



SANUM Therapy for the Common Cold or Flu

In Consideration of Ayurvedic Concepts

by Dr. Kirk Slagel



Well, as the saying goes, it's getting to be cold and flu season, again. What exactly is cold and flu season? I don't really consider that there is an actual season for colds and flu amidst the four wonderful seasons already in place. However, when one considers the cyclic shifts in weather and lifestyle, then we now have a time of year when colds and the flu become more prevalent. But a season... I have to wonder.

Many people are - for different reasons - eager to look for preventive alternatives to flu vaccines.

There are numerous factors that influence our body and affect our health; holistic medicine takes these aspects into account - in prophylaxis as well as in treatment.

1. External rhythms Biorhythm

We are all subject to daily, monthly or yearly rhythms, which are influenced by different cosmic factors. Children mostly live these natural rhythms very obviously: they will tend to eat, play, be quiet and fall asleep at certain times of the day and be in bed in the evening right around sunset or within a couple of hours after the sun sets. They arise nearly at the same time as the sun, even on the weekends, much to the dismay of their parents. Our „internal biological clock“ which may easily be seen in the lifestyle habits of children, usually becomes altered as one moves into the teenage years. This is so from the made influences such as, lights, television, restaurants, graveyard shift work schedules and any other influences

that will promote one bypassing the natural biorhythms.

However, the body continues to fluctuate with the natural biorhythms, which when ignored, adds to the other stressors of our physiology. It is common to feel increased energy at certain points in the day, and during certain aspects of the different seasons. For example, in the spring and certain parts of the day in the summer we feel increased vitality and often yearn for exercise and exploration. In the heat of summer, or cold, wet, rainy fall and spring, and certainly in the winter, one tends to feel more sluggish and the desire to rest more is quite strong.

The ability to adapt to these external circumstances is the result of evolution. Humans developed a more muscular body, providing them with greater agility, which was the basic prerequisite for surviving, e.g. for being able to flee and fight, but also for food production. The reduction of physical activity in extreme weather conditions was a way of economizing nutritional energy and water. In this context, human beings have a much greater adaptation response capacity to cold than we do to heat. We can add multiple layers of clothing, build shelters, and produce heat sources; however we are limited when it comes to avoiding heat.

But, we still have to adapt to these temperatures through conservation of resources and elimination of accumulated debris.

The transitions from one season to

the next constitutes special physical and emotional strains, also because of the changes in temperature. At the beginning of the winter, the body decelerates its metabolism and switches to „stockpiling“, thus, with continuing activity more metabolic waste is generated, leading to a higher susceptibility to infection.

This does not mean that we are helpless in the face of these times and waves of cold. The body's own defence system can be strengthened just by integrating the natural biologic rhythms into our daily routine instead of ignoring them; this includes our need for sleep and rest and an improvement of our nutritional habits. The *Vis medicatrix naturae*, the healing powers of nature, can support us in keeping healthy during the changes of season.

External influences from the perspective of Indian medicine

In Ayurvedic medicine, which is the oldest known system of medicine on earth, there is a correlation between the seasons and the three doshas, the life energies. These material and fine-material forces develop from the five elements of Earth, Water, Fire, Air and Space.

Vata

Nerve force, electro-motor, physical activity or that which is responsible for motion, often called „air“. The root „va“ means to spread. In Western terms, it is the electricity setting the organism in motion, maintaining the equilibrium between Pitta and Kapha, the two other doshas.



Vata persons are agile, flexible, but also restless or even unsteady and impatient.

Pitta

Relates to internal fire, bile, body heat, digestive enzymes, physiochemical, biological, metabolic and endocrine systems. It is responsible for digesting the chyle into a protoplasmic substance like sperm and ovum.

Although very hot tempered, Pitta persons tolerate heat badly. They are mentally very active, but can also be stubborn.

Kapha

Fills the intercellular spaces of the body as connective tissue. Examples of these tissues include mucus, synovial fluid, and tendons. Kapha is responsible for the gross structure of the body (solid and liquid).

Kapha persons are patient, conscientious and strong, but also ponderous and slow.

These three doshas are present to varying degrees in each person. This also explains the different susceptibility or resistance with respect to the 5 elements.

In accepting these various environmental influences on the body, we have the capacity to alter our general lifestyle to accommodate these changes in order to lessen the degree of accumulated debris and irritation of the doshas.

2. Internal influences

Every organism strives to achieve a stable condition, the so-called

homeostasis. To this end, it has different self-regulation mechanisms at its disposal, for instance the buffer system of the acid-base balance. In the larger biodynamic picture, the body milieu (internal terrain) is in constant fluctuation accommodating external influences along with the lifestyle habits of the person. Dietary changes according to the above can improve and relieve one's metabolism. This allows the body the opportunity to metabolize foods more efficiently and eliminate metabolic debris more easily.

However, stress, lack of rest, fast food, external toxins, lack of interaction with nature, genetically altered foods further affected with preservatives and colorings and so much more, are constantly challenging this thriving bio-diversity of internal terrain.

Therefore, additional measures are frequently necessary for the restoration or preservation of health.

