

# THE HOMOEOPATHIC HERITAGE

Bringing Classical and Contemporary Homoeopathy Together

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Vol. 48, No. 08, November 2022



## Family Compositae Remedies

- Compositae Family Remedies
- Homoeopathic management in the treatment of dengue with compositae family remedy





# Essentials of FORENSIC MEDICINE

*Et*

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# About 10 W's Book

By Dr Sunil Anand

Every person's healthcare could be described as a journey. A healthy person becomes a trendsetter and sets a benchmark for others they come in contact with. From one person, to several, to a community, to a nation and finally to global frontiers.

In that sense, every nation's healthcare could be depicted as a journey too. Happiness quotient and healthy living are intertwined. Concerning about the very environment that sustains is an idea that was triggered by a few people which has become the need of the hour today.

It's about creating a ripple effect. This book carries the same intent. Even though it is primarily based on the tenets of the science of homeopathy, it is not aimed to be a document limited to health, disease and their remedial solutions only. It refers to a healthy attitude in all walks of life. A medically fit individual may not necessarily be considered well in a holistic sense of the word. One needs to change the paradigm of 'health'.

This applies to parenting, relationships, lifestyles and even corporations. Such applications will also be touched about in latter chapters of this book. But let's set the grounding principles that precede such amalgamations.

In the words of French-born American microbiologist, Rene Dubos, (February 20, 1901–February

20, 1982): "Whatever its

precipitating cause and its manifestations, almost every disease involves both body and mind, and these two aspects are so interrelated that they cannot be separated from the other".

This forms the basis of a deep homoeopathic understanding of mind and body and the reasons behind needing to note the correlation between the two. Every patient has to be understood as a unique human being, and the emphasis from illness-centred medicinal approach needs to be shifted to one that is more holistic and patient centered instead. A mind that is in conflict is more easily susceptible to diseases. The mind comprises two components: the objective and the subjective. For the mind to be harmonious, both components need to be in sync with one another.

Homoeopathy involves both mind and body correlation, it is but natural for such a physician to be empathetic to one's suffering. At the end of the session, every patient feels heard and cared for. Hence, such a method of dealing with patients should be made a mandatory part of medical instruction in all disciplines and not just in homeopathy. Modern medicine may be able to avert a crisis, but for long-term wellness, it is time that consumers seek out modalities that help boost their innate immune system.

There are some basic parameters or methods that are invariably used very often while working on

cases and coming to a reasonable solution/simillimum. This book is a compilation of some of these methods along with appropriate cases to support the same.

Group study is a very helpful method to understand the lesser-known remedies represented through one or two remedies that one may be more familiar with. For instance, if a case presents with an obsession to perform and be the best in his profession while she has to meet heavy responsibility that is expected from him, one gets the feeling of a heavy precious metal from the sixth line in the periodic table also known as the gold series, and the most familiar remedy in that line is *Aurum metallicum* or gold itself. But what is also striking besides these aspects in this same patient is the foul temperament, which makes him overtly critical and offensive toward others. To make it more precise, he even had offensive secretion and a feeling of not being appreciated enough by those around him. All these indicate to the remedy *Osmium*, an offensive-smelling heavy metal from the gold series.

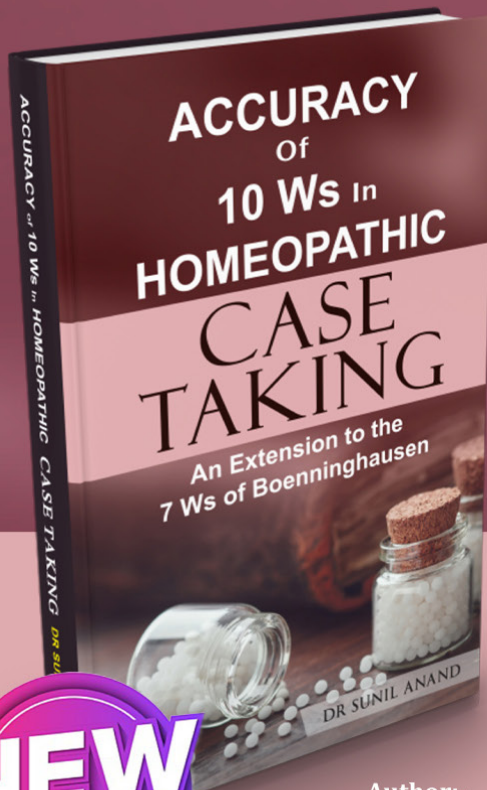
In the subsequent article, an in-more depth is being shared that how this innovative journey was initiated in my learning process as a homoeopath and a teacher.

Until next time!

Aude sapere

Dr Sunil Anand





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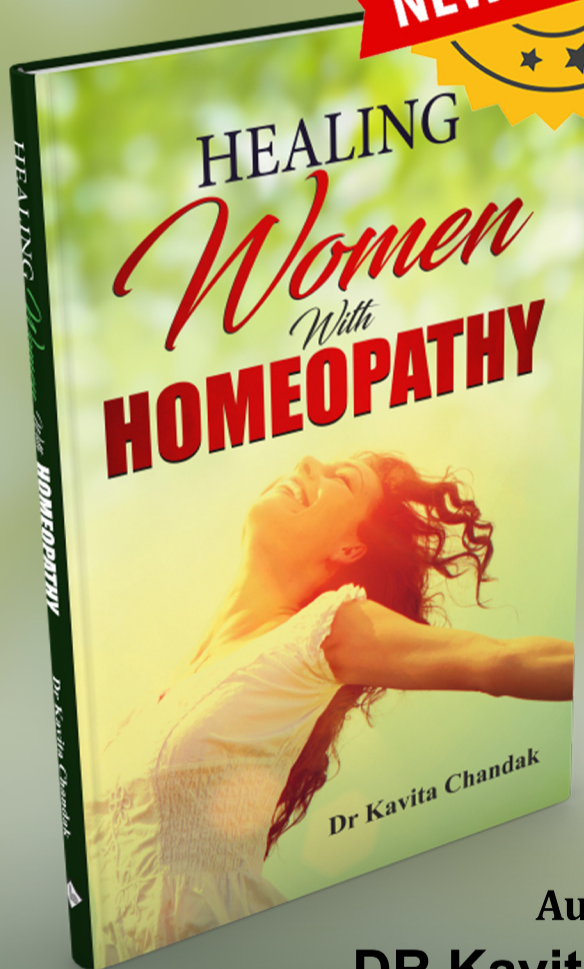
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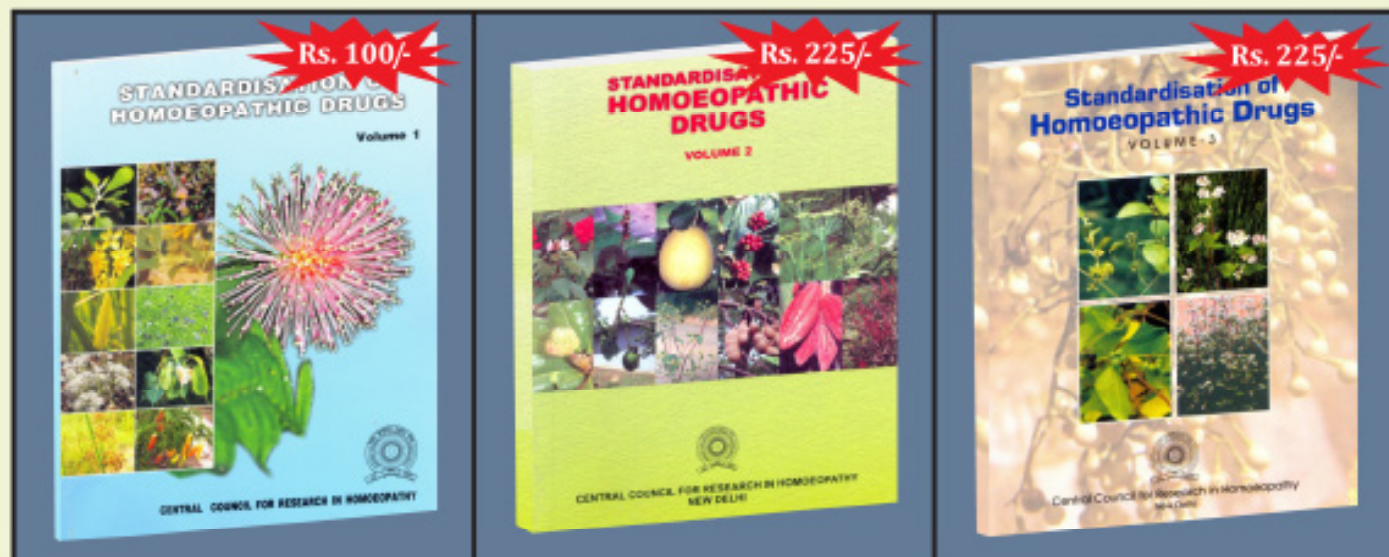
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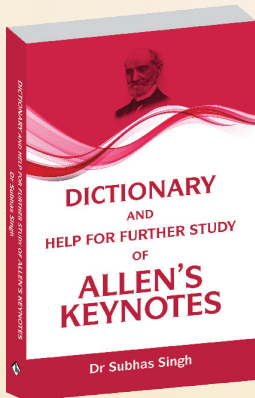
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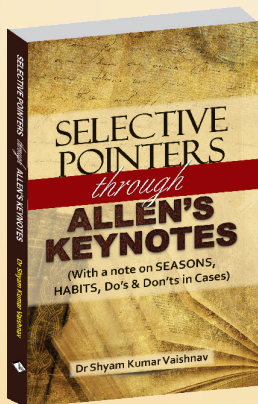
## DICTIONARY and Help for Further Study of ALLEN'S KEYNOTES Dr Subhas Singh



- Keeping into consideration, the difficulties faced by readers in reading and understanding the vocabulary used in Allen's Keynotes, the author has come up with this dictionary of Allen's Keynotes.
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- the related symptoms of all medicines have been placed together. The Keynote symptoms have been placed under different chapters and sub-chapters.
- word meanings to some of the selected words, terms, and nomenclatures used in Allen's Key Notes are given.
- the symptoms (Keynotes) are segregated according to the various chapters and sub-chapters.
- the unrelated but similar-sounding symptoms are clubbed at one place, to make comprehension and learning of Allen's keynote easier.
- Arrangement of relationship in different headings.

ISBN: 978-81-319-1381-9 | ₹ 499 | 440 pp

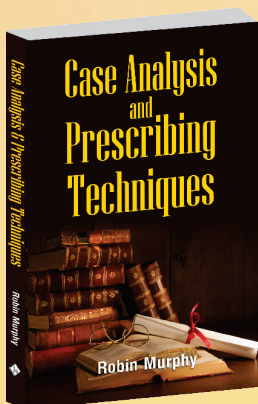
## Selective Pointers through Allen's Keynotes Dr Shyam Kumar Vaishnav



- This book is to provide an answer to the vexed question "How shall I get a remedy quickly in a particular group of population & without much effort?"
- The book is divided into 2 sections in which, the most important symptoms are arranged under 11 subsections, based on different phases of life, addictions, seasons along with the Do's and Don'ts.
- Its easy for comprehension and also quick for reference and prescription.
- The THUMB RULE section gives a different perspective of learning making the reader ponder and go to the depth of Allen's Keynotes.
- Emphasis had been on dividing age groups, gender groups& even on pediatric remedies, a list of drugs has been incorporated for the convenience of students, PG scholars, and the physicians.

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## Case Analysis & Prescribing Techniques By Robin Murphy



- The author has taken a point-by-point approach to case-taking, punctuated by general discussions of the related topics.
- He has given invaluable tips, making it somewhat revolutionary compared to accepted concepts disclosed and applied in the earlier case-taking guidelines.
- several cases are analyzed throughout the book with discussions and follow-up. This book contains the transcripts of seven, 95 minute audiotapes. There is student-teacher dialogue clearing queries.
- The book also guides about potency selection.

ISBN: 978-81-319-0249-3 | ₹ 299 | 296pp

Dear Readers,

Hippocrates has himself mentioned, "Nature itself is the best physician". From the nature, we endure so many remedies belonging to different families which prove to be effective in curing various illnesses. The *compositae* family is one of the largest and the most diversified group of flowering plants within the kingdom, *plantae*. And this issue is dedicated to homoeopathic remedies belonging to *compositae* family. All the plants from *compositae* are characterised by strong aromatic odour either pleasant or pungent.

Since this is biggest family of having medicinal reputes, the remedies are studied in groups.

They are grouped mostly as per their prominent sphere of action in to injury group,

convulsion group, GIT group, genito-urinary tract group, fever group, respiratory group,

glands group, *chicoriacea* group etc. In traditional folk medicine, plants from daisy family were used for traumas, bruises, shock, spasms, nervous conditions, liver, and blood dyscrasia, sepsis, and worm infestations.

The feeling shared by all the remedies of this family is of hurt - mental or physical hurt. Each remedy of the *compositae* family has (produces) a different kind of hurt. With *Arnica* it is like the hurt of being injured. With *Chamomilla* it is more like being hurt with pains that are mortifying. The state of *Cina maritima* seems like the hurt of something 'shocking' the person. The phrase 'shocks from pain' (Dr S. R. Phatak) seems to be a central symptom of *Cina maritima*. *Abrotanum* is very much a state of the suppressed hurt with helplessness and much more as discussed in various articles of this issue.

A Quick Word on Issue Content:

This issue of "The Homoeopathic Heritage" is an attempt to discuss the role of homoeopathic remedies belonging to *compositae* family in various diseases through different evidence-based case studies and research papers.

The peer reviewed articles include homoeopathic management in the treatment of dengue with *compositae* family remedy by Dr Yusuf Khan, Dr Ankoosh Kulkarni, validation of a symptom of homoeopathic materia medica by Dr Navin Kumar Singh, Dr Ritika Bose. The clinical articles include family *compositae* remedies by Dr Koushik Bhar, Dr Supriya Pramanik, Dr Sheetal Mishra, Dr Prabin Kumar Shaw, homoeopathic management of anxiety and fear by Dr Vibha Kumari, Dr Manila Kumari. Subjective articles include *compositae* family remedies by Dr Goutam Das, homoeopathic treatment of *molluscum contagiosum*: a case report by Dr Javed Aqutar Bappa, Dr Ritika Bose, homoeopathic management in case of psoriasis: a case report by Dr Yashasvi Shakdvipiya, Dr Anvesha Yadav, Dr Sudeepti Sharma, pyrexia and homoeopathic remedies from *compositae* family by Dr Suvarna Patil, Dr Dipali S. Sonar, *compositae* family and its medicines by Dr Seema Gupta, the sunflower family by Dr Shweta Patel and Dr Srabani Pal, *compositae* family: medicines for convulsions and injuries by Dr Purnashashi Pani, Dr Bijayalakshmi Behera, Dr Chaturbhujaya Nayak, *compositae*: an insight into the mental reign beyond trauma by Dr Prastuti Jaiswal, Dr Satya Prakash Singh, Dr Sakshi Bhadana, Dr Surbhi, lifestyle disorders and holistic medicine: a focus on diabetes mellitus by Dr Nethravathi B., swatting rheumatism by Dr Preeti Laroia, Dr Parul, role of *compositae* family medicines in treating composition of respiratory tract infection by Dr Dipika Sindha, role of homoeopathy in the treatment and management of mental

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Homoeopathic medicinal plants play a significant role in the management of various human diseases with herbs taking the lead in the number of plants used in the

preparation of remedies, which may be an indication of their relatively better

abundance as compared to other life forms. It is also essential to

scientifically evaluate the specific uses of the medicinal plants using plant

material from the area through pharmacological, toxicological, and clinical

studies in order to ensure the safety of the people consuming the medicines and

for drug development.

We hope this issue will help the fellow homoeopaths to understand the remedies belonging to *compositae* family in a better way. We are also obliged to all our authors and readers for their contribution to the journal. Also, I look forward to hearing opinions and recommendations. You may also login to our website, [www.homoeopathy360.com](http://www.homoeopathy360.com).



com for more information and opportunities related to homoeopathy.

Lastly, we will like to invite research papers, articles and case studies of our readers.

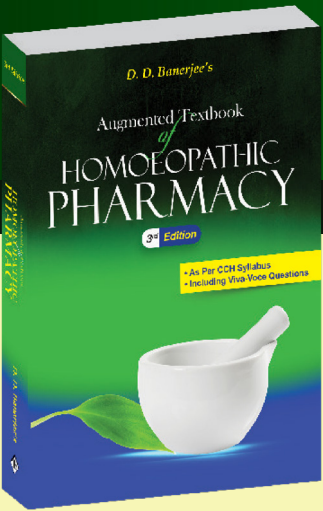
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- Several new chapters have also been introduced in the updated edition, under different sections such as Hospital Pharmacy, Industrial Pharmacy, Pharmacovigilance and Adverse Drug Reaction, and many more topics in different chapters.
- In the appendix, a few important short questions with answers have been added.

## Compositae family

### Introduction

The family, compositae, also known as asteraceae is one of the biggest and diversified family in homoeopathic materia medica as sixty remedies belongs to this botanical natural order. A Dutch botanist 'Adriaan van Royen' described it first in the year 1740. It is also commonly referred as daisy, aster, compositae or sunflower family that consists over 32000 species and 1900 genera within the order Asterales. This category of highly evolved dicotyledonous plants includes many perennial herbs and nearly all annual plants and biennials, but shrubs, vines and rarely trees do exist. The compositae family comprises 10% of all flowering plant species.

The uniqueness of this family lies in the appearance of its dense flowers in which the capitulum is of composite nature, which consists of few or many florets. What appears as a single flower is actually a cluster of little flowers formed as a ray of petals. Hence suggests the name of the family as compositae. These florets are arranged in disc like flower head or receptacle in centripetal manner enclosed in involucre of whorled bracts of modified leaves with joined anthers of the stamens.

The flowers have star like inflorescence, looked like a star surrounded by rays, that's why they are also known as asteraceae where the word "aster" means "star" in Greek. The flowers of compositae consist of many individual florets and are of two types; either regular or disc florets form the central disc of short flower or Irregular or ray florets from outside petals. The petals open at dawn and close at dusk, so

it is called "daisy" which is derived from the old english name, i.e. daeges eage meaning "day's eye".

It has widely distributed from sub-polar to tropical regions in a wide variety of habitats. They are found on every continent but Antarctica; plenty of species occur in the arid and semi-arid tropical, subtropical regions and lower temperate latitudes, i.e. Central Asia, Central America, Eastern Brazil, the Mediterranean, the Levant, Southern Africa, and Southwestern China. Being tough plants, they can thrive in the harshest conditions and on poor soil, however it mostly occur in hot desert and cold or hot semi-desert climates.

These species generally produce tap-roots, but sometimes possess fibrous root systems. They are mostly herbaceous plant with no persistent woody stem above ground and can have underground stems in the form of caudices or rhizomes. Depending upon the species, these can be fleshy or woody. Stems are aerial, branched and cylindrical with glandular hairs, often erect or prostrate to ascending. The stems can also possess secretory canals with resin or latex.

