

Observational Study on Hypoxis Hemerocallidea (The African Potato, Trade Name 'Simba')

Hypoxis Hemerocallidea is widely distributed globally. It appears to have immune modulating properties in relationship to AIDS, certain auto-immune diseases such as rheumatoid arthritis and anti-inflammatory effects. Several studies have been carried out on Hypoxis, mostly of an observational nature.

A constituent of the African potato called Rooperol has been patented in the US as an anti-cancer treatment.

Method

We planned to look at five patients showing markedly depressed cell mediated immunity as judged by an interferon gamma messenger RNA blood test of less than 50 copies per millilitre (normal range 5,000-10,000 copies per millilitre). This is a three month observational study.

Five patients were selected, three with Chronic Fatigue Syndrome, two with cancer. Of the three patients with Chronic Fatigue Syndrome, one has not returned to date and, due to personal circumstances, may not. If she does, her results will be included. All had severe Chronic Fatigue Syndrome of more than five years' duration with a typical relapsing/remitting course.

The first cancer patient has breast cancer, and has refused all operative intervention. She is three years post diagnosis. The second breast cancer patient has got abdominal secondaries from breast cancer and is post chemotherapy.

All patients had interferon gammas of less than 50 copies (hardly measurable).

Results

All four patients' interferon gamma results measured three months after the first measurement improved markedly. Some above the normal range, which in itself is a positive observation.

The two Chronic Fatigue Syndrome patients reported significant clinical improvement from use of Hypoxis (Simba). In cancer patients the relevance of clinical improvement is difficult to judge in relationship to the complexity of the clinical situation.

Conclusion

Hypoxis (Simba) seems to be an effective and non-toxic way of improving cell mediated immunity in several different situations where cell mediated immunity is compromised. It is a non-toxic and relatively cheap approach to these conditions.

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