

The common black elderberry (Sambucus nigra) has long been used to reduce the length and severity of flu symptoms and studies. Taking 60 ml a day for adults and 30 ml for children helps to facilitate a complete recovery, often in three days. Elderberry extract binds to the tiny spikes on a virus protein that are used to pierce and invade healthy cells and destroys them so that the virus is ineffective. Elderberry may also be effective against the herpes simplex virus and some HIV strains.
ECHINACEA

The herb Echinacea (Echinacea purpurea) is supportive of the immune system and has a direct anti-viral action against colds and viral bronchitis. Preparations that include both the roots and the flowering tops are the most effective at helping the body resist the viruses.

GARLIC

Garlic has been prized for its medicinal properties for thousands of years. The compounds allicin and alliin are responsible for this common plant’s reputation as a triple threat. Garlic is anti-viral, anti-bacterial and anti-fungal and it is especially effective against viruses if chewed raw.

GREEN TEA

Green tea (Camellia sinensis) contains a group of flavonoids called catechins, which appear to inhibit viral infections by blocking the enzymes that allow it to reproduce. Green tea has been known to be effective in inhibiting HIV, herpes simples and the hepatitis B virus.

LIQORICE

Liquorice contains a substance called glycyrrhizin that reduces the replication of viruses and halts their ability to penetrate replicate inside healthy cells. It has been noted to be effective in the treatment of many viral illnesses including HIV strains and viral hepatitis.

OLIVE LEAF

The leaves of Olive trees (Olea europaea) contain a substances called elenoic acid and calcium elonate has been identified as a powerful inhibitor of a wide range of viruses in laboratory tests, including influenza, herpes, polio and coxsackie viruses. These substances block the production of enzymes that allow viruses to replicate.

PAU D’ARCO

Pau d’arco (Tabebuia impetiginosa), also known as lapacho or ipe roxo, is an Amazon tree with healing inner bark that can treat colds, influenza, herpes and viral stomatis. It contains quinoids that inhibit virus replication by damaging the DNA and RNA inside the viral protein that would insert itself in a healthy human cell and replicate.

ST JOHN’S WORT

St John’s Wort (Hypericum perforatum) is ore well-known for its ability to treat depression and neuralgia but it also has potent antiviral chemicals called hypercin and pseudohypericin that proactively fight off viruses that thrive by imitating existing cells through “cloaking”. These viruses that masquerade as human cells include Herpes, HIV and Hepatitis C.

For the most effective results it is highly recommended that at least two or three of these remedies in conjunction in order to vanquish viruses. As always, consult your naturopathic
Maoto, a Traditional Japanese Herbal Medicine, Inhibits Uncoating of Influenza Virus

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Abstract

We previously reported in randomized controlled trials that maoto, a traditional herbal medicine, showed clinical and virological efficacy for seasonal influenza. In this study, a culturing system for influenza was used to test the effect of maoto. A549 cells in the culture were infected with influenza virus A (PR8) and followed after treatment with maoto; the virus titers in the culture supernatant, intracellular viral proteins, and viral RNA were determined. When infected cells were cultured with maoto for 24 hr, the virus titer and protein were significantly reduced compared with medium only. Other subtypes, A/H3N2, H1N1pdm, and B, were also inhibited by maoto. Proliferation of viral RNA in a 6 hr culture was inhibited by maoto in the early phase, especially in the first 30 min. Focusing on the entry step of the influenza virus, we found that endosomal pH, regulated by vacuolar-type H+ ATPase (V-ATPase) located in the membrane, was increased when treated with maoto. We also found that uncoating of influenza viruses was also inhibited by maoto, resulting in the increase of the number of virus particles in endosomes. These results strongly suggest that the inhibition of endosomal acidification by maoto results in blocking influenza virus entry to cytoplasm, probably through the inhibition of V-ATPase. The present study provides evidence that supports the clinical use of maoto for the treatment of influenza.

Seven Powerful Antiviral Herbs

1. Andrographis (Andrographis paniculata). Studies show that Andrographis limits the spread of the virus by inhibiting the viral replication processes. ref 9.

In another study, Andrographis significantly decreases the symptoms of the common cold
(is a type of coronavirus) and shortened sick leave time. ref 10.
And yet again in another randomised placebo-controlled double-blind study, after 3 months of taking Andrographis, there was a significant reduction in colds when compared to the placebo group. ref 11.