Leaves can be simple or compound, often deeply lobed or incised, conduplicate or revolute; with entire or toothed margins arranged alternately, opposite, or whorled. The leaves also can contain resin or latex in it.

These vascular plants have many prevailing characteristics features, one is the strong aromatic odour either pleasant or pungent and other is its Bitterness. This group of plants are economically and commercially important as it yields oil and pro-

vides food staples, garden plants, sweetening agents, herbal teas and medicines.

The active principles of compositae family are Hydrocarbons, alcohols, phenolic ester, acetone, acids, esters, sugars, starch, resinoid, glycosides, alkaloids. The energy in these plants is generally stored as inulin rather than starch. They contained many phytochemical compounds such as flavonoids, di and triterpenoids and polyphenols with anti-inflammatory, antioxidant, antibacterial, antifungal, insecticidal, hepato-protective and anti-cancerous properties and thus have potential in medicine.

Compositae, being the broad spectrum and medically reputed family in Homoeopathy, grouped as per their prominent sphere of action into injury group, convulsion group, gastrointestinal group, genito-urinary tract group, fever group, respiratory group, glands group, choriacea group etc. The remedies were used widely for numerous clinical conditions like wounds & traumas, mechanic injuries, bruises, shock, spasms, neuralgias, chronic cough, bronchitis, hysteria, sedative effect, nervous conditions, nephritis, uremia, menstrual disorders, rheumatic pains, intermittent fever, sciatica, convulsions, liver and blood dyscrasia, sepsis, diarrhoea, marasmus, gangrene, tumours, recurrent boils and worm infestations.

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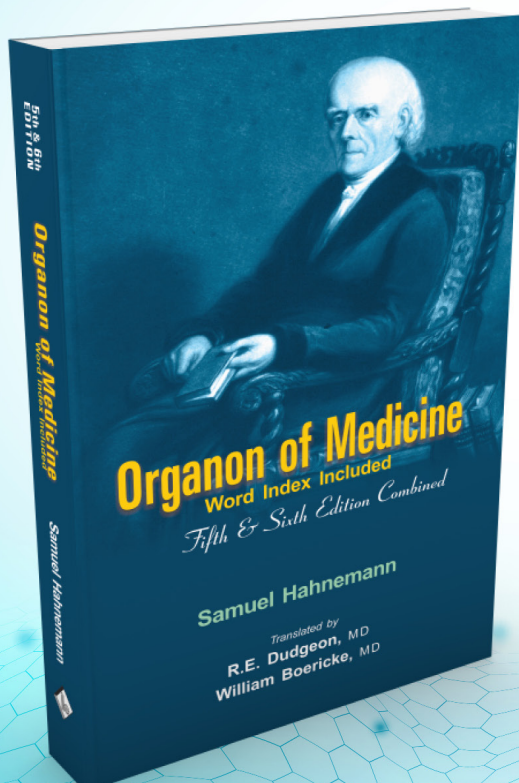


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# Pyrexia and homoeopathic remedies from compositae family

By Dr Suvarna Patil, Dr Dipali S. Sonar

**ABSTRACT:** Pyrexia has been considered to be a physiological protective mechanism for a long time. Recent years have shown the rise in the cases of pyrexia of different origins. The disrupted lifestyle and metabolic diseases in patients such as hypertension, diabetes and thyroid disorders favors the infections along with haphazard use of antibiotics leading patients to the resistance that restricts the use of drugs from modern medicines. As the nature of fever varies according to the response, immunity, severity and viral load it is better to opt for homoeopathic individualized medicine. Considering the above points this article talks about a large order of plant groups that is compositae family consisting of various fever remedies.

**Keywords:** Pyrexia, infectious fever, compositae family, homoeopathy, fever remedies.

**Abbreviations:** NSAID- non-steroidal anti-inflammatory drugs

## Introduction:

Pyrexia also known as fever commonly is a functional protective response of body characterised by the rise of body temperature above the normal range that is 98.6F. It is often a secondary response to certain stimulus. Pyrexia is considered as the symptom and not the disease although it is an acute protective response of the body it should be treated carefully as hyperpyrexia causes damage to the brain cells after a certain point and altered metabolism can create emergency. Though being the acute condition it causes dehydration and energy waste of organism, in modern medicines drugs like NSAIDs and aspirins are made to combat pyrexia but may causes different side effect so it should be treated with more effective line of treatment. Recent studies have shown efficacy of homoeopathic remedy nux vomica in cases of pyrexia.<sup>1</sup> Deep knowledge of materia medica as well as more clinical studies are required to give the assured treatment.

## Types of pyrexia

According to the temperature levels, pyrexia can be classified as

hypothermia: temperature below the 93-degree f. or 35 degree c.

Mild pyrexia: temperature ranging in 99-100 degree Fahrenheit

Moderate pyrexia: temperature ranging in 100-103 degree f.

Severe pyrexia: temperature ranging in 103-105 degree f.

Hyperpyrexia: temperature above 105 degrees f.<sup>2</sup>

## Pathophysiology of fever

Normal body temperature is maintained by thermoregulatory centres in the hypothalamus of the brain. The cascade of febrile response is taken as further, In case of some external stimuli mainly one among infection, inflammation and trauma. The production of inflammatory cells such as the macrophages starts. It causes the activation of both neural and humoral pathway of body response. Via neural pathways vagus nerve and some cutaneous nerves send response to the brain. Through the humoral pathway some pyrogens such as cytokines and interleukin-1 are produced. The secreted interleukin-1 cause the activation of the ther-

moregulatory points in the brain at hypothalamus especially the organum vasculosum. This leads to the synthesis of the prostaglandins which increases the thermostatic set point of the body. All these events leads to the febrile response which is induced by the vasoconstriction, finally causing the rise in the temperature and shivering.<sup>3,4,5</sup>

## Common causes of fever

The common causes of fever can be enlisted as:

1. Infection by bacteria virus and parasites is the most common cause
2. Inflammation where the four major inflammatory signs are also observed including redness, pain, heat and swelling. Also, seen in some casse of autoimmune diseases and malignancy
3. Fever induced by drugs
4. Endocrine fever where there is disturbance in thyroid hormones causes the lack of regulation of metabolism ending up as fever.<sup>2</sup>

## Patterns of pyrexia

Fever is divided into 3 types as:

1. Sustained/continuous fever
2. Intermittent fever
3. Remittent fever

In sustained/ continuous type of fever, temperature does not rise more than 1°C, i.e. 1.5 °F but also never touches normal. This type of fever characterises lobar and gram negative pneumonia, bacterial meningitis, typhoid, urinary tract infection.

In intermittent fever, fever is noticed only for particular hours in the day. This type of fever can be seen in malaria, tuberculosis, lymphomas, kala-azar, etc.

In remittent fever, temperature rises more than 2°C daily and never reaches normal. This type of fever is mostly seen in infective endocarditis, rickets infection, brucellosis.<sup>4</sup>

### Details of compositae family

The compositae family belongs to the plant kingdom where perennial herbs and annual herbs are included. This family is also known as the asteraceae, the massive order of family consisting of around 60 homoeopathic drugs containing well proved and partially proved remedies. Herbs have been found to be effective since ancient times used by different schools of medicine.<sup>6</sup>

### The common physical symptoms expressed by the drugs of compositae family<sup>6</sup>

1. Marked febrile illness
2. Short term and long term effect of trauma
3. Sore lame bruised feeling
4. Broken and beaten sensation
5. Severe pain and soreness in joints
6. .Marked congestion

7. Haemorrhages bright and profuse

### The common mental symptoms expressed by the drugs of compositae family<sup>7</sup>

1. Confusion of mind , absent minded.
2. Hypersensitiveness.
3. Marked restless feeling.
4. Wants freedom.
5. Fear of being hurt , injections, operations, falling.
6. Obstinate.
7. Egotism.
8. Generalised anxiety.
9. Irritability.

### Common ailments of compositae family drugs<sup>6</sup>

Injury, trauma, shock, infections, grief, bad news, anger suppression.

### Categorization of compositae family according to the symptoms manifestation<sup>6</sup>

1. Convulsion remedies
2. Fever remedies
3. Injury remedies

### Fever remedies of compositae family:

1. **Arnica montana:** Dr Phatak has mentioned that it can be useful in intermittent, typhoid, septic, traumatic fevers. Febrile symptoms closely related to typhoid fever along with the shivering over the whole body. Redness of head, with coolness of rest of body. Internal heat; feet and hands cold. Chilly with heat and redness of one cheek. Head or face alone hot, body cold. Must uncover but cannot because of chills. Sweat is characterized as nightly sour

sweats. Mentally patient is drowsy indifference and sleeps in between the answers. Patient develops touch aversion. Gets angry when obliged to answer. Anguish and irritability can also be observed. Lilienthal talks about arnica as remedy for congestive malarial intermittent. Rheumatic fevers.<sup>8,9,10,11</sup>

2. **Chamomilla:** Useful in the spring fever and quotidian fevers. Dr Phatak has explained *Chamomilla's* fever as chilly but gets overheated easily. Coldness of one part, with heat of another. Aggravation by uncovering. Alternate chill and heat. Feverish from suppressed discharges. Sweat on head. Thirst during a long lasting fever.<sup>10</sup> As per Clarke, pulse in fever small, tense, accelerated. starts during sleep, and furious delirium. Mentally patient gets irritable and snappish.<sup>9</sup> M.L. Tyler has explained it as easily chagrined to anger, dullness of senses, piteous moaning and tossing in bed due to pain.<sup>13</sup>

3. **Eupatorium perfoliatum:** all types of infectious and non-infectious fever mainly influenza, dengue and malaria. Has a marked chill stage. Dr Boericke has mentioned that perspiration relieves all symptoms except headache. Chill between 7 and 9 am, preceded by thirst with great soreness and aching of bones. Nausea, vomiting of bile at close of chill or hot stage; throbbing headache. Knows chill is coming on because he cannot drink enough. <sup>8</sup>Farrington mentioned that chills start from the back. <sup>12</sup>Heat with great weakness and cannot raise the head explained by Lilienthal.<sup>11</sup>Clarke has given important symptoms as fever commences in morning; attended with painfulness, trembling, weakness, and

soreness; but little or no perspiration. mentally moaning and restlessness is observed during heat, shrieking, fear and restlessness due to pain, severe prostration of mind.<sup>9</sup>

4. **Eupatorium purpureum:** works well in cases of dengue and malaria. Boericke mentions no thirst during chill, but much frontal ache. Chill starts in the back, mainly the lumbar region. Violent shaking, with comparatively little coldness. Bone-pains. Chill with the thirst. Long lasting heat with dizziness and weakness in apyrexia.<sup>8</sup>
5. **Absinthium:** Farrington mentions usefulness of remedy in typhoid fever. Some obstinate fevers of autumn. Chill heat with drowsiness and sleep. thirst in all stages. Mental dullness and indifference can be observed.<sup>12</sup>
6. **Abrotanum:** High rheumatism fever. Hectic fever, with chilliness and weakness. At mental sphere confusion, prostration and difficulty at thinking can be observed.<sup>9</sup>
7. **Calendula officinalis:** Boericke explained the chill as coldness, great sensitiveness to open air; shuddering in back. Phatak explained about its warm skin. Heat in the evening. Great heat, in the evening when in bed, accompanied with moisture on the feet, which are burning. Fearful of something will happen, hypochondriacally anxious.<sup>8</sup>
8. **Senecio aur:** useful in hectic fevers. Clarke explained symptoms as Chilly after taking a cold; followed by heat and sweat. Moderate thirst. Chilliness followed by urging

to urinate.-Copious warm sweat towards morning; catarrh. Heat of forehead. Hot flushes day and night. Sweat of forehead. Disposition to perspire.<sup>9</sup> Phatak gave a symptom of hectic fever, with anorexia.<sup>10</sup>

9. **Solidago virgaurea:** Rheumatic fever. Very frequent pulse. High fever.<sup>9</sup>
10. **Taraxacum officinale:** useful in hepatic and bilious fever. Farrington mentioned its usefulness in typhoid fever.<sup>12</sup> Clarke mentioned chilliness, after eating and drinking. Chilliness, shivering. Headache is pressive. Chill in the open air. Heat at night on waking, esp. on face and hands. Violent night-sweats, mostly before midnight, when just going to sleep. Very tiring perspiration, causing biting on the skin.<sup>9</sup>
11. **Wyethia helenioides:** Chill 11 a.m.; thirst for ice-water during chill; no thirst with heat; profuse sweat all night; pains in back and limbs, at times jerking; six days later, with intense headache ,Cold sweat over whole body, which soon dies off, and comes again and goes as if by flashes. Fever and pains all over body, with inflamed tonsils.<sup>9,10</sup>
12. **Millefolium:** Continuous high fever. Pulse accelerated and contracted.-Chilliness with pain in kidney. Fever heat with thirst. Heat in hands and feet.- Colliquative perspirations.<sup>8,9</sup>

## Conclusion:

Compositae family consists of a wide range of remedies which are useful in the different types of pyrexia although some remedies

are lacking in clinically verification. Hence, a more detailed and evidence based study is needed to validate the result.

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# Artemisia vulgaris – a member of compositae family

By Dr Vani Jatinbhai Oza

**ABSTRACT:** Compositae family is one of the biggest family in homoeopathic world . It contains around 60 medicines of homoeopathic materia medica. Compositae is basically known as family of injury or trauma weather the trauma is mental or physical . some medicine in this family useful for convulsions which is reactivity of person to any mental or physical trauma. One of them is Artemisia vulgaris, a lesser known medicine of compositae family. Its sharing many striking characteristic and clinical symptoms which can be useful in clinical practice for finding simillimum and having good results in cases of epilepsy, somnambulism , hysteria and worms . Its main seat of action is central nervous system. Injury, emotional disturbances and menstruation are main causes for bringing up the complains.

**Keywords:** Compositae family, medicine, injury, *Artemisia vulgaris*, convulsion, hysteria, epilepsy, fright , grief, bad news, blow on head.

## Introduction:

Compositae, Asteraceae family is second largest of flowering plants bearing approximately 1,528 genera and 22,750 species worldwide. Uniqueness of family is to be a single flower composite of many florets.(1) *Artemisia vulgaris* is one of the member of the compositae family. It is commonly named as mugwort or wormwood. (2,3) It is commonly used to flavor the food. It is also having medicinal property. It is thought to used as energy booster, for calm the nerves, support the digestion and promote regular period. Pharmacologically it is having antioxidant, hypolipaemic, antispasmodic , bronchodilatory ,estrogenic and antifungal and antibacterial property. It is a popular drug in Greek and Roman much indicated in epilepsy in children. It has been used by allopathic physicians as a medicine before it was used homeopathically. (4)

- Common medicines belonging to compositae include: (1)

-*Artemisia vulgaris*

-*Arnica montana*

-*Bellis perennis*

-*Eupatorium perfoliatum*

-*Erigeron canadensis*

-*Taraxacum officinale*

-*Cina*

-*Chamomilla*

-*Abrotanum* (1)

- Commonly all the members of compositae family are divided in to basically 4 groups in homoeopathy.(1)

1. Injury
2. Convulsive
3. Git and gut medicine
4. Fever group (1)

In convulsive group, there is extreme irritability , touchiness and ill humour , while injury group shows extreme fear and fright .(1)

*Artemisia vulgaris*, because of its prominent convulsive symptoms, is

included in convulsive group.(5)

*Artemisia vulgaris* produces the following symptoms.

Clinically it, can be used for-

Epilepsy, worms, convulsion, hysteria, somnambulism, hydrocephalus. (5)

- Pathogenesis-

It produces great congestion of cerebro-spinal vessels of meninges and produces extreme hyperaemia of medulla, spine and meninges.(4)

- Causation-

Complaints can be brought on by blow on head , fright or grief, bad news (5)

- Convulsion/epilepsy-

It is having prominent place in convulsion(5). It is best suited to child and girls in the puberty age group. It is useful for injury to the eyes as an internal or external medicine. The patient is irritable and excitable before an attack of epilepsy(6). It is useful for epilepsy without aura(5,6) Epilepsy can initiate after fright

and grief like emotions. Epilepsy can be start after blow or injury to the head.<sup>(5,6)</sup> Epilepsy can be associate with menstrual disturbances.<sup>(5)</sup> Epilepsy associated with teething . Catalepsy induced by bodily exertion or by alluding to the disease. Epileptic spasm also found while cooling when overheated and from dancing<sup>(8)</sup>.

