

Report on the Anamed International Seminar Kafakumba Training Centre Ndola Zambia, January 2011

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Introduction

The Action for Natural Medicine (Anamed) International training seminar took place from 9 - 16 January 2011 at Kafakumba Training Centre near Ndola. This was the first Anamed seminar to be held in Zambia. The seminar attracted 44 participants including health workers, agriculturalists, healers, missionaries and others active in community work from Zambia and the Democratic Republic of Congo. The Director of the Tropical Disease Research Centre at the Ndola Central Hospital, Dr. R Handema opened the seminar.

Objectives of the seminar

The aim of the seminar was to strengthen the network of Natural Medicine practitioners in Zambia. Further to this aim, the seminar focused on the following:

- recognition, knowledge and cultivation in medicinal gardens of several medicinal plants among them *Artemisia annua*, *Aloe vera* and *Moringa oleifera*;
- hygienic production of effective Natural Medicines, specifically herbal teas, medicinal oils, ointments and tinctures and also soaps, black stones and the construction of a solar oven;
- treatment of medical complaints and diseases, including malaria, skin problems, diarrhoea, HIV/AIDS and wounds; and
- the influence of nutrition and lifestyle on health.

Flow of the seminar proceedings

Day 1, 10 January 2011

The day started with morning devotion and prayer by Pastor Robert Kilembo based on Luke 18: 35-43. The introduction of facilitators and participants followed before the actual seminar training commenced.

An overview about Anamed was presented highlighting its genesis from the vision of Dr. Hans- Martin Hirt, a German Pharmacist who worked as a missionary in a region of the DRC as Director of medical Imports. Dr. Martin's action to create Anamed was prompted by problems of shipment, customs and distribution problems which in many cases deprived the communities of access to the imported drugs. Then he embarked on actions to: i) get knowledge and use of locally available medicinal

plants; and establish medicinal gardens at local level to assure an unimpeded access.

The training for the day focussed on making leaf teas and the symptoms, treatment and prevention of malaria. Lemon grass (*Cymbopogon citratus*), Artemisia (*Artemisia annua anamed*), Eucalyptus (*Eucalyptus globulus*), African marigold (*Tagetes erecta*), Lemon (*Citrus limon*), Garlic (*Allium sativum*), Pawpaw (*Carica papaya*), Guava (*Psidium guajava*), Ginger (*Zingiber officinale*) and Neem (*Azadirachta indica*) were among the plants introduced as having anti-malarial properties. Good nutrition supplemented with *Moringa oleifera* powder was highly recommended. Alcohol and smoking are not good and should be avoided during medication.

The trainees identified common diseases and important medicinal plants in their areas of origin as well as the advantages of traditional and modern medicines. A distinction was made between Traditional and Natural medicines.

Day 2, 11 January 2011

Further to the morning prayer and devotion by Pastor John based on Ezekiel 47:2 and Revelation 22:1-2, the training focussed on:

- i. Description, propagation, harvesting, processing and use of ***Artemisia annua anamed***. Sweet Annie has over 225 constituents and is used to treat malaria, eye infections, intestinal worms, epilepsy, skin conditions, sores and leishmaniasis. It is used as an infusion, oil extract and ointment. People who have used Sweet Annie confess that it is very effective when used with millet porridge sweetened with honey in boosting CD4 counts.
- ii. Preparation of **black stone** for the treatment of snake bites. Black stone absorbs by capillary the neurotoxins and phytotoxins in the snake bites.
- iii. **Soap** making using caustic soda and palm oil
- iv. Description, propagation and use of ***Euphorbia hirta***. Asthma weed is useful in treating asthma as a smoke and a first herb for the treatment of diarrhoea as decoction. It can also be used in combination with Mango (***Mangifera indica***) and ***Psidium guajava*** to treat diarrhoea. It is also used in the treatment of eye infections, nephritis, oedema, warts and urinary tract infections.

Day 3, 12 January 2011

Mr. Roland led the morning prayer and devotion reading from Psalms 118:17. A moving testimony on how he has managed Merkel cell carcinoma cancer with use of Artemisia powder preceded by iron tablets.

The day tackled the use of the Anamed posters, identification of medicinal plants at the seminar venue, management of diarrhoea and construction of solar oven.

Practicing medicinal herbal users cautioned the rest in the use of *Allium sativum* and *Aloe vera* in certain specific conditions such as in patients on ARVs and pregnant mothers.

The seminar also learned that grain amaranth (*Amaranthus cruentus*) is a very rich food supplement in all essential amino acids except for leucine which is available in maize.

The causes, prevention and treatment of diarrhoea were explained. Treatment of diarrhoea aims at replacing electrolytes (K⁺ and Na⁺) and reducing fluid loss. Replacement of electrolytes is achieved through administration of oral re-hydration salts while reducing loss of fluids is achieved through treating the condition and stopping diarrhoea. *Euphorbia hirta*, *Mangifera indica* and *Psidium guajava* were introduced as herbs for treating diarrhoea.

Solar energy was introduced as an alternative for aiding cooking, rapid drying medicinal herbs and water disinfection. A demonstration using a solar cooker was also done for heating water.

Day 4, 13 January 2011

As per practice, the day started with a morning devotion and prayer delivered by Pastor John. He emphasized the fact that we are called to service to set the people free from suffering, pain and sickness. And the herbs contain micronutrients not normally found in major food crops.

The seminar progressed to discuss *Aloe vera*, skin diseases, production of medicinal oils and ointments, and natural skin care.

