

The Apitherapy of Urinary bladder infections
Dr. Stefan Stângaciu
DrStangaciu@gmail.com

Urinary bladder infection, also called cystitis, is a disease which occurs mainly in women and is caused, finally, by the presence in the bladder of certain bacteria (*E. colli*, *Klebsiella*, *Pseudomonas*, *Proteus*, *Enterobacter*, *Neisseria gonorrhoeae*, etc.).

Among the causes of this disease are:

- * Infections in the kidneys
- * Infections in one or more of the digestive tract organs
- * Obstructions in the flow of urine in the kidney-bladder-urethra areas
- * Kidney stones
- * Kidney(s) wrongly positioned (in a lower position than normally which blocks the urinary flow from kidney to the urinary bladder)
- * Kidney and/or urinary malformations
- * External compressions (uterus tumours in women, prostate adenoma or cancer in men)
- * *Herpes virus hominis* (in men)
- * other sexually transmitted infections like gonorrhea
- * Constipation (which is usually an obstruction in the large intestine which favors the migration of *E. colli* from the digestive to the urinary organs, via the blood flow)
- * Short urethra in women, which allows the bacteria to penetrate more easily into the urinary bladder from the outside
- * Low blood flow in the lower abdomen; insufficient blood flow, means colder tissues with fewer white blood cells, which have a diminished protection against hundreds of different bacteria and viruses coming from the exterior or from the interior.

The principles in the treatment of cystitis are:

A) To destroy or diminish the local, excessive bacteria.

B) To eliminate, if possible, the anatomical causes which have favored the multiplication of bacteria and viruses in the urinary bladder areas.

C) To improve the general and local resistance of the body through:

- * A more powerful immune system
- * A better blood flow
- * A better energy flow in the local meridians
- * A better vegetative nervous system co-ordination of the lower abdomen organs, thus eliminating the "weaknesses" of the kidneys, bladder, uterus or prostate.

Apitherapy can be of a real help especially in the above "A" and "C" principles, whilst "B" normally requires a surgical or other similar method.

Bee products are well known as having over 200 useful properties; among these are their strong anti-bacterial properties.

The problem, in cystitis treatment, is to apply them as near as possible to the affected area (urinary bladder and its surrounding tissues or organs).

To this end, the best apitherapy products are the ovules (vaginal suppositories) and the anal suppositories mainly made of honey, soft propolis extract, bee pollen and wax.

These suppositories should be applied daily, after vaginal herbal teas baths; the best herbs for this are: *Calendula officinalis* (marigold), *Lavandula officinalis* (lavender), *Populus gemmae* (poplar buds), *Achillea millefolium* (common yarrow).

Besides the local treatment, mentioned above, it is very important to:

* Send the bee products active compounds (natural antibiotics and immune stimulators) through the blood flow to the affected area;

- Propolis tincture 20-50% 10-30 drops, three times a day, between meals, in a soup spoon of tea mixed with honey;
 - * Raw propolis: 2-5 grams a day, in three-four portions to be chewed 15-30 minutes than swallowed, also between meals;
 - * Royal jelly: 500 - 1,000 mg a day, with a 1/2 - 1 teaspoon of tea, 15-20 minutes before meals; before swallowing, keep it under the tongue for from 2-5 minutes;
 - * Floral honey or honeydew honey, 10-30 grams a day, in liquids (tea, lukewarm water)
 - * Bee pollen, 10-30 grams a day, mixed with honey and tea alone, after meals first week, than 10-15 minutes before meals

In order to increase the other therapeutically mentioned factors (immune system, blood and bioenergy flows, neuro-vegetative co-ordination) we can use all the above mentioned bee products + the bee venom.

Bee venom is very important because it can increase, through specific mechanisms, all the above mentioned factors. It is well known that bee venom warms up the local tissues and even the whole body; in cystitis, especially in women, the lower abdomen and feet suffer from coldness. It is also known that bee venom is a powerful immune system stimulator. In order to improve the last factor, the neuro-vegetative co-ordination, we need to ensure a very good structural condition of the vertebral column, especially in the lower back areas.

In order to achieve these last important goals, we need to use bee venom in the following ways:

- a) as an ointment ("Apireven" in Romania, "Solapiven" in Russia, etc.) applied to the lower abdomen and to the lower back; ideally to stimulate in these areas and also at distant specific acupuncture points recommended by your acupuncturist or specialist in acupressure or reflexology;
- b) as bee venom solution for injections on the lower back acupuncture points and tender spots; this can be done only by your local medical or naturopathic doctor;
- c) as bee stings, if you are already a person with no bee venom allergy; stimulate the acupuncture points and tender spots from the lower back, especially the points: Urinary Bladder 23, 25, 27, 28; Governing vessel 3 and 4; Gall bladder 30. To find these points, if necessary, consult a good acupuncture book. Use no more than 6 bee stings for each session; if in the next few days after stinging, local itching appears (in the places where the skin was stung) and/or a few hours of flu-like symptoms, these are good signs of improvement and even of healing.

Besides the above mentioned methods, it is useful to warm up the body through all other possible ways: gymnastics, massages, sauna, aerobics, sport, Tai Ji Quan, Qigong etc., etc.

The nutrition should be also as clean as possible, at least 90% organic, with less or even no animal proteins. Apple cider vinegar and fresh lemon juice can be of real help because it improves the urine flow and helps in the decrease of the bacterial growth and multiplication. Use also as many as possible of the gentle spices such as coriander, fennel, garlic, onion, thyme, basil, mustard, all of which are powerful natural antibiotics and anti-inflammatory herbs.

Always ask your personal doctor for more specific details and use of bee products under his/her guidance.

Once the disease is cured, a recurrence must be prevented through the use of all of the above mentioned methods, applied specifically, from case to case.

Prof. Mamdouh Abdul Rhman from Cairo, Egypt (mamdouh565@hotmail.com), member of the Apitherapy-List too, added on this same subject the following suggestions:

“Besides treatment of the underlying cause(s) of UTI, I used to treat UTI by honey (oral, IV, or both) + encouragement of intake of a lot of amounts of water. A practitioner using honey to treat UTI should be thoroughly familiar with the possible reactions that follow honey therapy: These reactions may include (1) Fever (2) Rigors: may also occur particularly with IV honey (3) Increased number of pus and red blood cells in urine. All these reactions are misleading because they are temporary, benign, and followed by improvement. The duration of these reactions varies according to the severity of

infection. If no improvement occurred, one should think of an underlying cause such as obstruction due to stone(s) or mass.”