

Ghana report, October 2010

Three weeks in Ghana flew past very quickly. We had planned two day seminars in Accra and Cape Coast, and a six day seminar in Kumasi. The points of encouragement came constantly and were very diverse.

Every country in which anamed is active is very different, and the ways in which people engage are very various. So too here in Ghana, a country with diversity of language, culture, landscape, climate and vegetation. Ghana is also a country that generously shares its educated and competent people with Europe and North America, and relies heavily on their external financial support. It is a country that has academic excellence in research into medicinal plants and their development into effective medicines, but a country in which poverty and lack of access to good medicines is still too widespread.



George Zokli drinks his delicious and attractively labelled moringa drink

My friend Jutta Krauss, who is deeply committed to Ghana and its people, was my constant companion and support.

We were encouraged:

- By our friend George Zokli, a moringa expert in Tema, who is cultivating moringa and producing a delicious and highly nutritious moringa drink, which he is actively marketing as an alternative to the universally available sugar-filled American products.
- By his friend Mr Asare, a citrus and chicken farmer in Kumasi, who uses moringa to improve the health of his chickens, and the chicken manure to fertilise his moringa. Mr Asare also produces moringa soap and, like George, high quality moringa leaf powder.
- By Selorm and Lydia, two people who attended two short anamed days in Accra, but went home full of enthusiasm.



A sign at the Abdulai clinic in Tamale – an inspiration, and a challenge to all who see health care as a means of merely making money

- By visiting the clinic of Dr Abdulai in Tamale, a beautifully laid out clinic that uses medicinal plants for treatment and that makes absolutely no charge for its services.
- By the intense interest of a wide range of people, from university professors to humble farmer / healers, from teachers and health workers to housewives. All were excited by

the clarity and practicality of anamed teaching.

- By the responses to our posters and work by teachers, the chief and the health centre in the remote north-eastern village of Wulensi, and the presence of Paul Rose and Marlies Lauber and their colleagues who will respond to that interest.
- By the enthusiasm of seminar participants in Kumasi from Volta region, the North, Kumasi itself including the Kumasi University and Nigeria, who all returned home determined to put their learning into practice.
- By the “Aha” effect, when explaining why various treatments work, for example the action of papaine in *Carica papaya*, or the effect of artemisinin in *Artemisia annua*.
- By the positive feedback we received, e.g. “I look at anamed as a God-given organisation”
- By visiting the Noguchi Memorial Institute for Medical Research at Legon University Accra and meeting the Director Professor Alexander Nyarko. We discovered that they are actively conducting research into the treatments used by traditional healers.



Participants from the Volta Region think through how they will put their Natural Medicine learning into practice once they return home.



Ben Tikuri and one of his patients. Ben gave us a very warm welcome in his homestead.

With scarcely any funds he cultivates his medicinal plants and treats many people.

Many more seeds have been sown during our visit this year. We have given what knowledge and vision we could, and trust our friends in Ghana to

nurture the tender shoots of Natural Medicine in their great and very needy country. We look forward eagerly to receiving their reports.

Keith Lindsey
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