



The Application of Isopathic Drugs in the Treatment of Joint Diseases

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It is estimated that over 90% of society over 60 years of age suffer from joint ailments. These are caused in the first place by degenerative changes and by various diseases of rheumatic origin. Inflammatory changes appear in every joint disease with varying degrees of intensity together with the joint structure disorder, that is associated with the functional disorders. The problem is further aggravated by the drugs applied for joint diseases. Non-steroid anti-inflammatory drugs and glucocorticosteroids inhibit the inflammatory processes and alleviate symptoms, but unfortunately do not prevent its progress. The causes of joint diseases are complex. From the holistic medicine point of view, the following circumstances are of great significance:

1. Atrophy of the alimentary canal mucous membrane
This problem is discussed in detail in Sanum Post No 8. To summarise, it can be said that the

atrophy of the mucous membrane of the intestines leads to:

- a) IgA production disorders
 - b) IgA secretion disorders
 - c) dysbiosis
 - d) lack of production of unsaturated fatty acid Omega-3 by Escherichia Coli
 - e) Selye pathological response (figs 1, 2 and 3)
 - f) absorption disorders
2. Weak body organ which can be the joints
 3. Teeth
Teeth ailments such as granuloma, gingival pockets inflammation and dead pulp lead to the multiplication of pathological forms of the Mucor racemosus fungus which weaken the immune system and affect its functioning.
 4. Mechanical damage due to sport, associated effort, or obesity.

It should be borne in mind that the pain associated with the overburdening of a joint is a signal for patients who should firstly rest the joint and that the application of analgesics often makes them disregard the symptoms, which in turn leads to intensification of the diseases development.

5. Previous infections which might be the causes of joint inflammations.

Diet and Joint Diseases

Diet is of immense importance where joint diseases are concerned. A correct diet is necessary in regenerating the mucous membrane of the intestines which is responsible for the proper course of immunological responses.

The diet recommended for joint diseases should meet three basic requirements:

1. Provision of an adequate content of vitamins A, C, D and calcium (note: atrophy of the mucous membrane causes a reduction in the absorption of vitamins and minerals).
2. Inclusion of vegetables, fruit, grains.
3. Exclusion of sugar and saturated fats.

The Enderlein's Theory and Joint Diseases

The pathological cellular cycles of microorganisms discovered by Professor Enderlein in view of the contemporary state of scientific knowledge are closely related to

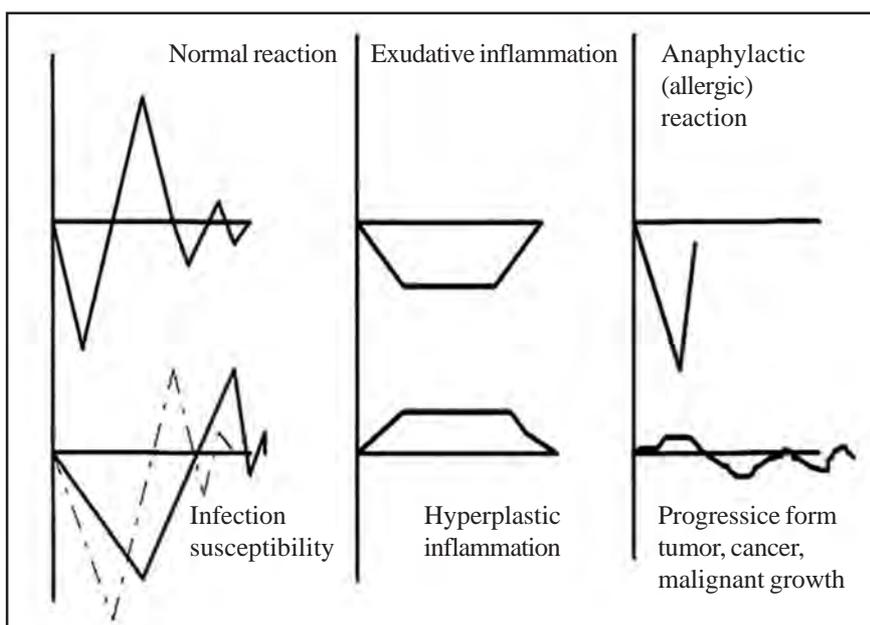


Figure: Presentation of Selye's normal and pathologic response



the occurrence of joint diseases. The inflammatory process is always accompanied by the improper development of Penicillium cycle, therefore, the drugs belonging to this group (NOTAKEHL in particular) are the basic drugs applied in the therapy of joint diseases. The Aspergillus niger cycle is closely related to the picture of the tuberculin diathesis (incorporating joint diseases) and the destruction of the bone system elements, whereas the pathological angiogenesis so closely associated with the progress of the degeneration processes depends inter alia on the pathological forms of the fungus Mucor racemosus which also causes circulation disorders that aggravate the disease progress. The above observations are of great importance in the practical treatment of patients with joint diseases.

