

# Natural remedies

Here are just a few examples of the detailed recipes available in Anamed's book *Natural Medicine in the Tropics* (see page 14).

Some of the plants described here are also **toxic** (poisonous), and may cause serious reactions if you change the recipe, or use the plants inappropriately. A number of the symptoms and diseases mentioned, such as cough and diabetes, may reveal serious underlying conditions. Whenever possible, people should first consult a health worker or doctor.

We strongly recommend the use of accurate weighing scales. If these are not available, dry the leaves and then remove all stems by rubbing over mosquito wire. 5g of dried leaves is approximately equivalent to the amount that will fit, firmly pressed, into a plastic 35mm film canister. Please monitor the effectiveness of your treatment by using microscopes and other equipment available in health centres.

## Ginger

**OTHER NAMES** *Zingiber officinale*

**TO TREAT** Travel sickness and nausea

**PREPARATION** Ginger powder is produced by washing, drying, pounding and sieving the rhizome (underground root).

**DOSE** Take 1 level teaspoon of powder 30 minutes before travelling. To avoid nausea, take 1/2 teaspoon of powder 3 times a day.

**TO TREAT** Bacillary dysentery

**DOSE** Take 45g of fresh ginger in portions during the day.

**TO TREAT** Coughs, bronchitis and rheumatism

**PREPARATION** Make a tincture with 25g of freshly chopped ginger and 100ml of alcohol 70%. Leave for a week and filter.

**DOSE** Take 10–20 drops of the tincture 3–4 times daily. Also use as an antiseptic for small wounds.

**TO TREAT** Rheumatism

**PREPARATION** Make ginger oil by heating 10g of chopped ginger in 50g of vegetable oil for 1 hour in a water bath. Strain and cool.

**DOSE** Apply to painful areas.



## Guava

**OTHER NAMES** *Psidium guajava*

**TO TREAT** Diarrhoea and amoebic dysentery

**PREPARATION** Use a handful of leaves to make a decoction with 1 litre of water. Filter, add 4 tablespoons of honey or 2 heaped tablespoons of sugar and 1 level teaspoon of salt.

**DOSE** Drink within 1 day.

**TO TREAT** Diabetes and cough

**PREPARATION** As above but omit the honey and salt.

**DOSE** Drink within 1 day.



## Papaya

**OTHER NAMES** Pawpaw, *Carica papaya*

**TO TREAT** Intestinal worms

**PREPARATION** To obtain latex, wash a large unripe fruit still attached to the plant, make several vertical cuts 1mm deep in the skin and collect the drops of white sap in a clean spoon or cup. The knife and spoon used must be stainless steel, as traces of rust destroy the active chemical, papaine. Be careful to keep the latex out of the eyes.

**DOSE** For adults, take 4 teaspoons of fresh latex in the morning before eating. Repeat 1 week later. For babies of 6 months to 1 year give 1/2 teaspoon, for 1–3 years give 1 teaspoon, 4–6 years 2 teaspoons and 7–13 years 3 teaspoons.

**TO TREAT** Dirty wounds – to clean them

**DOSE** Add a few drops of latex to cool, boiled water.

**TO TREAT** Indigestion

**DOSE** Add 1 or 2 drops of latex to your food or chew 3 pawpaw seeds.

**TO TREAT** Amoebic dysentery

**DOSE** Chew a teaspoon of fresh pawpaw seeds 3 times a day for 7 days for light cases. For serious cases, give 1 tablespoon of ground seeds 3 times a day for 7 days.

**TO TREAT** Open boils, infected wounds and burns

**DOSE** Wash and cut an unripe pawpaw. With a clean stainless steel knife, cut a slice as thick as a child's little finger. Lay over the wound and secure with a bandage. Leave for 4 hours; though if it causes pain, remove earlier. Repeat 4 times a day until all the infected pus has disappeared. In between these treatments, cover the wound with a honey and sugar mixture.



## Neem

**OTHER NAMES** *Azadirachta indica*



**TO TREAT** Malaria

**PREPARATION** Make 1 litre of tea with 5g dried leaves or 40 fresh single, small leaves (not whole bunches).

**DOSE** Drink 1 litre of tea during the day.

**TO TREAT** Sleeping sickness

**DOSE** In addition to the recommended medical drugs, drink 1 litre of tea each day.

**TO TREAT** Head lice

**PREPARATION** Make a tincture with 10g dried neem leaves and 100ml alcohol and leave for 7 days.

**DOSE** Use the tincture as a hair lotion 3 times a day for 5 days. Or pound some neem seeds into a paste. Wash the hair each evening and then rub about 1 teaspoon of the paste into the hair and leave until the next evening. Repeat as necessary.

**TO TREAT** Skin problems such as acne, fungal infections, psoriasis, scabies and eczema

**PREPARATION** Make an ointment with 10g of neem oil and 100g of ointment (recipe on p7) or make a tincture using 20g dried leaves and 100g alcohol 70% and leave to soak for a week.

**DOSE** Apply ointment or mix 1 teaspoon of the tincture with 1 teaspoon of vegetable oil and rub into affected areas.

**TO TREAT** Infected burns

**PREPARATION** Make a decoction with a handful of fresh leaves in 1 litre of water. Filter while still very hot to avoid contamination and cool.

**DOSE** Use to wash the infected burn. Keep the patient under a mosquito net to avoid new infection.

## Aloe

**OTHER NAMES** *Aloe vera*, *Aloe ferox*, *Aloe arborescens*



**TO TREAT** Burns

**PREPARATION** Cut and wash one leaf. Sterilise a knife in boiling water and cut away the ends and sides of the leaf, then cut through the middle to leave a large surface from the inside of the leaf.

**DOSE** Rub the juicy side all over the burn. Repeat 4 times a day.

**TO TREAT** Wounds and ulcers

**DOSE** Again, rub the juicy side over the ulcer 4 times a day, but also use the pawpaw treatment described above.

## Passion fruit

**OTHER NAMES** *Passiflora edulis*



**TO TREAT** Sleeplessness, anxiety and spasms (cramps)

**PREPARATION** Make a tincture from 10g of dried young leaves in 100ml of alcohol.

**DOSE** Use 30 drops 1–3 times daily.

**TO TREAT** Asthma and as a sedative (also for the previous conditions)

**PREPARATION** Make a decoction by boiling 1 large handful of young leaves in 1 litre of water.

**DOSE** Drink 1 litre of the decoction during the day.

**TO TREAT** Sleeplessness

**PREPARATION** Make a decoction by boiling 1 handful of young leaves in just 1 cup of water for 10 minutes.

**DOSE** Drink each evening.

## Sweet Annie

**OTHER NAMES** Sweet wormwood, *Artemisia annua*



**TO TREAT** Malaria

**PREPARATION** Pour 1 litre of boiling water over 5g of dried leaves or 25g of fresh leaves.

**DOSE** Divide tea into 4 equal amounts and drink at 6 hourly intervals. Some sugar or honey may be needed to sweeten the tea. Make each day for 7 days. Never give to pregnant women and only use with young children under medical supervision.

**TO TREAT** Coughs, colds and sinus problems

**PREPARATION** Inhale the vapour from hot artemisia tea for 10 minutes, 3 times a day.

Photos: Anamed

### Please note

Anamed's recipes are intended to encourage good relationships between patients and medical health staff. They may help increase the range of treatments available in hospitals, health centres or home. But please be careful.

**Always** seek qualified medical help for serious health conditions. Herbal treatments can also **never** replace the benefits of vaccination.

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