Kaufbeuren 19. März 2020

INFO 2

ArianeZappe
KOMPLEMENTÄRE HEILKUNDE

Wissenschaftliche Studien zu Coronaviren

führen zur Entwicklung von VivaRespira bei SophiaViva

Liebe Patienten und Interessierte,

auf der ständigen Suche nach weiteren Prophylaxe- und Behandlungsmöglichkeiten und nach tage- und nächtelangem Durchforsten der verfügbaren Studien zu Viren, die Symptome der Atemwege hervorrufen, allen voran zu SARS und MERS Coronaviren, möchte ich die gefundenen Studien mit allen teilen.

Da ich für meine Patienten und mich gerne Lösungen vereinfache, habe ich mich entschlossen, diese Pflanzen mit nachgewiesener Wirkung im Zusammenhang mit Coronaviren und viralen Infekten der respiratorischen Wege in einem Mittel zu vereinen. **Daraus wurde heute VivaRespira, eine Mischung, die sofort bei SophiaViva umgesetzt wurde.**

An dieser Stelle ein herzliches Dankeschön an das SophiaViva-Team und Rita Roman von Revitalconcept, die uns fehlende Alkoholextrakte in der gewohnten Bioqualität zur sofortigen Umsetzung dieses Projekts zur Verfügung stellte.

Mit VivaRespira steht auch ein Mittel für alle diejenigen zur Verfügung, die aufgrund von Herz- und Bluthochdruckproblemen Lakritzeextrakte nicht einnehmen können.

Die Studie 2.1 zum Grünen Tee zeigte, dass **schwarzer Tee** sogar eine noch stärkere hemmende Wirkung bei SARS Viren aufwies. Interessanterweise wird dort berichtet, dass **das Trinken von schwarzem Tee die Verminderung und Abschwächung des SARS Coronavirus im Darm bewirken könnte.** Ca. 30% der Corona Infizierten berichten neben respiratorischen Symptomen auch von Durchfällen (DocCheck Nachrichten vom 18.3.2020). Ich habe daher schwarzen Tee wieder als mein tägliches Getränk reaktiviert …

Kapitel 8 zeigt eine Studie zu Melatonin, das allerdings verschreibungspflichtig ist.

Damit stehen für mich jetzt drei Mischungen von Alkoholextrakten im Vordergrund für Prophylaxe und Behandlung von Virenerkrankungen, so wie bereits in der Information vom 14.3.2020 beschrieben:

VivaRespira – Wirkung auf Coronaviren mit Symptomen der respiratorischen Wege
VivaVira – Kräuter mit Wirkung auf Viren generell
VivaPulma – Kräuter mit unterstützender Wirkung auf die Lunge und Atemwege

zusätzlich zu den restlichen Mitteln aus dem Protokoll vom 14.3.2020

- **HNO Kolloid** Kolloidales Silber, Gold, Kupfer in der akuten Phase, 3-10 x Tag in Nase und Rachen sprühen und tief inhalieren
- **Lakritze- Alkoholextrakt**, 2-3 x 5-15 Tr.
  Kindern 1-2 Teelöffel Lakritzesaft,
  (Achtung: bei bekanntem Bluthochdruck nicht anwenden!)
- **Kalmegh (Andrographis) Alkoholtinktur**, 2-3 x 5-15 Tr.
- (Grüner Tee Alkoholextrkt ist in VivaRespira enthalten)
- **Propolis** inhalieren (5-10 Tr. in heißes Wasser und Dampf einatmen)
- **ätherisches Öl Rosmarin**, mehrmals am Tag inhalieren

und

- **schwarzer Tee** als Getränk

zusätzlich

- im Akutfall scheint die **Infusion mit Vitamin C** lt. den Erfahrungen aus China sehr effektiv zu sein, zwischen 50 und 200mg Vitamin C i.v. je Kilogramm Körpergewicht, 3 Tage hintereinander
- und **Melatonin**

Ich hoffe, dass diese Nachricht Euch alle bei guter und bleibender Gesundheit erreicht und dazu beiträgt, dass wir gestärkt aus dieser momentanen Situation hervorgehen.