In cases of inflammatory processes, NOTAKEHL should always be applied, and for long-term treatment, MUCOKEHL and NIGERSAN are applied.

The Treatment of Joint Diseases

The typical treatment of degenerative joint diseases consists in the application of non-steroid anti-inflammatory drugs and glucocorticosteroids. In case of rheumatic diseases, anti-rheumatic and immunosuppressive drugs are also applied. This treatment is very demanding for a human body and hardly has a positive effect in the course of the disease. All patients with a joint ailment should be treated in accordance with their

individual symptoms. Our experience shows that isopathic therapy aided with some natural substances helps to obtain very good results in the treatment of joint diseases. Particularly good effects are obtained in cases of degenerative diseases. Rheumatic diseases have much more complex causes and require more comprehensive and lasting therapy.

The treatment of joint diseases with Sanum preparations can be divided into two groups:

1. Isopathic treatment
2. Neural therapy

Isopathic Therapy

Isopathic therapy consists in the application of drugs containing non-pathogenic forms of bacteria and fungi which are given in order to stimulate the specific and non-specific immunological processes of the body. In the effect of this treatment, we can achieve the correct environment of the body which is the prerequisite to the success of any therapy. The basic drug for joint diseases is NOTAKEHL D5 drops and injections (drug of „anti-inflammatory“ action) and MUCOKEHL D5 drops and NIGERSAN D5 drops (or its substitute SANKOMBI D5 drops), being the drugs which regulate the body's environment in a lasting manner. A very important drug for long term therapy is FORTAKEHL D5 tablets which regulates the alimentary canal dysbiosis.

Isopathic treatment for joint diseases can be outlined in the following manner:

1. The therapy is commenced from the environment regulation by means of a diet and SANUVIS 2x 10-60 drops daily. (Apart from the environment regulation, SANUVIS is also an excellent drug that is applied for muscular pains, injuries, joint pains etc.)
2. At the same time, the actual therapy is initiated by the application of:
NOTAKEHL D5, 2x 8 drops daily, for 10 days
After 10 days, change to SANKOMBI D5 2x 8 drops daily from Monday to Friday (5 days),
and on Saturday and Sunday (2 days) NOTAKEHL D5 2x 8 drops is applied
This therapy is conducted alternately in a cycle of 5/2/5/2 for 3 months.

The following shall then be applied:
3. SANKOMBI D5 2x 8 drops daily from Monday to Friday (5 days),
and NOTAKEHL is replaced by FORTAKEHL D5 2x 8 drops a day (2 days).
SANKOMBI and FORTAKEHL are also applied in a cycle of 5/2/5/2 for 3 months.
4. After the 10th day of therapy, immunomodulating preparations such as UTILIN D6 and RECARCIN D6 1 capsule for 2 weeks are to be taken additionally, i.e. RECARCIN D6 for one week and UTILIN D6 the next. The excellent action assisting this therapy has Bio-Glukozamina (3x 500 mg daily)



- with degenerative diseases and Bio-Selen-Cynk [*Polish trade names*] 1x 1 tablet daily
- with rheumatic diseases.

injections in the areas of the nerves of some organs. Thanks to this method, an improvement is achieved in the neurolemma conduction properties. This method will not be specified in the present paper because its practical application requires specialised training.

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Neural Therapy

This method of therapy in Poland is not yet common, and it consists in the application of lydocaine and drugs e.g. NOTAKEHL D5 in

Joint Diseases Therapy System

for the duration of the entire therapy SANUVIS 2 x 10-60 drops daily	for the first 10 days NOTAKEHL D5 2x 8 drops in the morning on an empty stomach and in the evening before bedtime	
	After the 10th day of the therapy RECARCIN D6 1x 1 capsule / 2 weeks UTILIN D6 1x 1 capsule / 2 weeks BIO-GLUKOZAMINA 3x 500 mg BIO-SELEN-CYNK 1x 1 tablet	Next alternately 5/2/5... days (for 3 months) For 5 days SANKOMBI D5 for 2 days 2x 8 drops in the mornings on an empty stomach and in the evenings before bedtime
		For 2 days NOTAKEHL D5 2 x 8 drops in the mornings on an empty stomach and in the evenings before bedtime
	Next alternately 5/2/5... days (for 3 months) For 5 days SANKOMBI D5 for 2 days 2x 8 drops in the mornings on an empty stomach and in the evenings before bedtime	For 2 days FORTAKEHL D5 2x 1 tablet in the morning on an empty stomach and in the evening before bedtime