



PRODUCT DOCUMENTATION

# AUDIRON





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# Text of the leaflet

Audiron is a product with an original combination of seven herbs, vitamin E, bioinformation complex and essential oils. It is intended for external use and has anti-inflammatory, antiseptic and antiviral effects. It may be easily combined with other Energy products which enhance its effects.

## Composition:

Herb Robert, ribwort plantain, comfrey, hemp-agrimony, garden nasturtium, horse chestnut, great burnet, apple vinegar, myrrh oil, geranium oil, castor oil and vitamin E, bioinformation of feverfew, common duckweed, peat and minerals (amber, rose quartz, malachite, chalcedony and andradite).

## Bioinformation:

Bioinformation represents frequencies which simulate the control frequencies of subcortical brain centres, which regulate the vegetative nervous system and the function of viscera. Bioinformation acts to offset negative information and induce a new regenerative process

## Use and combinations with other Energy products:

- For toothache (may be combined with the Artrin cream – to be applied on the cheek at the site of toothache), for pain in the ear and otitis media.
- For humming, whistling and whispering noises in the ear and ear disorders (may be taken concurrently

with internally applied Korolen, Renol, or King Kong). Audiron is suitable also for normal ear cleaning.

- For herpes and some types of warts (the treatment may be supplemented with dabbing with Drags Imun) and in the case of problematic skin conditions (such as mycoses, especially those affecting feet, may be combined with the Protektin cream).

## Effects of individual substances:

- **Herb Robert:** When used externally, it helps combat oedema and suppresses the development of eczema and acne. It has astringent effects and is used for the treatment of ear inflammations.
- **Ribwort plantain:** Externally it is used for its anti-inflammatory effects on poorly healing wounds and ulcers. It is also used in the treatment of ear inflammations or nail bed inflammations. It has potent antimycotic effects.
- **Comfrey:** It has pronounced healing effects; it accelerates the healing of wounds, bones and tissues. It is used to facilitate the healing of bruises, haematoma, venous ulcerations, haemorrhoids and various wounds and ulcers. It contains the highly healing allantoin and a number of active substances.
- **Hemp-agrimony:** It has strong immunomodulatory effects; externally it is used to wash purulent and poorly healing wounds, venous ulcerations, etc.
- **Garden nasturtium:** It has bacteriostatic effects (a potent natural antibiotic agent), used to combat staphylococci, streptococci, salmonella and other

bacterial strains. Externally it may be used also to reduce hair loss and to support hair growth.

- **Horse chestnut** (red or white chestnut): Horse chestnut has anti-inflammatory effects. It alleviates and eliminated oedema and has positive effects on the elasticity and strength of vessel walls. It is used for inflammations, tonsillitis, haemorrhoids, and oedema.
- **Great burnet**: It has pronounced astringent, antiseptic and anti-inflammatory effects. Externally it is used as a gargle for bleeding gums and for tonsillitis; it is applied on ulcers and wounds as a dressing.
- **Bioinformation complex (feverfew, common duckweed, peat, amber, rose quartz, malachite and andradite)**: It has anti-inflammatory, antipyretic, antibacterial and anti-allergic properties and exerts antiviral and analgesic activity.
- **Apple vinegar**: For its major healing and antimycotic properties it is applied externally for various inflammatory conditions, herpes and mycoses. It alleviates pain and eliminates itching.
- **Myrrh and geranium oil**: Both oils exert healing, antiseptic, astringent and anti-inflammatory effects.
- **Castor oil**: When applied externally, it exhibits healing activity and positive effects on warts and helps natural skin regeneration.
- **Vitamin E**: One of the most potent natural antioxidants. Its external application helps to protect the skin from adverse effects of sunlight and improves wound healing.

