

anamed

Skin Care For All In Africa

Oxford 2010

**Experience of teaching
Natural Medicine
to Traditional Healers and Health
Workers.**

Hans-Martin Hirt

anamed international e.V.

Schafweide 77

71364 Winnenden

www.anamed.net



The story of Zamenga

Zamenga
Mother
Missionary
Voluntary health worker
Pharmacist
Doctor
Herbalist
Witch doctor
†



What is anamed?

- ★ **anamed** is a Christian organisation. Our seminars are open to people of all denominations and faiths.
- ★ **anamed** is a movement that promotes effective health care in the Tropics in natural ways by using locally available resources.



What are our aims?

in Africa and Asia ...

- ★ to save lives
- ★ to promote self-reliance in general health care and treatment of diseases.



In contrast ..

A voice from the pharmaceutical industry:

“We are not in business to save lives, but to earn money – saving lives is not our concern.”

An answer by Urs Flückiger, Director of Roche-South Korea when challenged to reduce the price of AIDS drugs

Buko Pharma No. 8 October 2008



anamed works in the Tropics with Natural Medicine



...E.g. in Africa



This presentation will

1. explain what we mean by
**“Natural Medicine in the
Tropics”**.

2. describe our experience
with *Artemisia annua* in
treating malaria.

3. share our ideas about how
Natural Medicine might
become an integral part of
formal health provision.



Natural Medicine
is a combination of
the advantages of
modern medicine
and the advantages of
traditional herbal
medicine.



Modern medicine has

- ★ a scientific basis
- ★ reliable methods of preparation
- ★ good packaging
- ★ clear labels
- ★ accurate dosages
- ★ clear expiry dates



Traditional herbal medicine

- ★ uses locally available resources
- ★ accords with the local language and culture
- ★ is almost always available, even in the remotest regions



Natural Medicine

- ★ has a scientific basis
- ★ uses reliable methods of preparation
- ★ is hygienically packaged
- ★ has clear labels
- ★ uses accurate dosages
- ★ gives clear expiry dates

AND

- ★ uses locally available resources
- ★ accords with the local language and culture
- ★ is almost always available, even in the remotest regions.



Natural Medicine

- ★ is open – we want to teach our “secrets”!
- ★ is free of fear.
- ★ has nothing to do with witchcraft or curses
- ★ uses plants – for example, four important plants are ...



Aloe

- ★ for burns and wounds.
- ★ for a strong immunity.
- ★ for gastritis



Moringa

The leaves contain a lot of vitamins, proteins and minerals – wonderful for undernourished children and AIDS patients.



Papaya

A “pharmacy plant”:

- Malaria
- Diarrhoea
- Intestinal worms
- Wounds.



Eucalyptus

Cough and bronchitis.



For example, three diseases

Diseases with diarrhoea

Malaria

AIDS



Diarrhoea

In the Tropics, diarrhoea is a very common cause of death among infants, killing more than 1.5 million per year.

Most of these children need not die!!!

Diarrhoea can almost always be easily treated!

If only people knew how!!!!



With Natural Medicine

First we make our own
Oral Rehydration Solution, (ORS)
with boiled water, half a level
teaspoonful of salt and two heaped
tablespoonfuls of sugar.



Administer with an accurate dosage

Age	ml
Under 6 months	700
6 months to 2 years	1400
2 to 6 years	2100
7 years and older	2800
Adults	3500



**Then we treat
with anamed
anti-diarrhoea tea**

We need



Euphorbia hirta **(asthma weed)**



Psidium guajava **(guava)**



Mangifera indica **(mango)**



To make and use anti-amoebea tea

- ★ Take one handful of each fresh green plant material.
- ★ Wash.
- ★ Boil in one litre of water for 3 minutes.
- ★ Allow to steep for half an hour.
- ★ Drink in the course of the day for 8 days.



Simple!

A true life saver!

With these procedures,
many thousands of lives
have already been saved.

We need to teach many
more people !!!



Self-reliance

By teaching such procedures,
anamed aims to enable

- ★ families
- ★ communities and
- ★ health centres

to become more self-reliant in
their health care.



Experience with

***Artemisia annua*
tea**

in treating malaria



The burden of malaria

- ★ There are at least 300 million acute cases of malaria each year globally, resulting in more than a million deaths.
- ★ That means 3000 people die every day from malaria, mostly children.
- ★ Could we describe anopheles as the world's worst terrorist?



