



SANUGALL – Complex Homeopathic Remedy for Diseases of the Liver and Bile

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The liver is at the centre of many metabolic processes in the more evolved living beings. It plays a part in blood-formation and storage, metabolism of bilirubin, cholesterol and bile acid, synthesis and conversion of steroid hormones and of Vitamin D. Furthermore, it plays a key role in processing, storage and distribution in the metabolism of carbohydrates, protein and iron. It is of immense importance in detoxification and elimination of various substances, both alien to the body and produced by it. From an anthroposophical point of view it also plays an important part in maintaining the fluid balance.

Thus, in order to keep the body healthy and to ensure a rapid recovery from illnesses, good liver and kidney function are extremely important, because both organs work in close co-operation. Therefore, in Natural Medicine, procedures and remedies which serve to support the liver and kidneys are rated very highly. With this in mind, as well as the isopathic medicines PINIKEHL and MUCCOKEHL, which are extremely beneficial for the liver, the SANUM company also offers herbal and homeopathic medicines such as SILVAYSAN, HEXACYL and TARAXAN. Now these have been joined by a further complex homeopathic remedy, SANUGALL.

SANUGALL consists of:
Berberis 2X
Calcarea carbonica 8X
Carduus marianus 1X
Chelidonium 4X

Cholesterinum 4X
Natrum sulphuricum 3X

These ingredients will be discussed in turn, so as to clarify the range of action of this medicine.

Berberis vulgaris

Berberis vulgaris is also known as Barberry, and it belongs to the *Berberis* family. It is an old medical and also poisonous plant which was almost driven to extinction in Europe because it acted as an intermediate host for the black wheat rust fungus. Its main active principles are Berberin (Isoquinoline alkaloid) and Berbamin, which are both toxic to humans. These alkaloids are found in all parts of the plant; only the fruits are (almost) free of them and can thus be eaten or used for making jam.

In *Homeopathy*, *Berberis vulgaris* is used in metabolic disorders and disorders of uric acid elimination. Further areas of application are inflammatory diseases of the gall-bladder, liver and kidneys. It is also used in distension of the veins (varices), anaemia, and in chronic skin eruptions which have their origin in functional disorders of the liver and kidneys. *Berberis* is indicated in acute pain because of irritation of the gall-bladder, as also in chronic diseases of the liver and gall-bladder, e.g. because of digestive complaints where the patient curls up. Boring pains, distension of the abdomen and constipation alternating with diarrhoea, causing an urge to move about and restlessness of those

affected are ameliorated by *Berberis*. The remedy-picture of the Barberry includes: rheumatism and hyperuricemia, associated with pains in the extremities, weakness and chilliness, giving the patient a pale, wrinkled, sunken-eyed appearance. Characteristic features include rapidly-changing symptoms with a left-sided tendency. Patients complain of nausea, even before breakfast, stabbing pains in the renal area, liver and alimentary tract, or tearing pains in the area of the anus and *mons veneris*. Men also suffer neuralgic pain in the spermatic cords, testes and the prepuce. As fever rises, patients simultaneously feel cold („as if being sprinkled with cold water“).

According to its remedy picture, *Berberis* is a homeopathic remedy for problems of the liver, bile and kidneys, and for all rheumatic complaints.

Calcarea carbonica Hahnemanni

Hahnemann's *Calcarea carbonica* is obtained from the inner part of the oyster shell. It is described as a constitutional remedy, to be used particularly in cases where the psoric miasm is dominant and the metabolism and circulation of water and lymph are slowed down. Spasmophilic hypocalcaemia is the cause of the general slowing-down of the metabolic processes, the delayed and insufficient deposition of calcium in the bones, with a tendency to tetanus-like, epileptiform cramps. At the same time there is certainly a possibility of sclerosis, exostoses



and stone-formation, and that again may result in colics. Frequently there is underfunction of the pituitary, thyroid, gonads and parathyroid glands, going hand-in-hand with weakness of the parasympathetic nervous system. Patients have a tendency to polyp formation and sluggish gastro-intestinal activity, which finds expression in acidic stools because of poorly digested food. Because of this, constipation alternates with diarrhoea. There is a high incidence of intolerance of milk and dairy products. These people often suffer from subacute tonsillitis, inflammations of the eyes and otorrhoea. The skin is almost free of pain and itching, but it may have mild suppuration, tending to become chronic. Abscesses frequently occur deep in the musculature. When the respiratory tract is diseased, this is expressed in aphonia, accompanied by bronchitis and developing emphysema.

In *Homeopathy*, *Calcarea carbonica Hahnemanni* is considered to be a remedy for the treatment of persons, including children particularly, who tend to obesity and flabbiness, who sweat easily, and who generally exhibit a slowed-down metabolism. They are very sensitive to the cold, often anxious or in a bad mood, stubborn and disinclined to work or to exert themselves. The cause of this is to be found in the disordered calcium balance.