## Recommended dosage:

- Apply on affected sites as necessary, even several times per day (by instilling or dabbing with a cotton swab moistened with Audiron).
- To clean the ears, apply a few drops of Audiron into the ear and wipe dry the rest of the solution, which freely escapes from the ear.
- For washing the mouth/throat in the case of toothache, bleeding gums and sore throat it is possible to instill Audiron into water (30 drops per 100ml of water – please note that the solution forms a foam!), wash the mouth with the solution and use it as a gargle (please note that the solution forms considerable foam during gargling; do not swallow!). For toothache and bleeding gums, it is advisable to directly apply the undiluted product on the required spot.
- For pain in the ears and otitis media, apply 1 to 3 drops of Audiron into the ear and insert a cotton swab sufficiently soaked with Audiron. When the swab dries, repeat the process.

Severe and non-improving conditions require consultation with a medical doctor!

Keep out of the reach of children.

# Description of Audiron effects

Audiron is a product intended for external application. External application means not only dressings, but also ear lavages, steaming and washing of the affected sites, as well as use in ointments and gargles. Mixtures for external application usually contain medicinal plants with anti-inflammatory, antibacterial and healing effects. They often contain astringent tannin substances, essential oils with antibacterial effects (they alleviate irritation and inflammation) and epithelisation (healing) substances. The unique combination of substances contained in Audiron provides all of the above mentioned effects and the anti-inflammatory activity of the product may be successfully utilised during colds, for running nose or swollen lymph nodes. A moistened cotton swab instilled with Audiron may be used to dab the neck, nape, and the area of submandibular lymph glands, and lymph nodes in the area of neck and behind the ears. The nose and ears may be also dabbed with a moistened swab. In the case of running nose and swollen mucosa, the product may be instilled into boiling water and used as an inhalation, which will release the sinuses and soothe the irritated mucosa. In the diluted form of the gargle it is possible to use the herbal mixture for toothache and dental inflammations, aphthae as well as soar throat. It is very suitable for the treatment of purulent, weeping pustules, warts, mycotic skin conditions and other skin problems.

The biggest benefit of Audiron is the possibility to influence a broad range of problems concerning the ears and hearing. It helps combat itchy external auditory canal, humming noises, buzzing ears as well as impaired hearing. The most frequent application is particularly in paediatric otitis media, as the middle ear is, for its anatomically shorter and narrower Eustachian tube, much more prone to inflammations than the middle ear of an adult individual. With respect to the connection between the upper airways and the middle ear, otitis media occurs as a complication of common colds or flu. The problems presented by otitis media include not only the necessity of a medical intervention, which undoubtedly involves pain and discomfort, but also the fact that adhesions arising from repeated punctures of the eardrum may impair hearing.

Audiron can bring much relief also during conditions caused by the herpes viruses. This group of viruses has an extraordinary ability to survive in the body for extended periods of time and cause frequent recurrences. These viruses cause herpes to develop not only in the area of mouth, but also on the genitals, and they induce herpes zoster, chickenpox as well as infectious mononucleosis. Dabbing with Audiron solution brings relief from unpleasant skin symptoms of the conditions caused by these viruses. For instance, in the case of herpes typically accompanied by blazing and burning pain, it provides relief from pain and helps quicker healing of the herpes. For all

of the above mentioned conditions, it is advisable to use Audiron in combination with the Pentagram® concentrates and creams.

Audiron can be also used for paradentosis, haemorrhoids and rectal oedema. It may be externally applied for bone pain, minor burns as well as in trigeminal paralysis. It is recommended to dab the affected site as many as three times per day until problems disappear. Other possible uses of Audiron include application after insect bites (dabbing the skin), to improve the quality of nails and nail beds, and to support hair growth (massaging into the skin on the head). Due to its antiseptic effects, Audiron may be used in the form of a solution as a spray to disinfect the environment. For women it brings alleviation of itching and vaginal discharges (applied on a swab).