Before epilepsy, the person becomes very much vexed, irritable and depressed during day before an attack at night.<sup>(5,8)</sup> There is excitability all day before an attack at night.<sup>(8)</sup>

In chorea, there is inability to swallow. Right sided convulsion, left sided paralysis.<sup>(5)</sup> Attack of epilepsy is frequently repeated , then followed by long interval of rest. <sup>(5)</sup>

It is useful in petit mal epilepsy. Walks on the street , suddenly stops and stairs into space, often mumbles a few words, becomes normal and remembers nothing.<sup>(5,6,7)</sup>

There is sharp, shooting pain in the head draws back with spasmodic twitching . head bend backward and sideward during attack.<sup>(8)</sup>

Eyes are turns up before attack.<sup>(5)</sup> Piercing shrieks and eyes are turned with violent clonic spasms of all limbs.<sup>(8)</sup> Left pupil dilated more than right.<sup>(8)</sup> . Twitching of face and mouth on left side . Face looks older.<sup>(8)</sup>

Lower jaw pressed forward. Chewing motion of gums and grinding of teeth .Bites the tongue during spasm.<sup>(6)</sup> Froth from the mouth during spasm. Speech is unintelligent

during attack<sup>(5)</sup>. Can utter the single word with great difficulty.<sup>(8)</sup> Swallowing is difficult, food is escapes from the mouth. Passes faces and urine with spasm.<sup>(5)</sup>

Long and deep sleep after spasm .After epileptic attack, there is profuse sweat which is having garlic odour<sup>(5,6,7)</sup>. After epilepsy there can be seminal emission.<sup>(5)</sup> Cannot hold head up after spasms.<sup>(6)</sup>

It is also useful in hydrocephalus in second stage, when symptoms agree. <sup>(8)</sup>

### • Mind and sensorium-

It is useful for somnambulism, the person gets up at night and work but cannot remember anything.<sup>(5,6,8)</sup> There is tendency to steal the things in boys with epilepsy<sup>(8)</sup>. Coloured light, for example, coming through colored glass make him dizzy.<sup>(8)</sup> Letters runs together while studying or writing. <sup>(8)</sup>

### • Female genital organs-

Violent cramps in abdomen with irregular or insufficient menstruation. irregular menstruation with convulsion .it is useful in Prolepses of uterus. It is useful for violent contractions of pregnant uterus with threatened miscarriage. There is checked lochia. <sup>(5)</sup>

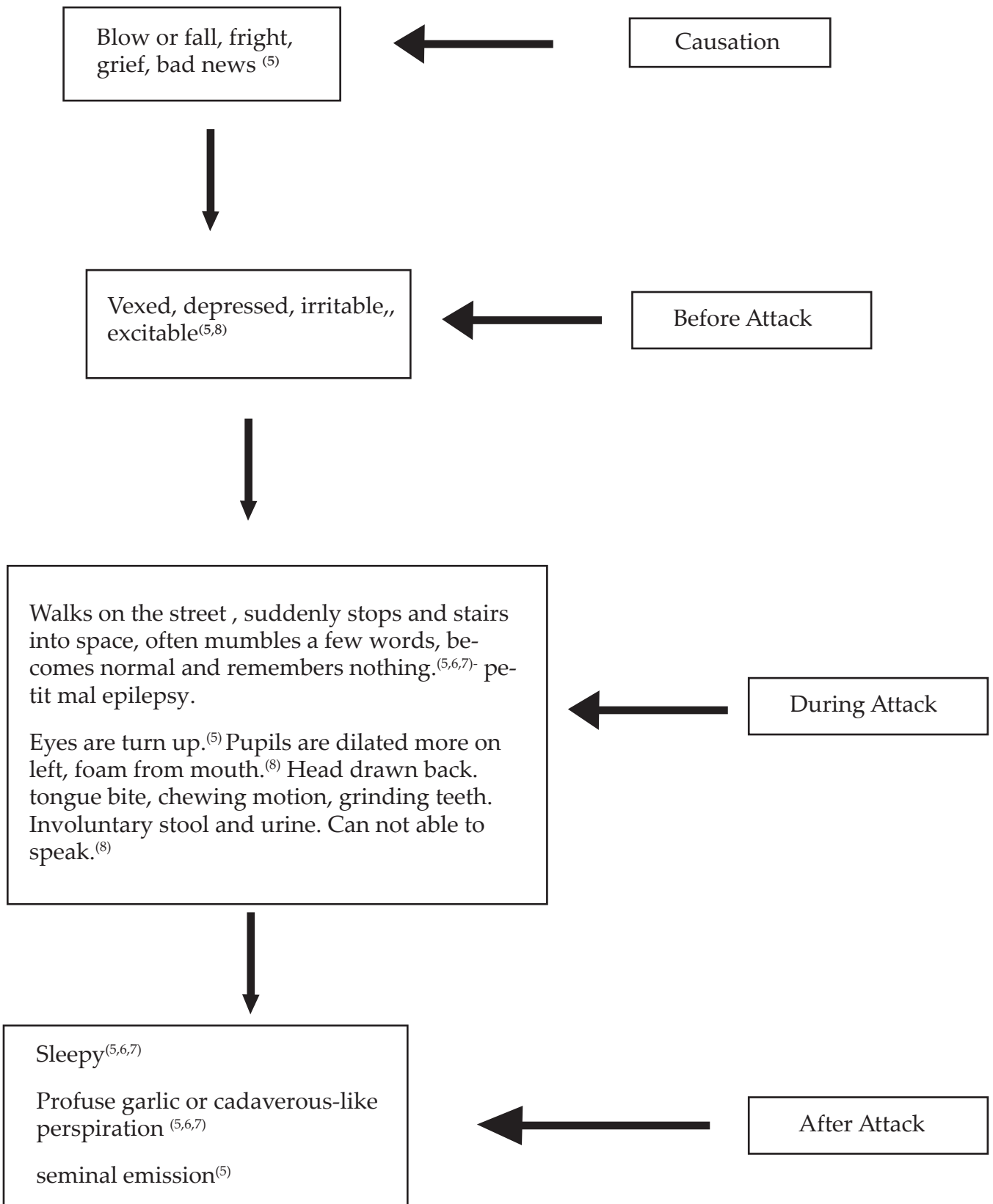
After reviewing the materia medica, it was observed that it is sharing similarity in the symptoms find in the drug of other medicine of compositae family. Here, one finds that the convulsion starts after injury to

head . which is common causation find in Arnica montana, Calendula officinalis. Bellis perrennis which is having complain after and due to injury.<sup>(2,3)</sup> Convulsion may be brought on by Grief ,Bad news , fright . This emotions generates Mental trauma or Mental injury to the person felling of being insulted or hurt like the member of the same family.<sup>(2,3)</sup> Convulsions are also very common in *Cina* , *maritima*, *Chamomilla* and *Abrotanum*. By nature person is irritable and vexed which is also found in *Cina*, *maritima* and *Chamomilla* very commonly. <sup>(2,3)</sup>

This all similarity is suggesting that this medicine is having many common features of compositae and covering essence or theme of compositae family, which is being injured hurt shocked (by injury or trauma). <sup>(2,3)</sup>

*Artemisia vulgaris* the member of compositae family is a very serviceable remedy in epilepsy , when the attack have been brought on by violent emotions and especially by fright, when the attacks come in closely repeated seizures , that is to say , when there are several convulsions coming close together, and then a long interval of rest . the paroxysms are usually followed by sleep .<sup>(6)</sup>

Again *Artemisia vulgaris* seems to be of some use in “petit mal” epilepsy. “The patient is walking in the street , when suddenly , he stops stares in to vacancy , mumbles a few words possibly, regains a normal condition , and then goes his way totally unconscious of anything unusual having elapsed.”<sup>(6)</sup>





**Conclusion**

*Artemisia vulgaris* prove to be useful in cases of epilepsy in children and girls of puberty age group. It is also very useful in petit mal epilepsy which is the most common type of epilepsy found in children. Convulsion or epilepsy can be associated with emotional disturbances. The medicine possesses many characteristic striking features for epilepsy, convulsion and hysteria. So this subject needs more research as well as proving of the medicine further to confirm the utility of *Artemisia vulgaris* in homoeopathic clinical practise.

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# Homoeopathic management of anxiety and fear

By *Dr Vibha Kumari, Dr Manila Kumari*

**ABSTRACT:** Anxiety disorders are the most prevalent and disabling psychiatric disorders and the incidence is increased in the current state of lifestyle. Homoeopathy is an established system of medicine with evidence base on effectiveness in mental health issues. There is no dearth of literature concerning the potential utility of homoeopathy in the management of psychological issues of anxiety and fear. This article is aimed to find out the relation of mind and body and to assess the usefulness of homoeopathic medicines in the management of anxiety and fear.

**Keywords:** *Anxiety, fear, homoeopathic management*

**Abbreviations:** World Health Organization (WHO), years of healthy life lost due to disability (YLD), DSM - Diagnostic Statistical Manual of Mental Disorders (DSM), Beck Anxiety Inventory (BAI); Generalised Anxiety Disorder 7-item scale (GAD-7); Depression Anxiety Stress Scale (DASS); Hamilton Anxiety Rating Scale (HARS); Leibowitz Social Anxiety Scale (LSAS); Overall Anxiety Severity and Impairment Scale (OASIS); Hospital Anxiety and Depression Scale (HADS); Penn State Worry Questionnaire (PSWQ); Social Phobia Inventory (SPIN); Generalised Anxiety Disorder Questionnaire-IV (GADQ-IV), attention deficit hyperactivity disorder (ADHD), outpatient department (OPD)

## Introduction:

Mind-body dualism is an example of a metaphysical stance that mind and body are two distinct substances, each with a different essential nature in which later had far reaching restrictive influence on the field of medicine, on its complete understanding of real health issues, and on developing effective interventions to deal with the same. According to Rene Descartes, of the 17th century, human beings consisted of two quite unlike substances which could not exist in unity. Mind is a non-extended, immaterial but thinking substance whereas body is an extended, material but unthinking substance.[1]

Anxiety and depressive disorders are common mental disorders. Globally, it is estimated that 4.4 % of the global population suffers from depressive disorder, and 3.6% from anxiety disorder. Anxiety disorders are ranked as the sixth largest contributor to non-fatal health loss globally and appear in the top ten

causes of YLD in all WHO regions. [2]

The word anxiety is derived from the Latin "anxietas" (to choke, throttle, trouble, and upset) and encompasses behavioral, affective and cognitive responses to the perception of danger. Anxiety is a normal human emotion. [3]. Anxiety is a response to a threat that is unknown, vague, or conflictual. Most of the effects of anxiety are dread accompanied by somatic complaints that indicate a hyperactive autonomic nervous system. [4]. It prepares the body to take actions in stressful situation by increasing alertness and physical symptoms like-nausea or loss of appetite, fatigue, changes in sleep pattern, palpitation, dizziness, breathlessness, aches and pain. Anxiety sometimes feels like a knot in the stomach, feeling of pressure in head, losing control or feeling overwhelmed. Psychological symptoms like- feeling of intense fear or worry, inability to relax, decreased libido, insomnia, difficult concentration, unwanted thoughts, agitation, etc. also develops. [4],[5]

It includes a) panic disorder, b) agoraphobia, c) specific phobia, d) social anxiety disorder or phobia and e) generalised anxiety disorder. Causes for this aren't fully understood. Still few of the causes are those related to biologic one, psychoanalytic, learning theory and genetic studies have also been related.[4]. Caffeine consumption, medical conditions, over-the-counter medication; relationship problems; stress; conflict at work, school or home; Finances; substance abuse; disturbance in sleep pattern, etc. are a few of the common anxiety triggers which could be queried from the sufferer by the physician. [6] The fifth edition of Diagnostic Statistical Manual of Mental Disorders (DSM-5) explains 11 diagnostic types of anxiety disorder. There is no any specific laboratory test for anxiety but few psychological tests are available like- a) Rorschach test; b) Thematic apperception test; c) Bender-Gestalt; d) draw-a-person; e) Minnesota Multiphasic Personality Inventory-2. [4]



## TREATMENT AND MANAGEMENT

Treatment of anxiety disorder involves both pharmacologic approach as well as psychotherapy (which includes behaviour therapy, cognitive therapy, group therapy). [4], [7] and other intervention after considering the several factors like-patient's history of treatment attempts; illness severity; co morbidities and also the local availability of treatment methods, costs etc. After performing systematic literature search for randomised controlled trials, it was illustrated that patient should receive "psycho-education" about their diagnosis, probable etiology and the treatment approach. [7] Lifestyle changes, yoga, breathing exercise [6] and exercise may help the sufferer to cope with this. [5]

### Assessment tools for anxiety

There are several anxiety screening tools that mental health professionals use.

Different assessment scales used to measure the anxiety are- Beck Anxiety Inventory (BAI); Generalised Anxiety Disorder 7-item scale (GAD-7); Depression Anxiety Stress Scale (DASS); Hamilton Anxiety Rating Scale (HARS); Leibowitz Social Anxiety Scale (LSAS); Overall Anxiety Severity and Impairment Scale (OASIS); Hospital Anxiety and Depression Scale (HADS); Penn State Worry Questionnaire (PSWQ); Social Phobia Inventory (SPIN); Generalised Anxiety Disorder Questionnaire-IV (GADQ-IV). [8]

Homoeopathy finds a wide variety of its application in mental disorders. Dr. Hahnemann has well explained the guidelines for managing mental disorders in aphorism 210 to 230. The homoeopathic simillimum is found out based on patient's history and symptoms

relating to body, mind and spirit; i.e. with a holistic view. [9]

Despite over a century of scientific endeavour, effective conventional treatment options for anxiety are still lacking in conventional medicine. The study reflects the positive role of homoeopathic medicines in the management of different psychiatric disorder like- schizophrenia<sup>[10]</sup>; dementia<sup>[11]</sup>; ADHD<sup>[12]</sup>,<sup>[13]</sup>; autism<sup>[14]</sup>; depression<sup>[15]</sup> and others as it treats patient holistically taking mind and body into account.

### CASE REPORT:-

#### Patient information-

A 40 years old female patient was brought by her family member in OPD of Clinical Verification Unit, Patna on May 13, 2019.

#### Presenting complaints-

The patient had nervousness with restlessness; sleeplessness for 2 months due to anxiety; headache on vertex with pain in eye which aggravates with mental exertion; breathlessness for 5 months which aggravates suddenly without any definite cause and ameliorated in open air, keeping door and windows open. Informant was her elder daughter and the information was fairly reliable.

#### History of present illness-

Complaints started gradually since 5 months, after a dispute with her husband in which her husband beat her. Her husband was unemployed for last 2 years; he remained at home all the time and did not efficiently try to earn. She always motivated and pressurised him to get employment but he yelled at her, and this time, he beat her; which shattered the lady, and gradually the complaints appeared. She developed anxiety for her children's future; became

nervous and restless; afraid of death, as if something happened to her, then her children would suffer a lot.

#### Mental symptoms-

Before the onset of complaints, she was a mild, cheerful, hardworking lady. But now, she was nervous, restless, anxious lady who did not care of things related to her husband.

#### Physical generals-

She had poor appetite with frequent thirst of small quantities of water. She had a particular desire for sour but no specific intolerance.

She had irregular bowel movements, passes hard stools in 1-2 days interval, constipation; no deviation in urination. She hardly slept for 3-4 hours and even some night went without sleep with anxiety.

#### Physical examination-

The patient was average built, having an anxious look and poorly groomed. Nothing abnormal was detected on general physical examination.

#### Hospital Anxiety and Depression Scale (HADS):

The patient was fully conscious and cooperative. Her mood was subjectively sad but willing to undergo for questionnaire session. She felt tensed or wounded up most of the time; had frightened feeling badly and very often; a lot of time worrying thoughts went through her mind; very much restless and became panic very often. She was not at all cheerful; not quietly enjoyed things she used to, or didn't see the funny side of things so much. She didn't care much about her appearance; very often she felt she was slowed down.



**Diagnosis and assessment-**

The case was diagnosed as anxiety disorder (F41- as per ICD -10) by the consultant physician.

Assessment baseline and subsequent follow-ups visit were done with HADS. HADS score at base-

line was 13 for depression and 19 for anxiety.

**Intervention**

The totality of symptoms was erected and subjected to repertorisation with *Kent's Repertory*. Based on the totality of symptoms , concomitant,

repertorisation, reportorial analysis and consulting material medica [16],[17]; *Arsenicum album* was found to be the most simillimum medicine and was prescribed in 200 potency , single dose.The medicine was dispensed from the institutional pharmacy.

Remedy	Ars	Sulph	Puls	Bell	Nux-v	Apis	Sep	Lach
<b>Totality</b>	<b>21</b>	<b>18</b>	<b>16</b>	<b>15</b>	<b>15</b>	<b>14</b>	<b>14</b>	<b>14</b>
<b>Symptoms Covered</b>	<b>9</b>	<b>9</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>7</b>	<b>7</b>	<b>6</b>
[Kent ] [Mind]Fastidious:	2	0	0	0	2	0	0	0
[Kent ] [Mind]Restlessness, nervousness:	3	3	3	3	2	2	3	2
[Kent ] [Mind]Fear (see Anxiety):Death, of:	3	1	2	2	2	2	1	2
[Kent ] [Mind]Anxiety:Children>About his:	0	0	0	0	0	0	0	0
[Kent ] [Stomach]Appetite:Diminished:	1	1	1	1	1	0	1	2
[Kent ] [Stomach]Thirst:Smallquantities ,for:Often:	3	2	1	2	0	1	0	0
[Kent ] [Stomach]Desires:Sour,acids,etc.:	2	2	2	1	0	2	2	2
[Kent ] [Stool]Hard:	2	3	2	2	3	2	3	3
[Kent ] [Rectum]Constipation (see inactivity):Alternate days,agg:	0	0	0	0	0	0	0	0
[Kent ] [Sleep] Sleeplessness:Anxiety,from:	3	1	0	1	1	0	0	0
[Kent ] [Respiration] Difficult:Open:Wants doors and windows:	0	3	3	0	0	3	0	3
[Kent ] [Mind]Starting, startled:Sleep:From sleep:	2	2	2	3	2	2	2	0
[Kent ] [Head]Pain,headache in general:Vertex:Mental exertion:	0	0	0	0	2	0	2	0
[Kent ] [Head]Pain,headache in general: Vertex:Extendingto:Eyes:	0	0	0	0	0	0	0	0

**Repertorial analysis-**

*Arsenicum album*- 21/9

*Sulphur*- 18/9

*Pulsatilla nigricans*- 16/8

*Belladonna*- 15/8

**Result-**

No homoeopathic aggravation was found after the administration of *Arsenicum album* 200. In the subsequent follow up visits, there was marked improvement in her mental symptoms ; physical symptoms and her presenting complaints. Following the Kentian rule of second

prescription [18], the remedy was allowed to continue its beneficial action with the prescription of *Rubrum200*. *Arsenicum album* 200 was repeated as there was standstill condition and its higher potency was prescribed as the improvement slowed down. The patient didn't go through any conventional treatment

during this period.

The HADS score for depression

was 13 and for anxiety was 19 at the baseline and it turned to 3 for depression and 4 for anxiety at the

end of 3 months.

**Follow up**

<u>Date</u>	<u>Observation</u>	<u>Prescription</u>	<u>Assessment of scale</u>
29/05/2019	Breathlessness –relief. Anxiety- present Restlessness- present Headache – no episode after medication. Appetite- diminished Stool- Hard, regular. Sleep- sleeplessness	<i>Rubrum 30/ 7 doses</i>	D-12 A- 15
03/06/2019	Restlessness relief, only at night. Anxiety- same Appetite- slight better Breathlessness- better Headache- no episodes Sleeplessness Stool- hard; semi solid, regular No improvement further	<i>Arsenicum album 200/2 doses</i>	D-10 A- 15
17/6/2019	Restlessness relief Anxiety- same Breathlessness- better Sleep- slight improvement Appetite- diminished yet Headache- no episodes Not much improvement from last visit.	<u><i>Arsenicum album 1M/1 Dose</i></u>	D-9 A- 14

<p>22/07/2019</p>	<p>Restlessness relief Anxiety- better Breathlessness- only after a long walk Sleep- better Appetite- better Headache- appeared for two days with pain in eye.</p>	<p><u>Rubrum 200/14 doses</u></p>	<p>D-7 A- 8</p>
<p>05/08/2019</p>	<p>Patient much better. Restlessness- no such Anxiety- much better Breathlessness- sometimes only Headache- no episodes Sleep- better, 5-6 hours at night. Stool- regular Appetite- good</p>	<p><u>Rubrum200/14 doses</u></p>	<p>D-3 A-4</p>

- \*D- Depression score
- \*A – Anxiety score

**Discussion**

Anxiety disorder has to be differentiated from depressive disorder; schizophrenia; bipolar disorder; atypical psychosis; adjustment disorder with anxiety; cognitive disorder; some substance related disorder like intoxication with caffeine, cocaine, amphetamines, etc. which exhibit symptoms of anxiety. [4]Efficacy of homoeopathy in central nervous system disorder like anxiety neurosis has been elicited with the use of *Turnera aphrodisiaca* [19]

A case series of five cases on phobic disorder explaining the preliminary evidence for the usefulness of homoeopathy in phobic disorders has been published which concluded with need of randomised controlled trial to establish the effectiveness of homoeopathy in phobic disorders on more scientific basis.[20]

Homoeopathy is established system of medicine which is extending its potential relevance to mental health issue also, but has limited database

.Convincing results are reported with few studiesbut its effectiveness in certain psychiatric disorders are yet to be explored. Anxiety disorders are most common psychiatric disorder that reduces the quality of life of an individual. Homoeopathy can be well utilized as alternative medicine for such cases with effective cure.

