



# **An Enderleinian approach to the problem of Candidiasis**

**by Monica Bryant**



## Introduction

Candidiasis is a mycotic infection and has become increasingly recognized as a problem within medicine, especially since the use of antibiotics became regular practice. As the incidence of Candida infections becomes more apparent, this problem is receiving more attention throughout allopathic and natural medicine.

The way in which Candida manifests its presence in the human organism varies greatly. The infections can be of a primary or secondary nature, superficial or systemic, acute or chronic. There are at least 8 species of the genus Candida which have been found to be pathogenic for man, of these C. albicans and C. parapsilosis are identified most frequently.

## Pleomorphism in Candida

Candida has been recognised for being dimorphic, that is as existing in two distinctly different forms; as a harmless yeast which constitutes a normal part of our microbial flora or in a higher pathological fungal form. In this fungal form the Candida grows mycelia which penetrate the gut mucosa, thus increasing the intestinal permeability and contributing to allergies and other problems.

In the 1920s, Prof. Dr. Günther Enderlein was aware that Candida not only exhibited dimorphic properties but that Candida was pleomorphic, that it existed in many forms. (“Pleo“ means “many“ and “morph“ means “form“). Further, he also found these pleomorphic qualities in

many other microorganisms. Enderlein developed a theory of Bacterial Cyclogeny (- the cyclical genesis of bacteria) where he found that viruses, bacteria and fungi formed “cyclodes“: developmental stages of one continuous cyclical process. From this perspective it is very obvious that microorganisms exist in many forms with differing qualities. This is the core of pleomorphism, as opposed to the prevailing orthodoxy within microbiology, which is based on monomorphism: the belief that micro-organisms exist in one fixed and unchangeable form, and are therefore classifiable into the separate categories of viruses, bacteria and fungi.

## Concept of disease

Based on his theory of Bacterial Cyclogeny in addition to other insights, Enderlein had a very straight-forward yet profound view of the disease process. From his finding that Egyptian mummies contained cultivatable spores of the moulds Mucor and Aspergillus, he became aware that from the moment of birth we have the potential of decay within us. This “potential“ arose from the minute particles, (chondrites), which he described to be at the early developmental stages of each cyclode. These chondrites would begin an ascending development as an adaptational response challenging environmental conditions. In this process of developing into bacterial forms and then into fungal moulds, the microorganisms most often become dysbiotic - the opposite to symbiotic. The prefix “dys“ is

used to signify difficult, painful, bad, disordered or abnormal, and dysbiotic microorganisms exhibit uncooperative and aggressive behaviour towards each other and the cells in their immediate environment. Health for Enderlein is therefore equated with a situation where there is an over-riding symbiosis in the microbial ecology of the human organism, where the natural bio-regulatory functions maintain the “symbiosis equilibrium“. Disease on the other hand is attributed to the dysbiotic, destructive activity of the microorganisms resulting in various forms of degenerative disease. There is a great number of potentially dysbiotic microorganisms, each with an affinity for different organs and tissues of the body. Candida is one example of a potential dysbiont which can inhabit the intestinal tract, the vagina, oral cavity, skin and other parts of the body.

## Isopathy

The term isopathy is made up of “pathos“ meaning disease and the prefix “iso“ which stems from the Greek word “isos“ meaning equal, the same, identical or alike. Isopathy is the treatment of disease by using products of the actual disease itself in contrast to homoeopathy which works with the law of similars and allopathy which works on the basis of opposition.

The wisdom that it is possible to cure diseases by using bodily secretions has been known in many ancient healing arts and was very clearly stated in the



writings of Paracelsus. He stated in many ways that nature provides a cure for every disease there is.

