CASE REPORT

Treatment of Parasites in Dagestan with Phytotherapy

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Abstract: This is partially a review article and partially a research article. However, since the author is a practicing phytotherapist and not a laboratory scientist, she does not report on large trials and blind studies, proffer statistics, and use standard medical terminology. Instead, her article presents intimate case studies of her patients and the botanical remedies she uses to treat them. The efficacy of her treatment is proven by her patients’ restoration to health. The author emphasizes that the persistence of phytotherapy in Traditional Medicine (narodnai meditsina) is due to the fact that through correct application of botanicals, their many valuable properties and their ability to counter many diseases have been witnessed. In the arsenal of popular medicine even meager and infrequent use of botanicals documents their healing power. In some cases, they can even heal serious illnesses. On the other hand, the author cautions that self-treatment with botanicals is not advisable. It is absolutely obligatory that treatment with botanicals be performed by a physician or phytotherapist. The article focuses on the treatment of parasites. Common English and Russian terms for plants used in the recipes are cited along with Latin botanical names.

Keywords: Dagestan, traditional medicine, parasites, phytotherapy practice, hepatitis, ulcers.

1. INTRODUCTION

1.1. From the Translator and Editor of the Special edition on Phytotherapy

Dagestan is located in the Caucasus Mountains, east of Georgia and north of Afghanistan. Its border on the east is the Caspian Sea. Although Dagestan is part of the Russian Federation, it is an autonomous state with its own history and culture. This small country is very diverse ethnically and linguistically. More than 30 languages are spoken by approximately 3 million inhabitants. Dagestan has cities and industry: oil production, textiles, timber, food processing, viticulture and winemaking.

Nevertheless, Dagestan is still largely tribal and agriculture and animal husbandry play a large role in the economy of the country and the lifestyle of the population. Eighty-three percent of the population is Muslim [1].

Maryam Murtuzalieva treats many diseases—stomach ulcers, hepatitis and lung problems. However, her article in this special edition on phytotherapy concentrates on the treatment of parasites. As a practical phytotherapist, rather than a laboratory scientist, Maryam does not include information about large clinical studies or typical medical terminology in her article. Rather she cites case studies based on her own empirical approach. She makes her diagnoses from experience. She cites time-tested recipes of botanicals that she applies. She presents case studies of successful outcomes from her treatment based on clinical obser-
vation. Maryam is the epitome of a practitioner of traditional medicine in Makhachkala, (Dagestan) (Fig. 1). Her introduction in the first person follows.

1.2. Introduction from the Author: Description of her Unique Methodology

We are children of nature and in difficult times we can always go for help to all that nature has created. However, it is necessary to study the correct use and application of nature’s gifts. To see the effective results of medicinal botanicals for the treatment of one or another disease is not possible without indicators derived from practice.

In my practice, I treat many serious diseases—such as tinnitus, respiratory diseases, headaches, depression, polyps, urinary tract diseases, diabetes, arthritis—even some types of cancers.

My practice is very strenuous. For example, during November 2017, I had six seasonal assistants. I personally supervised their work. Our work was constant—but interesting and greatly needed. Patients came from 6 o’clock in the morning until 6 o’clock in the evening. I receive satisfaction not from receiving money but from treating the sick. Our treatment is very inexpensive. For example, treatment for tuberculosis is 400 US dollars. Treatment for hepatitis B and C is 400 dollars. Patients chiefly pay out of pocket.

Treatment with botanicals has existed in Dagestan from time immemorial. Wealthy people did not typically live in Dagestan. People of moderate means used plants to cure their medical problems and diseases. Despite the availability of “scientific medicine,” during the last twenty years, interest in phytotherapy has increased. Currently, there are about ten herbalists who treat patients at home. I do not know their methods of treatment because I have no contact with them. I have not read special books on healing and cannot verify whether their methods cure. To learn how to treat with botanicals one can turn to newspapers, journals, and books about herbs, as well as advice. This information is used as background knowledge. However, one cannot cure with this knowledge alone because, in order to heal the patient, it is necessary to know the cause of the disease and hereditary factors. Such knowledge is acquired empirically.

