



## Degenerative diseases of the musculoskeletal system -

### an unstoppable aging and degradation process?

› Even in 2023, one thing has remained current: Germany has backs, knees and hips. There is hardly an adult who does not suffer from pain in the musculoskeletal system from time to time. But how often do degenerative diseases of the musculoskeletal system actually occur? In 2021, the KKH (Kaufmännische Krankenkasse) attributed 25.4% of the days of absence to diseases of the musculoskeletal system, mostly back pain. This was the leading illness leading to a certificate of incapacity for work, ahead of mental disorders.

The AOK health insurance company recorded 6.3 % more cases in the diagnosis group "musculoskeletal disorders" for the Rhineland and Hamburg together than in 2020. In addition to heavy physical work, such as in construction or healthcare, more and more seated activities, nowadays often also ergonomically unfavourable at the kitchen table at home, and an increasing lack of exercise are blamed for the complaints.

But what exactly is the medical meaning of "degeneration"? According to Pschyrembel, the term is defined as follows: "Degeneration, decay and disintegration of cells, tissues, organs or the organism with loss of function and morphological changes". Degeneration is, according to the common opinion, caused by wear and tear and/or age. The complaints are often localised in joints, mostly hip and knee in the form of arthrosis, or in the area of the spinal column and the intervertebral discs as well as the surrounding musculature. In therapeutic practice, a great deal of attention is devoted to reducing symptoms, up to and including replacing the affected joints with prostheses. Until today, arthrosis, for example, is considered a progressive and irreversible disease [1]. But is the degeneration perhaps avoidable or can it be delayed or even reversed? This has already been a topic at several SANUM conferences, including in 2020, where the lecture "Milieu remediation in spinal diseases - hype or necessity?" [2] the crucial question was asked about the milieu. It was said there that the many trillions of cells in our body depend on functioning "cell logistics". This means that a supply of nutrients and the removal of metabolic waste products must function via the intercellular space. This applies equally to all degenerative processes of the musculoskeletal system, whether they affect muscles, bones, cartilage or intervertebral discs. Nowadays, there is also always talk of fasciae. These are much more than just a connective tissue supporting shell of our muscles and organs; rather, they function as a complex communication and supply network. In the case of degenerative processes, attention should therefore also be paid to their "well-being", as they are largely responsible for the "good flow" in the body.

The best way to support the complex logistics of the body is to make your diet alkaline and anti-inflammatory, i.e. colourful and rich in vital substances. In the case of existing overweight, weight reduction serves to regenerate the cells, as the body's own pro-inflammatory substances from the fatty tissue are reduced. Exercise, but also stretching exercises and rolling massages as well as



sufficient drinking ensure good blood circulation, activation of the lymph flow, a clean intercellular space and functional fasciae.

For the treatment of the musculoskeletal system, SANUM therapy offers, for example, the possibility of local injection therapy (1 - 2 times a week; i.m. or s.c.). The preparations mentioned in the following are available, among others, as ampoules for injection. To support a healthy environment, the carboxylic acid preparation FORMASAN® is the first choice, formic acid in homeopathised form as a potency accord. It acts as a "broom for the connective tissue" and has a strong cleansing effect on the intercellular space.

Furthermore, to support the lymphatic flow and the musculoskeletal system, it is recommended to use the myco-preparation NIGERSAN®, made from specific components of the mould fungus *Aspergillus niger*. These two preparations could be quadded, depending on the affected joint, for example to the right and left of the spine or around the knee or hip, or they could be injected into selected acupuncture points. Finally, in connection with rheumatic complaints of the musculoskeletal system, the Bacto preparation BOVISAN® D6 drops, obtained from specific components of the bacterium *Mycobacterium bovis*, should be mentioned. One can take 1 x 5-10 drops of this orally daily. In addition, FORMASAN® drops can be taken orally 3x 10 daily on the non-injection days. If you add the daily amount (30 drops) to a litre of still water in the morning and drink it throughout the day, you have simply ensured that you drink a certain amount at the same time as cleansing the connective tissue.

Finally, the necessary correction of the body statics by an experienced therapist should be taken into account and of course the possibility of a gentle treatment in the form of massages. For this purpose, there is the essential oil mixture "Rheumatism" from the company Biofrid, which can be made from jojoba, clove oil, thyme oil, rosemary oil, lavender oil and bergamot oil. It is able to promote blood circulation and relieve pain.

## Trade forms

### **FORMASAN® Injection**

10x 2 ml

#### **Dosage**

Adults and Teenagers from 12 : 1-2x weekly inject 1 ampoule of 2 ml either i.m. or s.c..  
(also available as liquid dilution and in different pack sizes)

### **BOVISAN® D6 Drops**

5 ml Bottle

#### **Dosage**

Adults and Teenagers from 12: 1x 5-10 drops per day.  
(also available in other dosage forms)



**NIGERSAN® D5 Injection**

10x 1 ml or

**NIGERSAN® D6 Injection**

10x 1 ml or

**NIGERSAN® D7 Injection**

10x 1 ml

(also available as liquid dilution and in different pack sizes)

**Dosage**

Inject one ampoule of 1 ml twice a week either intracutaneously, subcutaneously, intramuscularly or intravenously.

For further product information, please refer to the respective instructions for use.

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