**Declaration of patient’s consent**

An informed consent was obtained



from the patient and her daughter. The patient's identity is not disclosed in any form based on ethical guidelines.

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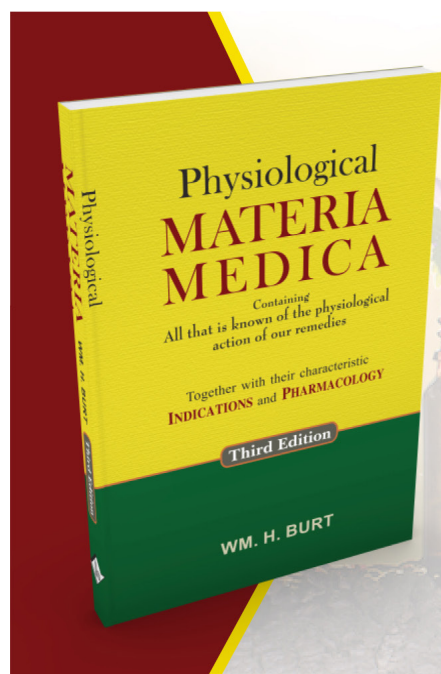
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# Compositae family and its medicines

By Dr Seema Gupta

**ABSTRACT:** Compositae family also known as asteraceae or daisy or sunflower family. The word "aster" means "star" in Greek, referring to the appearance of some family members, as a "star" surrounded by "rays". It is the second largest family of flowering plants bearing approximately 1,528 genera and 22,750 species worldwide.

**Keywords:** Group study, compositae family, homoeopathic medicines.

## Introduction

Group study is the first step to understand each remedy to its fullest aspect and one of the most important and easiest ways of studying materia medica<sup>(1)</sup>. So, various type of groups or kingdoms or families are present like animal (ophidia, spider, insect, etc.), plant (solanaceae, compositae, logniaceae, etc.), mineral (acid, arsenic, calcium, etc.) in which medicines are divided according to their similarity of origin<sup>(2)</sup>.

Compositae family also known as **asteraceae** or **daisy** or **sunflower** family. The word "aster" means "star" in Greek, referring to the appearance of some family members, as a "star" surrounded by "rays". The name "daisy", widely applied to members of this family, is derived from the Old English name of daisy (*Bellis perennis*): *dægesege*, from *dæg-es eage*, meaning "day's eye". This is because the petals open at dawn and close at dusk<sup>(3)</sup>.

It is the second largest family of flowering plants bearing approximately 1,528 genera and 22,750 species worldwide. About 10% of all flowering plants are from this family<sup>(4)</sup>. Uniqueness of family is what appears to be a single flower is actually composite of many small florets. Hence the name of this family is COMPOSITAE. These florets are

arranged in disc like flower head or receptacle in centripetal manner enclosed in involucre of whorled bracts of modified leaves. True sepals are converted with woolly hair. Flowers are composite of many individual florets, which are of two types, Regular or disc florets and Irregular or ray florets. Disc florets form the central disc of short flower and ray florets form outside petals with large edge on outside of flower head. Some members of family have only ray florets *lingulae florum*, some have only tubular disc florets. *tubuliflorae* and some have both. All plants are characterized by strong aromatic odour either pleasant or pungent. Bitterness is prevailing characterized of these plants, which compose the order<sup>(1)</sup>.

Various eye-catching flowers such as sunflower (*Helianthus annuus*), daisy (*chrysanthemum sp.*), dandelion (*taraxacum*), goldenrod (*solidago*), marigold (*calendula*), chrysanthemum, dahila, thistles and zinnia are among its delights. Leaves of the lettuce plant (*Lactuca sativa*) have been quite popular since antiquity for use in salads. Chicory (*Chichorium intybus*) and dandelion (*Taraxacum officinale*) are other asteraceae providing edible leaves. The chicory plant is also one of the sources of latex for natural rubber production. Heart-healthy oils such as safflower (*Carthamus*) and sunflower (*Helianthus*) are other culinary gifts from the family<sup>(4)</sup>.

## Discussion:

This family have wide spectrum of remedies can be divided into three groups:

- 1. Convulsion group of remedies** – In these remedies there is deficiency of nutrition causing emaciation though the patient eats. Problem of nursing mother, lot of behavioural disturbances. For ex.: *Cina maritima*, *Chamomilla*, *Artemisia abrotanum*, etc.
- 2. Injury group of remedies** - In this group there is profuse and easy bleeding, soreness. This group show extreme fear and fright, accidental dreams. For ex.- *Arnica montana*, *Bellis perennis*, *Calendula officinalism* etc.
- 3. GIT, GUT and fever group of remedies** - This group affect coeliac ganglia leading to various complains related to intestine, kidney, spleen, liver, etc. For ex.- *Carduus marianus*, *Gnaphalium polycephalum*, *Eupatorium perfoliatum*, *Helianthus annus*, etc.<sup>(1)</sup>

## Remedies of compositae family:-

1. *Artemisia abrotanum*
2. *Artemisia vulgaris*
3. *Artemisia absinthium*
4. *Artemisia maritima*

- |                                |  |                                     |
|--------------------------------|--|-------------------------------------|
| 5. <i>Achillea millifolium</i> | 11. <i>Echinacea angustifolia</i>          | 16. <i>Lactuca virosa</i>           |
| 6. <i>Anthemis nobilis</i>     | 12. <i>Eupatorium</i> <i>perfoliatum</i> , | 17. <i>Matricaria chamomilla</i>    |
| 7. <i>Arcticum lappa</i>       | <i>purpureum</i>                           | 18. <i>Solidago virgaurea</i>       |
| 8. <i>Arnica montana</i>       | 13. <i>Erigeron canadensis</i>             | 19. <i>Senecio aureus</i>           |
| 9. <i>Bellis perensis</i>      | 14. <i>Gnaphallium polycephalum</i>        | 20. <i>Tanacetum vulgare</i>        |
| 10. <i>Cardus marianus</i>     | 15. <i>Inula helenium</i>                  | 21. <i>Taraxacum</i>                |
|                                |  | 22. <i>Tussilago</i> <sup>(1)</sup> |

1. ***Artemisia abrotanum***:- Common name- Southernwood



Fig.: *Artemisia abrotanum*<sup>(5)</sup>

The most prominent symptom of *Artemisia abrotanum* is the emaciation in lower limbs. It has also an intense indigestion and morbid appetite. A peculiar sensation is as if the stomach were hanging or swimming in water. Marasmus of children. A very useful remedy in marasmus, especially of lower limbs only, yet with good appetite. Ill effects of suppressed conditions especially in gout. Tuberculous peritonitis. *Abrotanum* is used after surgery upon the chest for hydrothorax or empyema, a pressing sensation remains (*Calendula officinalis*) Metastasis of states and symptoms. Another great characteristic of *Artemisia abrotanum* is metastatic rheumatism. Modalities- worse by cold air, checked secretions, and better by motion<sup>(6)</sup>.

2. ***Artemisia vulgaris***:- Common name- Mugwort



Fig.: *Artemisia vulgaris*<sup>(7)</sup>

Has some reputation as a remedy for epileptic conditions, and convulsive diseases of childhood and girls at puberty. Locally and internally is injurious to eyes. Petit mal. Epilepsy without aura; after fright and other violent emotions and after masturbation. Several convulsions close together. Somnambulism. Gets up at night and works, remembers nothing in the morning. Colored light produces dizziness. Profuse sweat, smelling like garlic<sup>(8)</sup>.

3. ***Artemisia maritima* / *Cina maritima***:- Common name- Worm-seed



Fig.: *Artemisia maritima*<sup>(9)</sup>

This is a children's remedy, big, fat, rosy, scrofulous, corresponding to many conditions that may be referred to intestinal irritation, such as worms and accompanying complaints. An irritability of temper, variable appetite, grinding of teeth, and even convulsions, with screams and violent jerking of the hands and feet, are all within its range of action. The *Cina maritima* patient is hungry, cross, ugly, and wants to be rocked. Pain in shocks. Skin sensitive to touch. Modalities- worse from worms, at night, in sun, in summer, looking fixedly at an object<sup>(8)</sup>.



4. *Arnica montana*:- Common name: Leopard's bane



Fig.: *Arnica Montana*<sup>(10)</sup>

It is especially suited to cases when any injury, however remote, seems to have caused the present trouble. After traumatic injuries, overuse of any organ, strains. *Arnica montana* is disposed to cerebral congestion. Acts best in plethoric, feebly in debilitated with impoverished blood, cardiac dropsy with dyspnoea. A muscular tonic. Sore, lame, bruised feeling. Limbs and body ache as if beaten; joints as if sprained. Bed feels too hard. Marked effect on the blood<sup>(8)</sup>

5. *Bellis Perensis*:- Common name: Daisy



Fig.: *Bellis perensis*<sup>(11)</sup>

It acts upon the muscular fibers of the blood-vessels. Much muscular soreness. Lameness, as if sprained. Venous congestion, due to mechanical causes. First remedy in injuries to the deeper tissues, after major surgical work. Results of injuries to nerves with intense soreness and intolerance of cold bathing. After gout, debility of limbs. of the pelvic organs, auto-traumatism, expresses the condition calling for this remedy; ill effects from masturbation. Excellent remedy for sprains and bruises. Complaints due to cold food or drink when the body is heated, and in affections due to cold wind. Externally, in naevi. Acne. Boils all over. Sore, bruised feeling in the pelvic region. Exudations, stasis, swelling, come within the range of this remedy. Rheumatic symptoms. Does not vitiate the secretions. "It is a princely remedy for old labourers, especially gardeners"<sup>(8)</sup>.

### Some rare medicines:

1. *Inula helenium*:- Common Name: Scabwort



Fig.: *Inula helenium*<sup>(12)</sup>

*Inula helenium* is a perennial plant with a stem from three to four feet high, large saw-toothed leaves tapering to a stalk and large heads of yellow flowers. A mucous membrane medicine<sup>(6)</sup>. Bearing-down sensations in pelvic organs and bronchial symptoms are most marked. Substernal pain. Diabetes<sup>(8)</sup>. Violent tickling in Larynx, producing dry cough. Modalities- worse at night, by lying down (except the uterine pain, which compels patient to remain lying), by motion after eating<sup>(6)</sup>.

2. *Lactuca virosa*:- Common Name: Wild lettuce

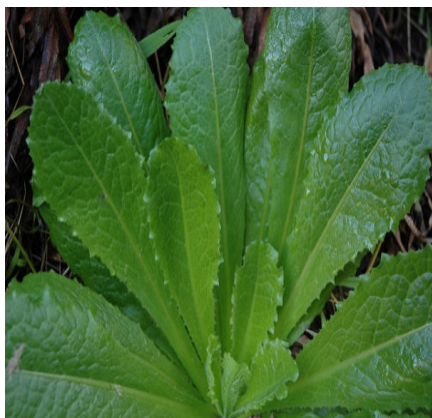


Fig.: *Lactuca virosa*<sup>(13)</sup>

*Lactuca virosa* seems to be a true galactogogue increases the milk in breasts. This remedy also acts upon the brain and circulatory system. Delirium tremens with sleeplessness, coldness and tremor. Hydrothorax and ascites. Impotence. Sense of lightness and tightness affecting whole body, especially chest. Marked action on limbs. Modalities- Better in open air. Yawning and stretching helps pressure in chest. Worse from touch. Sneezing aggravates. Worse in warm room<sup>(6)</sup>.

3. *Senecio aureus*: Common Name: Golden ragwort



Fig.: *Senecio Aureus*<sup>(14)</sup>

The *Golden ragwort* had a reputation in domestic and eclectic practise as a regulator of menstrual functions when Hale introduced it into homeopathic practice. Therefore it has a marked action on female and urinary organs, especially bladder. Urinary organs also affected in a marked degree. Backaches of congested kidneys. Early cirrhosis of liver. Debilitating or vicarious discharges. Nervous, pale, weak and sleepless hysterical women. Globus. Haemorrhagic tendency from other organs especially with suppressed or delayed menses. Modalities- Better at onset of menses, from menstruation. Worse puberty, sexual excitement, dampness, cold open air, sitting. Worse at night, in afternoon, in open air, from sitting, must keep moving about<sup>(6)</sup>.

4. *Solidago virgaurea*:- Common Name: Goldenrod



Fig.: *Solidago virgaurea*<sup>(15)</sup>

*Solidago virgaurea* has helped diseases arising from or complicated with defective functions of kidneys are very likely to be benefited by this remedy. *Solidago virgaurea* is a homeopathic replacement for the catheter. Pain in region of kidneys with dysuria. Kidneys sensitive to pressure. Bright's disease. Chronic nephritis. Uremic asthma. It affects the digestive tract, lower limbs and blood. Feeling of weakness, chilliness, alternating with the heat. Haemorrhages. Takes cold easily. Inhalation of the pollen has caused hemorrhage from the lungs in tuberculosis. Repeated colds of tuberculosis. Feeling of weakness, chilliness alternating with heat, nasopharyngeal catarrh, burning in throat, pains in limbs and thoracic oppression. Modalities - Better from profuse urination. Worse from pressure<sup>(6)</sup>.



### 5. *Tanacetum vulgare*:- Common Name: Tansy

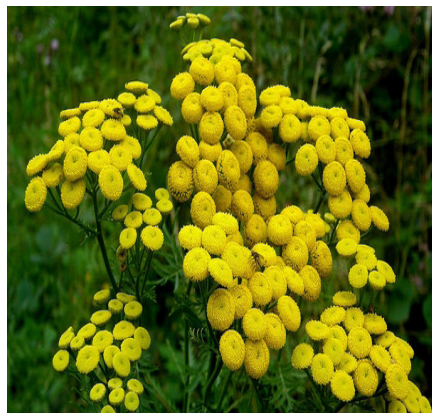


Fig.: *Tanacetum vulgare*<sup>(16)</sup>

*Lactuca virosa* seems to be a true galactagogue increases the milk in breasts. This remedy also acts upon the brain and circulatory system. Delirium tremens with sleeplessness, coldness and tremor. Hydrothorax and ascites. Impotence. Sense of lightness and tightness affecting whole body, especially chest. Marked action on limbs. Modalities- Better in open air. Yawning and stretching helps pressure in chest. Worse from touch. Sneezing aggravates. Worse in warm room<sup>(6)</sup>.

### 6. *Tussilago farfara* :- Common Name: Coltsfoot



Fig.: *Tussilago farfara*<sup>(17)</sup>

*Tussilago farfara* is used in the form of a confection for coughs. The leaves are mucilaginous and were much used in scrofulous disorders. Smoking the dried leaves relieves coughs. *Tussilago farfara* as an intercurrent medicine in tuberculosis of lungs. (*Tuberculinum*) Coughs. A popular reputation in gonorrhoea.

## Conclusion:

Compositae family is very useful plant source for our materia medica. These plants were employed in management of various clinical conditions like trauma, convulsions, fevers, worms, respiratory and gastro intestinal affections, haemorrhages, etc. Dr Hahnemann and others proved these remedies on healthy human beings to certain their curatives properties. Many characteristic symptoms were noticed during the provings e.g. characteristic hypersensitivity to touch in *Arnica montana*, mental irritability of *Chamomilla*, general sensation of soreness,

which were brought about due to dynamic effects of the substances on the specific constitutions. When these remedies are selected based upon such characteristic symptoms cure is achieved based on law of similars<sup>(1)</sup>.

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# Family compositae remedies

By Dr Koushik Bhar, Dr Supriya Pramanik, Dr Sheetal Mishra, Dr Prabin Kumar Shaw

**ABSTRACT:** Homoeopathy is one of the leading systems of alternative medicines in the world and is becoming popular day by day. It's effectiveness and genuineness have been established by various stalwarts since its origin. This system of healing deals with a large number of medicines from various sources of nature of which vegetable kingdom is the most significant. The composite family plays a vital role in the homoeopathic materia medica, as almost all the members of this family have wide array of symptomatology which make this family worth of studying thoroughly. It is one of the large families widely distributed throughout the world.

Here, in this article, the authors have gone through some of the authentic sourcebooks and also tried to evaluate the actions of the members of the compositae family in daily life and also looked for their adverse reactions, if any.

**Keywords:** Homoeopathic remedies, compositae, family

## Introduction:

The use of complementary therapies by patients has increased over the past years, both in terms of self-medication and physician prescriptions. Among homoeopathic medicines, those containing extracts of compositae, are especially popular in the primary-care setting.<sup>1</sup> Compositae is a very large order, from which we obtain a number of drugs; namely, *Arnica montana*, *Bellis perennis*, *Chamomilla*, *Cina maritima*, *Eupatorium perfoliatum*, *Eupatorium purpureum*, *Echinacea angustifolia*, *Artemisia vulgaris*, *Artemisia abrotanum*, *Artemisia tridentata*, *Absinthium*, *Millefolium*, *Taraxacum officinale*, and *Calendula officinalis*.<sup>2</sup>

## Illustration:

Compositae family is also named as asteraceae family or the daisy family. The word "aster" means "star" in Greek, referring to the appearance of some family members, as a "star" surrounded by "rays". The name "daisy", widely applied to members of this family, is derived from the old english name of daisy

(*Bellis perennis*): *dægesege*, from *dæge-seage*, meaning "day's eye". This is because the petals open at dawn and close at dusk.<sup>3</sup>

One of the key features of the compositae family plants is what appears as a single flower is actually a cluster of little flowers formed as a ray of petals; another important feature of these plants is that they can thrive in the harshest conditions and on poor soil. They have survived in those conditions being tough plants.<sup>3</sup>

So many remedies from this family have a theme of injury:<sup>4</sup>

*Repertory of the Homoeopathic Materia Medica* by Dr J.T. Kent<sup>4</sup> -

Generalities: injuries, blows, falls and bruises; operation, disorders from (Arn, Bell-p, Calen, Echin, Mill)

Female: Injuries to the pelvic organs (Abrot, Arn, Bell-p, Calen, Tarax)

Mind: sensitive, oversensitive; touch, to (Abrot, Arn, Cina)

Ailments after physical injury (Ar-

nica, Bellis p, Calendula, Echinacea, Chamomilla).

