

# What is anamed?

## Action for Natural Medicine

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

# What are our aims?

- to save lives
- to promote **self-reliance** in general health care

## In the countries where we work normally

- Less than **20%** of patients 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.
- One might not believe it but there are more and more people in our countries as well that cannot afford to go to the doctor. Recently in Germany we have been asked to think about possibilities with Natural Medicine in the context of refugees and other people who do not fit any more in the health care delivery system.

# **“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

## In addition, Natural Medicine

- is open – we want to teach our “secrets”!
- we have no patents
- is free of fear
- has nothing to do with witchcraft or curses
- uses plants (poster) –  
for example, some 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”:

- Diarrhoea
- Intestinal worms
- Wounds
- Malaria



# Allium sativum

## Garlic

Cough, cold, sore throat, sinus infections, fungal infections, high blood pressure, diabetes, insect -bites, toothache, closed abscesses



# Euphorbia hirta (asthma weed)



# Psidium guajava (guava)





# Mangifera *indica* (mango)



# Oral Rehydration Solution, (ORS)

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



# Artemisia annua

## (Sweet annie)

- Malaria (3000 / Tag)
- Aids (in combination with Moringa)
- Fever and common cold
- Bronchitis and sore throat
- Candida albicans in the mouth
- Candida albicans in the bowels
- Haemorrhoids
- Eye infections
- Stomach and intestinal problems (e.g. colitis, and chronic dysenterie)
- Bilharzia
- Skin problems
- Scabies

Artemisia annua also contains twenty substance





**Pour quelle raison l'extrait de toute la plante de *Artemisia annua* est-**

**elle si efficace? parce qu'il contient les substances actives suivantes**

...

**Antiplasmodial Activity:**

CHRYSOSPENETIN  
CHRYSOSPENOL-D  
OLEANOLIC-ACID  
QUERCETIN

**Antimalarial Activity:**

ARTEMETIN  
ARTEMISININ  
ASCARIDOLE  
CASTICIN  
CHRYSOSPENETIN  
CHRYSOSPENOL-D  
CIRSILINEOL  
EUPATORIN  
OLEANOLIC-ACID  
QUERCETIN

**Analgesic Activity (gegen Fieber):**

ALPHA-AMYRIN  
ALPHA-BISABOLOL  
ASCARIDOLE  
BETA-AMYRIN  
BORNEOL  
CAMPHOR  
COUMARIN  
MENTHOL  
MYRCENE  
P-CYMENE  
QUERCETIN  
SCOPARONE  
SCOPOLETIN  
THYMOL

**Anticolic Activity (gegen Kolik):**

QUERCETIN

**Antidiarrheic Activity (gegen**

Durchfall):  
CAMPHOR

**Antiemetic Activity**

(gegen Erbrechen):  
CAMPHOR

**Antipyretic Activity**

(gegen Fieber):  
ALPHA-BISABOLOL  
BETA-SITOSTEROL  
BORNEOL  
MENTHOL

**Antispasmodic Activity**

(gegen Krämpfe):  
1,8-CINEOLE  
ALPHA-BISABOLOL  
ALPHA-PINENE  
ALPHA-TERPINENE  
APIGENIN  
BETA-PINENE  
BORNEOL  
BORNYL-ACETATE  
CAMPHOR  
CARVACROL  
CIRSILINEOL  
GERANIOL  
ISORHAMNETIN  
KAEMPFEROL  
LIMONENE  
LINALOOL  
LUTEOLIN  
MENTHOL  
MYRCENE  
PATULETIN  
QUERCETIN  
SCOPARONE  
SCOPOLETIN  
TERPINEN-4-OL  
THYMOL

**Diuretic Activity (zum**

Reinigen des Körpers):  
APIGENIN  
FRIEDELIN  
ISOQUERCITRIN  
KAEMPFEROL  
LUTEOLIN  
OLEANOLIC-ACID  
TERPINEN-4-OL

**Immunostimulant**

Activity:  
ASTRAGALIN  
COUMARIN  
EUPATORIN

**Mosquitocide Activity**

(tötet Moskitos):  
BETA-AMYRIN

**Sedative Activity**

(beruhigt):  
1,8-CINEOLE  
ALPHA-PINENE  
ALPHA-TERPINEOL  
APIGENIN  
ASCARIDOLE  
BORNEOL  
BORNYL-ACETATE  
CARVONE  
COUMARIN  
CUMINALDEHYDE  
GERANIOL  
ISOEUGENOL  
LIMONENE  
LINALOOL  
OLEANOLIC-ACID  
P-CYMENE  
STIGMASTEROL  
THYMOL