It's getting worse

- ★ Malaria kills more African children under 5 than any other infectious agent.
- ★ The old conventional medicines like chloroquine do not work any more.



The cost of malaria

Economists believe that, in some African countries, malaria reduces the rate of economic growth by 1.3%



Treatment?

- ★ Less than 20% of patients with fever, or even dying from malaria, visit the formal health system. 80% of patients self-treat at home or visit a traditional healer.
- ★ Modern drugs are often
 - unavailable, or
 - unaffordable, or
 - are even fakes.
- ★ Even when modern drugs are used, they are usually used at an incorrect dose.



WHO and Millennium Goals

To have halted by 2015 and begun to reverse the incidence of malaria and other major diseases.



But how?

That is the big question

?



Artemisia annua **is an answer!**

Artemisia annua contains more than ten anti-malarial components, one of which is artemisinin, a substance that clears plasmodium from the blood faster and more effectively than any other known drug.

It is the hope of the world!



A “good-tasting” alternative: *Artemisia annua* anamed tea!



The tea contains ten anti-malarial substances
– a natural combination therapy!



Grow on a small scale



Better not as a monoculture ...



Harvest, dry, sieve and package the leaves



Scattered throughout these countries are grass-roots projects that grow Artemisia and use it to treat malaria and several other diseases.



Self - reliance

If only people knew!

We need to teach many more people how to grow and use artemisia!!!



AIDS

- ★ **Artemisia tea strengthens the immune system of those who are HIV positive, and even of AIDS-Patients**
- ★ **Moringa leaf powder provides nutrition and stimulates the appetite.**
- ★ ***Euphorbia hirta* treats diarrhoea.**



Artemisia tea is also effective ...

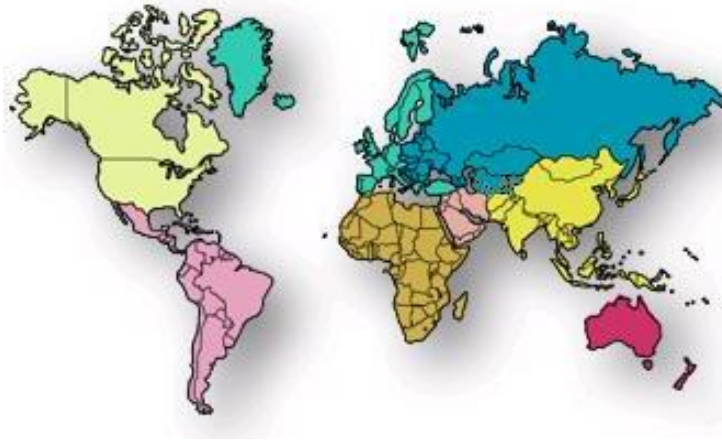
- ★ in treating eye infections
- ★ in treating bronchitis
- ★ in treating haemorrhoids
- ★ in treating bilharzia

Artemisia annua also contains twenty substances with anti-tumour properties



Anamed has partners in 75 countries

They grow
artemisia,
harvest, dry
and use it to
treat malaria
and other
diseases
as tea.



anamed seminars

anamed has
conducted
week-long
training
seminars in
Natural
Medicine in



Angola, Cameroon, D. R. Congo,
Ghana, Mozambique, Ethiopia,
Eritrea, Kenya, Malawi, Nigeria,
Tanzania, Togo, S. E. Asia, South
Africa, Sudan, Uganda and
Zimbabwe.



Pictures of seminars



Preparation of ointments

Production of black stones



Many people now claim to practice “Natural Medicine”, but ...

... how can we integrate “anamedopathy” into formal health care provision?



**If 80% of the
population do not use
the formal health
system...**

then it is important to
rethink our approach to
health and healing



1. Explain “anamedopathy”

It is a brand new philosophy
and way of working.

It is not: traditional medicine,
homeopathy, complimentary
medicine, modern medicine
...