Mit herzlichen Grüßen aus Kaufbeuren,
Ariane Zappe

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Studien zu VivaRespira Kräutern | Studies in regards to VivaRespira herbs

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1 Ginseng

1.1

Published online 2015 Sep 16. doi: 10.1016/j.jgr.2015.09.002

PMCID: PMC5052424
PMID: 27746682

Ginseng, the natural effectual antiviral: Protective effects of Korean Red Ginseng against viral infection

Kyungtaek Im, Jisu Kim, and Hyeyoung Min*

The swift emergence of new infectious viruses and drug-resistant variants has limited the availability of effective antiviral agents and vaccines. Thus, the development of broad-spectrum antivirals and immunomodulating agents that stimulate host immunity and improve host resilience is essential. Although ginseng itself can exert direct antiviral effects by inhibiting viral attachment, membrane penetration, and replication, the foremost antiviral activities of ginseng are attributed to the enhancement of host immunity. Future studies should include the identification of essential components responsible for the enhanced immunity against any viral attack.

1.2

Proc Natl Acad Sci U S A. 2004 Jul 6; 101(27): 10012–10017.
Published online 2004 Jun 28. doi: 10.1073/pnas.0403596101

PMCID: PMC454157
PMID: 15226499

Biochemistry

Small molecules targeting severe acute respiratory syndrome human coronavirus

Chung-Yi Wu, et al.

Some other well known traditional Chinese herbs were also tested in the cell-based assay and most of them were found inactive against SARS-CoV at the concentration of 10 μM. However, we found that extracts of **eucalyptus** and *Lonicera japonica* did show such activities at the concentration of 100 μM; and Ginsenoside-Rb1 (**17**), one of the pharmacologically active components of **Panax ginseng** (42, 43), also showed the antiviral activity at 100 μM. FP-21399, a bis-azo derivative with HIV inhibition activity by preventing viral entry (44), also exhibited inhibition activity at a low micromolar concentration, perhaps due to the same mechanism.

2 Grüner Tee

2.1

Evid Based Complement Alternat Med. 2005 Jun; 2(2): 209–215.
Published online 2005 Apr 7. doi: 10.1093/ecam/neh081

PMCID: PMC1142193
PMID: 15937562

Inhibition of SARS-CoV 3C-like Protease Activity by Theaflavin-3,3′-digallate (TF3)

Chia-Nan Chen, et al.

In this study, after screening of a natural product library and further confirmation, we found that SARS-3CL^{Pro} could be inhibited by compounds that are abundant in teas. We also examined crude extracts from various teas and a panel of representative natural products in teas for their inhibitory activities against SARS-3CL^{Pro}.

Finally, this study has identified three compounds (TF2B, TF3 and tannic acid) that are effective 3CL^{Pro}inhibitors (IC_{50} ≤10 μM). These compounds are abundant in the extract of black tea (16,19). Black tea is a popular beverage in the world. Results from this study warrant further investigation to examine the effect of these natural products in inhibition of SARS-CoV replication in cell culture. Clark *et al*. reported that theaflavins extracted from black tea were able to neutralize bovine coronavirus and rotavirus infections (20). Thus, it will be very interesting to evaluate, in a separate study, whether drinking black tea can prevent or alleviate the infection of an enteric form of coronavirus since SARS-CoV is known to actively replicate in the intestinal tract (21).

2.2

Inflamm Allergy Drug Targets. 2015;14(1):13-8.

Compounds Derived from Epigallocatechin-3-Gallate (EGCG) as a Novel Approach to the Prevention of Viral Infections.
Hsu S[1].

Pathogenic viral infections pose major health risks to humans and livestock due to viral infection-associated illnesses such as chronic or acute inflammation in crucial organs and systems, malignant and benign lesions. These lead to large number of illnesses and deaths worldwide each year. Outbreaks of emerging lethal viruses, such as Ebola virus, severe acute respiratory syndrome (SARS) virus and Middle East respiratory syndrome (MERS) virus, could lead to epidemics or even pandemics if they are not effectively controlled. Current strategies to prevent viral entry into the human body are focused on cleansing the surface of the skin that covers hands and fingers. Surface protection and disinfection against microorganisms, including viruses, is performed by sanitization of the skin surface through hand washing with soap and water, surface disinfectants, and hand sanitizers, particularly alcohol-based hand sanitizers. However, concerns about the overall ineffectiveness, toxicity of certain ingredients of disinfectants, pollution of the environment, and the short duration of antimicrobial activity of alcohol have not been addressed, and the epidemiology of certain major viral infections are not correlated inversely with the current measures of viral prevention. In addition to a short duration on the skin surface, alcohol is ineffective against certain viruses such as norovirus, rabies virus, and polio virus.

