



**Therapy for diarrheic illnesses
with OKOUBASAN**

A treatment successful even with children

**by
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The 1997 repertoire of SANUM remedies included, as you know, the homeopathic agent OKOUBASAN, whose manufacture is based on the dried bark of the Okoubaka aubrevillei tree, found chiefly in West Africa. This SANUM remedy was only available in drop form up to now, in potency 2X, but from May 1999 onwards it will also be available in tablet form in potency 2X. For this form of administration, without alcohol components, the same indications apply unrestrictedly, as they stand acute diarrhoea after food poisoning, infections of the gastro-intestinal tract, food intolerances, prophylaxis for changes of climate and diet such as e.g. in foreign travel. The properties of the active substances derived from the aforementioned tree bark, which have already been used in old African folk medicine, are described in detail in the literature.

The present account of observations and experiences with OKOUBASAN in medical practice is entirely positive, whereby a not inconsiderable part of the relevant therapy measures relates to diarrheic illnesses in children. The following report deals with various aspects and accompanying conditions of these illnesses and offers practical instructions for the use of this SANUM remedy in both drop and tablet form. Even though nowadays diarrheic illnesses no longer play nearly such an important role as in the past, thanks to improved hygiene and better care options, acute diarrheic illnesses still rank among the commonest illnesses in

childhood. In developing countries acute diarrheic illness still exacts the highest toll among infants and small children.

In western industrialised countries the fatality and frequency of the illness in early childhood are quite low, yet one still has to expect up to three episodes of diarrheic illness per year and per patient. Etiologically speaking, in our latitudes, in 70 to 80 per cent of cases, it is chiefly rotaviruses and enteral adenoviruses, which cannot be cultured, which predominate in the incidence of this illness.

The basis of the treatment of acute diarrheic illness lies in compensating the loss of water and electrolytes as quickly as possible. In extreme cases – with a loss of up to twenty times the normal level – it will be necessary to treat dehydration and depressed circulation with infusions. However, most children with diarrhoea can be treated with an oral fluid supply (rehydration solutions). According to *Hirschhorn et al.*, with mild to moderate diarrhoea, oral rehydration is better than parenteral. This means that in practice one can allow a sick child to be treated at home and try a combined therapy with homeopathic and/or isopathic medicines.

Important aspects of treatment

The best remedies to combat the loss of water and electrolytes are traditional rehydration solutions based on glucose combined with electrolytes. These solutions meet the requirements of the initial treatment by quickly replacing

fluid and electrolytes lost and simultaneously providing glucose. However, this does not ensure the binding of toxins. This can best be achieved with the SANUM homeopathic agent OKOUBASAN 2X. For infants and small children the tablet form is best, in older children the drops. In both cases it is an advantage that only small quantities of the remedy are needed.

OKOUBASAN has an astringent effect which limits electrolyte and water loss through the Mucosa enteralis and in addition detoxifies any imported toxins or those caused by a pathological metabolism. This remedy also promotes phagocytosis of the granulocytes. All of this leads to a reduction of the toxically conditioned blocking of the functional disorder of the pancreas.

The destruction of large areas of the Mucosa enteralis by allergic processes, accompanied by an atrophying of the villi, leads via inadequate processing of early enzymatic stages to a suspension of the activities of the pancreas. This in turn causes a failure to conjugate free bile acids and hence leads to drastic diarrhoea, such as occurs for instance with excessively fatty food, through the low water solubility of the free bile acids. The formation of gas in this process triggers colic and the familiar problems of Roemheld's syndrome. This clinical picture can occur at any age.

The documented naturopathic fields of application for both forms of OKOUBASAN 2X



(drops and tablets) are: **OKOUBASAN administration**

- diarrheic illnesses of a general nature;
- intestinal allergic diseases at any age;
- diarrhoea after excessively fatty food with increased gas formation;
- intestinal infections from rotaviruses or adenoviruses;
- infestations (Lambliia, campylobacter, salmonella, Yersinia);
- digestive problems with advancing age;
- dietary risks in foreign travel (OKOUBASAN is a must for every travel first aid kit).

Nursing infants to be given 1 to 2 drops in 50 grams of camomile tea, in sips. If vomiting is severe the drops may be trickled on to the tongue.

Small children up to four years of age to be given 1 tablet once a day or 2 to 3 drops directly into the mouth two to four times a day. A few drops of raspberry cordial – for example – may be used to disguise the flavour of alcohol.

Older children to be given 1 tablet twice a day or 2 to 5 drops two to five times a day in a little raspberry cordial or a few sips of camomile tea after chewing a half to a whole tablet.

Adults to be given 5 drops one to three times a day or 3 to 5 tablets a day, with a drink of camomile tea to follow.

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