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**The procaine-(base)-infusion: A review after twenty years of use****Ralf Oettmeier**

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Since its creation in 1905, Procaine (or Novocain) has been used in different ways, by several authors with therapeutic aims. Within these authors is important to mention to *Vishnevsky, Leriche, Speransky, Huneke* and *Aslan*. However, the highly-dosed infusion of Procaine-HCl with sodium bicarbonate as additive was first published twenty years ago. The method advanced to a routine therapy in many centers for pain treatment, rehabilitation and natural medicine.

The aim of this procedure is the systemic use of the various pharmacological features of Procaine, especially to inhibit pain and inflammation, for vasodilatation, anti-oxidation and to harmonize the nervous system. Beside the routine application of 2-3 ml pure procaine (1%) meanwhile the high-dosed procaine (base) infusion advanced to a routine in many centers for pain treatment, rehabilitation and natural medicine, especially in the German-speaking countries. On one hand shall the addition of sodium-bicarbonate balance the common latent pH-decrease in the periphery on the other hand also the degradation products of Procaine (DAE and PABA) have a systemic effect. For the safety of the patients and to improve the success rate of the method it was shown that the classic Procaine-Base-infusion should be only realized on the base of a prior acid-base-diagnostic. We recommend to start with a dosage of 100 mg Procain-HCl and 20 ml sodium-hydrogen-carbonate (8,4%) in 250 till 500 ml basic solution. The infusion takes place over approximately 45 – 60 Minutes. In steps of additionally 50 mg Procain-HCl and 10 ml sodium-bicarbonate (8,4%) the Procaine-Base infusion will be titrated till to the appearance of a good action. In patients with cardiovascular risk factors we recommend the use of surveillance technique (EKG, oximetry) up to 250 mg Procain-HCl. It is advised to ensure an after-treatment observation of 30 Minutes. Without any acid-base-household diagnostics before the Procaine-Base-infusion should not be administered more often than three times weekly and should have at minimum one day distance between. A series of 6 till 10 infusions depending from the problem have been approved. After meanwhile over 400.000 application of infusion neural therapy according the described regime in our clinic and outpatient department we have not observed one case with long-term or severe side effects. Indications of Procaine-(Base)-Infusion: The multiple Procaine features in combination with the alkaline additive are responsible for the enormous palette of medical indications. Especially all kinds of pain, inflammatory and auto-immune diseases, vegetative dysbalances and the complementary cancer medicine are standing in the foreground. Acute situations : Radicular syndrome, Pseudo-radicular syndrome, acute infection, early stage of Algodystrophia, sudden deafness, inflammations, migraine, activated osteoarthritis, postoperative pain treatment, followings of injuries. Chronic pain: multiple Arthralgia, chronic Radicular-/Pseudo-radicular syndrome, Algodystrophia, all kinds of Neuralgia, faceted pain syndrome, pain in patients with reduced kidney function. Chronic Inflammations: Lupus erythematoses, Rheumatoid-Arthritis, Psoriatic Arthritis, Scleroderma, Neurodermitis, Multiple Sclerosis, Mb. Crohn, Colitis ulcerous, Nephritis, patients after Kidney Transplantation. Others: periphery circulatory disorders, constipation, Dysmenorrhea clinical and Para-clinical hints for tissue acidosis, osteoporosis complementary cancer therapy, pre- and post-operative .

**Biography**

Ralf Oettmeier had his medical studying at the Friedrich-Schiller-University Jena (Germany). From 1993 – 2014 he worked in his own outpatient department with the focus on reflex therapies (Chirotherapy, Acupuncture, Neural Therapy), Homeopathy and special pain treatment and as leading head physician in the Clinic „im LEBEN“ at Greiz, Germany. Since 2014 he is leading Doctor at the Paracelsus Clinic Lustmühle, Switzerland, a Comprehensive Center for Biologic-Integrative Medicine and Dentistry. He realizes considerable activities of seminars and presentations in the fields of Biological Medicine, is author of textbooks and publications in CAM, and finally of some guidebooks for patients.

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