There is a need for a novel approach to protect humans and livestock from infections of pathogenic viruses that is broadly effective, long-lasting (persistent), non-toxic, and environment-friendly. A strong candidate is a group of unique compounds found in **Camellia sinensis (tea plant): the green tea polyphenols, in particular epigallocatechin-3-gallate (EGCG) and its lipophilic derivatives.** This review discussed the weaknesses of current hand sanitizers, gathered published results from many studies on the antiviral activities of EGCG and its lipophilic derivatives, and the potential use of these compounds as a novel strategy for disease prevention, especially against pathogenic viruses.

2.3

J Biol Eng. 2018; 12: 1.
Published online 2018 Jan 8. doi: 10.1186/s13036-017-0092-1
PMCID: PMC5759362
PMID: 29339972

Evaluation of green tea extract as a safe personal hygiene against viral infections
Yun Ha Lee, ett al.

Bovine coronavirus (BCV) is the causal pathogen for diarrhea in cattle, which often result in remarkable economic losses (Traven et al. 2001). For the treatment of BCV infection in farm animals, green tea polyphenols have a promising future. **The antiviral activity of EGCG molecules depends on the interaction involving S1 proteins of BCV.** EGCG inhibits BCV more efficiently in the bovine intestinal tract, where the temperature of approximately 37 °C is appropriate for the antiviral efficacy of EGCG against BCV.

3 Eukalyptus

3.1

Viruses. 2018 Jul; 10(7): 360.
Published online 2018 Jul 6. doi: 10.3390/v10070360

PMCID: PMC6070903
PMID: 29986399

Anti-Infectivity against Herpes Simplex Virus and Selected Microbes and Anti-Inflammatory Activities of Compounds Isolated from ***Eucalyptus globulus*** Labill.

Viliam Brezán, et al.

Fourteen compounds of different structural types were obtained from an ethanolic extract of *E. globulus* by chromatographic separation. The therapeutic use of eucalyptus oil against viral infections and local inflammations inspired us to analyze the isolated compounds for their antiviral activity against the replication of HSV-1 and HSV-2. Their antimicrobial effects on several Gram-positive and Gram-negative bacterial strains and one fungus strain were also determined, along with their anti-inflammatory activities in cell-based assays. Several of the test compounds (**1**, **2**, **5**, **6**, and **12**) showed antiviral activity with potentials greater than acyclovir, along with moderate antibacterial effects and anti-inflammatory activity. The combined results show the promise of *Eucalyptus* compounds as leads for the therapy of some viral infections.

3.2

Altern Med Rev. 2010 Apr;15(1):33-47.

Immune-modifying and antimicrobial effects of Eucalyptus oil and simple inhalation devices.

Sadlon AE[1], Lamson DW.

Eucalyptus oil (EO) and its major component, 1,8-cineole, have antimicrobial effects against many bacteria, including Mycobacterium tuberculosis and methicillin-resistant Staphylococcus aureus (MRSA), viruses, and fungi (including Candida). Surprisingly for an antimicrobial substance, there are also immune-stimulatory, anti-inflammatory, antioxidant, analgesic, and spasmolytic effects. Of the white blood cells, monocytes and macrophages are most affected, especially with increased phagocytic activity. Application by either vapor inhalation or oral route provides benefit for both purulent and non-purulent respiratory problems, such as bronchitis, asthma, and chronic obstructive pulmonary disease (COPD). There is a long history of folk usage with a good safety record. More recently, the biochemical details behind these effects have been clarified. Although other plant oils may be more microbiologically active, the safety of moderate doses of EO and its broad-spectrum antimicrobial action make it an attractive alternative to pharmaceuticals. EO has also been shown to offset the myelotoxicity of one chemotherapy agent. Whether this is a general attribute that does not decrease the benefit of chemotherapy remains to be determined. This article also provides instruction on how to assemble inexpensive devices for vapor inhalation.

3.3

BMC Immunol. 2008; 9: 17.
Published online 2008 Apr 18. doi: 10.1186/1471-2172-9-17

PMCID: PMC2374764
PMID: 18423004

Stimulatory effect of *Eucalyptus* essential oil on innate cell-mediated immune response

Annalucia Serafino, et al.

