



Opinion

Volume 7 Issue 2 - February 2024  
DOI: 10.19080/APBJ.2024.07.555709

Anatomy Physiol Biochem Int J

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# The “Nettle Mustered” - The Lamiaceae family of plants can be defined by its Antiviral Properties



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**Submission:** December 07, 2023; **Published:** February 01, 2024

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## Abstract

It is possible to deduce from recent scientific findings general properties of a family of plants, the Lamiaceae, that have excellent value for medical practice. The deductions of Pliny the Elder can be shown to be still valid today and the plants understood as the antiviral agents they are.

**Keywords:** Antiviral Agents; Antiviral; Virucide; Phytotherapy; Lamiaceae

## Opinion

Plants of the Lamiaceae family have been widely reported to have antiviral properties [1-3]. The author's intuition on the SARS-CoV2 and a member of that family, *Salvia officinalis*, experimentally [4] and *in-vitro* [5,6] confirmed, relates to the high cytotoxicity of the plant that nature musters by directing it against viruses, destroying them immediately. In experimental conditions of self-contamination on an empty stomach, this was verified against SARS-CoV2 and HIV by the author.

The Lamiaceae family seems in fact defined by its antiviral properties. Lamia was a terrible demon of the Greek mythology and Pliny the Elder defined the genus as a dead nettle, which is in fact the denomination of the *Lamium purpureum* itself a “purple dead nettle”. It is clear that in these plants, the stinging properties of the nettle are transcended into stinging properties against viruses, and as well other microbia. In other words the “ogre” is mustered into virus killer thanks to the inward-directionalization of the stings in all these plants (metabolized in their antiviral properties). Although the properties variate depending on the individual lamiaceae, they can be postulated to all share antiviral properties. The similitude of many of the flowers of these plants with the feminine genital organ and its clitoris, in particular, made visible frequently (this is visible for instance on the standard bearer, the *Lamium purpureum*, and even more in “hot lips” *Salvia microphylla* which was shown to be an excellent agent against SARS-CoV2 [4]) explains certainly why the viridae,

evoking virility, are found to not resist to this plant genus. There is a theoretical explanation to that. Viruses are born in the middle of humans, where sanitary conditions are unsafe or dangerous experiments made, and women have historically brought hygiene into society. From meat markets to military laboratories and the gay hookup areas (for the HIV), men have dominated the society where viruses are made and transmit themselves.

It is hence unsurprising to find that *Lamiaceae* plants are antiviral. They preserve capabilities that humans can muster by simply harvesting them. The full extent of their properties certainly still needs to be enlightened. This is just a modest contribution to it.

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DOI: [10.19080/APBIJ.2024.07.555709](https://doi.org/10.19080/APBIJ.2024.07.555709)

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