Aloe Vera

There are 400 species of Aloes of which *Aloe vera* is one of the most researched. *Aloe vera* has several medicinal properties and nutritional. It is useful in management of chronic illnesses, skin, prostrate and other cancers, high blood pressure, diarrhoea, abdominal pain, indigestion and constipation, sickle cell anaemia, haemorrhoids, type II diabetes, bleeding ulcers and many more conditions. In combination with propolis, it increases laying percentage and weight gain in poultry. *Aloe vera* could have detrimental effects and should not be used by pregnant mothers, for hypoglycaemia or for patients on diabetes treatment.



Skin diseases

Skin problems are widespread and common among both rural and urban dwellers. Over 50% skin conditions are infectious but they are usually ignored and left unattended to. The commonest skin problems are scabies, impetigo and fungal infections.

The seminar learned that skin problems can be prevented by taking a balanced diet, avoiding skin lightening and mercury based products, and use of natural soaps and lotions. *Persia americana* (Avocado), vegetable oils, fruits and nuts nourish the skin and reduce skin problems. *Azadirachta indica*, *Hibiscus sabdariffa*, *Cymbopogon citratus*, *Artemisia annua*, *Aloe vera* and *Allium sativum* have properties that address skin disorders. They are used as vegetable oil extracts, ointments, soaps or lotions.

Medicinal oils and ointments

Medicinal oil is extracted by placing specific quantities of plant material in vegetable oil and heating them together. The mixture is then sieved and the filtrate kept as medicinal oil. When dissolved wax is added and mixed with medicinal oil the mixture solidifies to form a medicinal ointment.

Day 5, 14 January 2011

Sylvia Domogalla led the devotion based on Genesis 1: 27, 31 that God created man and woman in his image.

The training programme of the day included understanding of HIV/AIDS, Anamed Code of conduct, medicinal gardens and bee keeping.

HIV and AIDS

The following highlights were given:

- HIV and AIDS is number one cause of death in Southern Africa;
- The CD4 count at which ARV/ARTs are administered is 250. CD4 counts range between 800 and 1300 in uninfected persons and reduce to between 100 and 500 in infected persons.
- Natural medicines support immune system and prevent opportunistic infections
- A healthy diet preferably of natural and organic production sources high in vegetables, fruits, and water but low in refined food and sugar assists strengthening of immune system.
- Direct and indirect smoking weakens the immune system.

Allium sativum, *Aloe vera*, *Artemisia annua*, *Azadirachta indica*, *Cymbopogon citratus*, *Citrus limon*, *Amaranthus cruentus* and *Eleusine coracana* are good HIV and AIDS herbs.

Bee Keeping

Bee keeping is essential for the production of honey, bees wax, propolis, royal jelly, venom and pollen. The bee products are important in nutrition and disease management. Bee venom prevents arthritis and rheumatism.

Anamed Code of Conduct

The Anamed Code of Conduct was read and discussion of the establishment of Anamed Zambia discussed. The code highlighted issues for compliance by all persons wishing to use the Anamed name on their products. Otherwise the name Anamed can only be used by persons who comply strictly with the code of conduct.

It was agreed to move towards establishing anamed Zambia, and the following were nominated as contact persons:

Mr. Munshimbwe Chitalu,	Email mchitalu@organic.org.zm
Sister Hedwig Müller	Email sr-hedwig-mueller@gmx.de
Mwiche Horne	Email mwichengulube@yahoo.com

Day 6, 16 January 2011

Pastor Kilembo led the morning devotion and prayer with reference to Luke 19: 1 – 10. He encouraged participants to identify their real problem and humble themselves to get their needs by first identifying what they detest.

The rest of the day focussed on *Moringa oleifera*, *Carica papaya*, nutrition at the village level, extended topics on soaps and medicinal gardens. Finally the participants were presented with Anamed Certificates for Community Healthy Work with Natural Medicine.

Moringa oleifera has properties that makes useful for asthmatic, diabetic, malnourished, pregnant and lactating mothers as well as persons living with HIV. The leaves, flowers, pods, roots, seeds, and the bark have specific uses. When moringa is used in combination with artemisia it functions like ARVs.

A simulated house model for teaching nutrition at village level was presented figuratively as follows:

Simulation	Maximum content	Equivalent	For What?	Source
Fire wood	50%	Carbohydrates	Supply of energy and warmth	Maize, rice, millet, sorghum, grain amaranth
Bricks	20%	Proteins	Building and repair of body	Pulses, meat, fish, milk, eggs, moringa, grain amaranth
Cement/clay and dog	20%	Vitamin and Mineral	Hold blocks together and protects against invasion	Vegetables, fruits, grain amaranth, moringa
Lamp	5%	Fats	Immediate and quick supply of energy	Vegetable and animal oils, nuts
Broom	5%	Fibre	Removal of waste and clean the inside	Whole grain, vegetables, fruits

Good practices and challenges in Natural Medicine practice were also highlighted. Cardinal among them where:

- Avoid cigarettes, alcohol, caffeine, Coca-cola
- Use of milk, refined sugar and meat could be discouraged
- Encourage water intake and use of natural honey

Medicinal gardens

The facilitators encouraged the participants to establish herbal gardens. Each one was given start up seed of *Amaranthus cruentus*, *Artemisia annua*, *Cassia alata*, *Eucalyptus globulus*, *Hibiscus sabdariffa*, *Moringa oleifera*, *Moringa stenopetala* and *Tephrosia vogelii*.

Two types of medicinal gardens were described in the manner below:

1. Demonstration Garden for display of plants bearing common and scientific names, and uses. Demonstration gardens are open to visitors.
2. Production Garden. These are full gardens with all the essential herbs in optimum quantities for supply. They are intercropped and should usually have a nursery.

Finally there were detailed presentations on *Moringa oleifera*, *Carica papaya* and soaps.