

# **anamed**

## **Skin Care For All In Africa**

Oxford 2010

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

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# 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-amoeba 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!

[www.anamed.net](http://www.anamed.net)



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



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



# Grow on a small scale



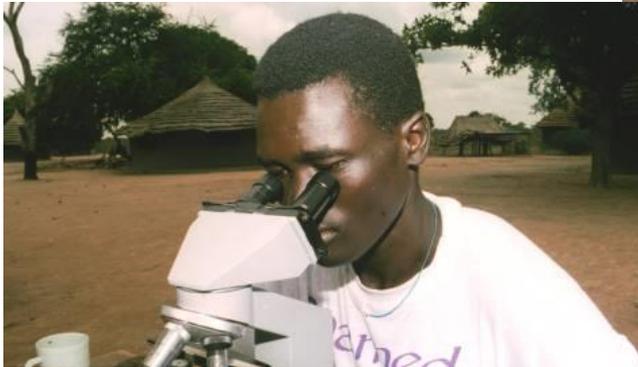
# Better not as a monoculture ...



# 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 ...

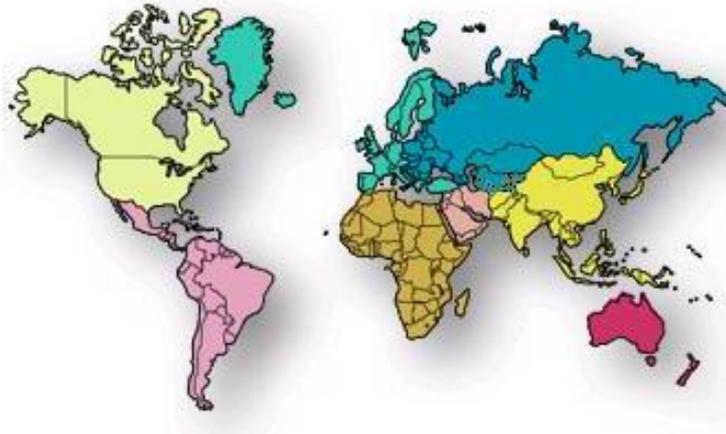
- ★ in treating eye infections
- ★ in treating bronchitis
- ★ in treating haemorrhoids
- ★ in treating bilharzia

*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.

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# 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

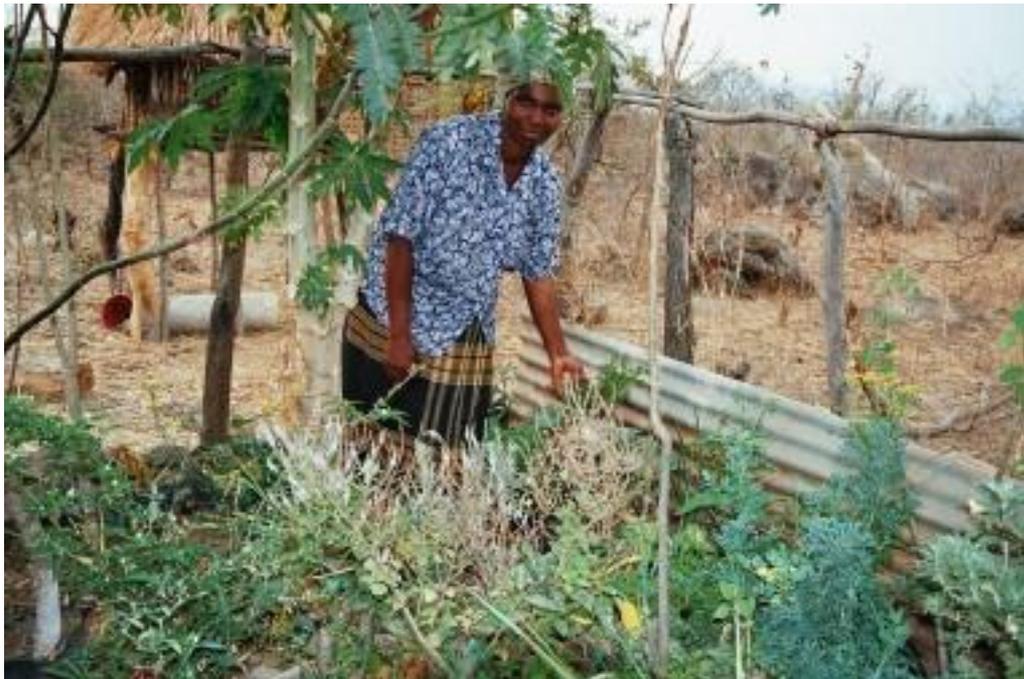
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# 2. Train every doctor, nurse and primary health care worker in Natural Medicine



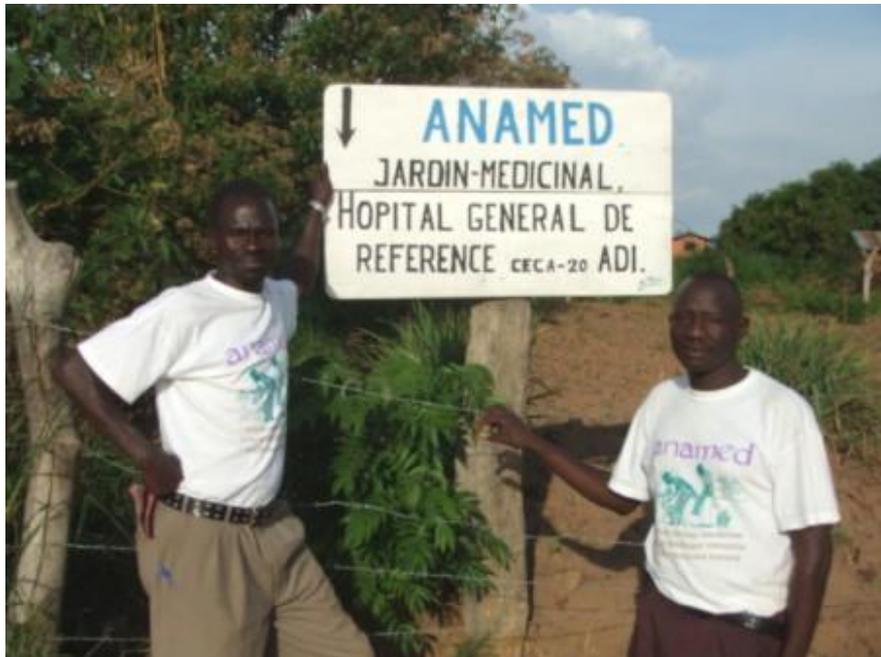
# 3. Train every traditional herbalist in Natural Medicine



**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

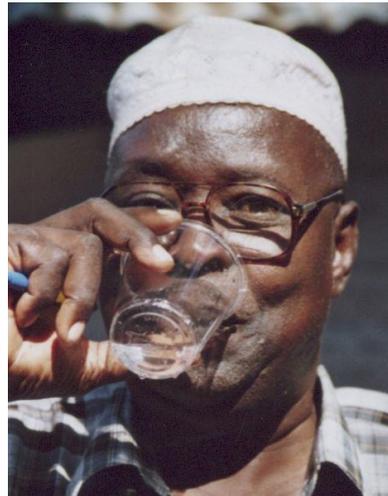
- ★ Has 4000 volunteer care givers, who are being trained in Natural Medicine.
- ★ They teach people how to grow medicinal plants and how to use them in their own homes.

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.



# anamed

*“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

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