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**SANUCYST –  
A New Preparation from SANUM  
for the Treatment of Diseases of the  
Kidneys and Bladder**

**by Dr. med. vet. Anita Kracke, Naturopath**



The Complex Homeopathic remedy SANUCYST has now been added to the palette of SANUM remedies as an adjunctive/supporting remedy when treating diseases of the kidneys and bladder with the tried and tested isopathic SANUM preparations.

10ml of this mixture contains the following substances which act on the urinary tract:

Cantharis 4X potency 1ml

Causticum Hahnemanni 4X potency 2ml

Dulcamara 3X potency 1ml

Petroselinum crispum 3X potency 1ml

Populus tremuloides 1X potency 2ml

Solidago virgaurea 3X potency 3ml

It may be seen from this line-up that we are dealing here with active substances that have proved their worth and which have a long tradition of use in Natural Medicine. Their action is detailed below.

**Cantharis vesicatoria** or *Lytta vesicatoria* is the name of the so-called Spanish Fly, which is actually a beetle, 9-21mm in length. This slim insect with a metallic-green colouring lives in Southern Europe and in Mediterranean North Africa. The larvae of this insect live parasitically in wild bees and finally develop into the adult beetle via a total of three larval forms. Like other oil beetles and a number of other beetle families, *Lytta vesicatoria* is distinguished by a very intense odour. In the event

of danger the animals express a yellow, lymph-like fluid from various parts of their bodies or they vomit digestive juices, which contain a large amount of cantharidin. This poison, which is only produced by the male of the species, serves as a protection against predators. During mating it is transmitted to the female, who in turn passes it on to her eggs, to protect them. In humans, following skin contact, the poison causes irritation or the formation of blisters. If cantharidin is ingested it can result in severe inflammation of the urinary tract or even acute renal failure with fatal consequences. The lethal dose for humans is 0.03g.

As well as this, it has been and still is the practice to grind the whole beetle to powder, and this is regarded as a strong aid to sexual potency, which was in use even in the Middle Ages. Its use and the resultant irritation can produce an erection, or even an extremely painful permanent erection. The ingestion of the pulverised beetle, e.g. as an aphrodisiac, always carries with it the danger of an overdose, resulting in death in less than one day from disorders of the central nervous system or failure of liver and kidneys and circulatory collapse.

On account of the irritant action described above, a medicine was obtained quite early on, mainly from the wing covers of the beetles, and this was used for drawing-plasters for vesicles and for treating diseases of the urinary tract.

In the remedy picture of the „Spanish fly“ we find violent assaults on the urinary and sexual organs, with a super-intensification of their functions. Violent inflammations and delirium occur, which may resemble rabies, especially too because the affected person tends towards outbursts of rage with a strong aversion to drinking. Inflammations occur in the gastro-intestinal tract, with pain, hemorrhages, mucous discharges and severe, painful cramps, which also appear in the urogenital area. Women in childbed are particularly prone to this.

Prominent in the remedy picture is unbearable urging to pass stool and urine, with cutting, burning pain all around the renal area, and with urine being passed drop by drop. When fever occurs the hands and feet are cold and there is cold perspiration. On the skin vesicular dermatitis appears, as if from scalding, and this is ameliorated by cold. Subsequently sudden inflammations may occur. So far as modalities are concerned, there is aggravation from being touched and approached, on urination or on drinking cold water, whereas rubbing/massage ameliorates.

From these descriptions it is clear that, as a constituent of a homeopathic remedy, *Cantharis* can cover a broad therapeutic spectrum with its main focus being the area of the urogenital tract.

**Causticum Hahnemanni**, being Hahnemann's classical caustic, is

another ingredient of SANUCYST having a strong affinity for the kidney-bladder area. In this context Causticum can be employed as a homeopathic remedy in inflammations of the kidneys and bladder, in urinary stress-incontinence (e.g. on coughing or sneezing), for giving relief from complaints arising from irritable bladder and, finally, in bed-wetting.

Voisin, in his picture of the remedy, describes a progressive inhibition of the cerebrospinal nervous system, with weakness, paralysis and emaciation, especially in advanced old age. Sciatic pain, predominantly left-sided, also occurs. The paralysis may be found in any area of the body, affecting e.g. eyelids, facial nerves, vocal cords, rectum and urinary bladder, not to mention the extremities. As well as these, we find fibrous indurations, articular rheumatism with deformities, ankyloses, verrucous proliferations and depressive states along with weight-loss. According to Boericke too, this homeopathic remedy is particularly indicated in chronic rheumatic and arthritic diseases. The complaints mentioned above are ameliorated by warmth and the heat of the bed.

Certainly, the remedy picture also includes restless legs, disturbing the sleep in bed, especially at night. Also worth noting are soreness of the skin near to folds, behind the ears and between the thighs, plus warts on the finger-tips and the nose, which are often pedunculated and bleed easily. Scars, boils, burn blisters, eczema and herpes are therefore areas of application for the homeopathic remedy

Causticum, as are diseases of the mucosa – especially in the upper respiratory tract, with a raw, burning throat, compulsive swallowing and a tickling cough. Particularly noticeable among the emotional symptoms are the concern for others and strong sympathy, as well as consuming anxiety or pining, which may easily result in feeling „worn out“. Causticum fights for high ideals and against the injustice of this world. The Causticum patient is afraid in the dark, but feels good in thunderstorms.