In terms of traditional Chinese medicine, Audiron is active in the colon meridian, and therefore may influence symptoms appearing along this very line: toothache, swollen throat, the feeling of dry eyes, nasal discharge, and pain in the frontal part of the shoulder and upper arm, or even pain of the index finger. The connection with the ear is then associated with hearing impairments, dental cariosity, or hypersensitivity of teeth to cold. Audiron helps to regenerate the mucosa of the middle ear, the Eustachian tube, buccal and nasal mucosa, the gums and even the skin.

# Description of individual ingredients

## HERB ROBERT

**Latin name:** Geranium Robertianum

**Family:** cranesbill (geranium) (Geraniaceae in Latin)

**Active substances:** essential oils, bitter substances (geraniin – helps combat the herpes viruses), geranium red, tanning agents, resins, organic acids (apple acid etc.), phenol (antiviral effects), etc.

Herb Robert is 20 to 40cm high plant. In the Czech language, the name of the species is derived from the foul odour of the stem. It is abundant all over Europe (with the exception of the Nordic countries), in northern Africa, and in some parts of Asia as well as South America. It grows particularly in forests, weeded abandoned sites, and along paths. It blossoms from June to September, and the collected parts are the blossoming tops and sometimes also the root.

Herb Robert is widely applicable, both internally and externally. Internally it is used as an antidiarrhoic agent (combating loose bowel movements) and a diuretic agent (increasing the output of urine). Its application in intestinal problems associated with diarrhoea and bleeding and in kidney and urinary problems (drinking cure helps to dissolve sand and stones in the urological tract) has been well established. It is used for hematuria (blood in the urine), for bleeding conditions (both internal and

external bleeding), chronic intestinal inflammations and as a gargle. It is also used for male and female infertility.

Externally, it reduces oedema, including oedema caused by dental problems and trigeminal or sciatic nerve. It alleviates the symptoms of eczema and acne. In the form of a solution, it effectively combats ear inflammations (application by cotton stick into the ear) and in the form of dressings or washes it helps to close poorly healing wounds.

## RIBWORT PLANTAIN

**Latin name:** Plantago lanceolata

**Family:** Plantain (Plantaginiceae in Latin)

**Active substances:** mucilaginous substances, the glycoside aucubin (anti-inflammatory agent), flavonoids, enzymes, tanning agents, vitamin C, silicic acid, calcium and potassium salts and phytoncides.

Ribwort plantain is a perennial, with a short root and a ground rosette of leaves with several stalks. It is abundant in European and Asian fields, meadows, along paths and in grassy ditches. It is one of the widespread weeds and also often grown plants. The leaves are picked from June to August; sometimes also the seeds are collected.



Internally, it is used as a substance which soothes cough. It has antimycotic and anti-inflammatory effects. It helps to improve digestive conditions and is recommended for ulcerative gastric and duodenal diseases, and for chronic inflammatory intestinal diseases (Crohn's disease and ulcerative colitis). In the case of colon inflammation it may be used not only in the form of infusions, but also as an enema. Plantain seeds are used to reduce blood sugar levels and its mucilaginous components regulate the peristaltic activity of the colon in constipation. Ribwort plantain has positive effects on liver diseases, hepatitis, bile stones and chronic bronchitis.

Externally, it is used for poorly healing wounds and skin problems. Plantain juice is well-established as a cure for ear inflammations (in the form of dressings and applications into the ear). Plantain dressings may be used also for the inflammation of eyelids, conjunctivitis or nail bed inflammations.

## COMFREY

**Latin name:** Symphytum officinale

**Family:** borage (Boraginaceae in Latin)

**Active substances:** allantoin, alkaloids, tanning agents, mucilaginous substances, essential oils, resins, choline, organically bound calcium, etc.

Comfrey is a perennial reaching the height of as much as one metre. The stalk and the leaves are covered with small, stiff hairs. Its blossoms often house ants and other insects, as they produce sweet juices. The plant blossoms from May to July. It grows on moist spots all over Europe. The collected part is the root and often also the leaves.