Our data, demonstrating that *Eucalyptus* oil extract is able to implement the innate cell-mediated immune response, provide scientific support for an additional use of this plant extract, besides those concerning its antiseptic and anti-inflammatory properties and stimulate further investigations also using single components of this essential oil. This might drive development of a possible new family of immuno-regulatory agents, useful as adjuvant in immuno-suppressive pathologies, in infectious disease and after tumor chemotherapy.

3.4

Proc Natl Acad Sci U S A. 2004 Jul 6; 101(27): 10012–10017.
Published online 2004 Jun 28. doi: 10.1073/pnas.0403596101

PMCID: PMC454157
PMID: 15226499

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4 Ginkgo

4.1

J Nat Med. 2013 Jul;67(3):636-42. doi: 10.1007/s11418-012-0725-0. Epub 2012 Nov 22.

Anti-influenza virus activity of Ginkgo biloba leaf extracts.

Haruyama T[1], Nagata K.

We examined the influence of Ginkgo biloba leaf extract (EGb) on the infectivity of influenza viruses in Madin-Darby canine kidney (MDCK) cells. Plaque assays demonstrated that multiplication of influenza viruses after adsorption to host cells was not affected in the agarose overlay containing EGb. However, when the viruses were treated with EGb before exposure to cells, their infectivity was markedly reduced. In contrast, the inhibitory effect was not observed when MDCK cells were treated with EGb before infection with influenza viruses. Hemagglutination inhibition assays revealed that EGb interferes with the interaction between influenza viruses

and erythrocytes. The inhibitory effect of EGb was observed against influenza A (H1N1 and H3N2) and influenza B viruses. These results suggest that EGb contains an anti-influenza virus substance(s) that directly affects influenza virus particles and disrupts the function of hemagglutinin in adsorption to host cells. In addition to the finding of the anti-influenza virus activity of EGb, our results demonstrated interesting and important insights into the screening system for anti-influenza virus activity. In general, the plaque assay using drug-containing agarose overlays is one of the most reliable methods for detection of antiviral activity. However, our results showed that EGb had no effects either on the number of plaques or on their sizes in the plaque assay. These findings suggest the existence of inhibitory activities against the influenza virus that were overlooked in past studies.

4.2

Front Microbiol. 2019; 10: 2367.
Published online 2019 Oct 15. doi: 10.3389/fmicb.2019.02367
PMCID: PMC6803450
PMID: 31681227

Hampering Herpesviruses HHV-1 and HHV-2 Infection by Extract of *Ginkgo biloba* (EGb) and Its Phytochemical Constituents

Marta Sochocka,[1,*] Maciej Sobczyński,[2] Michał Ochnik,[1] Katarzyna Zwolińska,[1] and Jerzy Leszek[3]

4.3

Am J Pathol. 2007 Dec; 171(6): 1923–1935.
doi: 10.2353/ajpath.2007.070333
PMCID: PMC2111115
PMID: 18055541

Protection against Human Immunodeficiency Virus Type 1 Tat Neurotoxicity by *Ginkgo biloba* Extract EGb 761 Involving Glial Fibrillary Acidic Protein

Wei Zou,[*†] Byung Oh Kim,[‡] Betty Y. Zhou,[*] Ying Liu,[*] Albee Messing,[§] and Johnny J. He[*†‖]

5 Echinacea

5.1

Pharmaceuticals (Basel). 2011 Jul; 4(7): 1019–1031.
Published online 2011 Jul 13. doi: 10.3390/ph4071019
PMCID: PMC4058675

Echinacea—A Source of Potent Antivirals for Respiratory Virus Infections

James Hudson[*] and Selvarani Vimalanathan

Table 1

Respiratory viruses and their potential targets.

