



OTMSI

Stuurgroep Ontwikkeling Traditionele
Medische Systemen Industrie

Speciale stuurgroep gaat wettelijke erkenning Surinaamse traditionele geneeskunde voorbereiden

Geplaatst op **februari 19, 2022**



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Our forest is our pharmacy

Experience and some facts



An
Ayu

Psychologist



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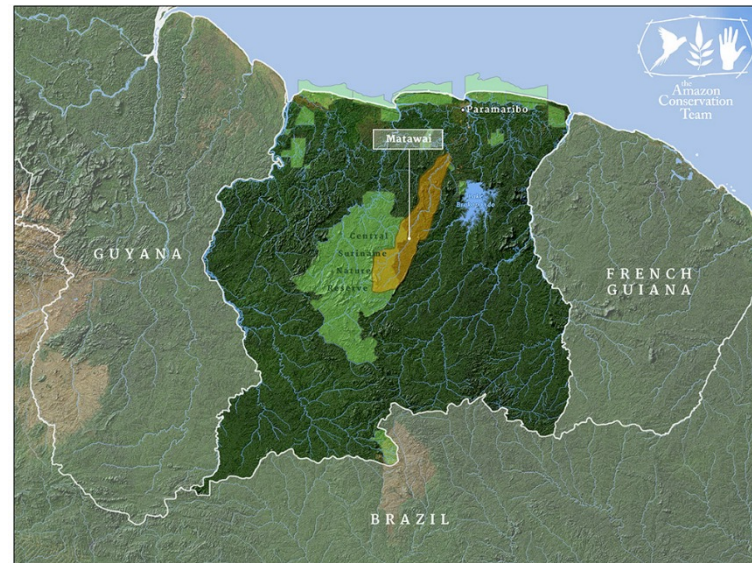


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1. Possibilities in Suriname

Suriname has **15.3 million hectares** of forest

- **91.4%** of Suriname's forest area is primary forest,
- **8.5%** is naturally regenerated and only **0.1%** is planted.





For the time being, Tradition Medical Systems in Suriname exists of:

- The different plants and seeds that were brought along by different continent (Africa, Asia, Europe, and America's).**
- The many home remedies that they made of these.**
- Narrative stories on how to treat ailments and complaints.**

3. Medical plants in Suriname

- In Suriname we have about 6000 different plants.
- About 1000-1500 are used by different peoples with different backgrounds in Suriname as medical plants
- In Paramaribo and their surrounding there are about 150 recognized ayurvedic plants. (Total estimated about 300-500 Suriname)



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Examples:



Neem (Azardirecta Indica)



Mango (Magnifera Indica)



Bilva (Aegle Marmelos)

Examples:



Dhatura (Datura Stramonium)



Ginger (Zingiber officinale)



Haldi (Curcuma Longa)

Examples:



Pipal (Ficus Religiosa)



Paan (Piper Betle)



Lauki (Lagenaria siceraria)

Adrak – Ginger – *Zingiber officinale*



Action: antifatulent, anti-inflammatory, antispasmodic, expectorant, circulatory stimulant,

Used

for irritable bowel and diarrhoea, colds and influenza. Showed encouraging results in migraine and cluster dyspepsia, loss of appetite, tympanitis, anaemia, rheumatism, cough, constipation, colic, oedema and throat infections.



Amaltas – Golden Shower Tree – *Cassia fistula*



Action purgative, febrifugal, astringent, antibilious.

Used: fruit pulp for constipation, colic, chlorosis and urinary disorders.

Bilwa – Golden apple – *Aegles marmelo*



Action: antimicrobial
(specific for diarrhoea, colitis,
dysentery and enteric infections),
digestive, astringent, spasmolytic,
hypoglycaemic.

Used: root in dysuria; stembark in
diabetes and lipid disorders.

Bhringraj – Eclipta Alba



Action: antihepatotoxic,

Used: in hepatitis, spleen enlargements, chronic skin diseases.

Leaf—promotes hair growth.
The herb is also used as an ingredient in peptic ulcer, inflammatory diseases, including rheumatoid arthritis, diseases of the gallbladder and skin infections.

