

Besuchen Sie hier die [Webversion](#).

SANUM NEWSLETTER



Support of the intestine with OKOUBASAN® - not only a giant in the jungle

› *Okoubaka aubrevillei* belongs to the real jungle giants and can grow up to 40 m high. The tree grows only in West and Central Africa and is also called akuobisi, yai yili or oku baka. The trees are considered sacred trees and African medicine men have long used *Okoubaka aubrevillei* as a remedy. Access to these special trees is often allowed only to the medicine men. The bark and seeds are used for medicinal purposes.

Topic overview

- Support of the intestine with OKOUBASAN®
- Hay fever? LUFFASAN® for pollen defense

Access to these special trees is often allowed only to the medicine men. The bark and seeds are used for medicinal purposes. The bark is usually made into a powder, which is used to treat various diseases. These include intestinal infections, food intolerances, poisoning, mental diseases, convulsions, wound healing disorders, skin diseases, edema. *Okoubaka aubrevillei* is also used in modern medicine. In Nigeria, for example, the tree bark is used as an anti-malarial medicine. Studies have confirmed the effective use of *Okoubaka aubrevillei* for stomach upsets and various poisonings (from food, pesticides), depression and allergies. Pharmacologically active constituents are considered to be various catechins, tannin, gallic acid and various phenolic compounds. Presumably due to the phenolic-containing constituents, the bark also exhibits antimicrobial and immunostimulant activity (Borokini et al. 2015). In the 1970s, Europeans also became aware of *Okoubaka* through the physician Magdalena Kunst. In the following years, *Okoubaka* was researched as a homeopathic medicine. It became apparent that there are many parallels to the traditional use of *okoubaka* (Wiesenauer et al. 2007).

According to experience OKOUBASAN® is used for

› Diseases of the gastrointestinal tract

- Acute diarrhea
- Food intolerances
- Food poisoning
- for healing of infections
- support if the mucous membranes in the gastrointestinal tract
- for travel prophylaxis (long-distance travel)

› for detoxification

Other possible applications result from the homeopathic drug picture such as vomiting, flatulence, irregular bowel movements with changing consistency. Food allergies can also be positively influenced by Okoubaka (Friese et al. 1997).

Okoubaka is also used as a detoxifying agent in naturopathy. Dr. Carstens, for example, prescribed Okoubaka to support detoxification caused by environmental chemicals (Wiesenauer et al. 2007). OKOUBASAN® is also a component of the SANUM detoxification cure.



Dosage forms of OKOUBASAN®

Mother tincture

30 ml bottle

Dosage

In acute conditions, adults and adolescents 12 years and older take 5 drops every half to full hour, not more than 6 times daily. For chronic conditions, adults and adolescents 12 years and older take 5 drops 1-3 times daily.

D2 Tablets

80 Tablets

Dosage

In acute conditions, take 1 tablet every half to one hour, not more than 6 times a day.

D2 Drops

30 ml bottle

Dosage

In acute conditions, adults and adolescents 12 years and older take 5 drops every half to full hour, not more than 6 times daily. For chronic conditions, adults and adolescents 12 years and older take 5 drops 1-3 times daily.

Hay fever?

LUFFASAN® for pollen defense

PRESERVATIVE-FREE FOR SPRAYING

› The sun is shining, the first flowers are blooming - many are eagerly awaiting spring. But unfortunately, spring also marks the start of the hay fever season for many. Meanwhile, 15-30% of the population are affected by it, and the trend is rising.

The symptoms are diverse, the most common symptoms of allergic reaction are::

- › Sneezing with itching and secretion or nasal congestion
- › Conjunctivitis
- › Hypersensitivity of the nose to certain stimuli, such as cold air, tobacco smoke and / or fragrances.
- › Sleep disorders
- › Limitation of the concentration ability
- › Snoring

Our LUFFASAN® nasal spray is available for treatment, the active ingredient can be used locally as a supportive measure.

LUFFASAN® nasal spray

20 ml nasal drops for spraying

Dosage

Adults and children 12 years and older: 2 - 3 times daily, spray 1 puff into each nostril