Theme of injury also present on the emotional level of these remedies. They can be easily hurt or feeling insulted, wounded by words; feeling abused, can be insulting, abusive or harsh. They may be violent by hitting someone or something. They can also take a lot of beatings, bruises, bumps, falls, and injuries. They may think of themselves as being tough. Therefore might want to protect others from injury. They can be very useful in conditions like shock from being injured or insulted; fear to be hurt, injured; fear of being touched or approached.<sup>3</sup>

## Rubrics:<sup>4</sup>

Delusion, being insulted: Chamomilla

Mind, offended easily: Arnica, Cham

Fear, of others approaching: Arn, Cham

Aversion of being approached: Arn, Cham, Cina

Mind, touched, aversion to: Arn, Cham, Cina

The persons who are benefitted by the Compositae drugs have strong drive for individuality, independence and living their own lives. They have a strong aversion to being interfered with and told what to do; even when they are sick, they do not want to be hassled by doctors or others; as is seen in *Arnica montana*, when he says he is well and sends the doctor away. They have a feeling that they are not strong enough to keep other influences out of their system; they may feel vulnerable. Most of the ailments arise from being belittled, criticised, and humiliated. They have some peculiar sensations of being injured, scalded, being wounded, sore or bruised, hurt or insulted; fear to be touched and approached.<sup>3</sup>

#### Discussion of remedies - compositae family

**Arnica montana:** *Arnica montana* is applicable to both the acute and the chronic effects of injuries. The acute injuries for which it is useful are the following: simple bruises in which there are well-marked ecchymoses; concussions of the brain or spine or of both.<sup>2</sup>In the chronic effects of injury we may use *Arnica montana* when diseases (which may even be entirely foreign in their appearance to the ordinary symptomatology of the drug) may be traced to a traumatic origin. No matter what that disease may be, whether of the brain, eyes, lungs or nerves, if the injury is the exciting cause, the administration of *Arnica montana* is proper.<sup>2</sup>In cases of injury, *Arnica montana* is suited more to tumefaction of the other tissues. *Calendula officinalis* is to be thought of when the injury causes a torn or ragged wound, possibly with loss of substance. *Calendula officinalis* removes the inflammatory condition of the part, and so permits of healthy granulation.<sup>2</sup>

The changes in the blood vessels due to the typhoid favour the formation of ecchymoses here and there over the body. There is also a passive congestion of the brain. This is shown

by drowsiness and indifference to those about him and to his condition. The patient falls asleep while answering questions and there is "the head is hot and the body cool, or at least not hot," implying that there is a difference in temperature between the head and the rest of the body. The patient complains of a bruised feeling all over the body, so that the bed feels too hard to him. He is restless and tosses about the bed to find a soft spot on which to rest; and yet the fault is not with the bed, but with himself. Sugillations from hypostasis appear on the back. The lungs become affected-and here, too, the same character of *Arnica montana* shows itself.<sup>2,5</sup>

*Arnica montana* develops a true myalgia. The pains occur in the muscles of any part of the body. They are of traumatic origin, or they come from over-exertion, and are accompanied by the sore, bruised feeling.<sup>2</sup>

In rheumatism, we may think of *Arnica montana*, not for true inflammatory rheumatism, but for the local rheumatism which occurs in winter weather, and which seems often to be the combined effect of exposure to dampness and of cold and strain on the muscles from over-exertion. The affected parts feel sore and bruised. Any motion, of course, aggravates this sensation. There are sharp, shooting pains, which run down from the elbow to the forearm, or which shoot through the legs and feet. The feet often swell and feel sore and bruised.<sup>2</sup>

*Arnica montana* has an action on the skin, producing crops of boils all over the body. They begin with soreness and go on to suppuration, and are followed by another crop. It may also be used in boils and abscesses which have partially matured but which, instead of discharging, shrivel up by reason of absorption of the contained pus.<sup>2</sup>

**Bellis perennis:** It should be the first remedy in injuries to the deeper tissues, after major surgical work; results of injuries to nerves with intense soreness and intolerance of cold bathing. It acts upon the muscular fibres of the blood vessels, thus useful in venous congestion due to mechanical causes. It is also very useful in traumatism of pelvic organs, auto-traumatism; ill effects of masturbation; sprains and bruises. Complaints which arises after intake of cold food or drink when the body is heated and the affections due to cold wind, are also covered by this remedy.<sup>6</sup>

**Artemisia vulgaris:** It is a very serviceable remedy in epilepsy, brought on by violent emotions, and especially by fright. The attacks come in rapidly repeated seizures, that is to say, several convulsions come close together and then there is a long interval of rest. The paroxysms are usually followed by sleep. *Artemisia vulgaris*, like other members of the order (Cina more prominently than any of the others), has an effect on the eye. One can find under the drug the symptom: "coloured light produces dizziness;" for example, when seated near a stained-glass window the patient becomes dizzy.<sup>2</sup>

**Absinthium:** It causes exhilaration of the mind, soon followed by horrible delirium and eventually epileptiform spasms. In this delirium the patient is obliged to walk about. This symptom runs through all the remedies of the order. *Chamomilla* and *Cina maritima* have relief from moving about; *Artemisia vulgaris* has desire to move about; and under *Absinthium*, the patient walks about in distress, seeing all sorts of visions. *Absinthium* is useful in the sleeplessness of typhoid fever when there is congestion at the base of the brain.<sup>2</sup>

**Millefolium:** It is a remedy in haemorrhages from the lungs, uterus, bowels, etc. The flow of blood is bright red, and usually profuse with



no anxiety.<sup>2</sup>

***Taraxacum officinale*:** It is a decided liver remedy. The tongue is mapped, and there are bitter taste in the mouth, chilliness after eating or drinking, pain and soreness in the region of the liver, and bilious diarrhoea.<sup>2</sup>

***Eupatorium perfoliatum*:** A popular remedy for chills and fever. The chill begins from seven to nine A. M., preceded by headache and insatiable thirst, which rarely continues into the fever. It first appears in the back and is accompanied by aching in the limbs, as though every bone in the body were being broken. This is followed by high fever with increase of the aching, and this by sweat, which is scanty or profuse. In some cases, there is a double periodicity; the chill comes in the morning of one day and in the evening of the next.<sup>2,6</sup> It is also useful in influenza with hoarseness worse in the morning, and cough with extreme soreness along the trachea and even to the finest ramifications of the bronchial tubes. With this there will be the aching all through the body as if in the bones, which impels the sufferer to move, but no relief is obtained thereby.<sup>2</sup>

***Eupatorium purpureum*:** It has been used for chill beginning in the back.<sup>2</sup>

***Echinacea angustifolia*:** It is used for septic conditions, blood poisonings, bites of poisonous animals, lymphangitis, gangrene, acute auto-infection; and is called as "corrector of blood dyscrasia". It has slowness in every action. It eases the pain of cancer in late stages. It has cured foul discharges with emaciation and great debility.<sup>6</sup>

***Artemisia abrotanum*:** It is indicated in marasmus occurring in weak children who are emaciated, first noticed in the lower extremities, wrinkled, pale, with blue rings around the eyes, gnawing hunger

and bloated abdomen.<sup>2,5</sup> It is suited to cases of suddenly appearing spinal inflammation and to chronic myelitis. There are sudden aching pains in the back which are relieved by motion; numbness and paralysis. It is especially called for in rheumatic patients with lameness and stiffness of the joints. It is useful in patients of the class who are suffering from the effects of suppressed conditions. There is a strong tendency to metastasis. Thus rheumatism goes to the heart from the extremities, either spontaneously or from local treatment. After the extirpation of haemorrhoids or the checking of diarrhoea, gastric symptoms supervene. It is also applicable in the metastasis of mumps to the testicle or mammary gland.<sup>2,5</sup>

***Cina maritima*:** It is indicated in children who are irritable, nervous and peevish; who resent being touched or even looked at, obstinate and permit no one to approach them.<sup>2,5</sup> The sickly pale appearance of the face which is cold or red and hot, the blue rings about the eyes, grinding of the teeth, restless sleep with rolling of eyes, squinting associated with loathing of food or canine hunger, nausea, vomiting; pain in the umbilical region: abdomen hard and distended; constipation; urine turbid when passed and turns milky after standing; frequent sudden attacks of very high fever with convulsions and twitching and contortions of limbs: vomiting of lumbrici and ascarides give a perfect picture for the drug. *Cina maritima* corrects the abdominal organs and tones up the abdominal ganglia and the mucous membrane of the alimentary tract pours forth a normal secretion, and the worms, no longer having a proper environment to subsist, die and are expelled.<sup>2,7</sup> *Cina maritima* is efficacious in asthenopia from defective accommodation; when the patient attempts to read, the eyes begin to ache, the letters become blurred and a cloud comes over the field of

vision, relief is obtained by rubbing the eyes; strabismus from worms or abdominal irritation; pain in head and eyes from sewing, especially when presbyopia forms in middle-aged women.<sup>7</sup>

***Matricaria Chamomilla*:** apparently acts best upon patients with a morbidly sensitive nervous system. Slight impressions produce distress and anguish of mind; pains often result in fainting. In every disease in which *Chamomilla* is indicated, this peculiar excitability should be there. The patient, whether it be child or adult, a woman in labour or with toothache, is cross and excitable. Mental calmness contraindicates *Chamomilla*.<sup>2,6</sup> When violent emotions, like anger, affect the viscera, as, for example, the liver with jaundice, we may think of *Chamomilla*.<sup>2</sup>

It is useful for insomnia in children, when they start during sleep and the muscles of the face and hands twitch. With these symptoms there is apt to be colic; the face is red, especially one cheek, and the head and scalp are bathed in a hot sweat. These nervous symptoms of *Chamomilla* are generally reflex from the abdomen. This same nervous state of *Chamomilla* is seen in rheumatism. Rheumatic pains drive the patient out of bed and compel him to walk about. He is thirsty, hot, with red cheeks and almost beside himself with anguish.<sup>2</sup>

It is indicated in the catarrh of children, when the nose is "stopped up," and yet there is a dropping of hot, watery mucus from the nostrils; there are sneezing and inability to sleep; and with these a dry, teasing cough, which keeps the child awake, or may even occur during sleep; or there is rattling cough, as though the bronchi were full of mucus. *Chamomilla* is especially useful in colds brought on by cold windy days.<sup>2</sup> It is useful in biliousness produced by anger. *Chamomilla* produces a diarrhoea with hot, yellowish-green

stool, looking like chopped eggs, and often mixed with bile, causing soreness at the anus, and having an odour of rotten eggs; it is especially worse toward evening; it is apt to occur during dentition.<sup>2</sup>

It is indicated when labour pains begin in the back and pass off down the inner side of the thighs with great nervous excitement. After the labour is over, the lochial flow is dark and too profuse, and the after-pains are violent and intolerable. *Chamomilla* may be used in threatening abortion caused by anger. It is useful in induction of the mammae of new-born babies; also of children.<sup>2,7</sup>

A recent study showed that treatment with remedies belonging to compositae or asteraceae family is not associated with a high risk of adverse drug reactions.<sup>1</sup>

**Conclusion:**

So, it has been seen that, the drugs produced from the compositae family have not only huge symptomatology and effectiveness for better health care, but also with

very minimum side effects. This kind of group study could lead us to a great height in exploring new dimensions in the understanding of materia medica and use in our day-to-day practise.

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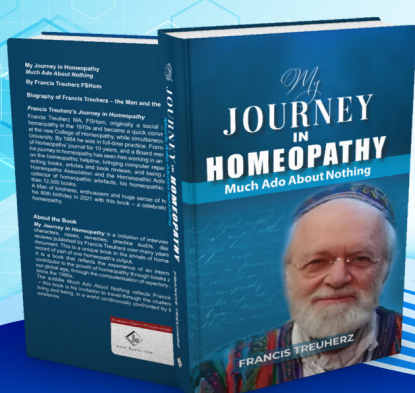
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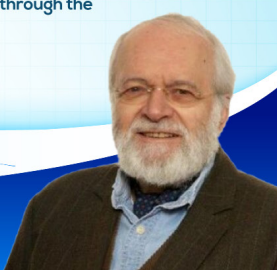
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- FRANCIS TREUHERZ -



# The compositae / daisy / sunflower / Asteraceae / family

By Dr Shweta Patel and Dr Srabani Pal

**ABSTRACT:** Compositae family is one of the largest groups in our homoeopathic materia medica and the medicines are grouped like; injury group, convulsion group, fever group, GIT (gastrointestinal) group and other medicines. It has wonderful healing properties after any type injury, ailments after physical injury as well as covers the injury to emotional level. Affinity for the blood and blood vessels related conditions like, bruising, bleedings, etc. It has curative actions over infectious diseases, female reproductive organs and excellent remedy for fever.

**Keywords:** Compositae family, common name, pharmacy, constitution, clinical.

**Abbreviations:** GIT – gastrointestinal.

## Introduction:

Leaves are alternate opposite, radical simple or compound. Uniqueness of family is what appears to be a single flower is actually composite of many small florets. Hence the name of this family is compositae.

All plants are characterised by strong aromatic odor either pleasant or pungent. Bitterness is the prevailing characteristic of these plants, which compose the order.

This family has wide spectrum of homoeopathic remedies that can be divided into three groups:

1. Convulsion group of remedies: In these remedies, there is deficiency of nutrition, causing emaciation though the patient eats. Problems of nursing mothers, lot of behavioural disturbances.
2. Injury group of remedies: In this group there is profuse and easy bleeding, soreness. This group shows extreme fear and fright, accidental dreams.
3. GIT, GUT and Fever group of remedies: This group affects celiac ganglia leading to various

complaints related to intestine, kidneys, spleen, liver, etc.

### Active principles

Hydrocarbons, alcohols, phenolic ester, acetone, acids, esters, sugars, starch, resinoid, glucosides, alkaloids. **Ailments from**

Mechanical injury and wounds fall from height, over-exertion, lifting, shock, being chilled or over-heated, repeated trauma, blood poisoning, suppression of discharges, grief and bad news, fright and suppression of anger.

### Sphere of Action

Capillaries. muscle and soft connective tissues. Mucous membrane of GIT, respiratory system, GUT. Mind. Nerves. Blood. Skin. Internal organs. Glands- Breast. Female Reproductive system. Joints.

### Clinical conditions

Wounds and trauma, mechanical injury, chronic cough, bronchitis, hysteria, sedatives effect, nephritis, uremic, menstrual disorders, rheumatic pains, intermittent fever, sciatica, convulsions, worms infestations, neuralgias, diarrhoea, marasmus, gangrene, tumors and re-

current boils.<sup>1</sup>

**Common name, pharmacy and constitutions of common medicines belong to compositae family compiled from Lotus Materia Medica by Robin Murphy.**

#### 1. Abrotanum. (Artemisia abrotanum)

**Common Name:** Southernwood. Lady's love.

**Pharmacy:** Tincture of fresh leaves and stems.

**Constitutions:** Suited to disorders of new born children, especially boys. Children with emaciation, especially legs. Marasmus. Digestive weakness in the elderly.

#### 2. Absinthium. (Artemisia absinthium)

**Common Name:** Common Wormwood.

**Pharmacy:** Tincture of fresh young leaves and flowers.

**Constitutions:** Younger and elderly patients. Chlorosis.

#### 3. Millefolium achillea



**Common Name:** Yarrow.

**Pharmacy:** Tincture of the fresh plant.

**Constitutions:** Suited to the aged, atonic, anaemic women and children.

#### 4. *Arnica montana*

**Common Name:** Leopard's Bane.

**Pharmacy:** Tincture of whole fresh plant.

**Constitutions:** Adapted to sanguine, plethoric persons, disposed to cerebral congestion. Persons easily made train-sick or seasick. It is suited to persons who are sensitive to mechanical injuries and who feel the effects of them long after. Teste noted it for plethoric red-faced persons.

#### 5. *Artemisia vulgaris*

**Common Name:** Mugwort. Worn-wood.

**Pharmacy:** Tincture of fresh root.

**Constitution:** It has a prominent place in convulsive diseases of childhood and girls at puberty.

#### 6. *Bellis perennis*

**Common Name:** English daisy.

**Pharmacy:** Tincture of whole fresh flowering plant.

**Constitution:** Suited to old gardeners, farmers, laborers and commercial travellers. Carbo-fluorica types with tendency to visceral ptosis, laxity of the ligaments and haemorrhages.

#### 7. *Calendula officinalis*

**Common Name:** Pot Marigold.

**Pharmacy:** Tincture of leaves and flowers.

**Constitution:** Constitutional tendency to erysipelas.

#### 8. *Carduus marianus*

**Common Name:** St. Mary's Thistle. Silybum marianus.

**Pharmacy:** Tincture or trituration of seeds.

**Constitution:** Choleric constitutions.

#### 9. *Chamomilla*

**Common Name:** German Chamomile. Marticaria chamomile.

**Pharmacy:** Tincture of whole plant.

**Constitution:** Suited to diseases of pregnant women, nurses and little children. Irritable, colicky babies, teething problems, earaches. Hypersensitive to pain. Arthritic diathesis. Neuralgic or gouty rheumatic diathesis.

#### 10. *Cina maritima*

**Common Name:** Wormseed. *Cina artemisia*.

**Pharmacy:** Tincture. *Cina maritima* is the source of the alkaloid Santonin.

**Constitution:** Generally hungry, cross, ugly, and wants to be rocked. Children who are big, fat, rosy and scrofulous, they stiffen out, when looked at, during cough or when they become cross.

#### 11. *Echinacea angustifolia*

**Common Name:** Purple Cone-flower.

**Pharmacy:** Tincture of whole fresh plant.

**Constitution:** Broken-down and weak constitutions.

#### 12. *Eupatorium perfoliatum*

**Common Name:** Bone-set. Thoroughwort.

**Pharmacy:** Tincture of whole plant.

**Constitutions:** Worn-out constitutions from inebriety.

#### 13. *Senecio aureus*

**Common Name:** Golden Ragwort. Squaw-weed.

**Pharmacy:** Tincture of fresh plant in flower.

**Constitutions:** Suited to women and little girls of nervous temperament.

#### 14. *Solidago virgaurea*

**Common Name:** Goldenrod. Tincture of fresh plant.

**Pharmacy:** Tincture of fresh flowers. The fresh blossoms are macerated in twice their weight of alcohol. Infusion of dry leaves and flowers.

**Constitutions:** Especially suited to scrofulous subjects.

**Common Name, Pharmacy and Clinical Indications of Rare Medicines under Compositae Family compiled from Lotus Materia Medica by Robin Murphy.**

#### 1. *Brachyglottis repens*

**Common Name:** Puka Puka.

**Pharmacy:** Tincture of green leaves and flowers.

**Clinical:** Kidney and bladder symptoms predominate. Albuminuria, Back pain, Bright's disease. Cystitis, Dysmenorrhoea, Nephritis, Writer's cramp.

#### 2. *Cardus Benedictus*

**Common Name:** Blessed Thistle.

Cincus Benedictus.