Bhumi Amla – Chanca Piedra – Phyllanthus Niruri/ Amarus



Action: Antispasmodic, diuretic, antiviral, bactericidal.

The herb contains niuride, which inhibits specific HIV-protein binding activity, but does not protect cells from acute HIV infection. Liver and kidney

Dalchini – Cinnamon- *Cinnamomum zeylanicum*.



Action: Bark—carminative, astringent, antispasmodic, expectorant, haemostatic, antiseptic. antidiabetic.

Used: for cramps of the stomach, gastric irritation; and vomiting; used externally in toothache, rheumatism.

As antibacterial

Eranda – Castor plant – **Ricinus communis**



Action: Oil from seeds and young leaf—purgative. Oil is used in dermatosis and eczema.

Root—a decoction is administered for lumbago and allied complaints.

Bark—purgative.

The Ayurvedic Pharmacopoeia of India recommends the decoction of the dried, mature root in rheumatism, pain in the urinary bladder, inflammations, arthritis, pain in the urinary bladder, abscesses;

Guduchi – Giloy – Tinaspora Cordifolia



Action: antipyretic,
antiperiodic,
anti-inflammatory,
antirheumatic, hypoglycaemic,
juice—prescribed in high fever;
decoction in rheumatic fevers.
alongwith other therapeutic
applications,
recommends the dried stems
in jaundice, anaemia

Haldi – Indian saffron/Turmeric – *Curcuma Longa*



Action: Anti-inflammatory, blood-purifier, antioxidant, detoxifier and regenerator of liver tissue, antiasthmatic, anti-tumour, carminative. Reduces high plasma cholesterol. Antiplatelet activity offers protection to heart and vessels.

Also protects against DNA damage in lymphocytes.



Ghamra – Mexican Daisy – *Tridax procumbens*



Action: antidyenteric. Also used for bronchial catarrh. The leaf juice exhibits antiseptic, insecticidal and parasiticial properties.

An aqueous extract of the plant produced reflex tachycardia and showed a transient hypotensive effect on normal blood pressure of dogs; it had also showed a marked depressant action on the respiration.

Jamun – Jambolan – *Syzygium cumini*



Action: astringent, antidiarrhoeal, antidysenteric. anti-inflammatory. fresh fruit contains alanine, aspartic acid, cystine or cysteine, glutamine. The essential oil, the leaves are very effective in curing pedal oedema and in acute and chronic swelling; also gave encouraging results in arthritis.

Kanchnar – Bauhinia – Bauhinia Variegeta



Action: antifungal.
a decoction is given
in piles (also used against
tumours),
haematuria, menorrhagia.

Are used in diarrhoea,
dysentery, worm infestation,
piles and tumours, dyspepsia
and flatulence

Seeds possess human
blood agglutinating activity. And
last but not least for Thyroid
problems

Kapikachu/Kaunch – Cowhage/Horse-eye beans – *Mucuna pruriens*



Action: astringent, nervine tonic, local stimulant, used in impotence, spermatorrhoea, urinary troubles, leucorrhoea, traditionally used for male virility. Also used in depressive neurosis

Used: for diseases of liver and gallbladder. in impotence and paralysis the root in vaginal laxity.

Kumari – Aloe vera – Aloe Barbadensis



Action: Purgative topically anti-inflammatory, antimicrobial (used for wound healing, sunburn).

In occasional constipation; the use of dried juice of leaves in diseases of the liver.

Mandukparni- Gotu kola - *Centella asiatica*



Action: Adaptogen, central nervous system relaxant, antibiotic, detoxifier, blood-purifier, laxative, diuretic.

Used
as a brain tonic for improving memory and for overcoming mental confusion, stress, fatigue, also used for obstinate skin diseases and leprosy.

Punarnava – Red Spiderling – *Boerhavia diffusa*



Action: Diuretic, anti-inflammatory, antiarthritic, antibacterial (used for inflammatory renal diseases, nephrotic syndrome, in cases of ascites resulting from early cirrhosis of liver and chronic peritonitis,

Shankhapushpi – Butterfly Pea – *Clitoria ternatea*



Action: Used in ascites. Root bark—diuretic (infusion used in irritation of bladder and urethra). Chronic bronchitis. gastric acidity, migraine, psychoneurosis and mania.