My practical work is distinguished by my treatment and my methods of selecting medicinal herbs for the treatment. I have my own method for diagnosing the patient. After five minutes ideas come to me about how to treat the patient, how much to treat the patent or to reverse the process,
and the length of time for the treatment. Some excellent treatment books provide information on how to hasten the treatment process. The medical books I read previously stressed that the diagnosis must be correct. From experience, I have become convinced that phytotherapy is valuable and successful in curing many diseases and medical problems. Indeed, I have encountered cases where the patient was told by physicians that he was doomed, but after being treated with medicinal botanicals he recovered.

I have no official medical training. In my youth, I read medical books and journals on health. Now, I rely on my own experience on treating the sick, treating with food containing the correct nutrients, cleansing waste from the organism, anti-parasite remedies, and treating the liver with care.

I practiced phytotherapy from the time when I understood that [scientific] medicine was merely a first aid for patients, whereas traditional medicine cured patients.

My discussion in the following article focuses on parasites. They are located in the vascular organs—liver and spleen—and intestines, as well as the muscles and other parts of the organism. The products of their life activity directly fall into the blood and a significant amount of their organism is poisonous to humans. It is my personal opinion that people should be cleansed from parasites three times a year, in order to sustain their health. Thus, there is a need to apply a blood cleansing substance. Some books I have read provided information about parasites, but although these books by Russian authors, such as “The School of Health”, described the elimination of parasites they did not give specific information about methods of achieving this end.

In my opinion, the cause of nearly 90 percent of illnesses, are parasites. When people are not cleansed from parasites often, they risk various serious illnesses. By devouring pure blood, parasites cause a shortage of silicon, magnesium, calcium, and vitamins, thus weakening an individual’s immune system.

In traditional medicine, if these issues are ignored, diseases of the bronchial tubes, lungs, liver, spleen, constricted vessels, of the stomach and intestinal tract, of cardio-vascular and joint diseases cannot be successfully treated. Thus, after conventional treatment, the patient often returns after a year complaining of problems. After two years, the patient wonders—has there been negligence in my treatment? Hopefully, the correct diagnosis will finally be made.

I am not a theoretician. On the contrary, I am a practitioner. I believe that phytotherapy will continue to be practiced for a long time. Even though medicine has not properly addressed the training of professional phytotherapists and standardized medical preparations, when herbal substances are correctly applied, they are safer and more effective than chemical pharmaceutical preparations.

At present, I am working on the treatment for HIV infections. If the Almighty helps me, I will honestly fulfill this work. For this article, however, as mentioned, I will concentrate on my treatment of parasites.

2. GENERAL STATEMENTS ON PARASITES

From experience, I have learned that many diseases are caused by parasites. Indeed, extrapolating from my practice, I suggest that in Dagestan, 80 percent of all illnesses can be linked to attacks on the human organism by parasites.

Teachers are often the first to assess that a hyperactive child may be infected with parasites. Many parents who bring their children for treatment are mid-level specialists who have a high level of education—city people. But more people in the rural areas are infected with parasites than urbanites. Agriculture and gardening, animal husbandry, rivers and water supply are the chief sources of infection with parasites. During the last twenty years, infections of the populace by parasites have increased. My experience has shown that in treating other diseases, we must first check for parasites. In many cases, when parasites were discovered, the patients were never treated for parasites and, indeed, never thought about their presence. Basically, patients infected with parasites but unaware of them come from rural areas. Occupied with agriculture and the necessities of life, they forget about their health. Unacceptable ecological conditions, strong medicinal substances, stress, improper eating habits, and lower immunity cause infection from parasites.
The most widespread parasites in Dagestan are the following: Ascarid or soil-transmitted helminths [2].

Toxoplasma gondii [3], a parasite that infects many animals and birds with the cat as its final host. Giardia lamblia [4] living in rivers or streams Fish parasites [5].

Trichenella, spirosis that infects pork or wild game [6] and three other parasites.

The parasites which I will address in this article are: Ascarids, Toxoplasma gondii, Lamblii or Giardia, Ostritsa, Bychii tsepen’, Echinococci.

