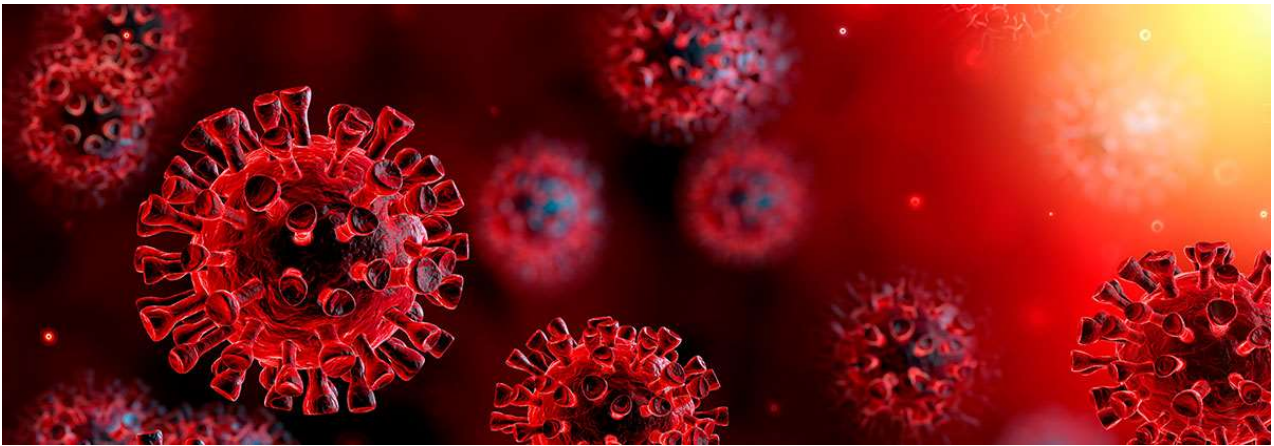


Plants; The Unsung Heroes of The Fight Against Covid-19

The power of plants based on researches



Intention of this article is to provide resources as native prophylactic rather than treatment of covid-19

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As search efforts for both cure and vaccine for coronavirus intensify globally, now would be a good time to resort to herbal-based treatment methods. It wasn't my plan to write about this at first. Still, I realized that a surprising number of people were clueless about the healing benefits of the biological and cultural diversity around them. Meanwhile, covid-19 is one of the most aggressive virus nowadays. Unfortunately, today this virus is everywhere around us. This article is created with the hopes of helping as many people as possible to prevent covid-19 infection successfully. We were not selling or promoting anything, just an unbiased look at how we cause nature to fight coronavirus. We share the knowledge that older than human civilization. This knowledge arrived from the natural evolution and healing beneficial effects.

For ages now, humankind has depended on plants for sustenance and medicinal applications. Recently, the majority of healthcare features mainstream pharmaceutical medicines, including pills and other drugs. The caveat is that it usually takes years to find the correct combinations of elements and to carry out enough drug trials before mass production and distribution of a drug for public use.

Resorting to nature and exploring our origins in nature could be the magic pill. According to the existing body of research and knowledge, plant-based cures containing specific select active ingredients, which have proven effective against viral diseases in the past, could help fight covid-19.

Naturally, plants are the perfect 'vaccine' in the way they are capable of purifying the atmosphere and air around the home. They make the air bacteria and virus-free through the natural exchange of gases and other chemicals. Some of the plant varieties also used for food have health-related benefits as well. Caution should be taken to exhaustively research the plant and the various edible strains and their dosing requirements to prevent allergies when you use them.

Here's the list of plants that we think, based on numerous articles documenting the efficacy of herbal medicines, are essential in the fight against Covid-19:

1. *Andrographis paniculate*, an Ayurvedic plant widely used in the culinary arts of Thailand.
2. The branch extracts of *Rosa nutkana*, and *Amelanchier alnifolia*, based on an early Canadian study, were effective against SARS (Ohran, Deniz 2020).
3. The branch extracts of *Potentilla arguta* Pursh. (Rosaceae) and *Sambucus racemosa* inhibited respiratory syncytial virus (Ohran, Deniz 2020).
4. The extracts of *Cinnamomum Verum* J.S. Presl. (Lauraceae) cortex, *Syzygium aromaticum* (Ohran, Deniz 2020).
5. The numerous studies suggest that plants such as *Laurus nobilis* L. (Lauraceae), *Juniperus oxycedrus* L. subsp. *oxycedrus* L., *Thuja orientalis* L., and *Cupressus sempervirens* subsp. *pyramidalis* (O. Targ. Tozz.) Nyman from Cupressaceae, *Pistacia palaestina* Boiss. (Anacardiaceae), *Salvia officinalis* L. and *Satureja thymbra* L. have special oils that are beneficial as treatments.
6. *Rheum palmatum* L. and *Prunus cerasus* L. have a strong Covid-19 prevention effect as well.
7. An extract from *Anthemis hyalina*, has a powerful effect. This plant is also poisonous to humans, and I wouldn't recommend using more than 1ml portions of it. However, planting this perennial plant in your garden could prove beneficial.
8. The extracts of the *Sambucus nigra* plant can block the infection at its early stages as well.
9. The extracts of *Mentha piperita*, *Desmodium Canadensis*, and *Thymus vulgaris* displayed a total viral production block (Ohran, Deniz 2020).
10. *Glycyrrhiza glabra* extract is beneficial not only against Covid 19 but also hepatitis C.

Such plants are recommended to be planted near morning terraces, windows, and home gardens as they help to purify and clean the air naturally. In case you get allergic to any of them, plant them a little further, so you don't meet them frequently. You can also have oil extract bathes from the plants. Studies show that compared to inhaling the oils, taking the plant extracts with food is more effective. This means higher chances of recovery and prevention of Covid-19.

Going back to our roots and reconnecting with nature might be the solution to our current problems. According to the studies, the plants above effectively withing selectivity indexes from 12 to 67% for the extracts and up to 8% from air purified by the plants.

Having two or more of these plants in your garden boosts your chances of preventing the virus and staying safe.

Follow the prevention measures, stay safe, grow some plants, and share the article.

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References and credits to Ohran and Deni, research 2020