Carduus marianus

St. Mary's thistle belongs to the Compositae. In the husks of its

fruits are found the constituents which are used in the Healing Arts and which are summarised under the name 'Silymarin'. The main active principle is Silibin. *Carduus marianus* has long been known as a vegetable and is one of the most investigated medicinal herbs, developing its action particularly in the area of the digestive organs and the liver. As well as its use in Natural Medicine, scientific investigations of St. Mary's thistle have opened up a pathway into Orthodox medical treatment.

In the *homeopathic remedy picture of Carduus marianus* we find:

- Chronic congestion of the liver, particularly portal congestion with secondary formation of varices, haemorrhoids; congestion of the spleen;
- Inflammations of the liver and bile ducts with tendency to stone-formation, or as a result of stone formation;
- Cholestasis with constipation, pale yellow, clayey, hard, knotty stools with burning pains in the anus and (bleeding) haemorrhoids, plus a tendency to prolapse;
- Icterus, nausea, bilious vomiting, a bitter taste and aversion to salted meat, or lack of appetite;
- The urine is cloudy and yellowish;
- Frontal headache, burning and intra-ocular pressure;
- Stabbing pain near the right ribs, the rib-cage, the

shoulders, the back, the loins, the abdomen and the hip-joints, extending as far as the buttocks and thighs.

St. Mary's thistle, with its constituent substances and their action on the liver, supports this organ's detoxifying function in particular and protects it from toxins, by stabilising the cell membrane, *inter alia*. It has an anti-oxidative action, which is prophylactic and therapeutic, so far as development of cirrhosis of the liver is concerned, and it is decongestant. Thus it is a real protective factor for the liver.

Chelidonium majus, Celandine

This perennial plant belongs to the poppy family, and grows widespread in Asia, the Mediterranean region as far as North Africa, and throughout Europe. Settlers took it to North America as a skin remedy. The Celandine has been known to both TCM and TEM since antiquity as a healing herb. The green, aerial part of the plant, and its roots too, are used for healing purposes. One is struck by the yellowy-orange milky juice which is exuded when the plant is damaged. According to the doctrine of signatures this is our first hint as to its healing action on the liver.

The plant is poisonous because of the alkaloids that it contains: Coptisine, Chelidone, Chelerythrine, Protopine, Sanguinarine, Stylophine and Berberine. Sanguinarine, whose salts are primarily responsible for the plant's yellow colour, and Berberine have an anti-microbial



and anti-viral action, because they contain substances which insert DNA into the bacteria. In this process molecules are inserted into the DNA, thus altering the helix in such a way that replication and transcription are disordered. Thus, in this way, a raster mutation can occur during replication processes. Most of the Celandine's alkaloids can enter into a reciprocal relationship with nerve receptors or other proteins, which explains their anti-spasmodic, analgesic and anti-inflammatory actions. Obviously the plant's constituents stimulate not only the flow of bile, but also the formation of bile in the liver. In former times preparations were ingested as herbal teas, but nowadays standardised medicines have taken their place. For home use it is still customary to use the fresh, milky juice for local treatment of warts and corns.

In *Homeopathy*, the remedy picture of *Chelidonium majus* includes chronic and subacute swelling of the liver cells in a healthy person, and this gives rise to corresponding pains in the area of the liver, and also below the point of the shoulder-blades, especially the right one. The patient has a sensation of a cord around the abdomen. Highly variable stools are a clinical symptom. The tongue is coated, as if with yellow dough, is red and shows the imprint of the teeth. There is a bitter taste in the mouth, and its odour is evil. The symptoms are aggravated by motion, touch and pressure, and especially at 4.00 a.m. and 4.00 p.m. Patients are ameliorated by

eating, warmth, sitting and bending backwards. The colour of the urine is golden, or that of yellow bile. There is head pain, particularly supra-orbital and affecting the eyeball. But the neck is also affected: the affected person has the sensation of a clasp around the neck. The breath smells of faeces; the provers complained of stabbing pains in the whole pleural region and the base of the right lung, with anything from dyspnoea to flapping of the wings of the nose. Rheumatic pains in the joints, tendons and ligaments as a result of poisoning with cholesterol or indole (according to Voisin) with severe swellings, especially of the lower arms and hands. The right side is chiefly affected, and here particularly the knee and ankle joints. It is typical for one foot to be hot, and one cold, with copious sweating following the slightest exertion. At the same time, by way of contrast, the whole body may experience cold shivers.

So, the remedy picture painted here contains primarily disorders in the area of liver and bile, with corresponding complaints in chest and abdomen. Because of the disordered liver metabolism and bile excretion, burning and stabbing pains occur in the internal organs and the body's attachment apparatus of connective tissue.