To this end, the concept of the SANUM Therapy offers a solid basis.

It assumes that health is based on a stable inner milieu, which is maintained by a balanced supply of energy, nutrients and oxygen, a balanced acid-base balance and the support of different symbiotic microbes. The average human adult accommodates about 10^{14} microbes, while he consists of „only“ 10^{13} human cells himself. There are well over 400 different species of microbes in the human intestine providing numerous benefits as described below:

Mechanical:

- Mucin films, glycocalyxes, ciliary action & peristalsis

Biochemical:

- regulation of pH value, partial oxygen tension, redox potential,
- formation of enzymes, peptides, fatty acids, gases, etc.

Microbial:

- Regulation of type and quantity of the local bacterial flora by mutual interaction.

Immunological:

- Promotion of the activities of the immune system associated with the mucous

Barrier protection:

- Occupation of ecological niches, training of immune responses.

For the host's metabolism, this colonization is highly beneficial due to:

- Production of enzymes, substrates, and metabolic products
- Important functions in the macroorganism's metabolism of carbohydrates, fats and proteins
- Biosynthesis of vitamins and conversion of steroid compounds
- Regulation of energy by means of the oxidation and glycolysis of foods
- Detoxification of ammonia, phenol, cresol, nitrosamines, N-hydroxyacetylaminofluorines and N₂-fixation
- Synthesis of microbicidal and microbiostatic products against non-autochthonous yeasts, fungi and bacteria
- Reduction of hydrogen ion concentration (lactic, butyric, acetic, formic, and propionic acids)



This interface, as indicated above, is the biologically active site within the body. It is the site of milieu management. When the milieu becomes altered from these basic deleterious influences we humans have adopted, we profoundly alter a microscopically thriving environmental milieu that is at its very essence the proper basic functioning of the human being. No other living creature takes for granted the significance of this interface by exposing itself to the artificial factors that humans have. It is also no less amazing that we maintain the quality of health

Preparations for milieu regulation	ALKALA, SANUVIS, CITROKEHL, FORMASAN
Fungal preparations	FORTAKEHL, QUENTAKEHL, NOTAKEHL, GRIFOKEHL, RUBERKEHL, MUCOKEHL, NIGERSAN
Bacterial preparations for immunomodulation	RECARCIN, UTILIN
Organ preparations for immune enhancement	REBAS, THYMOKEHL
Phytotherapeutica	RELIVORA, CERIVIKEHL, EPISCORIT, LUFFASAN

Table 1: Overview of SANUM therapeutics for infections

we do despite these adopted influences. When we look at the seasons and getting a cold or the flu from the

<p>1. Milieu regulation during the entire treatment: Dietary change, abstain from products made of cow's milk, hen's eggs and pork, take individual incompatibilities into account. ALKALAN powder, dissolve 1 measuring spoon in warm water and drink on an empty stomach, 1-2x daily. SANUVIS 60 drops or 2 tablets 2x daily and/or CITROKEHL 5-10 drops or 1 tablet 2x daily or FORMASAN 5-10 drops 2x daily. SELENOKEHL 4X 5-10 drops in the mornings, ZINKOKEHL 3X 5-10 drops in the evenings. EPISCORIT ca 50 drops for immune enhancement, 1x daily for 14 days; with dry cough: CERIVIKEHL 5-10 drops 2-3x daily or RELIVORA KOMPLEX 20-25 drops 2-3x daily; with rhinitis: LUFFASAN 4X 5drops 2-3x daily.</p> <p>2. Specific regulation: QUENTAKEHL 5X 2-8 drops 2x daily (with viral load); possibly in daily alternation with NOTAKEHL 5X 2-8 drops 2x daily (with bacterial load); with general susceptibility for infection: additionally FORTAKEHL 5X 1 tablet or 2-8 drops in the mornings.</p> <p>3. General regulation: SANKOMBI 5X 2-8 drops 2x daily With acute conditions, administer steps 2 and 3 in daily to three-daily alternation.</p> <p>4. Immunomodulation starts in the 2nd week of treatment: UTILIN 6X and RECARCIN 6X, 1 capsule of each in weekly alternation REBAS 6X (for development of the body's own Peyer's Patches), 1 capsule 1x daily or THYMOKEHL 6X (specific development of thymus tissue), 1 capsule 1x daily.</p> <p>The therapy duration depends on the disease pattern and development.</p>

Table 2: Therapy scheme for acute infections



holistic perspective, we are merely relieving a saturated metabolic system that has established a milieu that is hospitable for the influence of the various virus and bacteria that prefer such terrain.

Holistic treatment

The SANUM Therapy takes all the above mentioned aspects of disease development into account. Its characteristic is the option of strengthening the physiological intestinal flora by means of the appropriate fungal or bacterial preparations.

Table 1 provides an overview of the relevant SANUM preparations. Choice is depending on the individual symptoms of the patient.

These remedies are prescribed according to Dr. Werthmann's 4 steps scheme (see Table 2).

The fungal preparations can be administered both orally and locally, e.g. nasally or as a nasal lavage. The content of the capsules may be quartered or halved as required.

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