The most effective substance contained in comfrey is allantoin, which safeguards the healing and regenerative effects. Allantoin is a nitrogen substance (a purine derivative) which is used also in pharmacy and in the cosmetic industry (creams, tonics, ear and eye drops, etc.). It is often used for oral hygiene and as a gargle for inflammations of the buccal cavity.

Generally, comfrey enhances the healing processes (internal as well as external) and accelerates the healing of wounds, bones, fractures, tissues, bruises, haematoma, venous ulcers, haemorrhoids, gums affected by paradentosis and mucosa (incl. mucosa affected by acid, alkali and general burns). It is administered in the form of a gargle, enema and dressings. It is advisable to combine its external and internal application.

## HEMP-AGRIMONY

**Latin name:** Eupatorium cannabinum

**Family:** daisy (Asteraceae in Latin)

# Description of individual ingredients

**Active substances:** the bitter glycoside eupatorin, tanning agents, saponins, flavonoids, minor quantity of alkaloids.

Hemp-agrimony is a perennial the height of which exceeds one metre. It prefers moist soils and most often may be found in forests, on clearings, and along the banks of brooks. For medicinal purposes, the blossoming tops (without stiff stalks) and the leaves, rarely the roots are collected. Hemp-agrimony blossoms from July to September. It is a native of Northern America and in the Czech Republic it is widespread particularly in Moravia.

Previously, hemp-agrimony has been much used in folk medicine for its blood-cleansing and mildly laxative effects. Its beneficial effects on the function of the gall bladder and on rheumatism have been also demonstrated. Later it has been discovered that hemp-agrimony exerts immunomodulatory activity, targeted particularly against viral infections. It enhances sweating and alleviates muscular pain. It is also administered during bronchitis and long-lasting nasal catarrhs. It is considered a pharmacologically important plant as it has also antimalaric and antimicrobial effects. Externally, it is used to wash purulent and poorly healing wounds, venous ulcers or in the form of baths for rheumatic conditions, eczema and other skin diseases.

## GARDEN NASTURTIIUM

**Latin name:** *Tropaeolum majus*

**Family:** nasturtium (*Tropaeolaceae* in Latin)

**Active substances:** benzyl isocyanate (a natural antibiotic agent), potassium, oil, proteins, etc.

Garden nasturtium is grown as an annual, sometimes a perennial, and its creeping stem may reach the length of as much as 3 metres. Fresh juice from the plant, its leaves, but also seeds and yellow, orange and red blossoms are collected. This native of South America is widely grown in the Czech Republic. It blossoms from May to October.

It exerts bacteriostatic activity targeted at staphylococci, streptococci and salmonella. It is interesting to note that following the ingestion of the infusion, the antibiotic substances begin to be excreted in urine as early as after 2–3 hours and act not only as an antibiotic agent against acute and chronic inflammations of the urinary tract, but due to partial excretion through lungs, also against infectious inflammations of the upper airways. Garden nasturtium also helps to combat chronic lung inflammations. In terms of lung indications, its herbal balm represents an excellent pharmaceutical form; urology avails mostly of its hydroalcoholic solution. Externally, it may be used to combat dandruff, hair loss, and to support hair growth.

## HORSE CHESTNUT

**Latin name:** *Aesculus hippocastanum*

**Family:** horse-chestnut (Aesculaceae in Latin)

**Active substances:** saponins (aescine being the most important one), aesculin, fraxin, flavonoids (isoquercetin), etc.

Horse chestnut, sometimes known as white or red chestnut, is a tree growing as tall as 30 meters. Chestnut is a huge tree and from May to June it carries beautiful blossoms. The most often collected part is the fruit, known as chestnut. Blossoms and rarely bark are also collected. Horse chestnut is a common tree in all European countries. It is a native of the Balkans and Asia Minor.