Shigru –Drumstick- Moringa Olifera



Action: All parts of the tree are reported to be used as cardiac and circulatory stimulant.

fried pods are used by diabetics.

Used: for nervous debility, asthma, enlarged liver and spleen, deep-seated inflammation and as diuretic in calculus affection.

Tulsi – Holy Basil – *Ocimum sanctum*



Action: carminative, stomachic, antispasmodic, antiasthmatic, Antirheumatic, antimalarial antistress. Essential oil antibacterial, antifungal. the leaf and seed in rhinitis and influenza; in psychological disorders, including fear-psychosis and obsessions.



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4. Recognition and bottlenecks

Recognition regarding:

- The training structure/level (Ayurvedic and Allopathic knowledge)
- The advice of WHO (Signature of Pact with India that Ayurveda is more effective and cheaper, especially countries like Suriname),
- The scientific background (documentation and research)
- The extensively documented protocols and treatment methods could be a condition for acceptance to recognize Ayurveda and the other Traditional Medical Systems in Suriname.

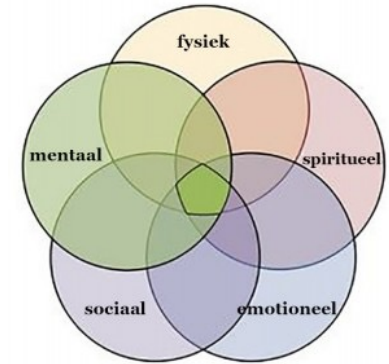


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Bottlenecks



- The differences in approach of holistic vs. the treatment of complaint/symptom.
- Almost no awareness in Allopathic Training on the existence and effectiveness of TMS in Suriname.
- Laws and rules that do not match the current situation.
- Insufficient TMS experts in Suriname.



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Synthesis with Allopathic benefits for the total Healthcare, Economy etc.

- With Ayurveda and TMS we can develop and Industrialize different Traditional Medicinal plants that will certainly affect our economy.
- **Approximately 6000 local plants have been identified in Suriname and Ayurveda has documented more than 6,000 plants**
- Less dependent on import of synthetic medicines and development natural products that can also be used in Allopathy.
- Synthesis of DTMSI and Allopathy is also going to make a huge contribution to a healthy Suriname.



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5. Some facts and daily cases

Surinam have about 75.000 diabetic patient

4-7% have foot ulcera (diabetic foot) (app. 3000-12.000 wounds)

40% of them lead to amputation , that's about 1200-4500. app. 4-12 in a day



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Management

After a consultation, a plan is made for each patient depending on the diagnosis.

The most important thing is that the glucose value is stabilized so that the healing process starts.

Diet as in the protocol and depending on the available herbs, lifestyle and food is adjusted:

- Use of Karela (bitter gourd) Juice, Methi (fenugreek) etc.
- Wound cleaning with Neem (**Azadirachta indica**) decoction, with neem leave paste and honey and/or leave paste from Jayanti veda **Tridax Precumbens** (coat buttons plant)



Case 1 Diabetic Foot before treatment



Case 1 Diabetic Foot

After treatment (3 weeks later)



Case 2 Diabetic Foot before & after



Cases from the daily practice

Many complaints can only be dealt with effectively through Ayurvedic management and treatments, such as:

- Rhinitis, sinusitis
- Gynecologic complaints such as menstruation problems, child wish etc.
- Liver problems, liver cirrhosis
- Skin diseases such as: psoriasis, eczema, vitiligo
- Herpes, various hepatitis species, edema in the legs and ascitis, Anorectal - hemorrhoids, fistula etc.
- Chronic bowel diseases such as Collitis Ulcerosa ,
- Overweight (obesity)
- Melasma Vitiligo pigment disorder
- Eczema – Eczema
- Diabetes
- Dyspepsia and other digestive complaints.
- Migraine etc.

Most of the above mentioned we also attend in our practice.



Thank You

Amrika R. Anroedh



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