



CERIVIKEHL and USNEABASAN

**Homeopathic remedies made from lichens
for the improvement of organ functions
and excretion**

**by
Dr. Dr. Peter Schneider**



Introduction

The three remedy groups of isopathic remedies, immune modulators and SANUKEHL preparations are the nucleus of a successful SANUM therapy for different illnesses. With the help of these SANUM remedies the tissue milieu can be modified in such a way that the self-regulation can bring the body back to recovery. There are, however, hindrances to healing which can interfere with this process of recovery, as addressed in the article by Dr. Rau in this edition of SANUM-Post.

He names as the most important hindrances interference fields, of which over 80 % are found in the area of the head (e.g. tonsils, teeth, nasal sinuses), and contamination by heavy metals and toxins. These hindrances lead among other things to the respiration in the cell no longer being able to function properly. As teeth are assigned to particular meridians, the flow of energies within the body is also strongly interfered with.

Many hindrances to healing which have their origin in the teeth can only be removed with the support of a dentist. However, for the most part the defeat of hindrances to healing requires additional measures which normalise the organ function and also support the excretion of heavy metals and toxins from the body. Very valuable remedies in this respect, derived from the lichens *Cetraria islandica* (Icelandic moss) and *Usnea barbata* (common bearded lichen), have been known in folk medicine for thousands of years.

The occurrence of lichens in nature

Lichens do not belong to the mosses, as so often falsely assumed. Lichens are not single individuals, but are a symbiosis of a fungus and an alga. The alga/fungus symbiosis leads to morphological and physiological unity. As a result of this, anatomical, morphological and even physiological characteristics are developed which only the lichen has, but not the alga or the fungus alone. Lichens are primary colonisers of extreme locations. They play a role in the weathering of rocks, as the fungal hypha can penetrate fine cracks, whilst lichen acids attack the stone directly. This slowly causes a humus-rich substrate to develop from the stone (dead lichens) which higher plants can colonise. Under extreme climatic conditions lichens are superior to all other plants.

Nowadays lichens are one of the most strongly threatened plant groups in non-Alpine Central Europe. On the other hand, in the far reaches of Scandinavia and on the high slopes of the Alps lichens are conspicuous components of the vegetation and the landscape picture. As the majority of lichens are very sensitive to sulphur dioxide, they take on ever greater importance as indicators of air pollution caused by sulphur. On the basis of a vegetation map showing the types of lichens in an area it is possible to make exact prognoses regarding the progress of this type of environmental pollution at an early stage. That lichens have become so rare in our

part of the world nowadays is linked to the more recent changes in the environment, e.g. through air pollution and modern methods of agriculture and forestry. Different lichens are the main food of reindeer. In Iceland and other Scandinavian countries *Cetraria islandica* is collected as food for domestic animals.

The material contained in lichens

Lichens produce a series of secondary metabolic products which are found in large quantities almost exclusively here. These substances, which according to the latest discoveries can also be produced by the fungus alone in very small quantities, have been used for many centuries as dyes (litmus purple or „orseille“ colours) and as remedies.

Extracts of lichens are frequently used in folk medicine to treat skin diseases. Lichens contain substances which have an antibiotic effect (over 10% bitter lichen acids such as usnic acid) which are found nowhere else in nature. The antibiotic effect is aimed particularly at pathogens which cause infections of the mucous membranes, but without causing the development of antibiotic-resistant germs or allergic reactions. The antibiotic effect of extracts of bearded lichen is considerably stronger than that of Icelandic moss.

Recently another group of lichen substances has been awakening interest among pharmaceutical and medical researchers; these



are the polysaccharides (high molecular weight sugar compounds) which can constitute up to 81 percent of lichens. Some of these polysaccharides can work against tumours and are traditionally also used in cancer treatment with plants. The mechanisms of the effect are not yet known in detail; however the polysaccharides of the lichen extracts effect a complex activation of the immune system. One further peculiarity of lichens which is also known in other types of algae is their ability to bond heavy metals.

In folk medicine *Cetraria islandica* is used as a remedy in diseases of the airway (e.g. tuberculosis, chronic bronchitis, asthma) and the digestive tract (e.g. gastritis, dyspepsia, constipation), as the substances they contain have a regulating influence on the function of the mucous membrane. In addition the bitter substances contained in the lichens ensure a normalisation of the microflora of the bowel and of the functions of the liver and pancreas.

CERIVIKEHL and USNEABASAN

The remedy CERIVIKEHL is produced from *Cetraria islandica* according to the regulations of the homeopathic pharmacopoeia. This preparation is available in the form of drops (mother tincture) and injection solution (3X). The homeopathic remedy picture of *Cetraria islandica* comprises diseases of the airway and loss of appetite. The injection solution is indicated particularly when a systemic effect of the remedy is desired, e.g. in diseases of the skin or the mucous membranes.

The homeopathic remedy USNEABASAN is produced from *Usnea barbata*. The remedy is available in liquid form as the homeopathic mother tincture. Basically similar areas of use apply to this remedy as to CERIVIKEHL. However, an additional main area of the remedy picture of USNEABASAN lies in its efficacy as regards the function

of the blood vessels. This remedy is therefore particularly suited to the treatment of congestive headaches and sunstroke. In addition USNEABASAN is indicated when a strong antibiotic effect is desired.

Altogether these two homeopathic remedies made from lichens have a strong effect which builds up the body's defences whilst at the same time the function of the inner organs is regulated. Through their ability to bond heavy metals these remedies can also be used very effectively for excretion. This means that CERIVIKEHL and USNEABASAN support and complement the „classic“ SANUM remedies very well.

First published in the German language in the Sanum-Post magazine (46/1999)

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