

## Jarisch Herxheimer Reaktion

Die **Herxheimer-Reaktion (Jarisch-Herxheimer-Reaktion, Herx)** ist eine Reaktion des Körpers auf Bakteriengifte (Endotoxine), die durch den Zerfall von Krankheits-Erregern entsteht und zur Freisetzung von Entzündungsbotschaften führt. Die Reaktion kann mehrere Tage andauern. [Adolf Jarisch senior](#) (1850–1902), [Karl Herxheimer](#) (1861–1942).

**Therapie** Diphenhydramin (Benadryl®)

**Literatur** Entgiftung <http://www.kabilahsystems.de/entgiftung.pdf>

**Literatur** pH, Zuckerstoffwechsel <http://www.kabilahsystems.de/ph.pdf>

**Literatur (bei erhöhten Leberwerten z.B.: Alkoholkarenz, N-Acetylcystein (NAC) und/oder Ursodesoxycholsäure).** <http://www.kabilahsystems.de/adjuvantien.pdf>

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