The substances (in particular aescine) contained in horse chestnuts exert a pharmacologically valuable activity. They have beneficial effects on the elasticity and strength of vessel walls and on the lymphatic system, they alleviate and eliminate oedema and have anti-inflammatory effects. The drug also eases cough and thins the mucus during upper and lower airway inflammations. It is used for the treatment of haemorrhoids, venous ulcers, varicose veins, venous inflammations and for thrombosis. It also helps combat peripheral circulatory disorders (cold hands and feet) and some forms of migraine. Due to its anti-sclerotic effects the drug is applicable also in

products intended for the treatment and prevention of stroke.

Externally, blossom infusion is used to treat skin inflammations and minor burns and to alleviate oedema. In the form of a gargle it eases cough and thins the mucus. Internally it should be taken with caution, as horse chestnut active substances influence the function of adrenal gland hormones. It is advisable to include treatment-free periods.

## GREAT BURNET

**Latin name:** *Sanguisorba officinalis*

**Family:** rose (Rosaceae in Latin)

**Active substances:** catechin and gallic catechin tanning agents, saponin (sanguisorbin), tannin, magnesium, flavonoids, phytoncides etc.

Great burnet is a herb as much as 1 meter high, with an upright, striate stem, and tiny, dark vermilion blossoms, appearing from June to August. It grows on the European as well as Asian continents. In the Czech Republic it is abundant on moist meadows and pastures. For medicinal purposes, the rhizome is collected.

It has astringent (contractive) and antibiotic effects. It is often used to combat diarrhoea, fever and intestinal inflammations. Externally it is used as a gargle for

# Description of individual ingredients

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gum conditions and bleeding, and also as a gargle for tonsillitis. It may be also applied externally on ulcers and wounds to speed up their healing. In the form of baths it cures inflamed haemorrhoids.

## APPLE VINEGAR

Apple vinegar is produced by the fermentation of the apple juice. Apples are the fruit of the apple tree (*Malus domestica* in Latin), containing – besides water – also extractive substances, proteins, fibre, mineral salts, vitamins, organic acids, etc. Apple peel, moreover, contains tannin, starch, pigment and other substances. The apple vinegar proper contains acetic acid, pectin, vitamins of the B range, vitamin C and mineral substances.

Apples themselves are recommended for the regulation of the digestive process, and in various processed forms help combat constipation as well as diarrhoea. They are recommended as part of regular diet in the case of cardiac and renal diseases, rheumatism, high blood pressure and obesity. Apple vinegar is used with water as a drink, for inhalations, gargling, lavages, wraps, dressings or as a bath ingredient. It is recommended for high blood pressure, obesity and not only internally, but also externally for tired and painful muscles and joints.

For its healing, antibacterial and antimycotic activity it is externally used for inflammatory conditions, herpes, mycoses and infections. It alleviates pain and eliminates itching.

## MYRRH OIL

Myrrh essential (ethereal) oil is obtained from the subtropical myrrh tree (*Commiphora myrrha* in Latin), which grows only in a few regions of the world (e.g. on the west coast of the Arabian Peninsula, in India and in Eastern Africa). Originally, however, the myrrh tree is indigenous to Somalia and eastern regions of Ethiopia. Myrrh used to be counterweighted with gold.

The myrrh tree reaches the height of as much as 3 metres. There are several species of the myrrh which excrete a resin called the myrrh. Myrrh is an oily gum resin, which drops from the bark of the stem either spontaneously or following an incision. On the air it subsequently turns into a yellow, brownish or reddish, semi-translucent, perfumed solid substance. The perfume of the raw resin is pleasant, yet harsh and rather acrid.

During centuries, myrrh has been used not only for the embalming of bodies and their cremation (antiseptic substances are released), but also in folk medicine to treat herpes, aphthae, parodontosis, mouth and oesophageal inflammations and infections, and for

skin problems. In pharmacy, myrrh is used in the form of tinctures or ointments for the treatment of mouth and pharyngeal inflammations, of scratches and other minor skin defects.