3. ASCARIDS: THEIR DEVELOPMENTS AND CASE STUDIES OF MURTUZALIEVA’S PHYTOTHERAPY TREATMENTS

Ascarids are one of the largest types of roundworms. In the course of three months, they grow up to 45 centimeters. They have elastic hammer tails, supplied with terminal appendages and two large nipples on the internal side of the body. The basic mechanism of infection is fecal–oral—ingesting eggs through eating unwashed or unpeeled vegetables and fruits, grown in soil where “night soil” is used to fertilize or where people defecate in the open, and also through gardeners working without gloves in this soil or children playing in this soil, putting their dirty hands to their mouths. Also, flies can spread this parasite.

Eight hours after the infection, larvae enter the liver, heart and lungs. Infections can lead to serious diseases such as hepatitis, cardiac diseases, bronchitis, pneumonia, and tonsillitis. The intestinal phase of Ascarids can deleteriously affect digestive organs and the nervous system. The patients show loss of appetite, nausea, and increased salivation, especially at night.

Intestinal blockage may occur, especially in children. There are rare cases when large Ascarids from the digestive canal go into the stomach and esophagus. In such cases, the sick must go to the hospital immediately.

Parasites have especially dangerous consequences in pregnant women. The larvae of the Ascarid passes through the placenta and settles in the body of the fetus. In recent years, children have been born with hydrocephaly or water on the brain of varying degrees. If the infection is light, then the result may be bronchitis or pneumonia, not cured by treatment with antibiotics. Therefore, young women wishing to have children should be tested and treated for parasites.

3.1. Seriousness and treatment of Ascariasis

“Pediatric Ascariasis,” on the website Medscape, notes that “Worldwide, more than 1.4 billion people are infected with ascariasis.” The majority of cases occur in tropical and developing countries where people are infected through helminths in polluted soil. However, it is estimated that 4 million individuals are infected in the United States. The website acknowledges the seriousness of ascariasis, noting that while many are asymptomatic, morbidity can be extensive and estimates of annual mortality range from 10,000 to 200,000. As for treatment, the site mentions anti-helminthic drugs [7].

In his book, Medical Parasitology, a noted Russian parasitologist Dr. David Genis, recommends immediate treatment against Ascaris lumbricoides with chlorine or other strong-acting disinfecting substances [8].

Dagestan is considered a developing country. Maryam Murtuzalieva encounters ascariasis amongst her patients. Anti-helminthic drugs may not be available. Therefore, Maryam Murtuzalieva employs medicinal botanicals in her treatment. In the following paragraphs, she describes three cases of Ascariasis, her remedies and the successful outcomes thereof.

3.2. Ascariasis case no. 1 of Maryam Murtuzalieva

In treating ascariasis, we had some patients, not treated for years, who suffered from serious complications.

One such patient, 38 years old, had a body weight of 60 kilograms. He complained about his liver and bladder. He was very pale, was sweating, was constantly cold, and was weak. He had been treated for two years in hospitals without results. We began treating him with anti-parasite remedies. The patient did not believe he had parasites. For two months, we cleansed his intestines from parasites and dirty mucous and established new mucous. After the anti-parasite treatment, we began treating the liver, lungs, bronchial tubes, and raised his immunity. The full reestablishment of
functions of the internal organs and cleansing the blood required six months. His height increased to 175 centimeters, his weight increased to 70 kilograms, and he had no complaints.

3.3. Ascariasis Case No. 2 of Maryam Murtuzalieva

A second case involved a man, forty years of age. He was thin, pale, and constantly cold, had constant prostate problems, and suffered from herpes. Doctors had consistently treated him with antibiotics for two to three years. He came to us for consultation about going to Germany for treatment. However, all this time, none of the doctors had investigated to determine whether he had parasites. We recommended treating him according to our method, explaining to him all that it would involve. The anti-parasite treatment continued for nine months. The patient paid 18,000 rubles for the entire treatment. He regained health, gained 12 kilograms and has no complaints.

3.4. Ascariasis Case No. 3

A third case involved a three-year-old child. Red spots periodically appeared on his body. His parents connected this with allergies to food products. Periodically, the child’s stomach swelled, he sweated, had stomach pains and odor came from his mouth. He was treated with anti-parasite substances for 10 days and all the symptoms fully disappeared.

We recommend to parents that children be cleansed from parasites three to four times a year for their health. In children, parasites infect the intestines. The organism of a child is not as fully developed as that of an adult. After an attack by parasites, children’s vitality and energy are lowered, their skin becomes pale and their appetite wanes. All the family members must be involved in eliminating the parasite.