2. **Echinacea Angustifolia**: Clinical trials have shown echinacea extracts to have the ability to shorten the duration and severity of colds. ref 12.
Symptoms of the common cold are linked to a strain of the human coronavirus (HCoV-229E). ref 13.
Echinacea is seen to be a modulator. That means it regulates your immune system to either building immune cells up or down depending on the body's requirements.

3. **Holy basil** (*Ocimum tenuiflorum*): In a clinical trial in 2018 using the bird flu virus (H9N2), Holy basil showed a significant decrease in the ability of the virus to replicate itself. ref 14.
Research also has revealed that holy basil has antiviral activity against many pathogens that cause human infection. ref 15.

4. **Shiitake** (*Lentinula edodes*): Shiitake mushroom interferes with the early stages of viral replication in both poliovirus and herpesvirus. ref 16.

5. **Reishi** (*Ganoderma lucidum*): Ganoderma has been used as a medicinal mushroom for over 2000 years. It inhibits viral replication by interfering with early stages of the infection. The study noted that this action did not affect normal cells. ref 17.

6. **Coriolus Versicolor** (*Trametes versicolor*): Coriolus is a potent activator of natural killer cells which in turn stimulate white blood cells to defend us against virus infections. ref 18, 19.

7. **Cordyceps** (*Ophiocordyceps sinensis*): Cordyceps initiate natural killer cells and T-cell to respond against pathogens. Specialist T-cells are used to clear the infection by killing cells that are infected by viruses. ref 20, 21.

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**Elderberry compounds could help minimize flu symptoms, study suggests**

*Date:*
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*Source:*
University of Sydney

*Summary:*
Compounds from elderberries can directly inhibit the virus's entry and replication in human cells, and can help strengthen a person's immune response to the virus.
Folk medicines and herbal products have been used for millennia to combat a whole range of ailments, at times to the chagrin of modern scientists who have struggled to explain their medicinal benefits.

However, a recent study by a group of Chemical and Biomolecular Engineering researchers from the University of Sydney's Faculty of Engineering and IT has determined exactly how a popular ancient remedy, the elderberry fruit, can help the fight against influenza.

Conducted by Professor Fariba Deghani, Dr Golnoosh Torabian and Dr Peter Valtchev as part of the ARC Training Centre for the Australian Food Processing Industry that was established in the Faculty of Engineering and IT, the study showed that compounds from elderberries can directly inhibit the virus's entry and replication in human cells, and can help strengthen a person's immune response to the virus.

Although elderberry's flu-fighting properties have long been observed, the group performed a comprehensive examination of the mechanism by which phytochemicals from elderberries combat influenza infections.

"What our study has shown is that the common elderberry has a potent direct antiviral effect against the flu virus," said Dr Golnoosh Torabian.

"It inhibits the early stages of an infection by blocking key viral proteins responsible for both the viral attachment and entry into the host cells."

The researchers used commercially farmed elderberries which were turned into a juice serum and were applied to cells before, during and after they had been infected with the influenza virus.

The phytochemicals from the elderberry juice were shown to be effective at stopping the virus infecting the cells, however to the surprise of the researchers they were even more effective at inhibiting viral propagation at later stages of the influenza cycle when the cells had already been infected with the virus.

"This observation was quite surprising and rather significant because blocking the viral cycle at several stages has a higher chance of inhibiting the viral infection," explained Dr Peter Valtchev.

"In addition to that, we identified that the elderberry solution also stimulated the cells to release certain cytokines, which are chemical messengers that the immune system uses for communication between different cell types to coordinate a more efficient response against the invading pathogen," said Centre Director, Professor Fariba Deghani.

The team also found that the elderberry's antiviral activity can be attributed to its anthocyanidin compounds -- phytonutrients responsible for giving the fruit its vivid purple colouring.

Otherwise known as sambucus nigra, the black elderberry is a small, antioxidant rich fruit common to Europe and North America that is still commonly consumed as a jam or wine. For medicinal benefits, elderberry extract is available commercially in tablet or syrup form.

The influenza virus is one of the leading causes of mortality worldwide, affecting nearly 10 percent of the world population and contributing to one million deaths annually.

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