The modalities are: aggravation from cold, dry cold air and draughts; amelioration in damp weather and warmth.

The remedy picture of Causticum shows the terrific breadth of this important homeopathic remedy of Hahnemann's. It extends from nervous weakness with paralytic complaints via rheumatism, emaciation and dermal and mucosal problems to bouts of depression and emotional breakdown.

**Dulcamara** (*Solanum dulcamara*, Bittersweet Nightshade) is a native plant and a member of the Solanaceae (nightshade) family. Many plants belong to this family, some of them with great healing power or forming a part of our diet, such as henbane, tobacco, deadly nightshade, mandrake, angel's trumpet (*Brugmansia*), thorn apple (*Stramonium*), potato, tomato, paprika and aubergine (eggplant). Plants in this family contain large quantities of saponines and alkaloids, especially in their fruits, which

means that some of them are extremely poisonous. The fruits of the potato are no exception to this, whilst the underground tubers are edible. The flowers of *Dulcamara* have bright blue petals, whilst the inner part of the blossom is yellow. The fruits are initially green, later scarlet and occur in clusters. The Bittersweet Nightshade likes marshy areas prone to flooding and, according to the doctrine of signatures, this is immediately a strong indication for therapeutic use in areas with a fluid connection. In the treatment of allergies this plant occupies a firm place on account of its constituents, such as steroid alkaloids, because of their desensitizing, cortisone-like action.

What is typical in the remedy picture of Bittersweet – as the plant is also called – is the aggravation of complaints in cold, wet weather and when the weather changes to rainy. In particular rheumatic complaints and neuralgia are considerably aggravated in this remedy's picture when the days are very hot and the nights pretty cold. As well as this, a characteristic feature of *Dulcamara* is its copious secretion of mucus. Thus the remedy is suitable for the treatment of sinusitis, gastrointestinal illnesses, cystitis and tonsillitis. Influenza too, when the patients feel seriously ill, can be treated well with *Dulcamara*. A cough which is initially really dry and hoarse but which is later characterised by copious secretion of mucus demands this homeopathic remedy.



Cases of cystitis with severe pain and tenesmus, burning pain on urination and copious secretion of mucus respond well to Dulcamara. Thus in the forefront of the remedy picture and of the possible treatment we find illnesses with copious secretion of mucus, especially in the area of the mucous membranes of the endoderm, and rheumatic complaints which deteriorate in cold, wet weather conditions and are relieved by warmth and movement.

**Petroselinum crispum**, Parsley Parsley belongs to the Umbelliferae family or Apiaceae and, in our latitudes, is a native vegetable or soup-seasoning plant in our gardens. It originates from the Mediterranean area. Not only the aerial parts and fruits but also the roots of these plants are rich in aromatic chemicals, especially Myristicin, Limonene and Apiol. In antiquity various Mediterranean peoples considered it holy and, in some cases, victorious athletes or heroes were garlanded with it.

The robust relationship between parsley and its action on the urogenital tract has been known for a long time. Thus the plant was considered an aphrodisiac, similar to celery, which is related to it, or lovage (Maggikraut). Following an immoderate consumption of parsley, or in the remedy proving, violent burning can occur in the urethral area from the bladder to the meatus, with violent urging to urinate and burning during and after micturition at the same time. Cystitis and urethritis with

episodes of fever are characteristic. Both Boericke and Voisin report severe itching and tickling in the area of the Fossa navicularis, especially after passing urine. Both are also in agreement regarding severely itching hemorrhoids in connection with the proving of parsley.

According to the remedy picture of Petroselinum its main features are therefore sudden, violent urging with burning, itching and tickling in the urethra, as well as irritable bladder, urethritis and cystitis. Along with these, severe pruritus may occur in pre-existing hemorrhoids.

**Populus tremuloides**, Aspen There are a number of subspecies of the aspen tree, and of these the one referred to here is the American Aspen. Poplars belong to the same family as willows and are a very fast-growing tree whose growth ceases after only 60 years. The tree can live to about 100 years old. In Europe the aspen is the most widely occurring type of poplar. It is distinguished by its great need of light, which is why it rapidly colonises clearings, avoids shady sites and has modest land requirements. It is regarded as improving the soil. The plant develops root shoots which result in the formation of groups; in extreme cases we read of trees consisting of c. 4,700 branches and covering large areas of several hectares. At the bush stage of its development the aspen is a food plant of particular importance for over 30 species of butterfly and is therefore important for the diversity of species.

Folk medicine values the aspen for its monobenzylic salicylic content; this is a glycoside found in poplars, and in the human body it develops a pain-relieving and anti-inflammatory action. For this purpose a mother tincture from the bark, leaves and the tips of the shoots is used.

