

Pramman Formula

Pramman is Thai for “get rid of” or “release”. It is a detoxification and nutrition formula that helps to cleanse the body and allow it to strengthen and heal (often with the help of other botanicals). It is the foundation of both short term and long term treatments and is usually started the first day the patient arrives at the clinic. It is usually continued TID throughout the treatment period. It is important that patient detoxification by the ***Pramman Formula*** is in conjunction with a change in diet and some daily physical activity. For this reason it is rarely given away from the clinic, unless the patient has been instructed in the total detoxification scenario and is compliant. The fact that so many of it’s components are also kidney / bladder / UTI herbs, makes the ***Pramman Formula*** an excellent medicinal for any of these related complications.

The constituents are:

<i>Boraphet</i> Heart-leaved moonseed	two parts / weight	stem only
<i>Sangkoranee</i> No Western Name	two parts	leaf and stem
<i>Faa thalaai jone</i> Kreat	one part	entire plant
<i>Luk tai bai</i> Stonebreaker	one part	entire plant
<i>Ngueak plaa mo (dok muang)</i> Sea holly	one part	entire plant (roots optional)
<i>Waan raang chute</i> Purple allamanda	one part	leaves and stems
<i>Yaa nuat maeo</i> Cat’s whisker	one part	entire plant (roots optional)

Note: Although *waan raang chute* is only included at a ratio of “one part”, it is the foundation of the detoxification ability of the **Pramman Formula**, and usually additional amounts are thrown into the mixture for good measure.

Using a machete or knife, cut all plants and leafs into pieces (it is not necessary to actually cut the plants apart – just slice them so they can maximally contribute to the end product). Slice the stems of *boraphet* into approximately ¼ inch pieces. Put all constituents into a doubled filter bag and place into a large pot (ceramic is preferred). Add



approximately 22-24 quarts of water (make sure bag is floating well off bottom) in order to get a final product of 20-22 quarts. Bring to a gentle or slight boil and continue boiling for one hour. Remove bag and stir pot while filtering liquid through additional cloth in order to obtain a consistent concentration in all the bottles.

Note: The ***Pramman Formula*** is usually made from fresh constituents (although seasonal availability occasionally necessitates a few room dried botanicals). Because its functions include both providing quality nutritional support and appetite stimulation, it is taken TID before meals. It is never given as an alcohol tincture.

Note: The ***Pramman Formula*** should have a reddish brown color and a strong, bitter, and sharp taste which takes some time for a few patients to get accustomed. However, its taste is also uplifting and vibrant.