

Malaria - Natural Prophylactics with EO's

In a recent trip to Tanzania, I was surprised to notice that I was the only traveller that was not taking synthetic prophylactics for malaria. Everyone I asked about it, was equally shocked to hear that I was not taking those drugs, and very interested to learn that I was actually doing it in an alternative and natural way: through essential oils. Surprisingly, people think that it is imperative to take malaria pills when travelling to Africa, neglecting all the side effects related to this strong medication, and forgetting about all the foreigners that live in Africa and somehow manage to survive malaria without taking these nasty pills. These drugs can't be taken for a long time, due to eminent liver damage, among other side effects. How do they do it? Well, through common prevention methods like the use of mosquito nets, wearing long and large clothes in the evening, natural mosquito repellents, early diagnostic in case of occurrence, etc.

Surprisingly, people also seem to ignore that synthetic pills are actually a treatment for malaria, and don't really prevent you from getting it. In some cases, it can actually be prejudicial, because it can mask the symptoms, leading to a delayed or confused diagnostic.

Of course that, the more one invests in prevention, the more unlikely will get malaria, but that doesn't mean that synthetic pills are the thing to do. Once again, essential oils are great prevention resources, having both repellent and prophylactic action. Several essential oils have repellent properties. I used a blend of geranium and citronella as a mosquito repellent and I also prepared a moisturizing body oil for after-showering, with citronella essential oil in a base of sweet almond. I've prepared as well a prophylactic treatment for oral intake, consisting of a blend of 3 different essential oils in moringa powder capsules. I end up not using the prophylactic capsules, because the mosquitos where almost inexistent (dry season), so I decided to ensure the remaining mentioned measures only.

If Malaria still kills so many people in Africa, is mainly because most of the population don't have access to basic prevention means, like mosquito nets or repellents, and don't have prompt access to treatment in case of occurrence.

Malaria is avoidable through natural means, and curable in most cases of incidence. NO ONE living in Africa is taking synthetic pills for malaria, otherwise, taking malaria pills will probably kill more people than malaria itself.

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