**Pharmacy:** Tincture of whole plant when flower.

**Clinical:** Amaurosis. Asphyxia. Coma. Diarrhoea. Dysphagia. Stricture.

### 3. *Cichorium intybus*

**Common Name:** Chicory.

**Pharmacy:** Tincture or trituration of dried root.

**Clinical:** Amblyopia, Constipation, Fatigue, Headaches.

### 4. *Cineraria maritima*

**Common Name:** Dusty Miller.

**Pharmacy:** Tincture or succus of the fresh plant, growing wild, gathered just before the flower-buds open.

**Clinical:** Cataract, Corneal opacity, Eye injuries.

### 5. *Echinacea purpurea*

**Common Name:** Black Sampson.

**Pharmacy:** Tincture of fresh root.

**Clinical:** Boils, Carbuncles, Diphtheria, Fatigue, Furuncles, Impetigo, Putrid fevers, Pyaemia, Scarletina, Septicaemia, Suppuration, Vaccination effects, Wounds.

### 6. *Erigeron canadensis*

**Common Name:** Fleabane. Leptilon canadense.

**Pharmacy:** Tincture from fresh plant when bloom.

**Clinical:** Haemorrhagic remedy, especially when haemorrhages are profuse, bright red, gushing.

### 7. *Eupatorium aromaticum*.

**Common Name:** White Snake-root. Deer-wort.

**Pharmacy:** Tincture of root.

**Clinical:** Ague, Apthae, Chorea, Gravel, Hysteria, Neurasthenia, Sore, Nipples, Stomatitis, Vomiting.

### 8. *Eupatorium purpureum*

**Common Name:** Gravel Root. Queen of the meadow. Joe Pye weed. Trumpet weed.

**Pharmacy:** Tincture of the root.

**Clinical:** Albuminuria, Bedwetting, Bladder irritable, Chills, Cystitis, Diabetes insipidus, Dropsy, Dyspnoea, Dysuria, Enlarged prostate, Fever, Gravel, Headache, Hematuria, Homesickness, Hysteria, Impotence, Infertility, Urine retention.

### 9. *Gnaphalium polycephalum*

**Common Name:** Cud-wed. Old balsam.

**Pharmacy:** Tincture of fresh plant.

**Clinical:** Used mainly in disorders of the sciatic nerve. It also has action on the abdominal organs, causing vomiting, colic, and diarrhoea.

### 10. *Grindelia robusta*

**Common Name:** Rosin-wood.

**Pharmacy:** Tincture is made of the leaves and unexpanded flowers.

**Clinical:** Asthma, Bites, Blisters, Bronchitis, Burns, Cheyne-Stokes, Conjunctivitis, Emphysema, Erythema, Fleabites, Glaucoma, Heart disorders, Herpes zoster, Hyperchlorhydria, Iritis, Itching, Liver pain, Lung disorders, Ophthalmia, Rheumatism, Rhus poisoning, Pruritus, Skin disorders, Spleen disorders.

### 11. *Guaco*

**Common Name:** Climbing Hemp Weed. Mikania guaco.

**Pharmacy:** Tincture and decoction of leaves.

**Clinical:** Acts on the nervous system and female organs. Bulbar paralysis. Spinal irritation. Syphilis. Cancer. Diarrhoea and dysentery with chancing in sacrum and loins. Phosphaturia.

### 12. *Helianthus annuus*

**Common Name:** Sunflower.

**Pharmacy:** Tincture of mature flower-heads. Tincture of ripe seeds.

**Clinical:** Spleen disorders, Chronic cases of intermittent fever, Coryza, Catarrh, Nasal hemorrhage and thick scabs in nose, Rheumatic pain, Urticaria.

### 13. *Inula helenium*

**Common Name:** Scabwort. Elecampane.

**Pharmacy:** Tincture of fresh root dug in autumn of the second year.

**Clinical:** Bachache. Bronchitis. Cough. Cramp. Diabetes. Dyspepsia. Dysmenorrhoea. Dry cough. Erysipelas. Leucorrhoea. Sciatica. Toothache.

### 14. *Lactuca virosa*

**Common Name:** Acrid Lettuce. Poison lettuce.

**Pharmacy:** Tincture of fresh flowering plant.

**Clinical:** A true galactagogue, as it increases the milk in breast. Also acts upon the brain and circulatory system. Delirium tremens with sleeplessness, coldness and tremor. Hydrothorax and ascites.

### 15. *Lapsana communis*

**Common Name:** Nipple-wort.

**Pharmacy:** Tincture of infusion of whole fresh plant.

**Clinical:** Haemorrhoids, Nipple sore.

## 16. *Liatris Spicata*

**Common Name:** Colic-root. Dense button-snakeroot. Gay feather. Devil's bit.

**Pharmacy:** Tincture of powdered fresh root.

**Clinical:** Anasarca, colic, Diarrhoea, Dropsy, Headache, Indigestion, Kidney dropsy, Ulcers.

## 17. *Parthenium hysterophorus*.

**Common Name:** Bitter-broom. Congress grass. Escobaamargo.

**Pharmacy:** The dry plant is macerated in five parts by weight of alcohol. Trituration of solution of the alkaloid Parthenia.

**Clinical:** Amenorrhoea, Chyne-Stokes breathing, Debility, Dyspepsia, Ear disorders, Fainting, Fevers, Headache, Liver pain, Neuralgia, Periodic salivation, Spleen disorders, Vision disorders.

## 18. *Pyrethrum parthenium*.

**Common Name:** Feverfew. Chrysanthemum parthenium. Anacyclus officinarum.

**Pharmacy:** Tincture of fresh plant. Tincture of dried roots.

**Clinical:** Convulsions, Delirium, Diarrhoea, Dysentery, Fevers, Loquacity, Rheumatism.

## 19. *Senecio jacoboea*

**Common Name:** St. James Wort.

**Pharmacy:** Tincture of fresh plant.

**Clinical:** Arthritis, Brain disorders, Cerebrospinal, Irritation, Depression, Bedwetting, Headaches, Twitchings, Ulcers.

## 20. *Tanacetum vulgare*

**Common Name:** Tansy. Chrysanthemum vulgare.

**Pharmacy:** Tincture of fresh plant in flower.

**Clinical:** Tanac. Has an action on the female generative organs. Use as a vermifuge and has a reputation as a remedy for hydrophobia.

## 21. *Taraxacum officinale*

**Common Name:** Dandelion.

**Pharmacy:** The tincture from the whole plant when in flower.

**Clinical:** Affinity for the liver and bladder. A bilious remedy. Pains in both splenic and liver regions. Ague, Bilioid, Cancerous conditions, Debility, Diabetes, Flatulence, Gallstones, Headaches, Hepatitis, Jaundice, Liver disorders,

## 22. *Tussilago farfara*.

**Common Name:** Coltsfoot. British herb. Farfara. Tobacco waste.

**Pharmacy:** Tincture of fresh plant.

**Clinical:** Coughs, Gonorrhoea, Scrofula, Tuberculosis.

## 23. *Tussilago fragrans*.

**Common Name:** Petasites fragrans. Italian tussilage. Fragrant Tussilage.

**Pharmacy:** Tincture of the whole plant.

**Clinical:** Obesity. Plethora.

## 24. *Tussilago petasites*

**Common Name:** Bitter-burr. Petasites officinalis. Petasites vulgaris.

**Pharmacy:** Tincture of whole fresh plant.

**Clinical:** Coughs, Gallbladder, Colic, Gonorrhoea, Headache, Lumbago, Prostatitis, Pylorus disorders,

## 25. *Wyethia helenoides*

**Common Name:** Poison Weed. Alarconiahelenioides. Melarhizianuloides.

**Pharmacy:** Tincture of the root.

**Clinical:** Allergies, Asthma, Amenorrhoea, Bronchitis, Epiglottis disorders, Fatigue, Hay fevers, Influenza, Itching, Nervousness, Pharyngitis, Post-nasal catarrh, Sneezing, Sore throat, Uvula disorders.<sup>2</sup>

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# Compositae family themes and miasms

By Dr G.Lakshmi Narasaiah, Dr G. Chandra Sekhara Rao

**ABSTRACT:** Homoeopathy is a unique system of medicine based on individualization and symptom similarity of the patient. It treats every sickness of a man as a whole and individualised entity, for analysis and selection of indicated remedy need deeper understanding of Homoeopathic remedies in each case, the best way to understand homoeopathic materia medica is kingdom approach; plant kingdom remedies are the bigger source to be studied through family themes by group study. The knowledge of plant remedies according to their family themes has expanded the use of many unused remedies with much more accuracy and simplicity.

**Keywords:** Materia Medica, kingdom, plant remedies, family themes.

## Introduction:

Homoeopathic drugs are prepared from different sources, namely plant kingdom, animal kingdom, the mineral kingdom, nosodes, sarcodes, imponderabilia and synthetic sources.

Major natural sources are:

**Plant kingdom-** Various herbs and plants, either whole or their specific parts like flowers, leaves and roots, etc.

**Animal kingdom-** Various insects, animal products and venom of snakes, etc.

**Mineral kingdom-** Elements and compounds like metals, salts, alkalis and acids, etc.<sup>1</sup>

Homeopathic practise consists of the knowledge of homoeopathic materia medica and how to use it.<sup>2</sup> The homoeopathic materia medica is too vast to be memorised, but it can be understood thoroughly if studied kingdomwise.<sup>3</sup>

## HOMOEOPATHIC KINGDOM APPROACH

The knowledge of classification

of remedies according to their kingdom has expanded the use of many unused remedies with much more accuracy and simplicity. The approach in any given case now would be to come to the kingdom, then the subkingdom and then to the source to which the patient belongs. We take the case and come to its core, the essence and the most central point in the case and then we know automatically whether it is a problem with structure, survival or sensitivity.

Our remedies are derived from the natural world of plants, minerals and animals. The whole aim of the practitioner is to understand and find the source of that remedy as expressed by the patient. The art of arriving at the correct prescription has relied heavily on knowledge of materia medica and mechanical repertorisation. Both of these tools are essential but are greatly helped using recognition of the themes or patterns running through a case and a remedy.

One of the most radical concepts developed by Sankaran is about the kingdoms. Patients, who required a remedy from the plant,

animal and mineral kingdoms, describe themselves and their symptoms in a quite different way.

This 'pattern recognition' in turn benefits not just from themes and essences but from a system or map of these patterns. With the advent of new work on kingdom classification, such maps have been developed which we believe more reliably lead the practitioner in the direction of the simillimum. Each kingdom has its own language, its own themes and its own sensitivities to situations.

## PLANT KINGDOM

The plant kingdom presents more of a mystery to the homoeopath. From the very beginning, when Hahnemann did his first proving on cinchona bark, plants have been widely represented in the materia medica. They have been studied from their known effects, from their toxicology and from proving's, but never very systematically. There were no maps.

Sankaran hypothesised that each plant family had its own unique expression of that sensitivity. He studied the individual families, and came to the conclusion that it was

possible to classify them according to their sensations and reactions.

According to Sankaran, the basic quality of a plant is sensitivity. Plants grow, but do not move under their own power from place to place. They stay in one place and must be sensitive to the environment in order to adapt to the changes around them. People who need plant remedies are often soft, sensitive, attempting to adjust to the people and environment around them. They are passive, emotional, easily hurt and changeable.<sup>4</sup>

The basic issue of plant families is sensitivity and reactivity. Each family must have its kind of sensitivity. People who need plant remedies are often soft, sensitive, attempting to adjust to the people and environment. They are passive, emotional, easily hurt and changeable.

If the main thing in the plant kingdom is sensitivity, then each family must have its own kind of sensitivity. Remedies from a particular family share at least one common sensation or type of pain. The sensation could be expressed in four different ways viz. as the sensation itself, as a passive reaction, as an active reaction, or as compensation. Despite the common feeling or sensation, there is a wide difference in the pictures or symptomatology of the various remedies in the same family. This difference is because they belong to different miasms.<sup>5</sup>

Overview of group study:

Group study is one of the most important and easiest ways of studying materia medica. Group study tells us the basic infrastructure and basic qualities and properties of the remedies in one particular group based on which finer differentiations can be made. Understanding of homeopathic materia medica requires

much study, experience and insight in order to come out of the maze of collection of symptoms. Number of medicines in Homoeopathic Materia medica is more than 3500 and it is very difficult to study and remember all the characteristics by individual study of drugs. In the study of Materia medica a new concept came ahead i.e. Group study. Group study is the first step to understand each remedy to its fullest aspect. Group study gives us the most of the generals and some very important particulars of the remedies included in that group. Group study implies the extract of all common characteristics of the remedies included under that group with common elements. Most of the common traits are generals and particulars are very few. Most of the group characteristics are at mental general as well as physical general level. Through group study it is very easy to deduct theme of the combination of remedy. The main advantage of the group is we get the separate themes of both composing elements as well as the combination of themes.

## COMPOSITAE FAMILY

Composite or daisy or sunflower family is also known as ASTARACAE. Different remedies of this family have been employed in various clinical conditions by different schools of medicines since ancient times. There are about 60 remedies of this family mentioned in our materia medica, some being well proved and some partially. It is one of the large families widely distributed throughout world consisting of most highly evolved dicotyledonous plants. They are annual or perennial herbs, shrubs and rarely trees. They are mostly cultivated as ornamental plants, food plants or grow as weeds. They are approximately 900 genera and 19,000 species of family.

## IMPORTANT REMEDIES:

1. Artemisia - Artemisia abrotinum  
- Artemisia vulgaris  
- Artemisia absinthium  
- Artemisia maritima
2. Achillea millifolium
3. Anthemis nobilis
4. Arctium lappa
5. Arnica montana
6. Bellis perennis
7. Carduus marianus and benedictus
8. Echinacea angustifolia
9. Eupatorium perfoliatum, purpurium
10. Erigeron canadensis
11. Gnaphalium polycephalum
12. Inula
13. Lactuca virosa
14. Matricaria chamomilla
15. Solidago virgaurea
16. Senecio aureus
17. Tanacetum vulgare
18. Taraxacum
19. Tussilago<sup>6</sup>

Each plant family had its own unique expression of that sensitivity. He studied the individual families, and came to the conclusion that it was possible to classify them according to their sensations and reactions. Why different remedies from the same family have such differing symptomatology. It seemed that the sensation was common to the whole family but that it was expressed in differing degrees of pace, depth or desperation. In other words, different plants of the same family belonged to different miasms. It was this breakthrough which initiated the development of a chart of the botanical families and the remedies related to the miasms.

## COMPOSITAE FAMILY REMEDIES ACCORDING TO THEIR MIASM

Acute	<i>Arnica montana, Calendula officinalis</i>
Typhoid	<i>Chamomilla</i>
Malaria	<i>Cina maritima, Eupatorium perfoliatum</i>
Ringworm	<i>Taraxacum officinale</i>
Sycosis	<i>Senecio aureus</i>
Tubercular	<i>Abrotanum</i>
Cancer	<i>Bellis perennis</i>
Leprosy	<i>Lactuca virosa, Inula, Lappa</i>

For every sensation there is an equal and opposite reaction, both in physical and emotional expressions. The reaction can be either active or passive, or in some cases can be seen as compensation.

## SENSATIONS, REACTIONS AND COMPENSATIONS OF COMPOSITAE FAMILY

Sensation	Passive Reaction	Active Reaction	Compensation
Injured Hurt or insulted Shocked, burnt or scalded Fear to be touched, hurt or approached	Numb Anaesthetic Stupor Catalepsy	Insulting Hurting others Cruel Violent Strikes	Tough guy, can take all the beatings Protective of others <sup>7</sup>

Compositae family Themes: Injured, hurt or insulated, shocked, fear to be touched, hurt approached.

Thus the proposed sensation of family compositae is injured, both at physical as well as mental level, insulted, hurt (injury perceived at mental level), fear of being approached, touched (as that aggravate the sensation of being injured) shocked, burnt or scalded and hence the reaction of being violent, cruel, insulting, harsh (active reaction since their perception is being injured and insulted, they also inflict that back on others.

There is a sensitivity seen on things which are hard and soft because hard things are perceived as causing injury, and soft things being opposite hard, given soothing feeling.<sup>7</sup>

## COMPOSITAE FAMILY DIFFERENTIATION:

**SOLANACEA:**

The main sensation of solanacea family is sudden violence, rage, out burst, splitting, bursting, explosive, jerking, and shooting. This family has important physical symptoms like strokes, apoplexy, sunstroke and some other themes like violent, terror, being pursued, murder, snakes and ghosts. All this speaks of sudden violence, sudden danger and also fear of sudden death and the reaction to this is fright or flight response, escape, panic, spasm, convulsions or anesthesia, stupefied, etc. PAPAVARACEA: The main theme of the Papavaracea family is of intense suffering, pain, agony and a hell like state, this kind of suffering is often connected to the experience of death and dying, the death agony and the half alive, half dead state, like being buried alive. In papavara- cea family sensitivity to extreme pain, intense suffering killing, heat,

cold or burning and opposite to that is numbness or hibernation or an anesthetic state as understood. In the compositae family the main sensation is being injured at physical, mental level.

**THEALES:**

The vital sensation in the family theales is smashed, punctured, penetrated followed by a shooting violent pain and that produces spasms and convulsions. The injury is especially to nerves or in the form of crushed lacerations. The pain is as if something is smashed in to a part that is rich in nerves. The wounds are stab, penetrating, smashed and punctured in the family theales where as in compositae the wounds are blunt and there is soreness. Anything that has pierced and punctured and gone till the nerves call for the family theales and not compositae.



**UMBELLIFERACEA:**

In umbelliferacea family, there is unexpected attack, sudden blow or big injury. The sensation is sudden, huge, violent, big blow, which is unexpected. It is a violent attack mutilations, riots, accidents, cruelty all come up suddenly without notice, so the response to this sensation is convulsions, rage and violence as the attack is violent the response too is violence. Umbellifaracea family comes close to compositae family with respect to injury but what differentiates it is the word unexpected and violent which is most important aspect of umbelliferacea.<sup>8</sup>

**SUMMARY AND CONCLUSION:**

Every Homoeopathic physician

should be thoroughly knowledgeable about the different ways of case analysis based on individual expression to find appropriate simillimum, based on plant kingdom themes and their family expression give you broader sense to select appropriate Homoeopathic remedy in each and every case, for achieving this goal one must need systematic way is to analyses through kingdom and family themes by application of Rajan Sankaran sensation method. Homoeopathic materia medica should understand by constant comparison and differentiation only. This review surely improve our prescribing ways of compositae family remedies

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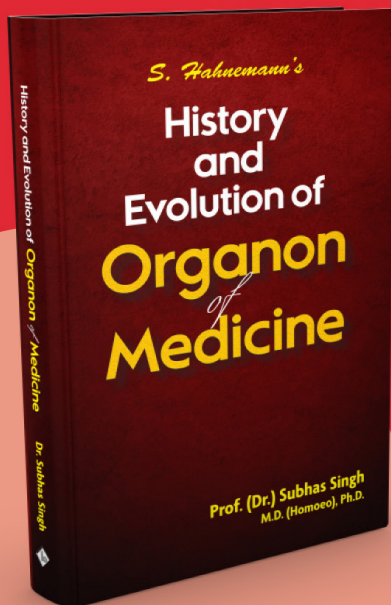
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# Existing purview of global medical scenario during Dr Hahnemann's

By Dr Puneet Kumar Misra

**ABSTRACT:** Foundation of the homoeopathy are start in the last decade of the 18th century by master Dr Hahnemann(1755-1843) in 1796 and it continue till existing time , the assessment of human disorder /diseases from the origin of homoeopathy and currently are very different , but unfortunately homoeopathic youth compare the homoeopathy from the existing state of modern medicine (allopathic) in the place of circumstance of old school(allopathic) at the startup of homoeopathy period ,therefore they discard the available fact of disorder/ diseases in the early diagnosis, and wait the presentation of the disorder/ diseases stage details available in the origin time literature and compare with it , therefore they facing the obstacle and difficulty in the treatment and management of disorder/ diseases through the homoeopathy.