Cholesterinum

Cholesterol is a polycyclic alcohol which is essential for life in humans and animals. For the most part it is synthesized in the body itself, the original material being activated Acetic acid, acetyl-

CoA. Its secretion takes place via the liver, by means of the bile acids in the gut, with a high level of re-absorption taking place, however. Only tiny amounts of cholesterol are freshly ingested with the food. It is an important constituent of cell membranes, serving to stabilise them and to admit messenger substances into the cell. Because of its fat-solubility, 95% of it occurs in the cell itself, or it bonds with lipoproteins of varying density in the blood (VLDL, IDL, LDL, HDL etc.) for transport purposes. Beside its significance for membranes and intercellular communication, or the extracellular with the intracellular matrix, cholesterol forms – for instance – the pre-stage of steroid hormones, bile acids, provitamin D and, according to the latest research, glycosides which act on the heart.

The *remedy picture* of *Cholesterinum* includes an enlarged, painful liver and stubborn hepatic blood congestion, with the digestion slowed down. Patients complain of burning pains in their side and, when walking, they must hold the painful area with their hand. They have numerous brownish-yellow patches all over the body, gallstones and jaundice. As well as this, the cornea has opal-whitish rings, and the vitreous body and lens of the eye are cloudy. As cholesterol is a physiological antagonist of lecithin, *Cholesterinum* serves as a regulator of blood-cholesterol level and of the relationship between LDL and HDL cholesterol. With *Cholesterinum 4X* in



SANUGALL, the body is given a stimulus to regulate its cholesterol level.

Natrum sulphuricum

In the Healing Arts, Sodium sulphate is well-known as Glauber's Salt ($\text{Na}_2\text{SO}_4 \cdot 10\text{H}_2\text{O}$). It owes this name to its discoverer, who found „Sal mirabilis“ in 1625, continued to experiment with it and, *inter alia*, investigated its medicinal effects. Glauber's Salt is a tried and tested remedy for diarrhoea when given in small doses; in large doses it has a robust laxative action in constipation or before fasting (a process known as „Glauberung“).

Natrum sulphuricum is No. 10 in the series of Schüßler's Biochemic Tissue Salts, and is used for the removal and disposal of metabolic waste products, and also for regulation of the fluid and sugar balances. The following are prescribing symptoms: foul flatus, swelling of the extremities, exhausted feeling of the limbs (at the onset of influenza), herpes, headache after intoxication (hangover), open legs, eczema and urticaria.

Homeopathy: Natrum sulphuricum is given because of its influence on the fluid balance, both in inflammatory processes and also in eliminative problems of the so-called „hydrogenoid constitution“. In this constitution, watery infiltrations of the skin, the connective tissue and the fibrous tissue occur. Characteristic symptoms include hepatopathies and dyspepsias with a

bitter taste, acid eructations, heartburn and flatulence. These people suffer from so-called „barometer rheumatism“, which is extremely weather-dependent, with aggravation from humidity and lack of exercise and amelioration from continued movement. The lymphatic flow is seriously sluggish, with excretions via the mucosa therefore being tough and thick. Chronic catarrhs of all the mucosa are typical, whilst the diarrhoea can be forceful and sputtering, accompanied by painful rumbling and discharge of flatus. In the respiratory tract there are frequent colds, chronic bronchitis with thoracic pain and nocturnal asthmatic attacks between 4.00 and 5.00 a.m. Thus Natrum sulphuricum is a favourite constitutional remedy for childhood asthma. Inflammation of the urethra is just as typical as are conjunctivitis and blepharitis with a thick, yellowish-green secretion. The remedy provings concur regarding sycotic neoplasms, and also warts on the fingers and toes, chronic gout and skin diseases which recur every spring. Equally typical are a bad mood, and melancholy which may become suicidal.

Natrum sulphuricum always suggests itself when painful conditions arise on the skin and mucosa, and in the connective tissue as a result of disorders in the transport of body fluids and metabolic waste. It is a good eliminative remedy for the hydrogenoid constitution with sycotic growths.

Administrative forms and dosages of SANUGALL

SANUGALL is available in tablet form and can be obtained in packets of either 80 or 240 (i.e. 3 x 80 bundled). In acute conditions adults take 1 tablet every half-hour to an hour, up to a daily maximum of 12 tablets. In chronic conditions 1 tablet is taken 3 times a day. In children its use is as directed by the therapist.

Summary

As a result of its composition, SANUGALL stimulates the liver's detoxification and regeneration, promotes excretion via the bile and cleanses the body by elimination via the skin and mucosa. It has a regulatory action on the various organic systems and fluids in the body.

First published in the German language in the SANUM-Post magazine (102/2013)

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