Myrrh contains two painkillers working on a principle similar to the substances contained in opium poppy, but their effects are less potent than those of the poppy.

Myrrh oil exerts antiseptic, antibacterial, astringent, and anti-inflammatory effects. It alleviates pain in wounds and ulcers, soothes inflamed mucosa, enhances healing and has sedative effects. It is a proven remedy for digestive disorders, in particular flatulence and diarrhoea, and it has beneficial effects on the respiratory system. In the cosmetic industry, myrrh is used for problematic, chapped skin and for acne. It has astringent, soothing, toning, refreshing as well as cooling effects. It is added as an ingredient to massage products, mouth hygiene products, and hair cosmetics.

## GERANIUM OIL

Geranium oil is made of the *Pelargium graveolens* shrub. This shrub is usually as tall as 1.3 metres and its herbal stem turns into wood as the plant ages. It is widespread in Africa, particularly in the southern regions. It requires moist, semi-shaded locations.

Geranium essential (ethereal) oil exerts healing and antiseptic activity. It is also applied as a gargle for sore throat and aphthae. Externally, it is used for herpes zoster and to facilitate wound healing. It also helps combat dry and inflammatory skin conditions. In aromatherapy it is used for depression and to refresh the organism.

## CASTOR OIL

Castor oil is obtained from the seeds of the castor oil plant (*Ricinus communis* in Latin) of the euphorbia family. Castor oil plant, or the Palm of Christ, is a herb growing into the height exceeding 2 meters. It is indigenous to Eastern Africa, but currently the plant is grown practically all over the world. The collected part of the plant is the seed which is highly toxic. From the seeds, however, castor oil is obtained by pressing, and it loses its toxicity when boiled, and in this harmless form is used in pharmaceutical products as a strong laxative and emetic agent and in the cosmetic industry for its healing and wrinkle suppressing effects. It is also used in the colour, soap, ointment, textile and other industries as well as a lubricant added to motor oils.

Castor oil consists mostly of triglycerides of the castor oleic acid. When applied externally, it emolliates and greases the skin and reduces skin irritation. Externally, it can also help combat pain the

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joints and muscles. It has beneficial effects on some types of warts, damaged hair, and helps natural skin regeneration and decelerates the development of wrinkles.

## VITAMIN E

The name vitamin E is a common denomination of four compounds called tocopherols ( $\alpha$ ,  $\beta$ ,  $\gamma$ ,  $\delta$  – tocopherols). Tocopherols range among the most potent natural antioxidants and they protect the body from free radicals, adverse effects of the environment and other negative impacts. When applied externally, products containing vitamin E help to protect the skin from the adverse effects of sunlight. They act as prevention of cancer and improve the healing of wounds as well as the reactivity of the immune system.

## BIOINFORMATION COMPLEX

### COMMON DUCKWEED

**Latin name:** *Lemna minor*

**Family:** duckweed (*Lemnaceae* in Latin)

Common duckweed is a water plant consisting only of leaves and roots which float on stagnant water levels. It blossoms only exceptionally. The whole plant is collected and its effects are known

especially from folk medicine. It contains proteins, mucilaginous substances, salts of halogen elements (particularly iodine and bromine), and other organically bound mineral substances. It is used for allergic oedema and hay fever. Internally as well as externally the plant much helps to combat fever. External applications (dressings) are recommended also for chronic rhinitis, nasopharynx inflammations, and inflammations of the joints, veins, and haemorrhoids.

### FEVERFEW

**Latin name:** *Pyrethrum parthenium*  
(*Chrysanthemum parthenium* Bernh.)

**Family:** daisy (*Asteraceae* in Latin)

Feverfew is a perennial, growing up to the height of 1 meter, and it blossoms from June to August. This plant is a native of South-Eastern Europe, and in the Czech Republic it is grown as a decorative plant. The used parts of feverfew are the blossoming tops, which represent an effective remedy for fever and can alleviate various kinds of pain. Internally, moreover, feverfew exhibits a pronounced anti-migraine effect, anti-rheumatic effect and it is also used to stimulate stomach activity. It helps combat otitis media. It contains perfumed essential oils, tanning agents, lactones, pyrethrin and other substances.