4. TOXOPLASMA GONDII--A SECOND COMMON PARASITE IN DAGESTAN

Many animals and birds are carriers of this parasite but the final destination is the cat. Toxoplasmo gondii are very tiny parasites that can live inside the cells. This parasite is encountered in every country in the world. Aside from the intestines, they infect lymphatic glands and blood vessels, entering the heart, brain, muscles, lungs, kidneys and eyes. They live in the mucous membranes of the intestines. The cells are filled with these parasites. Toxoplasma gondii also can live externally and, indeed, quickly multiply in moist soil. The parasites can live for two years. People get infected with them from eating unwashed salad and strawberries, undercooked meat, and drinking unpasteurized or milk that has not been boiled. Thus, the parasites infect entire families.

Dr. David Genis also emphasizes preventing this disease by thoroughly washing hands after gardening, growing vegetables in clean soil, cleaning harvested vegetables, and cooking meat thoroughly. He stresses that many people are asymptomatic to this parasite infestation but that it is dangerous for the fetus and if blood tests indicate the presence of the disease in pregnant women, they must be treated immediately. He does not specify the treatment [9].

Maryam Murtuzalieva’s treatment using medicinal botanicals is described in the following paragraphs:

4.1. Murtuzalieva’s Method No. 1: for Treating Toxoplasma Gondii

One method of anti-parasite treatment for a child of 14 years and older includes the following ingredients: Tansies—asters, daisies (Tanacetum, Asteraceae) (pizhma), 1 part; Wormwood or Artemesia (polyn), 3 parts; Cloves (vozdika), 1 part; nut-tree leaves (orekhovyi list), 1 part.

Place 1 tablespoon of mixed ingredients in 200 grams of boiling water and let it stand for 2 hours. Take this 100 grams 2 times a day, 20 minutes before eating. Do this for three courses of 10 days, with 10 days hiatus. On the 10th day of treatment, in the morning, take a double dose of the mixture plus 5 toothpicks of minced garlic (chesnok), then drink water plus 300 grams of pumpkin seeds (tykvennye semechki); drink no water for 1 hour. Then take a laxative purchased from the pharmacy. After cleansing the digestive tract, take an enema.

4.2. Murtuzalieva’s Method No. 2 for Treating Toxoplasma Gondii

A second remedy to eliminate parasites consists of an infusion of wormwood or Artemesia and garlic:
Put one tablespoon of wormwood plus a minced head of garlic in 1 liter of boiled water. Let it stand for 5 minutes until the temperature reaches 36 degrees. Cleanse with this remedy for 10 days for full effectiveness.

In my practice, this treatment for eliminating parasites has shown good results. In each home, where people suffer from parasites, the dishes and linen, bedsheets and personal linen must also be disinfected.

Children suffering from parasites are given lower doses, corresponding to their age. Those between one and three years of age are given 10 times less than the adult dose. Children between four and seven years of age are given eight times less than the adult dose; those between eight to ten years, 5 times less; those from ten to fourteen years receive 2 times less than the adult dose.

Treatment should be applied for 10 days with 10 days hiatus, three courses in the autumn and in the spring.

5. LAMBLIA OR GIARDIA

This parasite is in the small intestine, the bilious canal, and the gall bladder. Lamblii have four pairs of braids and sucking body disks. With these, parphanalia lamblii attach to mucous membranes of the intestine. People get infected through eating food products--fruits, berries, vegetables—and drinking water adulterated with cysts of lamblia, from using household utensils and objects adulterated with lamblia cysts, and not thoroughly washing their hands. Disintegrating in the stomach-intestinal tract in persons with lowered stomach acid and even in healthy people, Lamblii begin to multiply quickly. In the infected person, lamblii cause pain in the upper region of the stomach and rumbling and flatulence in the region of the navel. Possibly, there is constipation, changing to diarrhea. With disintegration in the large intestine, the lamblii change from the embryonic state to a non-living state and return to cysts. The cysts are spread through defecation and easily adapt to external conditions. They are able to live in the water up to five weeks.

