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A widely available plant with excellent prospects against the new Coronavirus disease: *Sonchus arvensis* --Manuscript Draft--

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A widely available plant with excellent prospects against the new Coronavirus disease : *Sonchus arvensis*

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Abstract : *Sonchus arvensis* was selected thanks to existing studies demonstrating its effects against chronic fever, asthma, cough, chest stiffness and other symptoms relevant for COVID19. Self-experiment by researching contamination with the coronavirus, waiting for symptoms of COVID19 to develop and immediate eating of *Sonchus arvensis* unhatched flowers confirmed the reports, showing its powerful healing effects ; the immediate disappearance of symptoms and return to good breath and end of fever leads to call for use against COVID19.



Introduction :

Sonchus arvensis grows in the wild, across Eurasia ; it is a perennial plant, seen usually more as weed or fodder, found very easily in meadows. It is important to not confuse it with similar plants, *Sonchus asper* for instance.

The author deliberately self-experimented on the COVID19 by self-contaminating and healing with various wild plants of his own garden, mentha piperita and sonchus arvensis, followed by a vegan meal with spices (curry, oregano, black pepper) so as to ensure healing by combining plants and spices, while trying to see which one was the most efficient – this was in fact a first experiment designed for Mentha piperita, but it was found not very powerful and earlier tests with the unhatched *Sonchus arvensis* “berries” encouraged the author to test as well, in the same row these “berries”. The author found the unhatched flowers (looking like green “berries”), to not have the usually bitter taste and felt they had strongly contributed to quickly eliminating the nascent symptoms but, by looking behind at the mix of plants, this was not totally clear and more careful research was needed.

After checking on the Internet the name of the plant – that he did not know by then, he had done a “blind test”, with just the hope that a plant closely available could have the key to healing COVID19 – studies associated to this plant and sicknesses similar to COVID19 were found in ethnomedicine reports.

To list the studies and their reported effects in a table :

Effects against...	Farooq et al 2019 [1]	Zahoor et al 2017 [2]	Malik et al 2015 [3]
Chronic fever	Yes		
Asthma	Yes	Yes	Yes
Cough		Yes	Yes
Chest stiffness			Yes
Jaundice			Yes
Inflammation	Yes		
(Wounds ¹)	Yes		
(Kidney stones)		Yes	

Table 1 : List of reported effects for Sonchus arvensis, with symptoms by order of importance (in bold symptoms mattering most for COVID19, between parenthesis symptoms mattering the least)

Study [1] provides a long list of references for its report.

Materials and methods :

To check another time, in a more carefully crafted experimental design, the validity of Sonchus arvensis unhatched flowers against the COVID19, after the above mentioned preliminary research, the author picked 6 unhatched flowers in his garden and stored them in a pocket, before going to a village shop for shopping without mask ; through the walk, persons with red face were sought and distance was deliberately not observed, approaching a person with such red face before continuing walk. As the author continued walking casually in the shop, waiting for new persons with red face in case this first encounter was not enough, the vertigo and inflammation of the face, loss of eyesight and closing of the airways, were felt, the virus had started to develop ; the author was stopped straight in his walk by brutal loss of senses.

Immediately, one single unhatched “berry” was taken and eaten ; its liberative effects were sensed almost immediately afterward, as the juice spread the breath was restored, eyesight perfectly restored, balance found (vertigo ended) and temperature back to normal. The taste indeed was not bitter. As if the body had been prisoner of the disease and the eaten plant unlocked the jail. One could also, in a more holistic way point to the strange similarity of form between the unhatched “berries” and the coronavirus ; the “berries” seem to “reply” in structure to the coronavirus.

In that experiment, of course, the author went to the shop without taking anything before (the last meal was three hours before the experiment) and nothing else than the “berry” that had been readied for the experiment through it. No snacking, for instance. The “berry” was not taken together with spices.

¹ Ensures wounds cleaning

The unhatched flowers usually feel bitter; but this taste is not felt when fever and vertigos from the COVID19 are felt. On the contrary, the body signals yearning for the “berries”. After the initial intake of just one “berry”, and as juice circulates, eliminating the feeling of vertigo, restoring breath, etc. further intakes return to the bitter, almost toxic taste, suggesting the body signals itself very well how much of the plant is needed. The bitterness of the taste of the “berry”, in normal conditions, correlates with the antiviral effect ; it is the signal of the strength of the plant.

Results :

The plant is very powerful and the author calls for its immediate use against the COVID19, even though it is understood that randomized trials could be demanded to examine further the treatment ; these seem nevertheless not justified due to the past ethnomedical reports confirming what was felt by the subject and given the current planetary emergency.

Conclusions :

The method indeed strongly lacks systematicity but the author begs readers to believe the testimony as it combines with a number of pre-existing ethnomedical studies, to follow suit and use it. To warrant full healing, it is recommended a combination of *Sonchus arvensis* with *Salvia officinalis*, whose healing effects have also been tested very successfully by the author after earlier cases of contamination with the novel coronavirus (four different occurrences of healing with *S. officinalis* after contamination with the novel coronavirus and early symptoms of inflammation, fever and loss of senses, by eating directly the dried *Salvia officinalis* leaves). The effects of *Salvia officinalis* against the earlier SARS-CoV were demonstrated in a study [4]. It is also reminded the importance of avoiding all sources of pollution, especially with alpha-emitting nanoparticulates, whose effects on human health in internal contamination are tremendous and necessarily make the subject more at risk of a bad outcome when contaminated (see for instance [5] and [6]).

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