**Antithrombic Activity**

(vermeidet Blutgerinnung  
wie in zerebraler Malaria):  
QUERCETIN

# Artemisia annua anamed growing on a small scale



# Better not as a monoculture ...



# Medicinal plants from the poster that could be interesting for your project

- *Allium cepa*
- *Allium sativum*
- *Amaranthus gracilis*
- *Artemisia annua* anamed
- *Brassica oleracea*
- *Cucurbita maxima*
- *Matricaria chamomilla*
- *Ocimum basilicum*
- *Phaseolus vulgaris*
- *Tagetes erecta*
- *Vinca rosea*
- *Zea mays*
- *Ricinus communis* (mediterranean climate)
- *Datura stramonium*

## Just to start with...

- It is clear that there are lots of other medicinal plants
- Those are just the ones of the anamed poster that can be grown in European climate
- They have been tested by anamed
- You have the recipes in the anamed literature.

# Not only the plants but also the approach is important

- Holistic (linking health, agriculture, nutrition, hygiene, waste-management...)
- Pragmatic capacity development (seminars)
- Free individual decision on treatment modalities (ABC-System)
- Natural Medicine as part of a Public health system (see WHO-statement)

# WHO

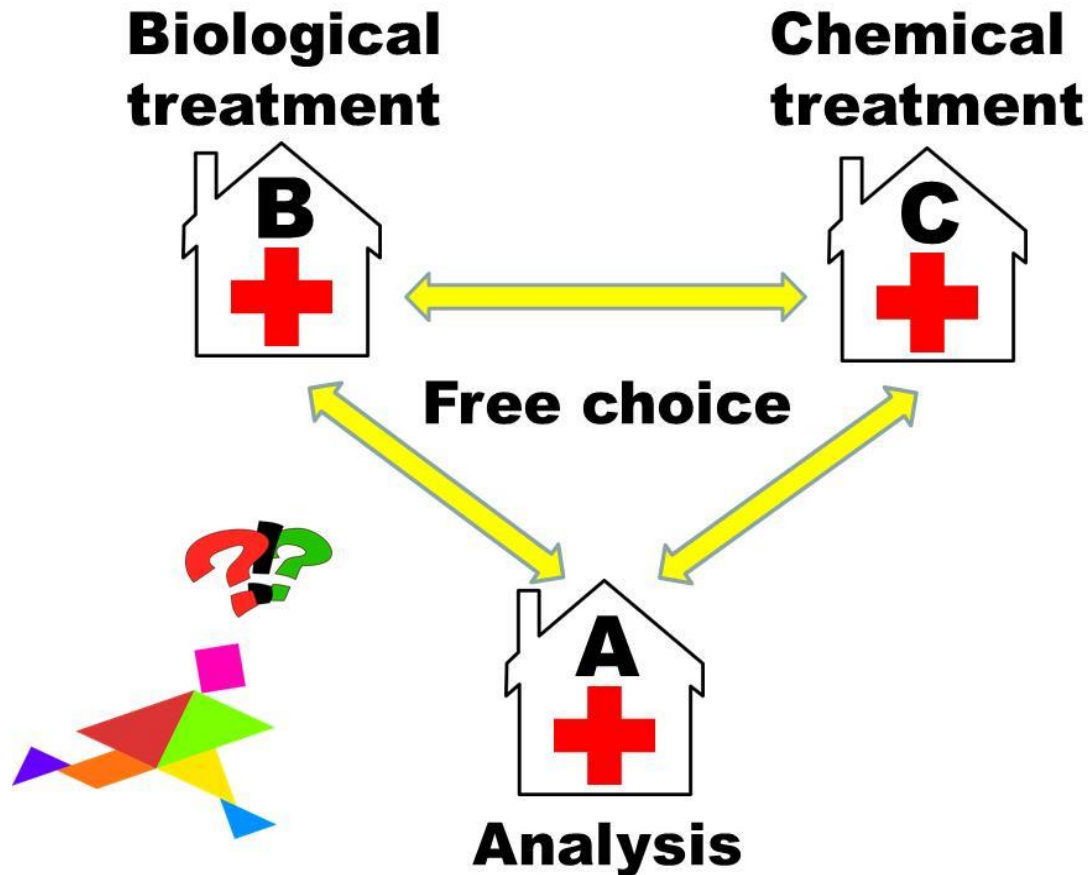
## Director-General

**“Traditional medicines, of proven quality, safety, and efficacy, contribute to the goal of ensuring that all people have access to care. For many millions of people, herbal medicines, traditional treatments, and traditional practitioners are the main source of health care, and sometimes the only source of care. This is care that is close to homes, accessible and affordable. It is also culturally acceptable and trusted by large numbers of people. The affordability of most traditional medicines makes them all the more attractive at a time of soaring health-care costs and nearly universal austerity. Traditional medicine also stands out as a way of coping with the relentless rise of chronic non-communicable diseases.” 2013**



# ABC System

free individual decision

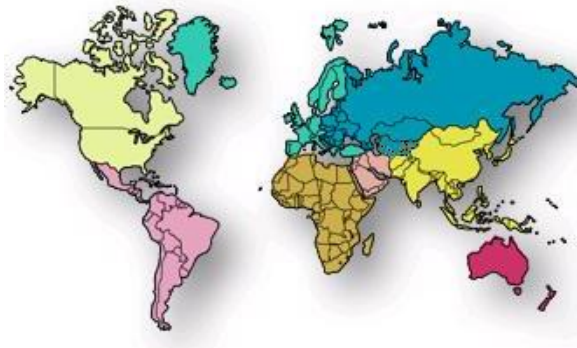


**Good evaluation system (where do people go in the long term?)**



# Anamed has partners in 72 countries

Scattered throughout these countries are grass-roots projects (anamed groups) which have been founded after **anamed-seminars**.



# anamed seminars

week-long training seminars  
in Natural Medicine