*"In medicine we should never despair. For each ill there is a remedy which combats it. Thus, there is no disease that is inevitably mortal. All the diseases can be cured, without exception. Only because we do not know how to deal with them properly, because we are unable to understand life and death in their essence, can we not defend ourselves against them."*

(Paracelsus 1530)

Enderlein, however, was the first person to isolate and define the healing properties active in the disease products themselves. In the form of remedies they are often described as nosodes. From his theory of Bacterial-Cyclogeny Enderlein made the discovery that the earlier developmental stages, which he termed chondrites, were natural regulators of the higher developmental and often dysbiotic forms of bacteria and fungi. Based on this insight he developed isopathic remedies which morphologically transform the dysbiotic microorganisms, returning them to their symbiotic harmless stages. This is a non-violent way of addressing dysbiotic organisms, such as *Candida* spp., at the most fundamental level to reduce them to their earlier developmental stages. In using this natural biological phenomenon it is possible to attain profound therapeutic effects without

disturbing the integrity of the microbial ecosystem within the body. By working in harmony with the pleomorphic principles found throughout the microbial world, it ensures that there are no side- and after-effects as a result of the treatment.

### **Isopathic approach to Candida**

The current approaches to *Candida* dysbioses tend to be aimed at killing the *Candida* directly and/or changing our inner environment to impede its growth and help to build up immune resistance.

Attempts to kill *Candida* with the use of anti-fungal substances may bring an immediate relief, but in most cases is only effective on a temporary basis. Furthermore, these drugs often result in a number of undesirable side-effects. This form of ammunition will not be effective in clearing dysbiotic *Candida* at the most fundamental level as long as it continues to be based on the monomorphic approach which only identifies the *Candida* at independent stages of its life cycle.

The approaches which work by modifying the environment of our inner ecology through changes in diet, and intake of lactobacterial and other nutritional supplements change the patterns of growth for *Candida* and other species and can keep the problem of *Candida* overgrowth "at bay". However, they are not a long-term answer. As soon as the individual reverts to a less pure lifestyle and the inner environ-

mental conditions are less than optimal, the *Candida* will re-emerge and flourish again in its fungal form. Similarly, combating *Candida* infestation by avoiding foods, stress and environmental factors, which aggravate the condition, help to decrease the environmental load for a time, but is not conducive to a full and active life.

Through an isopathic way of treating *Candida*, it is possible to morphologically transform its higher developmental pathogenic form into the lower forms, minute particles, which are excreted by the body. In this way the *Candida* is cleared systemically and fundamentally by using a natural regulatory phenomenon.

### **Ecological healing of Candida**

Enderlein realised that, to cure chronic conditions successfully, it is necessary both to address the causative microorganism and to change the environment, which has played an important part in the development of the offending microbe in its dysbiotic form. There are a number of ways to improve the inner ecology of the human organism to support the isopathic remedies in their therapeutic action. Some of these include diet, detoxification, pH balancing, massage and exercise.

#### **Diet**

It is important to aim for a sound biological diet as close to lacto-vegetarianism as possible depending upon the individual's ability to adapt to such a diet. It is wise to follow some of the "anti-*Candida* diet" guidelines



such as the avoidance of sugar, sweet foods, alcohol and any refined foods. However, an anti-Candida diet in the long-term is not so advisable since it often becomes too high in animal protein and lacks good quality carbohydrates such as brown rice, millet and buckwheat as well as fresh fruit.

It is important to avoid stimulants such as tea, coffee and cigarettes and to ensure that there is an optimal intake of essential fatty acids, vitamins, minerals and trace elements.

### **Acid-alkaline balance**

It is important to support the therapeutic process by regulating the acid-alkaline balance. This can be done by eating a diet based on the alkaline-forming raw vegetables and fruits along with grains and lactic-acid fermented foods such as sauerkraut. Taking SANUVIS drops is another way to regulate the pH value throughout the body. This is a homeopathic mixture of various potencies of lactic acid which is taken 1 teaspoon 3x daily between meals.

### **Detoxification**

The body rids itself of toxins in a number of ways. It is of primary importance to ensure that intestinal function is working well. A great majority of people have a hidden form of constipation and are suffering from auto-intoxication. Bowel function can be improved through dietary changes such as an increased intake in fibre and lactobacteria or through more thorough methods

using colon cleansing programs and colonics.

### *Fasting*

Fasting on raw vegetable, fruit juices, herb teas and mineral water under the supervision of a health practitioner is an excellent way for the body to detoxify. Fasting on liquids only is however not appropriate for all people in which case a raw food diet or brown rice fast is preferable.