**Keywords:** Old school, allopathic, homoeopathy, disorder, diseases

**Abbreviations:** clinic pathologic correlation (CPC), Anno domini (AD)

## Introduction:

Dr Hahnemann first published an article about the homeopathic approach in a German-language medical journal in 1796 based on principle of “like cures like” became the basis for an approach to medicine which he gave the name homeopathy. He first used the term homeopathy in his essay Indications of the Homeopathic Employment of Medicines in Ordinary Practice, published in Hufeland’s Journal in 1807. When he reading William Cullen’s A Treatise on the Materia Medica, he encountered the new concept and claims that cinchona the bark of a Peruvian tree was effective in treating malaria because of its astringency. Hahnemann believed that other astringent substances are not effective against malaria and began to research cinchona’s effect on the human body by self-application. Noting that the drug induced malaria-like symptoms in him. He concluded that it would do so in any healthy individual. This led him to postulate a healing principle: “that which can produce a set of symptoms in a healthy individual,

can treat a sick individual who is manifesting a similar set of symptoms. he published in 1810 “Organon of the Rational Art of Healing”, followed over the years by four further editions entitled The Organon of the Healing Art, the first systematic treatise and containing all his detailed instructions on the subject. A 6th Organon edition, unpublished during his lifetime, and dating from February 1842, was only published many years after his death. It consisted of a 5th Organon containing extensive handwritten annotations and more methodical and aphoristic form, after the model of the Hippocratic writings. During the course of the development of homoeopathy dr Hahnemann write many books of the materia medica which play an important role in the treatment till existing time.

**Global medical before the Hahnemann** - The practice of medicine began by the greatest physician in Greek medicine was Hippocrates (460-370 B.C.) And regarded as ‘the father of medicine’. Hippocrates dissociated medicine from religion and

magic. He firmly believed in study of patient’s symptoms and described methods of diagnosis. He recorded his observations on cases in the form of collections of writings called “Hippocratic Corpus” or “Corpus Hippocraticum”, which remained the mainstay of learning of medicine for nearly two thousand years all branches of medicine. However, **the prevailing concept at that time on mechanism of disease based on disequilibrium of four basic humors (water, air, fire, and earth) was propagated by Hippocrates too but this concept was later abandoned.** He studied and classified diseases based on observation and reasoning. He challenged the tradition of magic in medicine, and initiated a radically new approach to medicine i.e., application of clinical methods in medicine. Hippocrates’s lectures and writings as compiled later by Alexandrian scholars into encompassed into 72 volumes, and the work contain the first scientific clinical case histories. Some of the sayings of Hippocrates later became favorites with physicians, such as “Life is short, the art (of medicine) long, opportunity fleeting, experience treacherous and judgment dif-

ficult", and "where there is love for mankind, there is love for the art of healing". His famous oath, the "Hippocratic oath" has become the keystone of medical ethics. It sets a high moral standard for the medical profession and demands absolute integrity of doctors. Hippocrates will always be regarded as one of the masters of the medical art. Hippocrates was also an epidemiologist. Since he distinguished between diseases which were epidemic and those which were endemic, he was in fact the first true epidemiologist. He was constantly seeking the causes of disease. He studied such things as climate, water, clothing, diet, habits of eating and drinking and the effect they had in producing disease. His book "Airs, Water and Places" is considered a treatise on social medicine and hygiene. The Hippocratic concept of health and disease stressed the relation between man and his environment. In short, the Greeks gave a new direction to medical thought. They rejected the supernatural theory of disease and looked upon disease as a natural process, not visitation from a god of immolation. The Greeks believe that matter was made up of four elements - earth, air, fire and water. These elements had the corresponding quality of being cold, dry, hot and moist and were represented by them. The Greeks postulated that health prevailed when the four humors were in equilibrium and when the balance was disturbed, disease was the result. The human body was assumed to have powers of restoration of humoral equilibrium, and it was the physician's primary role to assist in this healing process. While the humoral theory of Hippocrates was based on incorrect foundations, the concept of the innate capacity of the body of responding to disturbances in the equilibrium that constitutes health is highly relevant to modern

medicine. 1, 2

The hypothesis of disequilibrium of four elements constituting the body (Dhatu) similar to Hippocratic doctrine finds mention in ancient Indian medicine books compiled about 200 AD—Charaka Samhita, a finest document by Charaka on medicine listing 500 remedies, and Sushruta Samhita, similar book of surgical sciences by Sushruta, and includes about 700 plant-derived medicines.<sup>1</sup>

**Global medical at the time of Hahnemann** – when Dr Hahnemann (1755-1843) entered the medical field at the same time the new era establishment is under progress and starting the break formation to the old pattern, and credit goes to for beginning of it for the study of morbid anatomy (pathologic anatomy), goes to Italian anatomist pathologist, Giovanni B. Morgagni (1682-1771). Morgagni was an excellent teacher in anatomy, a prolific writer and a practicing clinician. By his work, Morgagni demolished the ancient humoral theory of disease and published his life-time experiences based on 700 postmortems and their corresponding clinical findings. He, thus laid the foundations of clinic pathologic methodology in the study of disease and introduced the concept of clinic pathologic correlation (CPC), establishing a coherent sequence of cause, lesions, symptoms, and outcome of disease. **Towards the end of 18th century, Xavier Bichat (1771-1802) in France described that organs were composed of tissue and divided the study of morbid anatomy into General Pathology and Systemic Pathology.** Richard Bright (1789-1858) who described non-suppurative nephritis, later termed glomerulonephritis or Bright's disease; Thomas Addison (1793-1860) who gave an account of chronic

adrenocortical insufficiency termed Addison's disease; and Thomas Hodgkin (1798-1866), who observed the complex of chronic enlargement of lymph nodes, often with enlargement of the liver and spleen, later called Hodgkin's disease.<sup>1,2</sup>

**Medical revolution after Dr Hahnemann** - The man was groping in darkness about the causation of disease and several theories were advanced from time to time to explain disease causation such as the supernatural theory of disease, the theory of humors by Greeks and Indians, the theory of contagion, the miasmatic theory which attributed disease to noxious air and vapors (Homoeopathy, which was propounded by Samuel Hahnemann (1755-1843) of Germany gained foothold in India during 1810 and 1839. It is a system of pharmacodynamics based on "treatment of disease by the use of small amounts of a drug that, in healthy persons, produces symptoms similar to those of the disease being treated". Homoeopathy is practised in several countries, but India claims to have the largest number of practitioners of this system in the world. The theory of spontaneous generation breakthrough came in 1860, when the French bacteriologist Louis Pasteur (1822-1895) demonstrated the presence of bacteria in air. He disproved the theory of "spontaneous generation". In 1873, Pasteur advanced the "germ theory of disease". In 1877, Robert Koch (1843-1910) showed that anthrax was caused by bacteria. The discoveries of Pasteur and Koch confirmed the germ theory of disease. It was the golden age of bacteriology. Microbe after microbe was discovered in quick succession gonococcus in 1847; typhoid bacillus, pneumococcus in 1880; tubercle bacillus in 1882; cholera vibrio in 1883; diphtheria bacillus in 1884, and so on. These discoveries and a host of others at



the turn of the century marked a turning point in our etiological concepts. All attention was focused on microbes and their role in disease causation. The germ theory of disease came to the forefront, supplanting the earlier theories of disease causation. Medicine finally shed the rags of dogma and superstition and put on the robes of scientific knowledge. Subsequently, G.H.A. Hansen (1841–1912) in Germany identified Hansen's bacillus in 1873 as the first microbe causative for leprosy (Hansen's disease). While the study of infectious diseases was being made, the concept of immune tolerance and allergy emerged which formed the basis of immunization initiated by Edward Jenner. Metchnikoff (1845–1916), a Russian zoologist, introduced the existence of phenomenon of phagocytosis by human defense cells against invading microbes, Paul Ehrlich (1854–1915), German physician, conferred Nobel prize in 1908 for his work in immunology, described Ehrlich's test for urobilinogen using Ehrlich's aldehyde reagent, staining techniques of cells and bacteria, and laid the foundations of haematology & clinical pathology. Robert Feulgen (1884–1955) described Feulgen reaction for DNA staining and laid the foundations of cytochemistry and histochemistry. Though the presence of cells in thin sections of non-living object cork had been first demonstrated much earlier by Robert Hooke in 1667, it was revived as a unit of living matter in the 19th century by F.T. Schwann (1810–1882), the first neurohistologist, and Claude Bernarde (1813–1878), pioneer in pathophysiology. **Rudolf Virchow (1821–1905) in Germany is credited with the beginning of microscopic examination of diseased tissue at cellular level and thus began histopathology as a method of investigation.** Virchow hypothesised cellular

theory having following two components: **All cells come from other cells.** Disease is an alteration of normal structure and function of these cells. Virchow was revered as Pope in pathology in Europe and is aptly known as the 'father of cellular pathology'. The role and significance of learning of pathology in clinical medicine is quite well summed up by Sir William Osler (1849–1919), acclaimed physician and teacher in medicine considered as 'Father of Modern Medicine' by his famous quote "your practice of medicine will be as good as is your understanding of pathology, Sir William Osler's familiar quote "Medicine is a science of uncertainty and an art of probability" captures well the complex nature of clinical medicine.<sup>1, 2</sup> At the same time German physicist Wilhem Konrad Rontgen in 1895 discovered the X-rays while investigating the effect of electron beams in electrical discharges through low pressure gases and John Hall Edwards in Birmingham England 11 January 1896 use first time in clinical condition in a surgical treatment during operation.

**CONCEPT OF CAUSATION** - Up to the time of Louis Pasteur (1822–1895) and origin of germ theory various concepts of disease causation were in vogue, e.g., the supernatural theory of disease, the theory of humors, the concept of contagion, miasmatic theory of disease, the theory of spontaneous generation, etc. Discoveries in microbiology marked a turning point in our aetiological concepts. The Germ theory of disease concept gained momentum during the 19th and the early part of 20th century. The emphasis had shifted from empirical causes (e.g., bad air) to microbes as the sole cause of disease. The concept of cause embodied in the germ theory of disease is generally referred to as a one-to-one relationship between causal agent

and disease. park 33 But in many diseases /disorder the "agent" is still unidentified, e.g. coronary heart disease, cancer, peptic ulcer, mental illness, etc. Where the disease agent is not firmly established, the etiology is generally discussed in terms of "risk factors". The term "risk factor" is used by different authors with at least two meanings. A. an attribute or exposure that is significantly associated with the development of a disease. b. a determinant that can be modified by intervention, thereby reducing the possibility of occurrence of disease or other specified outcomes .1

## Discussion

1. It is matter of jubilant and prestige for the homoeopathy that after induction of germ theory existing theories start to fade and have no existence currently, while homoeopathy retains its own existence .
2. Miasmatic theory which are by propounded by Samuel Hahnemann are based on the perfect picture of diseases (aphorism 89) (on the basis of the totality of symptoms given by patient and his relative are matched with the drugs features found in proving ) and all chronic diseases widely classified in the three major group of miasm on the basis of the totality of symptoms Psora(mother of all miasma) ,Syphilis(venereal chancre diseases) and Sycosis (figwart-diseases) .
3. The approach of the prescribing in the old school (allopathic) is partially based on the symptomatic and other environment event because at that time the physical presentation of disorder is the main tool of prescribing,

therefore homoeopathy totally adopted complete physical presentation with macro pathological change but after induction of germ theory the old school (allopathic) adopt it and start the up gradation while homoeopath continue on own traditional pattern .

4. Currently the old school (allopathic) take over all modification in treatment with the help of time to time development generated by the newcomers and elaboration of own up to the level of organ transplant .
5. Dr **Hahnemann** time only morbid anatomy are use for the support of clinician for the purpose of identification or selection of disorder and rest are based on the symptomatic criteria
6. This is the dedication of Dr **Hahnemann** that they start it and build up to this level it service currently, but after him newcomers comes in this field continue the tradition of Dr **Hahnemann** and makes the gap from new development in the medical area , while the old school (allopathic ) adopt everything and reached up to the cellular or molecular level

of the diseases/ disorder origin, and make the uniform pattern of the treatment and management of each diseases/ disorder with the help of all new discovery for the uncover of it. the old school (allopathic ) continues endeavor to resolve the obstacles in the treatment and generated new branches for it.

### Conclusion

when we compare and conclude the origin time and Existing Purview of homoeopathy with old school (allopathic ) , we found that huge difference build up by the newcomers of homoeopathy from the current trends of identification or selection of disorder/diseases which are developed by old school (allopathic ) , and most of youth as well as established homoeopath advocacy to make a distance from new discovery and it is worthless. Currently old school (allopathic ) with the association of various service of its branch to provide diagnostic & management information to the physician for better early quality care of the patient, and provide the data for helping in the makeup of essential diagnosis, prognosis and treatment of disease, therefore It is the necessity of

time in the homoeopathy that all teaching, nonteaching and research institution of it, compiled the all discrete observation data which available in the numerous materia medica and repertory from the time of origin to till now, all Data to be transformed into information by summarizing them and adjusting with the available details of disorder/diseases by all sources, transformation of all data information through integration and processing with clinical experience and perceptions which based on the available data of treatment on uncountable patient in all area through a pilot project and try to make a universal pattern of the management and treatment of each disorder/diseases with safeguard of all heritage of homoeopathy for forthcoming generation.

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# Compositae family: medicines for convulsions and injuries

By Dr Purnashashi Pani, Dr Bijayalakshmi Behera, Dr Chaturbhujaya Nayak

**ABSTRACT:** Compositae is the largest family of flowering plants with more than 1600 genera and 22000 species. It has many economic uses in foods, cosmetics, and pharmaceuticals. However, the Compositae family is now renamed as Asteraceae family. Literature reports numerous medicinal benefits of Compositae family medicines. Compositae family medicines are useful in illnesses like convulsion, injury, fever, gastrointestinal disorders. In this article, attempt is made to reflect the indications of medicines of Compositae family for treatment of convulsions and injuries.

**Keywords:** Compositae family, convulsions, injuries

## Introduction:

More than half of population in developing countries depends on natural medication preferably from plant kingdom for treatment of different sicknesses. Compositae family is now known as asteraceae family. Its name is derived from the structure of its inflorescences, in the form of flower head [1]. It is the largest family in plant kingdom on earth, commonly referred as aster, daisy, compositae or sunflower family. The compositae were first described in the year 1740. This family has a wide spread distribution, from subpolar to tropical regions in a wide variety of habitats. Most species of compositae family are annual, biennial, or perennial herbaceous plants, some are shrubs and vines [2]. Compositae family medicines are used for treatment of convulsions, injuries, gastrointestinal disorders, febrile disorders, genitourinary disorders, etc. Out of all these conditions, as revealed from the homoeopathic literature supported by clinical experiences, the medicines of compositae family are widely used for treatment of convulsions and injuries.

## COMPOSITAE FAMILY

Commonly used homoeopathic medicines in Compositae family are- *Abrotanum*, *Absinthium*, *Arnica montana*, *Artemisia vulgaris*, *Bellis perennis*, *Blumia odorata*, *Calendula officinalis*, *Carduus marianus*, *Matricaria chamomilla*, *Chrysanthemum*, *Cina maritima*, *Cineraria maritima*, *Echinacea*, *Erigeron candensis*, *Eupatorium perfoliatum*, *Gnaphallium*, *Grindelia robusta*, *Helianthus annuus*, *Guaco*, *Lactusa verosa*, *Liatris spicata*, *Millefolium*, *Parthenium*, *Santonine*, *Polymina wuedelia*, *Senecio*, *Solidago virga*, *Taraxacum officinale*, *Silphium*, *Tanacetum vulgare*, *Wyethia helenoides* [3].

## Characteristic physical symptoms

- Haemorrhagic tendency: hemorrhage from all orifices and mucus membranes of the body, ecchymosis, internal bleeding, haemorrhage from relaxed blood vessel. Blood is profuse, bright red, painless fluid.
- Oversensitiveness arising from abuse of coffee and narcotics.
- Marasmus: ascending type of marasmus, wasting inspite of voracious appetite.

- Soreness: sore, lame, bruised feeling of affected parts with congestion. Hypersensitivity to touch.
- Convulsions: after suppression of menses, epilepsy after puberty.

## Mental symptoms

- Very anxious, extremely nervous, aversion to work.
- Cannot tolerate contradiction, unsatisfied all the time.
- Kleptomania, somnambulism, irritability aggravated by noise.
- Hysteria in females during menses. Fear of accidents, sees dead bodies.

## General modalities [3]

- *Aggravation:* Damp cloudy weather, touch, motion, cold air, drinking, injury, evening, night, suppressed discharges and music.
- *Amelioration:* Continued motion, lying on abdomen, discharges, profuse sweating, rest, open air.



# SUBJECTIVE

On the basis of pathogenesis, the medicines of compositae family can be divided into following small groups<sup>[3]</sup>:

- Injury group,
- Convulsive group,
- Gastrointestinal tract group,
- Genitourinary tract group,
- Febrile group
- Respiratory group
- Glands group

*Physiological and toxicological actions*-stimulants, vulnerary stomachic, anthelmintic, tonic, astringent, anti-inflammatory, anti-bacterial, narcotic, diaphoretic, emmenagogue.

*Clinical conditions*- trauma, convulsion, fever, worms, respiratory and gastrointestinal affections, haemorrhage<sup>[3]</sup>.

## Medicines of compositae family for convulsion

*Cina maritima, Matricaria chamomilla, Artemisia vulgaris, Abrotanum, Absinthium, Tanacetum.*

### Common features<sup>[3]</sup>

- Convulsion occurring during the time of dentition, after anger, during menses.
- Convulsions with trembling, biting of tongue, tremors, chorea, opisthotonos, giddiness. There may or may not be loss of consciousness.
- Commonly affecting children- emaciation in spite of eating well, worms, convulsion, emotional and temperamental oversensitivity.
- Children are cross, irritable, very touchy, ugly in behavior, dissatisfied, capricious and don't want to be touched or

looked at.