What plant of the poster do we recognise and do we know what it is good for ?



## Harvesting and correct drying, storing...





...sieving, packaging, labelling



## Production of medicinal oils, black stones and tinctures



## Production of soap and ointments





## Learning in the medicinal garden





## Working with solar energy

As a surprise they even prepared a peanut-cake in the solar oven



# Natural Medicine also includes

- Sustainable food security in agroforestry systems
- Soil-fertility in Alley cropping and simultaneous fellow systems
- Efficient erosion – control
- Nutrient pump- and cut and carry systems
- Lifemulch and deadmulch – systems
- Mixed cropping
- Allelopathic effects (risks) with organic manure
- Compost (warm, aerob) and Bokashi-Fermentation (anaerob)
- Nursery gardens for hedges (green-manure-factories), agroforestry trees and forestry trees
- Terra preta, a vision for the future (also in terms of climate change!)

# Medicinal gardens

## as part of the agroforestry system

- **Demonstration garden**

- Smaller and accessible for the public
- One or few examples per species
- Next to the church, school, hospital...
- Identification labels / marks

- **Production garden**

- Bigger and not accessible for the public (hospitals or health centres have their own medicinal garden)
- Medicinal plants and food plants; some plants are both, medicinal plants and food plants
- In an agroforestry frame with compost and tree nurseries.

# Natural Medicine also includes

- Nutrition
- Waste separation and waste management
- Water conservation
- Clean water
- Hygiene
- Toilets

# Presentation of the action plans worked out by each regional groups



# Self-reliance

By teaching such procedures,  
*anamed* aims to enable

- families
- communities and
- health centres

to become more self-reliant in their health  
care.

# 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.**"*

# 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.



In every country  
there is a great wealth  
  
**of experience,  
of people and  
of resources**



Therefore...

We should work together  
with local people  
to enable them  
to develop further  
the skills they already have

Thank you for your attention



... but it is worth it



# More information

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