

Cholera

Prevention and Treatment

A. To prevent cholera

1. Always **wash your hands** with soap and running water after using the toilet and before eating. If water is scarce, construct and use a tippy-tap.
2. **Purify your water.**
 - a) The best method is to boil your drinking water for ten minutes.
 - b) Use moringa seeds.
 - c) Construct a slow sand filter. If nothing else is available, filter the water through cloth.
 - d) Use the method of solar disinfection. See: <http://www.gaia-movement.org/files/Booklet%20e%20%20Water%20Purification.pdf>.

If you have no internet access, the procedure is as follows:

- a. Fill clean clear plastic bottles (PET) with screw caps 3/4 full with water - as clean as possible.
- b. Shake well (20 seconds) to get air into the water. The oxygen helps to kill the bacteria.
- c. Fill up completely with more water and screw the cap tight. There should be no air inside as air bubbles reflect the sun's rays.
- d. Lie the bottle down in a sunny place.
- e. The warmer the better, so it is good to place them on a black surface - or paint half of the side black (black side down).
- f. After 6 hours of sunlight the water is disinfected.
- g. If it is very cloudy leave the bottles for 2 days.
- h. Place the bottles in a cool place or in water to cool. Store the water in the same bottles and use it from the bottles. Do not fill it into other containers as they have not been disinfected.

B. To treat cholera

1. **Always give the patient Oral Rehydration Solution (ORS)** – to replace the lost liquid, minerals and energy.

Preparation: to one litre of water, add 4 tablespoons of honey or 2 heaped tablespoons of sugar (30g), and half of a level teaspoon of salt.

Daily dosage of ORS

Age	ml
Under 6 months	700
6 months to 2 years	1400
2 to 6 years	2100
7 years and older	2800
Adults	3500

2. **If you can, take the patient to a clinic**, give antibiotics according to the doctor's advice. **Also treat the patient yourself** with ORS and anamed diarrhoea tea.
3. **Prepare: "anti-diarrhoea tea"** (see the anamed Seminar Handbook page 16). This tea is extremely effective, and has saved countless lives.

Wash one handful each of

- asthma weed (*Euphorbia hirta* - the whole plant, but not the roots).
- guava leaves.

- young bright green mango leaves.

Note: one handful is the amount that the patient can hide in the fist.

Boil for 2 minutes in one litre of water, and leave to steep for 30 minutes. Filter. If either guava or mango is not available, use pawpaw leaves instead.

Drink this quantity of tea slowly in the course of the next 24 hours. Take for 8 days, even if the symptoms disappear.

Dosage of anamed diarrhoea tea

Age	Daily dosage
1 to 3 years	1/4 litre daily
4 to 6 years	1/2 litre daily
7 to 12 years	3/4 litre daily
13 to adult	one litre daily

- 4. ONLY** if this tea is not effective, (and it usually is), make the tea as described above, but immediately after taking the tea off the heat add one handful of fresh leaves of *Vinca rosea* (Syn. *Catharanthus roseus*, common name Madagascar periwinkle), and leave to steep for 30 minutes.
- 5. An alternative treatment:** Colleagues in Mozambique and Zimbabwe have reported that ***Artemisia annua* tea** has been effective in treating cholera. If this is true, it is wonderful news! Please try this and let us know your results.

For more information about the prevention and treatment of cholera:

1. see this sheet published by the Hesperian Foundation:
https://hesperian.org/wp-content/uploads/pdf/environmental/Cholera_Emergency.pdf
2. see “Natural Medicine in the Tropics I: Foundation Text”, 3rd Edition, Hirt and M’Pia, anamed