### AMBER

Amber is a type of a carbonaceous mineral, which was formed by the mineralisation of Tertiary conifer

resins. These fossil resins were formed approx. 50 million years ago. The average chemical composition of amber is  $C_{10}H_{16}O$ . The most common colour of amber is golden yellow, but totally transparent, red, coffee-coloured as well as white varieties are also found. From the perspective of crystal therapy, it is used for various infectious diseases, to reduce fever, and to stimulate immunity and thymic activity.

#### **ROSE QUARTZ ( $SiO_2$ )**

Rose quartz is a variety of quartz (silicon dioxide), containing titanium or manganese oxide. It may be found especially in Brazil, Madagascar and India. Crystal therapy uses rose quartz for psychosomatic conditions, as it has beneficial effects on mental health, on the activity of the central nervous system and the pituitary gland. It helps combat intestinal diseases and urinary tube infections.

#### **MALACHITE ( $Cu_2CO_3(OH)_2$ )**

Malachite is a green, non-transparent stone. Chemically, malachite is formed by copper(II) carbonite with a bound hydroxyl group. Its colour ranges from the shades of light green to black-green. Crystal therapy application is broad – it exerts anti-inflammatory, analgesic, antibacterial, and antimicrobial effects. It is used for cardiac diseases and to provide relief from respiratory problems, such as asthma.

#### **CHALCEDONY ( $SiO_2$ )**

Chalcedony is also a variety of quartz, but its colour is much variable. Equally variable are its effects as a healing stone – antiviral and antibacterial. It helps to calm down nervousness and combat depression and not only in Tibet has it been considered the stone of rhetoricians, as it helps people to develop their verbalisation capacity. It is also considered a stone which influences cell regeneration and a number of vital processes in the human body.

#### **ANDRADITE ( $Ca_3Fe_2(SiO_4)_3$ )**

Andradite belongs to the garnet group. In crystal therapy it is considered a mineral with antibacterial, antiviral, and antipyretic activity and it is used to influence the lymphatic and hormonal system.

#### **PEAT**

Peat has formed by the necrotizing and partial breakdown processes in plants under increased humidity and suppressed access of air. Peat is characterised by increased carbon contents. Various types of peat are distinguished depending on the origin and content of organic substances. Balneotherapy avails of the effects of peat mineral salts and substances on the human body. Due to these substances, peat can positively influence all vital systems of the body. Externally, it is applied for various inflammatory conditions, skin problems, rheumatism, muscle and joint pains, and for metabolic disorders. It is useful in the treatment of obstetric conditions.

# Overview of applications

- Ears: auditory canal inflammation, otitis media, itching in the external auditory canal, humming, whistling and buzzing noises in the ear, and impaired hearing
- Buccal cavity, throat: aphthae, paradentosis, tooth and gum pains and inflammations, angular cheilitis, sore throat
- Treatment and accelerated healing of purulent, weeping pustules, herpes (labial as well as genital, herpes zoster), poorly healing wounds, haemorrhoids, venous ulcers, skin affected by insect bites, acne, pox.
- Colds, rhinitis, swelled lymphatic nodules
- Skin and nail problems: acne, eczema, warts, nail bed inflammations, breaking nails, mycotic conditions (affecting especially feet)
- Pain: in the ears, teeth, head, bones, muscles and joints
- Women: gynaecological conditions of mycotic origin, early stages of breast inflammation in breast-feeding women
- General effects: oedema, minor burns, trigeminal paralysis, enhanced hair growth, disinfection of the skin as well as of the air, itching and vaginal discharge.



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