There is no argument that Lambliosis can cause pancreatitis, enteritis, hepatitis, and enlargement or compression of the liver. Every third patient diagnosed with liver disease, hepatitis and cholestitis and coming to us for treatment is actually infected with Giardia.

Giardia causes toxicity: apathy, headaches and depression. These symptoms are connected with the disintegration of the lamblii and distribution of products of their life cycle in the intestine.

Lamblii or Giardia is fatal if not treated. Infected persons cannot absorb proteins and vitamins. There can be severe pain in the liver, which gradually becomes a dull pain. Lamblii infect the stomach glands, lessen their secretions, and destroy the function of the organs. Lamblii lessen the acidity of the stomach-intestinal juices and ultimately destroy the system of digestion. They result in heightened stimulus of the heart-vascular system and the arteries, cause skin necrosis, sweating, trembling of the fingers, and ultimately loss of consciousness.

For getting rid of lamblii, in our practice, we apply infusions of Artemesia, tansies or Asteraceae, the bark of oak, cloves, and buckthorn. It takes 10 days for the lamblii to be killed. To quickly get rid of lamblii, we administer 5-6 enemas a day. Having freed the body from the parasite, the liver begins to filter the blood. The content of bile (bilirubin) quickly falls near to normal. The blood is able to fight viruses, bacteria and other disease-causing factors.

Our chief task is to find methods of countering all parasites, treating all ten forms of parasites, and preventing reinfection.

6. OSTRITSA

Dr. David Genis discusses ostritsa (Enteronius vermicularis) and recommends good hygiene to prevent infestation [10]. Maryam Murtuzalieva focuses on treatment through the use of medicinal botanicals. She states that 70 percent of people with ostritsa have consequences. The length of ostritsy is 13 millimeters. They develop in the large intestine. After infiltration, they go from the intestine and cause itching. After dispersing the ostrits, a person can again be infected through hands and linen. The eggs of the ostritsy fall into the bed linen and hands, utensils of work, everyday life, and food products. Handshaking always transfers the eggs of ostrity.
Ostritsy spread strong toxins, which affect the nervous system, cause both nervousness and apathy. Everyone, no matter what age, can be infected with ostritsy. Infection by parasites can affect anyone, regardless of social position, education and place of residence. Children in kindergartens and schools are infected with ostritsy through infected playthings and everyday objects, no matter what the level of understanding about elementary hygiene. Many parents complain about their child’s hyperactivity, nervousness, and weakness. In recent years, there have been global infections of parasites because of very meager efforts to eliminate them. Because they are ignorant of parasites and their consequences, people often attribute infection by them to other diseases, such as allergies, bronchitis, headaches, liver diseases and other diseases. After anti-parasite treatment and full cleansing of the intestines according to our method, many people understand that there must be a general cleansing from parasites. The entire family must be cleansed and not only the infected person. It is necessary to do this twice a year.

7. BYCHII TSEPEN’

This parasite has an elongated form; it is longer than 10 centimeters, composed of various elements. On the front part of the body, there is a head and four muscular teats. The place of development of the tsepen’ is the large intestine. The parasite cannot exist in other sections of the intestine. The intermediate host is large horned cattle. The larval forms grow in their organism. People are infected through eating uncooked or undercooked meat. The infection can be spread through contaminated knives or cooking utensils.

After the human is infected, the head of the larvae with its nipples grips onto the mucous of the surface of the large intestine, which causes fast growth of the parasite. The daily growth is 10 centimeters. After four months, the full length can be 15 meters and the human can infect the cattle.

The symptoms of the infection are varied—pain, sweating, strong appetite, sharp decline in weight. The infection by this parasite is often found among cooks and butchers.

Dr. David Genis discusses this parasite, *(Taeniaryynchus saginatus)* in his *Medical Parasitology*, warning that it can affect the muscles, and recommends deworming pets and cooking the meat of cattle to high temperatures to prevent infestation [11].

8. ECHINOCOCCUS (ECHINOCOCCUS GRANULOSIS)

Echinococcus is a very dangerous parasitic disease that, judging from patients coming to us for treatment, has grown significantly in Dagestan in recent years. The final host of these parasites are wolves or dogs. The eggs of this parasite come out from the bowels along with fecal matter and can fall into the hair of the animal. Intermediate hosts are domestic animals—cows, sheep, pigs, goats or humans. The infestation proceeds to the liver. From the eggs come larvae with six mobile hooks on the ends of the body *(onkostera)*. With the help of the hooks, the larva penetrates the walls of the intestine to the venous system and with the help of the blood flows to the liver—and sometimes to the lungs, muscles, bones or other organs.