### *Drainage*

It is important to ensure that liver and kidney function is optimal which can be supported with the use of herbal and homeopathic drainage remedies. In the treatment of Candida the anti-fungal properties of Taheebo tea can be an additional support during the treatment process.

### *Saunas*

Increasing the secretion of sweat through taking saunas is an immediate way to help the body secrete toxins.

### *Massage and dry skin brushing*

Massage is valuable in breaking down old tension patterns and as with dry skin brushing on a regular basis helps to improve lymphatic drainage.

### *Exercise*

Exercise is of value because it increases circulation and oxygen intake which helps the clearing of focal infections.

### **Isopathic remedies for Candidiasis**

SANUM-Kehlbeck developed an isopathic remedy from Candida

parapsilosis which is effective in the treatment of Candida spp. dysbiosis. This remedy, named PEFRAKEHL, is available in the form of drops, capsules, ampoules and suppositories.

### **Local treatment**

PEFRAKEHL and the other isopathic remedies work systemically, however, their action can be increased by also applying them locally to the affected area. For example, a damp piece of cotton wool can be soaked with the drops and placed in the mouth next to the gum for oral infections or put directly onto a nail overnight for fungal infections of the nail.

Unlike the allopathic approach which uses more and stronger drugs in the case of chronic conditions, the isopathic approach works even more gently allowing for the amount of breakdown products to be excreted. Each individual taking the remedies is encouraged to participate consciously in the process of treatment - to take responsibility for regulating the intake of the remedies in accordance with their condition and lifestyle.

Treatment with isopathic remedies acts at a deep and constitutional level affecting both the metabolism and endocrinology of the person thus creating deep changes which need to be integrated to avoid the regressive swing of the "pendulum effect".

### **Healing reactions**

Isopathic remedies can provoke both general reactions and specific



healing reactions. General reactions are usually manifest as deep fatigue, aches and pains, feelings of depression and vulnerability. It is also common to re-experience symptoms which may have occurred earlier in the life of the individual and an intensification of current symptoms.

Specific reactions usually involve the flaring up of symptoms at the site of a dysbiotic focus. For example, in the treatment of Candida, an acute pain may be experienced in the ileo-caecal valve area which often becomes a focus of infection due to the presence of undigested particles of food.

While healing reactions can be a positive indication that the healing mechanisms of the remedies are working, it is not necessary that they are strong or uncomfortable healing reactions. Reactions are mainly due to the presence of the breakdown products which need to be excreted from the body. With sufficient attention being placed on detoxification through diet and other means the body will naturally prevent an unnatural build-up of catabolic toxins. Effective therapy is therefore the result of finding the delicate balance between the amount of isopathic remedies taken and the excretory capacity of the body through urine, faeces, skin and bronchi.

If healing reactions are experienced as unpleasant, then the intake of the remedies should be reduced immediately if not stopped for a short period of time, before recommencing the treatment process whilst concentrating on supporting the drainage of the body. It should also be remembered that an important part of any biological cure is rest and that the importance of sleeping a lot and of deep relaxation should not be underestimated in assisting the isopathic remedies in their healing action.

#### **Other remedies**

In working with the isopathic remedies it is important to consider the ecological effects of changing one microbial population within the body as they ultimately interact as one unity. Thus, although PEFRAKEHL is the central remedy in the treatment of Candida dysbiosis, it is often more effective when applied together with other isopathic remedies. For example, according to Enderlein there is a symbiotic association between the cyclode culminating in *Penicillium notatum* and the one for Candida, whereby they mutually „prepare the ground“ for each other's furthered growth. This means that where other infections are also prevalent especially of staphylococcal or streptococcal origin, it can be very effective to

work with PEFRAKEHL in conjunction with NOTAKEHL, the remedy developed from *Penicillium notatum*. These two remedies would be used in alternation.

Most fundamental to Enderlein's isopathic treatment is the class relationship, which exists between *Mucor racemosus* and *Aspergillus niger*. He described their association as “bipolar“ meaning that they are intimately connected and the main cause underlying all chronic diseases. In view of the most fundamental rule which these culminating moulds play in the disease process, it is often of greater importance to treat them, with MUCOKEHL and NIGERSAN, as primary to the treatment of Candida.

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