Virus	Relevant properties	Potential targets	Susceptible to *Echinacea*(±)[1]
Influenza viruses A & B (FluV A/B) (Orthomyxoviridae)	Segmented ssRNA genome + membrane	Hemagglutinin, neuraminidase (others ?)	+
Respiratory syncytial virus (RSV) (Paramyxoviridae)	ssRNA + membrane	Membrane components	+
Parainfluenza viruses (PI 1-4), (Paramyxoviridae)	ssRNA + membrane	Membrane components	?
Metapneumoviruses (hMPV) (Paramyxoviridae)	ssRNA + membrane	Membrane components	?
Coronaviruses (HCoV, SARS CoV) (Coronaviridae)	ssRNA + membrane	Membrane components	+
Rhinoviruses, coxsackieviruses, (Picornaviridae)	ssRNA, no membrane	Capsid proteins, replication	+
Adenoviruses (Adenoviridae)	dsDNA, no membrane	Capsid proteins, replication	-
Herpes viruses HSV-1/2 (Herpesviridae)	dsDNA + membrane	Membrane components virus replication	+
Bocavirus (HBoV) (Parvoviridae)	ssDNA, no membrane	Capsid proteins	?

6 Enzianwurzel

6.1

J Tradit Complement Med. 2011 Oct-Dec; 1(1): 41–50.
doi: 10.1016/s2225-4110(16)30055-4

PMCID: PMC3942999
PMID: 24716104

Traditional Chinese medicine herbal extracts of ***Cibotium barometz***, ***Gentiana scabra***, ***Dioscorea batatas***, ***Cassia tora***, and ***Taxillus chinensis***inhibit SARS-CoV replication

Chih-Chun Wen, et al.

In summary, in this study we showed that six phytoextracts from Rhizoma Cibotii (狗脊 gǒu jǐ), Gentianae Radix (龍膽 lóng dǎn), Dioscoreae Rhizoma (山藥 shān yào), Cassiae Semen (決明子 jué míng zǐ), and Loranthi Ramus (桑寄生 sāng jì shēng;) can confer effective anti-SARS-CoV activity via inhibition of SARS-CoV replication. The CBM and DBM extracts also inhibited the 3CL protease activity of SARS-CoV. These findings suggest that these phytoextracts studied as a TCM experience may be valued as a useful approach for future development of anti-SARS-CoV therapeutic agents.

7 Salbei

7.1

Molecules. 2019 Jun; 24(11): 2130.
Published online 2019 Jun 5. doi: 10.3390/molecules24112130

Essential Oils as Antimicrobial Agents—Myth or Real Alternative?

Katarzyna Wińska,[1,*] Wanda Mączka,[1,*] Jacek Łyczko,[1] Małgorzata Grabarczyk,[1] Anna Czubaszek,[2] and Antoni Szumny[1]

EO of *Salvia officinalis* was active against severe acute respiratory coronavirus SARS-CoV (RNA virus), which was obtained from the sputum of a patient hospitalized with a diagnosis of SARS (severe acute respiratory syndrome) in Frankfurt University Hospital.

8 Melatonin

8.1

J Pineal Res. 2003 Aug;35(1):69-70.

Urgent search for safe and effective treatments of severe acute respiratory syndrome: is melatonin a promising candidate drug?

Shiu SY[1], Reiter RJ, Tan DX, Pang SF.

Melatonin is a naturally occurring, endogenously produced and diet-contained molecule [**13**]. It is a potent antioxidant [**14**] with a significant anti-inflammatory activity as well [**15**]. This indoleamine also moderately stimulates the immune system which would decrease the likelihood that SARS patients would develop secondary viral or other microbiological infections. The protective effects of melatonin against viral encephalities in mice [**16**, **17**] and viral infections in mink [**18**] have been documented. Moreover, the treatment of 40 newborn human infants suffering with RDS given intravenously administered melatonin (80 mg over 3 days) improved their clinical status and no death was observed; however, in another 36 RDS infants with conventional treatment only, 11% of them died and the clinical manifestations were more severe than in their melatonin-treated counterparts (E. Gitto, I. Barberi et al., unpublished observations). Animal studies have demonstrated that melatonin reduces lung lipid proxidation and myeloproxidase activity which is the index of polymorphonuclear leukocyte infiltration which is induced by non-specific inflammation [**19**]. Melatonin also protects against the breakdown of lung surfactant, edema, and increases the oxygen exchange across alveoli [9–11]. Clinical studies have shown that melatonin treatment significantly reduces the levels of lipid peroxidation products in the blood of newborns as a result of asphyxia [**20**] and septic shock [**21**] and markedly increases the survival rates of these infants. In addition, melatonin also counteracts the side effects of steroids including metabolic disturbances [**22**] and cytotoxicity [**23**].