2. Train every doctor, nurse and primary health care worker in Natural Medicine



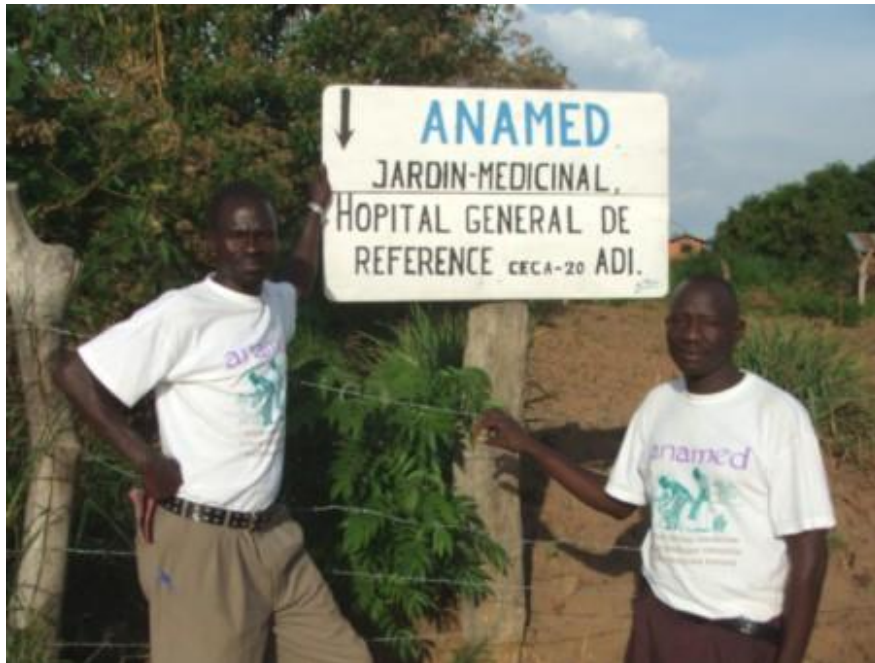
3. Train every traditional herbalist in Natural Medicine



4. Train doctors, nurses and traditional healers together, and mutual understanding and respect will develop.



5. Every hospital can have a medicinal garden



6. And every hospital pharmacy

can produce

- ✳ medicinal teas, e.g. for diarrhoea and malaria.
- ✳ medicinal oils and ointments, e.g. for rheumatism.
- ✳ herbal tinctures, e.g. for coughs.



7. Every hospital can work in tandem with Home-based Care



For example: Home-based Care in Manicaland Province, Zimbabwe

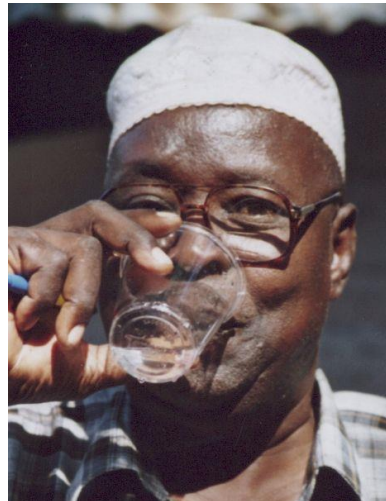
- ★ Has 4000 volunteer care givers, who are being trained in Natural Medicine.
- ★ They teach people how to grow medicinal plants and how to use them in their own homes.

Catholic Diocese of Mutare
Community Care Programme



Natural Medicine also includes

- ★ Conservation farming
- ★ Water conservation
- ★ Planting trees
- ★ Hygiene
- ★ Clean water
- ★ Toilets
- ★ Nutrition



In every tropical country there is a great wealth



of experience, of people and of resources.



Self-reliance

anamed has the aim that

- ★ Families
- ★ Health centres
- ★ University clinics
- ★ Healers

use these resources, in order to

- reduce costs
- become more self-sufficient
- become more effective



***The former United Nations Secretary-General
Kofi A. Annan:***

"We will have time to reach the Millennium Development Goals — but only if we break with business as usual."



Many governments want to register traditional healers, in order to:

- ★ control them
- ★ tax them
- ★ take their knowledge of medicinal plants – in order to make money from patents



In contrast, anamed wishes to enable every family to create their own health centre in their own home,

- ★ to avoid taxes.
- ★ to enable them to treat health problems free of charge.
- ★ to avoid theft of intellectual property.



When Jesus healed

- ★ He paid no taxes to Rome.
- ★ He encouraged his disciples to heal people outside the formal health system.
- ★ He never charged.
- ★ He healed and taught in the public
- ★ He healed people irrespective of their status, gender, religion or politics.
- ★ He used the available resources.
- ★ He made a good relationship with all his patients.



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“It is possible - if we work together with local people to enable them to develop further the skills they already have.”



Healers in Cameroon



More information

anamed international e.V.
Schafweide 77
D-71364 Winnenden

Email:
anamed@t-online.de

Website: www.anamed.net

