

# BIOLOGICAL THERAPY

JOURNAL OF NATURAL MEDICINE

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## Viburcol as Administered in Therapy by Pediatricians

*A report by Gabriele Herzberger, M. D., as prepared from an original study carried out by Dr. S. Stählin and by Dr. J. John. This special printing originally appeared in the German medical journal *Biologische Medizin*, 19 / 4, p. 213, 1990. Reprinted from *Biological Therapy*, Vol. X, No. 3, p. 278.*

by Dr. Gabriele Herzberger, M.D.

For several decades now, the preparation **Viburcol** has proved effective as a basic therapeutic agent for the treatment of restlessness among infants and children.

In therapy provided to infants and young children, it is especially important to prevent the possibility of drug related (iatrogenic) enzyme damage and the occurrence of reotoxic impregnation. Since the organism of an infant or child reacts particularly favorably to medicinal stimuli which are finely adjusted to the individual case, biological therapy is optimally suited for our young patients.

The pediatrician Dr. S. Stählin has conducted a study in which the biological preparation **Viburcol** was administered to 30 children up to three years in age. The children received typical dosage of one suppository three times a day, for a total period not longer than 10 days. For the children from 6 to 9 months of age, however, the maximum daily dose was 1-2 **Viburcol** suppositories; for children 9-12 months old, the maximum prescription was 2-3 suppositories per day.

In cases in which massive initial dose therapy was called for, it proved particularly effective, after administration of the first suppository, to give the children an additional **Viburcol** suppository every 15-30 minutes.

The chief indications for therapy with **Viburcol** were as follows

1. General restlessness, in conjunction with illnesses with or without fever -10 cases
2. Teething pain (*Dentitio difficilis*) -15 cases
3. Nightmares and night terrors (*Pavor nocturnus*) -5 cases

**Viburcol** proved ineffective in the therapy of only 5 of the 30 cases: i.e., monotherapy with **Viburcol** was insufficient for these patients, with the result that additional therapy was necessary. For the remaining 25 infants and children, administration of **Viburcol** alone sufficed. There was no evidence of undesired side effects in any of the cases.

The following list of the individual constituents of **Viburcol** will hopefully provide a better understanding of its therapeutic action:

1. **Chamomilla** (chamomile)

Restless conditions, insomnia, exuberant **catarrhal** symptoms.

2. **Pulsatilla** (Easter flower)

A remedy typically employed for symptoms broadly encountered among women and children. Also indicated for conditions marked by pronounced transformation in **symp-**

toms, complaints arising from various and roaming origins in the body, symptoms without apparent organic findings, and disorders of the **mucosae**. Cardinal symptom: whyness.

### 3. Belladonna (deadly nightshade)

General reined y for inflammation. Indicated for cranial blood congestion accompanied by a hot red face and violently pulsating blood vessels. Cardinal **symptoms**: rubor, **calor**, tumor, dolor.

### 4. **Dulcamara** (bittersweet)

Indicated for illnesses subsequent to getting soaking wet, hydrogenoid constitution or temperament (intolerance to moisture), sensitivity to weather, affinity to eustachian and middle ear disorders.

### 5. **Plantago** major (plantain)

**Otitis** media, teething pain and toothaches, bedwetting. Has particular affinity for the urinary tract collection system. An important remedy for colic of intestinal and flatulent origins.

### 6. Calcium carbonate of Hahnemann (**CaCO<sub>3</sub>**)

A constitutional remedy. Indicated for milk crust (Crusts **lactea**), **mucosal** disorders with tendencies to ulceration, and constitutional tendencies to react to minor stresses with stub-

born and protracted chronic inflammations. Carbonates are important remedies for therapy of feebleness.

In this context it will hopefully **be unnecessary** to elaborate on the dangers associated with suppositories which contain **salicylate**, sulfonamide, or caffeine constituents, **as** they are often prescribed for feverous conditions and for typical childhood disorders. They are particularly dangerous when prescribed during the first six months of an infant's life. Administration of **salicylates** for infants and small children can bring about development of kernicterus as a result of depletion of carrier proteins for **bilirubin**. The same caveat applies to medication with sulfonamide or caffeine if administered to young children.

Urgent warnings are also in order against the application of barbiturates and codeine (a morphine derivative), wing **to the** danger that they may damage the child's respiratory center.

In the context of these dangers, **Viburcol** effectively fills a therapeutic gap for treatment of all types of restlessness **expe-**rienced among infants, small children, and older youngsters - without the danger of undersired side effects and **iatrogenic** damage, and without the suppression of therapeutic fever.

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