Here the echinococci grow to the pupa or cyst stage *(finna)* which also are called echinococci. Among the majority of the forms of the onkostera is formed a cyst, on the walls of which spring up secondary and even tertiary cysts, in which are formed many worms [12].

The cysts of the echinococci grow very slowly. They can, however, attain the size of the head of an infant. The final host infected by echinococci of the sick person or animal contains the cyst stage of this worm.

The following are the symptoms in the stages in the growth of echinococci.

1) The first stage usually does not appear worrisome

2) Minor infection, appearing in the form of weakness, sweating, dizziness, allergies,

3) The symptoms of the organs in this stage appears to be cancer

4) Tumors

Echinococci most often first infect the liver. They rarely infect the lungs, abdominal cavity and other organs. They are rarely met in the muscles, bones, spleen, bladder, thyroid gland, heart, eyes, urinary organs and stomach. In persons with weak
immunity, the original infection can appear in one of several organs. That is because echinococci characteristically have the ability of germinating in surrounding tissues and organs. For example, from the liver, there is possible germination in the diaphragm, lungs, kidneys, and echinococci can appear through mastitis in the brain, muscles, bones, and also spread to the entire organism, with switching off the blood.

The greatest danger of echinococci is rupture of the bladder, which can appear like heavy allergic shock. Further, echinococci quickly spread to other organs and regions of rupture. In 90 percent of cases, echinococcus infection received the diagnosis of cancer.

8.1. Echinococcus Case Study No. 1: A Patient of 29 Years: Diagnosis of Tumor of the Liver

Dimension: 9 centimeter by 6 centimeters.

Weight of the body—57 kilograms with height of 175 centimeters.

Treatment was outside the hospital, under my control. I began with herbal substances to affect echinococcus and to dissolve the tumor. After six months, the patient felt very well. The weight of the body was 72 kilograms. There were no complications. In the next three months, the patient recovered immunity and fully recovered his health.

8.2. Case Study No. 2 A Patient of 45 Years

8.2.1. Diagnosis

Tumor of the liver 5 centimeters by 4 centimeters, weight of the body 69 kilograms.

8.2.2. Treatment

Dr. David Genis emphasizes good hygiene to prevent echinococcus, that pets be dewormed and mentions surgery and effective meu [13].

8.2.3. Treatment of the Above Patient Consisted of the Use of Medicinal Herbs

The application of the herbal substances was directed to dissolving the tumor, cleansing the liver, six months of treatment, and lessening the tumor to 1 centimeter. My opinion on the disease changed—the diagnosis was incorrect. After six months of treatment for echinococcus, the tumor was no longer evident. In many cases of echinococcus, cancer is diagnosed and this makes the treatment of the patient difficult.

8.3. Case Study No. 3

Phytotherapy recipes for a patient suffering from echinococcus cysts for five years:

Artemesia 100 grams, Tansies (daisies) Tancenetum 100 grams.

Chop and mix together. Put 1 teaspoon of 200 grams in boiled water. Let it stand for 2 hours and then strain. Drink 100 grams two times before eating.

Take the remedy for 15 days with 10 days hiatus. Three courses of application:

1) Tincture or infusion of spirits in a ratio of 1:40 per 1 drop—Take 3 courses.

2) Juniper berries—pulverized—200 grams; Pine-tree pitch-- 200 grams; Berberis root pulverized—150 grams Mix all with 1 liter of honey and preserve in a dark place. Take a teaspoonful 3 times a day 15 minutes before eating for 3 months.

3) Thistles—Take 6 months in succession: 1 tablespoonful pulverized, 2 times per day, dissolved in water.

4) In the fourth month of treatment, take a collection of herbs—birch leaves, roses, leaves of berberis, *Centaurium* flowers, chicory, *Galega officinalis*, Thousand Leaf -- *Achillea millefolium* L. (that also appears on the Internet as *Asteraceae*), marsh grass, nettles—Put all in varied amounts into 1 tablespoon—put in 200 grams of boiling water. Let it stand 2 hours and take 100 grams 2 times a day for 2 months.

