

# Discover News-sheet for colleagues in Africa

May 2018



## *Artemisia annua*, Malaria and HIV

Dear Friends

Malaria:

In September 2016, the World Health Organisation declared Sri Lanka to be malaria free! How did Sri Lanka do it? By treating malaria as soon as an infection occurred. In this way, the

malaria parasite was eradicated from the country.

Many Discover partners have had a similar experience in their communities; where artemisia is widely grown and quickly used to treat any new malaria infection, the number of malaria attacks has dropped dramatically.

If your community is not yet malaria free – be encouraged – encourage families, health centres and schools to grow artemisia. Make sure that as many teachers, parents, health workers and religious leaders as possible know how to use artemisia (together with lemon grass) to treat malaria.

A story from Cleve McIntosh, a doctor friend in South Africa:

A two year old boy was in the hospital intensive care unit with malaria. Every possible conventional treatment was tried, but without success and his

condition became worse. He lost consciousness and began to have seizures. The situation was grim. The boy's grandmother intervened. She had heard Cleve give a talk about *Artemisia annua*, and she asked the doctor for permission to call Cleve. Cleve brought artemisia tincture and gave him a few mls of the artemisia tincture every few hours (the quantity was based on the volume of leaves used to make the tincture and Peter's weight). Within 12 hours, he was sitting up and eating. Blood tests confirmed the improvement in his physical condition. Two days later he was discharged from hospital, well enough to go home. The paediatrician was amazed and the family was absolutely delighted!



A happy participant in the recent seminar conducted by Rehema and colleagues in Uganda about to return home with artemisia seedlings

## HIV

A British newspaper reported this week, “The lives of hundreds of thousands of Ugandans living with HIV are being put at risk as the country runs out of a drug given to people on antiretroviral drugs (ARVs) to fight infections.”

When will we have conducted enough training events, that everyone knows about the amazing benefits of drinking artemisia tea, adding moringa leaf powder to their food and drinking roselle (*Hibiscus sabdariffa*) or lemon grass tea.

A few years ago there were disturbances after the presidential election in Kenya. Many people living with HIV could not access their anti-retroviral drugs and suffered greatly. Colleagues in Kenya told me that those people, however, who were taking their artemisia and moringa, with or without ARV drugs, were not affected by this crisis.

A lot of work remains to be done! I wish you every encouragement!

Keith Lindsey