The signature of the plant (forming groups, seeking light) indicates the kidney/bladder area. Dr. Edward Bach used the Bach Flower Remedy Aspen to combat anxieties, particularly unfounded feelings of anxiety by rediscovering or shoring up of one's original confidence. However, „purely“ physical complaints in the areas of heart, liver, kidney and metabolism may also be a sphere for the prescription of Aspen.

According to Voisin the remedy picture of Populus tremuloides is: Cystitis with strong tenesmus and painful micturition. There are mucopurulent discharges from the urinary tract with pain behind the pubic bone. Frequently prostatic enlargement is present. Urinary tract complaints are particularly severe in old age, during pregnancy and following surgery. There is a characteristic sensation of fullness in the head with a feeling of heat or nocturnal sweats and feverish chills. In the gastro-intestinal tract the picture of Aspen finds expression in hyperacidity and concomitant flatulence.

**Solidago virgaurea**, Golden Rod The herbaceous plant is a member of the Compositae family, is found all over Central Europe and has been employed in Folk Medicine since early times. Golden Rod contains large



amounts of flavonoids, saponines, phenylglycosides, leicarposide and virgaureoside, and these betray not only its strongly diuretic properties, but also its antiphlogistic, anti-mycotic and spasmolytic properties. The action attributed to Golden Rod is that it flushes out impurities and purifies the metabolism, which is why it is employed by Natural Medicine in rheumatic complaints, gout, diseases of the prostate, urinary calculi and gravel and in disordered healing of wounds. It is an ingredient of various herbal preparations.

### Treatment Plan:

#### 1. Regulation of Internal Milieu for the entire duration of treatment

ALKALA N powder. 1 tsp. in hot water as a foot bath, for at least 20 mins.,  
In the mornings SANUVIS, 1 dose of 60 drops; evenings CITROKEHL, 1 dose of 5-10 drops  
SANUCYST drops, in acute cases every 30-60 mins., 5-10 drops up to 12 times a day,  
in chronic cases 5-10 drops 1-3 times a day.

**Dietary:** alternating every 2 days, foods with high alkaline content, then high acid.  
Take care to maintain adequate fluid intake levels.

Holistic dentistry.

#### 2. Specific Regulation Begin simultaneously with Stage 1; lasts 10-14 days

NOTAKEHL 5X drops (bacterial infection)  
PEFRAKEHL 5X drops (fungal infestation)  
in acute cases, 2-10 drops of each 2-3 times a day  
FORTAKEHL 5X drops, 2-5 drops 2-3 times a day (additionally in chronic cases)

Then stages 3 and 4 begin simultaneously:

#### 3. General Regulation (4-6 weeks)

Monday – Friday: in the mornings MUCOKEHL 5X drops  
in the evenings NIGERSAN 5X drops  
2-8 drops of each once a day, beginning with the lower dosage.

Saturday/Sunday: Medicines as under stage 2

#### Immunomodulation begin simultaneously with stage 3 (several weeks)

PROPIONIBACTERIUM AVIDUM 5X caps. 1 caps. 1-2 times a week

#### in weekly alternation

RECARCIN 6X caps., LATENSIN 6X caps. 1 dose of each a week (alternately)

#### in daily alternation

SANUKEHL preparations depending on symptoms and proof of pathogen (e.g. Coli, Pseu, Myc, Strep, Staph 6X drops) 2-4 drops orally once a day; 2-4 drops rubbed in once a day.

Fig. 1: SANUM Treatment Plan for Illnesses of the Urinary Tract



According to Voisin, characteristic features in the homeopathic proving are a bitter taste and oliguria on waking at night. Prominent symptoms are light-coloured stools, lassitude and flatulence which – like the bitter taste– indicate involvement of the liver; however, the liver area, in contrast to *Chelidonium*, is not painful. (In *Carduus marianus* there is a feeling of fullness, but no oliguria and no flatulence.) In Golden Rod the small amount of urine passed is dark in colour, with painfulness and sensitivity to pressure in the lumbar region, the pain extending towards the abdomen and bladder. Boericke reports repeated colds with eye involvement. Symptoms needing emphasis include pharyngeal catarrh with burning, accompanied simultaneously by pain in all the extremities. He too addresses the sensitivity to pain in the renal area, and inflammation of the kidneys with scanty brown urine, which is acidic and tends to form gravel.

### Summary

As can be seen from the above information, the individual constituents of the new SANUM preparation SANUCYST all have a strong relationship with the kidney/bladder area. They cover various manifestations of inflammation and discharge of the urinary organs and, at the same time, they have a healing influence on the other mucous membranes which originate from the endoderm. Thus SANUCYST splendidly complements the action of the isopathics

FORTAKEHL, NIGERSAN and MUCOKEHL. In all cases care must be taken to drink adequate quantities of fluids. Fig. 1 shows the treatment plan for a urinary tract infection, using the various SANUM medicaments.

**Dispensing quantities available:**  
30ml and 100ml drops.

**Dosage:** acute: every 30-60 mins., 5-10 drops up to 12 times a day  
chronic: 5-10 drops 1-3 times a day.

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