



Infections and depression - what is the link?

Many COVID19 patients develop depression after an infection; about 35 % of patients are affected. They also suffer from pronounced weakness, impaired neurocognitive functions and disturbed sleep (Mazza et al. 2022). But this phenomenon is not new; a similar phenomenon has also been observed after other pandemics. For example, in the course of the Russian influenza (1889 - 1894), there was an increase in patients who showed neurological changes in addition to the symptoms typical of influenza. It often began with severe headaches and exhaustion, followed by fever. Shortly afterwards, patients developed depression, anxiety disorders, psychosis and delirium. These symptoms were either short-lived or persisted without interruption for weeks (Di Vito et al. 2022). Around the same time as the Spanish flu (1918-1919), the first cases of encephalitis lethargica were observed. It began in the winter of 1916/1917, and by the 1930s there were sometimes masses of new cases. How many patients actually fell ill is not known, but it is assumed that over one million people worldwide were affected by encephalitis lethargica (Hoffman, Vilensky 2017). The exact cause remains unclear, but it is very likely that the symptoms began after a viral infection and then developed into an autoimmune encephalitis in the course of the disease. (Di Vito et al. 2022).

A viral infection as a trigger for depression, how can that be? It is certainly known to many that stress, anxiety and depression have a negative influence on the immune system. On the other hand, it is also true that the immune system can influence psychological and cognitive functions. Especially infections with RNA viruses (e.g. influenza viruses, coronaviruses) can lead to changes in mental behaviour. These are probably triggered by various cytokines (e.g. type I interferon (INF), CXCL10). Presumably, dendritic cells activate the cells of the blood-brain barrier, which then produce more of the cytokine CXCL10. This messenger substance can trigger a change in mood and reduced conductivity in the brain (Blank et al. 2016). INF 1 is produced by the immune system as part of the viral immune defence and is also used therapeutically as a drug. However, common side effects of this therapy are depression, weakness, sleep disturbances and changes in behaviour. (Leuschen et al. 2004).

Depression belongs to the multifactorial diseases and shows a very broad spectrum of symptoms. Often the patient also has a pronounced intestinal dysiosis. This makes the therapy very complex and demanding. Viruses are another possible cause that should be taken into account. In the case of viral infections, not only RNA viruses come into consideration, but also DNA viruses such as the Epstein-Barr virus (EBV) are suspected of triggering depression. In SANUM therapy, the therapist has two proven medicines at his disposal for the supportive treatment of viral infections, QUENTAKEHL® and GRIFOKEHL®. However, in order for the immune system to be well positioned, it needs various minerals, which unfortunately are often not present in sufficient quantities. These are zinc and selenium, both of which are essential for a well-functioning immune system. In order to support the zinc and selenium metabolism in the body, the medicinal products ZINKOKEHL® and SELENOKEHL® are available as information mediators. In addition, ZINK + BIOTIN Kps. and SELEN-Biofrid Kps. can be substituted if necessary.

Recommended dosage:



QUENTAKEHL® D4 capsules

20 capsules (also available in other dosage forms)

Dosage

1-3x 1 capsules per day

GRIFOKEHL® D4 capsules

20 capsules (also available in other dosage forms)

Dosage

1-3x 1 capsules daily

SELENOKEHL® D4 drops

10 ml (also available in other dosage forms)

Dosage

1-3x 5 daily

ZINKOKEHL® D4 drops

10 ml (also available in other dosage forms)

Dosage

1-3x 5 daily

ZINK + BIOTIN capsules (Biofrid)

40/100 capsules,

Recommended intake:

1x 1 daily

SELEN Biofrid

20/100 capsules

Recommended intake

1x 1 daily

Save the date!

56. Medical Week 2023, Baden-Baden

01.-05. November 2023

SANUM-KEHLBECK

TRAINING SEMINAR (in German) / LUNCH MEETING Samstag 04.

November 23, 12:45-14:15

Liver and kidneys in modern everyday life - advanced waste management or overburdened disposal system?

› Welcome and Introduction / Moderation

Dr. rer. nat. Dieter Sonntag



› Entrhythmia as a cause of "untreatable" diseases - the special role of the kidneys in the diseases of modern civil society

Dr. med. vet. Anita Kracke

› The liver in modern times: from the place of vital energy to the organ of exhaustion - treatment strategies of biological medicine with SANUM therapy

Prof. Dr. med. Thomas Dr. Rau

Further information and registration www.medizinische-woche.de

Explanatory film on SANUM therapy

SANUM therapy uses the power of microorganisms to regulate the various body systems and the immune system. The medicines consist of specific components of bacteria and fungi, which are processed in a unique manufacturing process and made available as homeopathic deep potencies.

[SANUM therapy - simply explained in two minutes.](#)
