

Chronic (Healing) Wound

OPENING UP OUR MIND
AS TO WHY CHEMICAL
MEDICINE IS FALLING



DEDICATED TO ALL
EXPERTS & TEACHERS OF
HERBAL MEDICINES



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to respect & protection
for medicinal plants*

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Wound Chronicity & Inability To Heal

The above photos depict a stunning initial wound healing of a diabetic patient, from a rather deep infected few-weeks-old wound of about 12cm down to 3cm within only 10 days of naturally-derived high-potency medicaments.

Unfortunately, this potentially healing wound did not get to continue. It circled back to being treated conventionally with antibiotics, rigorous disinfectant and debridement which re-widen the tissues in order to make a 'new clean-cut wound', now larger than the original 12cm. With these procedures, it would normally takes not less than 3 months until the wound can close up again especially in diabetes, given the fact that it will be rigorously cleaned with strong disinfectant and covered up 24 hours without any potential wound healing remedies. Although a usual medical process, it is rather unnecessary has it considered the facts that the wound did heal very well during its short course prior. In fact, from which therapy that is scientifically evidence-based to facilitate wound healing, yet abandoned by most professionals.

Sadly, conventional medical professionals have been trained to think that all which was taught in school was the whole world of up-to-date medical truth. We proudly blind ourselves that nothing else works, yet we keep circling in the less effective, oftentimes even more harmful approaches. Simply the essence of "First, do no harm" is forgotten. We then end up supporting chronicity of dis-eases from our own unknowing, and more so the un-open-mindedness to re-educate ourselves of more potentials out there. When in fact, many other systems of medicines have worked very well for thousands of years, long before the births of ourselves and establishment of the so-called systematized medical educations. Fortunately, these are being revived in new-age medicines rather effectively around the globe, for more than a few solid decades now. So folks, open up our tiny little 'hard shell', to enlighten ourselves and truly strengthen mankind.

The common drugs & antibiotics increased risks of more drug resistance, higher chance of the patient getting stronger infections, and placed heavy burdens on the already weak kidneys. Meanwhile, none of these actually focused on the tissue's ability to heal, at all.

By Dr. Pilant Anantaranonkun TM.MD.,PhD

Healing Upside Down

The human body is equipped with abilities to heal itself, given optimal reparative opportunities. However, common medical practices close up these naturally given potentials. The classic conventional protocols for chronic wounds especially with diabetic complications frighten professionals to go for the most invasive possible. Namely, rigorous disinfectant cleaning, wound closures 24/7, antibiotics, and invasive wound-resurfacing debridement which creates a clean, yet 'larger wound'.

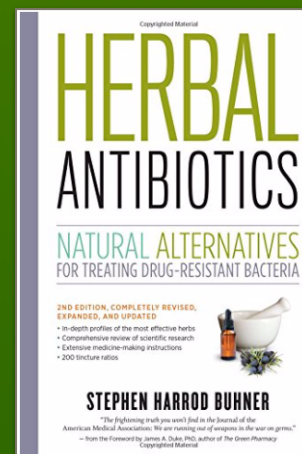
Have we ever realized that these not only do not facilitate wound healing, but also have potential risks? Medical disinfectant solutions commonly contain povidone-iodine. A few uses may not pose any problems, but long-term applications can cause skin irritations; reduce tissue healing, and even create further bacterial & fungal infections. Prolonged inhalation exposures are found to cause respiratory tract irritations. When absorbed & circulated longer in the blood stream, it causes thyroid interference, renal disturbance & acidosis. Worse are antibiotics used so leisurely out of fear, just to prevent probable infections. Professionals, did we know that the WHO encourages awareness campaigns on antibiotics risks in more than a hundred countries for over a decade now? One key message to reduce its uses is the inevitable risks of drug-resistance infections and resultant deaths in susceptible individuals. WHO statistics reveals a few millions of these cases each year in the USA alone. In Thailand there are over 30,000 deaths annually from multidrug-resistance infections. Moreover, many antibiotics cause kidney injuries. People with compromised kidneys; take antibiotics frequently or for a long time, are at more risks. What about wound closure to prevent infection? Though without much harm, it does not facilitate healing at all. A renown dermatological expert in anti-aging & regenerative medicine stated in a national conference that plastering wound 24hrs, out of infection fear, does not support skin regeneration. Wounds need air circulation to dry up to heal better, and it cannot do this without being opened very so often.

Optimal facilitation of wound healing occurs not only when risks are minimized, but also with comprehensive outlooks of a patient being taken into considerations. The body's ability to heal depends on the whole person, not just wound itself. Thorough history taking and involvement of the patient's lifestyles and sentiments also play crucial roles. It does not help to create further worry with people around being overly panicked. On the other hands, a patient deserves to be reassured & explained of rationally, to minimize unnecessary fear & misunderstanding. Also, truthful history report is vital. A doctor's analysis & subsequent treatments depend on it. For instance, a 3cm oozing wound can be a sign of either good healing or risky degeneration, depending on whether the doctor is told how the wound has evolved prior to that. Moreover, quality of life & available assistance in a patient's life are also important. Why so? Imagine a dependent patient on also a senile spouse with required hospitalization visits and wound-dressing schedules miles away from their home, strict avoidance of water during showers, and so on, daily for a matter of months. The obligations & stress placed on both the patient and caretaker can simply be reduced given the factual explanations. Finally, the medicaments being used to facilitate wound healing deserve to be engaged with respect & genuine expertise, not being handled by false claims from lack of knowledge.

If ones do not know already, realize now that natural antibiotics exist, along with thousand other medicinal plants, many with tissue healing properties as well. Herbs themselves do not cause infections. In fact, they are also equipped with infection-fighting phyto-chemicals to protect themselves from microbial attacks, too. It is how humans learned to make use of them. And these plants do not cause the harms in any ways like those synthetic drugs mentioned above can do. Furthermore, many of these are scientifically studied and official listed globally.

The TIP is, when we have very little knowledge about something or hold impulses to go against it without true understanding, learn more about it, first and for all.

"Herbs & Infections"



If you happen to hear claims that herbs are not to be used on wounds as they cause infections, chances are there are major misunderstanding, lack of proper knowledge on herbal medicines or very little awareness of differences between herbs, herbal extracts, & phytochemicals. Because if anyone have really studied about herbs, they will be able to state completely the opposite.

Herbs can be very potent, with highly medicinal properties. Many are known to act as anti-inflammatory & anti-septic agents and are very effectively for wound healings and fight against the most stubborn forms of infections. Take *Lavender spp.* for instance. This medicinal plant comes in many forms: infusions, herbal extracts, essential oils, etc, with growing scientific evidence of its abundant medicinal values. Not only that it is well known for involvements within the neurological, endocrinological and cardiovascular systems, but also it is an excellent skin healing remedy. It has very potent antiseptic activities against strong antibiotic-resistance microbes, is anti-inflammatory and is capable of gently reducing pain, while also activates skin tissue regeneration.

Whether herbs are yet to be accepted, or adequately understood by the conventional medical systems or not, they have been proven and used medically for thousands of years. Many are already listed in various official compendiums and have been applied with science & technologies to yield many forms of effective medicines nowadays globally. Like it or not, there are many potent Asian plants included, extensively re-studied and valued in the western world.