5) Pumpkin seeds—100 grams a day for 2 months.

8.3.1. Drink the Tea

The subconscious of the patient was focused only on the treatment. After 6 months, the 6-9 centimeter tumor was no longer there.

9. GENERAL STATEMENTS ON PARASITE TREATMENT, MAINTENANCE AND PREVENTION OF RECURRENCE

9.1. One Remedy from Maryam Murtuzalieva

After finishing the treatment to eliminate parasites, people must lessen fats in their diet and increase corn, pumpkin seeds (*Cucurbita pepo L. (tykva)* [15], carrots (*morkov*), Pomegranates (*Granat*)—(*Punica granatum L.* [16], and nuts (*orekhi*).

9.2. Corroboration by the University of Maryland

Maryam Murtuzalieva's recipes are corroborated by some internet websites in English. One of the most reliable, The University of Maryland Medical Center, notes that “Herbs are a way to strengthen and tone the body’s systems.” The site cautions that some herbs have toxic side effects and, thus, should be taken under supervision of a qualified practitioner. The botanicals that the University of Maryland Medical Center advises Americans to use are easily acquired in the United States to eliminate parasites (of course following investigation of the parasite to be eliminated) in the form of dried extracts, powders, teas, glycerides, or tinctures. The botanical remedies recommended include: Garlic (*Allium sativum*), Barberry (*Berberis vulgaris*), Goldenseal (*Hydrastis Canadensis*), Oregon grape (*Berberis Aquifolium*), Anise (*Pimpella anisum*), Wormwood (*Artemesia annua*), Curled mint (*Mentha crispa*), Black Walnuts (*Juglans nigra*) [17].

9.3. Maryam Murtuzalieva’s Second Remedy for Long-term Maintenance to Prevent Re-infection from Parasites

For adults and children ten years and older, after treatment it is desirable to cleanse and renew the liver every two to three months. To accomplish this, 1 part of flax to milk thistle (*Sylimum marianum*—artichoke, dandelions) and take 1-2 teaspoons 2 times per day, 10 minutes before eating. Wash down with water.

9.4. Corroboration by University of Maryland

The University of Maryland website states that “The following nutritional guidelines may help parasites from growing...avoid simple carbohydrates” eat “more raw garlic, pumpkin seeds, pomegranates, beets, and carrots.” A remedy of honey and papaya seeds “cleared stools of parasites in 23 out of 30 subjects. Drink a lot of water to help flush out your system. Eat more fiber, which may help get rid of worms” [18].

CONCLUSION: FROM THE EDITOR

“Scientific” medicine might recommend strong acting chemicals or surgery to treat the parasitic infections and harmful repercussions cited in this article. Although Dagestan has cities and an oil industry, in its remote mountainous areas, where animal husbandry is practiced, it is a developing country. Chemical remedies may not be readily available to Maryam Murtuzalieva. However, more importantly, Maryam Murtuzalieva considers medicinal botanicals safer than chemical remedies. Thus, she applies medicinal botanicals to treat patients suffering from parasitic infections. Her treatment is corroborated by some internet sources. Nevertheless, in the main, her accounts of success in treating patients suffering from parasites are based on empirical evidence from her long span of treatment and observation.

ETHICS APPROVAL AND CONSENT TO PARTICIPATE

Not applicable.

HUMAN AND ANIMAL RIGHTS

No Animals/Humans were used for studies that are the basis of this research

CONSENT FOR PUBLICATION

Not applicable.

CONFLICT OF INTEREST

The author declares no conflict of interest, financial or otherwise.

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Declared none.
REFERENCES


[14] Kotukov, G. N., Kul’tiviruemye i dikorastushchie lekarstvennye rasteniiia Spravochnik (Cultivated and wild medicinal plants. Handbook. ) Kiev: Naukova dumka, 1975, discusses St. Johm’s Wort (Hyperium perferatum L. on p. 35 and Origanum vulgare L. on pp. 129-130. The author does not link the plants to elimination of parasites but does note that the latter botanical helps secrete stomach juices and has analgesic as well as other properties.