- Mental irritability, nervousness, excitability, restlessness.
- Sadness, mental depression, thinking difficult, loss of comprehension, weak memory.
- Anxious dreams with restless sleep.

### Differentiating features

*Abrotanum*<sup>[4,5]</sup>

- < conversation, mental effort.
- Wasting of lower extremities, ascending marasmus.
- Metastasis of rheumatism, from joint to spine.
- Suited to cases of suddenly appearing spinal inflammation and chronic myelitis.

*Absinthium*

- Convulsions preceded by trembling. Vertigo with tendency to fall backward<sup>[6]</sup>.

*Artemisia vulgaris*<sup>[4,6]</sup>

- Patient is excitable and irritable before the attack of epilepsy.
- Epilepsy without aura. After fright, grief, blow in the head, menstrual disturbance, masturbation and teething.
- Convulsive diseases of childhood and girls at puberty.

*Chamomilla*<sup>[4,5,7,8]</sup>

- Convulsions caused by anger and downward motion; oversensitiveness after abuse of coffee or opium; worse from downward motion and better from being carried.

- Epileptic convulsions with retraction of thumb preceded by colic, followed by lethargic state. Urgent inclination to remain lying down.
- A child neither walks nor wants to be carried in the arms.
- Convulsions in the back, head thrown backwards; stiffness of the body.
- *Chamomilla* is useful in convulsions of children after any emotion.
- Convulsions of children from nursing, after a fit of anger in mother.

*Cina maritima*<sup>[4-7]</sup>

- Due to irritation from worms, child may get an attack of convulsion.
- Nocturnal epileptic convulsions, followed by headache with or without consciousness with cries, bending backwards of back and violent movement of hands and feet.
- Sudden inward jerking of fingers of right hand; child stretches out feet spasmodically. Left foot in constant spasmodic motion.
- Abdominal pain ending in convulsion.
- As a result of primary action on the abdominal ganglia, the reflex symptoms we get are: convulsive twitching and jerking of limbs and violent spasms, usually of tonic character.

*Tanacetum vulgare*<sup>[4-6]</sup>

- Choreia and reflex spasm from worms.
- Abnormal lassitude; nervous tired feeling. Half dead, half alive feeling.

- Trembling, convulsions, clonic spasms; coming instantaneously and lasting a minute; slight tremor of arms, arms are thrown forward and at right angles to the body, forearm supinated, hands bent at right angles, fingers straight, slightly bent on hands, points of fingers nearly in contact; bites tongue in convulsion, sensation of throb through whole frame.

### Medicines of compositae family for injuries

*Arnica montana*, *Bellis perennis*, *Calendula officinalis*, *Echinacea angustifolia*, *Millefolium*

#### Common features <sup>[3]</sup>

- Bad effects of injury, recent or remote and injury in any form.
  - Injury to muscles, connective tissues, joints, mainly causing inflammation.
  - Sepsis, suppuration, rheumatism, tumors, miscarriage.
  - Injured nerves produce extreme pain, soreness, aching, bruised sensation.
  - Weak and relaxed vessels of deeper organs produce profuse hemorrhage, ecchymosis and varicose veins.
  - Overuse of any organ; excessive sexual indulgence produces deep seated affections.
  - Mind- a state of fear, fright, nervousness, sleeplessness or nightmares after accidents, injuries.
  - Fear of being approached or touched.
- Specially adapted to those who remain long impressed by even slight mechanical injuries
  - Sore, lame, bruised feeling all through the body, as if beaten; traumatic affections of muscles; conjunctival or retinal hemorrhage, with extravasation, from injuries or cough.
  - After injuries from blunt instruments.
  - Meningitis after mechanical or traumatic injuries; from fall, concussions of brain etc.
  - Marked effect on blood, affects venous system, including stasis, ecchymosis and hemorrhage.
  - Tendency to hemorrhage and low-grade fever.
  - Relaxed blood vessels, black and blue spots.
  - It affects the walls of blood vessels, particularly of the capillaries, so that dilatation of small vessels and extravasation of blood takes place. This weakening of capillary wall which admits of extravasation of blood explains the applicability of *Arnica* to trauma.
  - The acute injuries for which *Arnica* is useful are simple bruises in which there are well marked ecchymoses, concussion of brain or spine or of both.
  - No matter what the disease may be, whether of brain, eyes, lungs or nerves, if the injury is the exciting cause, the administration of *Arnica* is proper.
  - In the chronic effects of injury *Arnica* may be used, when diseases may be traced to a traumatic origin.
  - *Arnica* is a very important remedy in injuries, bruises, shocks, injuries of joints, injuries of back with lameness and soreness.

#### Differentiating features

*Arnica montana* <sup>[5,6,8,9]</sup>

*Bellis perennis* <sup>[4,6]</sup>

- Acts on muscular fibres of blood vessels.
- First remedy for injury to deeper tissues, after major surgical work.
- Sore bruised feeling in the pelvic region.
- Stasis and fag are the keynote of the remedy.

*Calendula officinalis* <sup>[4,8]</sup>

- Indicated in lacerated and suppurating wounds.
- It is the homoeopathic antiseptic.
- Unlike *Arnica*, it has no irritating property capable of producing erysipelas. Therefore, suitable to all cases of injury when the skin is broken.
- Traumatic affections, to secure union by first intention and prevent suppuration.
- In all cases of loss of soft parts when union cannot be effected by means of adhesive plaster; external wounds with or without loss of substance; torn and jagged looking wounds; post-surgical operations; to promote healthy granulation and prevent excessive suppuration and disfiguring scars.
- Traumatic and idiopathic neuroma; neuritis from lacerated wounds; exhausted from loss of blood and excessive pain.
- Rupture of muscles or tendons; lacerations during labor; wounds penetrating articulations with loss of synovial fluids.

*Cineraria maritima* <sup>[4,6]</sup>

- Traumatic affections of eye.

- Cures traumatic cataract, senile cataract and corneal opacities.

*Echinacea angustifolia* [4,6]

- Used locally, as a cleansing and anti-septic wash.
- Snake bites, bites and stings in general.
- Lymphatic inflammation; crushing injuries.
- Irritation from insect bite and poisonous plants.
- Drowsiness is a marked feature.
- There is much chilliness and sensitiveness to cold, aggravation from exposure to cold air.

*Erigeron canadense* [4,6]

- It is a good medicine for hemorrhage, which is profuse and bright red.

*Millefolium* [4,6]

- An invaluable remedy for various types of hemorrhages; blood bright red.
- *Millefolium* is suited to all wounds which bleed profusely;

sprain and over-lifting.

- Bad effects of falling from a height; overlifting.
- After surgery for calculi.
- Haemorrhages are chiefly florid and bright red.

## Conclusion

Hence, the medicines of compositae family prove to be efficacious in the treatment of convulsions and injuries.

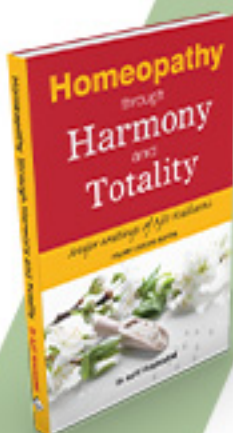
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# Compositae: an insight into the mental reign beyond trauma

By Dr Prastuti Jaiswal, Dr Satya Prakash Singh, Dr Sakshi Bhadana, Dr Surbhi

**ABSTRACT:** Compositae or daisy or sunflower family is also known as astaraceae. There are about 60 remedies of this family mentioned in our materia medica, some being well proved and some being partially. The following article aims to discuss about the mental plane of the compositae family. The sensation which is injured both at physical as well as mental level, insulted, hurt, fear of being approached, shocked, and hence the reaction of being violent, cruel, insulting, harsh since their perception is being injured & insulted.

**Keywords:** Homoeopathy, compositae

## Introduction:

Compositae family is one of the biggest family in our materia medica. There are about 60 remedies of this family mentioned in our materia medica. Uniqueness of family is what appears to be a single flower is actually compositae of many small florets. Hence the name of this family is compositae. Different remedies of this family have been employed in various clinical conditions by different schools of medicines since ancient times.

It is a wide spectrum family. It has convulsion group, injury group, gastrointestinal group and fever groups of medicine. It has mental theme which is characteristics of this family groups.

### Characteristics mental symptoms of compositae family

- Sensitive to effects of recent or past trauma
- Fear of accidents, dead bodies.
- Aversion to work, dissatisfaction all the time.
- Nervousness, hysteria in females during menses.
- Forgetful: Sensation as if forgotten something, suddenly

stops while walking.<sup>1</sup>

### Mental symptoms of different medicines of compositae family

#### *Arnica montana*-

Memory wanting. Absent-minded ; with wandering of thoughts. Inability to perform, continuous active work. Indifference to work, to everything. Fright ; from unexpected trifles, with starting. Fear of being approached Valuable in mania, delirium tremens, especially with involuntary discharges of a putrid odour, nosebleed of dark blood.<sup>2</sup> Shedding of tears and exclamations of rage. Opinionated. Quarrelsome. Combative.<sup>3</sup>

#### *Bellis perennis*-

Deep trauma on physical body or psyche. Bruised sore emotions developed to such an extent that deep recesses have been developed but the patient never reveals it, instead presents a happy face. He considered as a strong person with no sensitivities. Bellis women has fear of anyone showing erotic interest in her, as it will penetrate her defence, they need security.<sup>4</sup>

#### *Calendula officinalis*

Great irritability; easily frightened; hearing acute.-Intense depression.<sup>5</sup> Delirious and wild. Anxious and morose during chill. Fretful sleepy, dreamy.<sup>6</sup>

*Erigeron canadensis* Great despondency. <sup>7</sup> Low spirits, with a feeling of great languor. <sup>8</sup>

*Abrotanum* Nervous, excited, loquacious, felt like shouting, good humoured, happy. Taciturn, irritable, violent. Peevish, feels as if she would like to do something cruel. Desponding. Thinks her brain is softening. No capacity for thinking. Feebleness and dullness.<sup>9</sup> Child cross, depressed, very peevish. Feels she would like to do something cruel; no humanity.<sup>10</sup>

#### *Absinthium*

Crying and wishing to die. Delirium. Dread of assassination. Various hallucinations. Idiocy. Irritable mood. Kleptomania. Loquacity. Complete loss of memory. Frightful visions. Expression foolish.<sup>11</sup> Forgets what has happened recently. Idiotic manner, doesn't care whether she dies nor not.<sup>12</sup> Brutality, dullness. Great terror; terrifying hallucination.<sup>13</sup>

#### *Artemesia vulgaris*

Stupor following convulsions.-Somnambulism.-Inclination to steal.-Effects of fright.-Catalepsy induced by bodily exertion or by alluding to the disease.<sup>14</sup> Moroseness, tearful. Excitability all day before an attack of epilepsy at night.<sup>15</sup>

## *Cina maritima*

Delirium and crying out. Talking nonsense. Cannot be quieted by any persuasions ; proof against all caresses. Piteous cries if one attempted to touch or lead him. Lachrymose and complaining (in a child). Anxiety and anguish about heart when walking in open air, as if he had committed a crime. Unconscious and frothing at the mouth.<sup>16</sup> Disposition to be offended by trifling jests.<sup>17</sup>

## *Chamomilla*

Absence of mind. When writing or speaking, he omits whole words. Dullness. Confusion of head, with transient painful pressure on eyes, in afternoon. Child cries ; quiet only when carried. Child cries ; quiet only when carried. Oversensitiveness to pain, which seems unbearable and drives to despair. All bad effects following anger. Ill-humoured and irritable, the whole day.<sup>18</sup>

## *Lactuca virosa*

Disposition melancholy, fretful; seeming to invite sadness, after suffering from grief, Internal anguish and agitation, cross-gained humour, which is aroused by slightest provocation.<sup>19</sup> Anguish and internal uneasiness. Sadness with exaggerated fancies.<sup>20</sup>

## *Eupatorium perfoliatum*

Feels at night as if going out of his mind. <sup>21</sup> Feels at night as if he was going out of his mind. Moaning: with the aching pain; during cold stage Anxious countenance. De-

spondency, with fever. Anxiety, despair, depression. Headache > by conversation.<sup>22</sup>

## *Eupatorium purpureum*

Stupid, dull, dropsy, intermittent. Confusion with falling to one side. The mind encompassed by various delusions. Talkative ; exclamation; delusions of sight and hearing. Moaning ; suffering expressed by peculiar cries. Hysterical mood , weeping, sighing and a feeling like home sickness, though occupying her own home and surrounded by her own family.<sup>23</sup> Mind is encompassed by various delusion . home - sickness , although in her our house . Great fear of sickness, depressed and sleepy, hysterical, low - spirited state.<sup>24</sup> Delusions of sight and hearing, talkative, exclamation<sup>25</sup>

*Parthenium hysterophorus* Feel dull and stupid, difficult to fix attention; malaise, apathy, lassitude , indifference.<sup>26</sup>

*Pyrethrum parthenium*Very excited, talked incessantly for four hours lying in state of stupor, easily roused but quickly relapsing.<sup>27</sup>

## *Wyethia helenoids*

Nervous, uneasy, apprehensive of calamity - depressed incapacitated for mental work, averse to company, impatient, quarrelsome.<sup>28</sup>

## *Senecio aureus*

Very irritable, worried, undecided; dissatisfied; depressed, nervous. Low spirits alternating with cheerful mood; sleepless. feeling like homesickness.<sup>29</sup>

## *Carduus marianus*

Forgets what he has just intended to do. Disposition to become angry. Melancholy with live affections.

Joyless; apathetic.<sup>30</sup> Sadness with tendency to weep. Fullness in head with disposition to become angry.<sup>31</sup>

## *Carduus benedictus*

Anxiety, fear, starting at every noise, frequently breaking into cold sweat. Fretful; during fever. Cross humour.<sup>32</sup>

## *Gnaphalium polycephalum*

Very irritable for two to three days, after the diarrhoea.<sup>33</sup>

## *Inula helenium*

Excessive anxiety and trembling of the whole body, chattering of teeth from cold, during menstruation.<sup>34</sup>

## *Tussilago fragrans*

Complaining mood, fault finding; spiteful. Serenity; benevolence; calmness; increased power of mind and expression.<sup>35</sup>

## Discussion and conclusion

Different remedies of this family have been employed in various clinical conditions . As a family ,the compositae has the potential to treat the wide variety of signs, befallments, and symptoms as it consists large number of medicines than any other family in homoeopathic materia medica which have further subdivided into groups having action on the deepest level and almost all the organs of the body including my mind but the mental aspects of these medicines are generally ignored in the clinical practice inspite of some very characteristics mental symptoms mentioned in various homoeopathic literature. This is a contrary group of remedies that act with a mixture

of defensiveness with fear of interference, injury, invasion, and attack as well as aggression, abuse and striking out.

This work is a small attempt to traverse the unexplored mental reign of this infallible family from various homoeopathic literature that can be utilised in for better understanding and enhanced clinical practice.

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### Conflict of interest

None

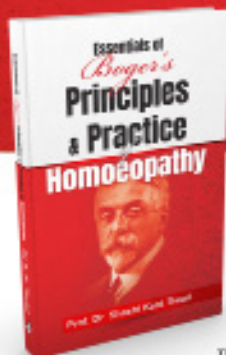
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Author  
Prof. Dr S.K. Tiwari

## Essentials of *Boger's* Principles & Practice of Homoeopathy

A compilation of 66 write ups also could be referred to as a 'piece of gems' on homoeopathy which are being placed as an assembled jewel in a book form made out of very precious pearls found lying at different places. It is expected that these pearls will certainly add to the wealth of Homoeopathy.

A glance through the topics - Law of Cure, The philosophy of Similia, Finding the Similimum with the help of the Family Anamnesis, What Divides Us?, Choosing The Remedy, Choosing The Remedy, Gymnaclada and many more.

Homoeopathy360



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# Cough

Medicated Syrup

## Indications:

- Dry, spasmodic cough
- Prolonged & incessant cough
- Sore throat & Hoarseness
- Frequent cough with expectoration
- Chronic or recurring cough
- Difficult expectoration of tenacious mucous
- Pain & tightness of chest on coughing

## Composition:

Rumex crispus	3X	1.0%
Justicia adhatoda	∅	2.0%
Ipecacuanha	1X	1.0%
Spongia tosta	1X	1.0%
Sticta pulmonaria	3X	1.0%
Antimonium tartaricum	6X	0.5%
Coccus cacti	3X	0.5%
Drosera rotundifolia	∅	2.0%
Senega	∅	3.0%
Balsam tolu	∅	3.0%
Excipients		q.s.
Alcohol content		11% v/v

**Dosage:** Adults & >12years old - 2 teaspoons, 3 times a day  
Children <12years old - 1 teaspoon, 3 times a day or as prescribed by the physician.



**Pack sizes available:**  
60ml | 100ml | 200ml | 500ml



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# ng !! Relieving !!

## Omeo™

# Broncholite Medicated Syrup

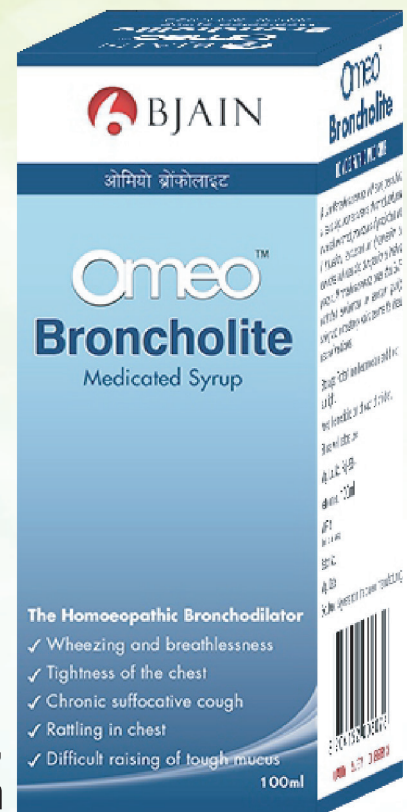
### Indications:

Bronchial catarrh, Soreness and tightness of chest, Difficult raising of tough mucus, Breathlessness on lying down, Cough with dyspnea, Suffocation from great accumulation of mucus.

### Composition

Blatta orientalis	∅	4.8% v/v
Justicia adhatoda	∅	2.8% v/v
Senega	∅	1.6% v/v
Lobelia inflata	∅	1.6% v/v
Ipecacuanha	∅	1.6% v/v
Grindelia robusta	∅	1.6% v/v
Magnesia phosphorica	2x	3.0% w/v
Alcohol content		10.5% v/v
Colour :		Caramel
Excipients		q.s.
In syrup base		

**Dosage:** Adults & >12 years old – 2 teaspoons (10ml), 3 times a day. Children < 12 years old – 1 teaspoon (5ml), 3 times a day or as prescribed by the physician.



**Pack sizes available:**  
60ml | 100ml | 200ml | 500ml

**Quality | Safety | Consistency**

Information for registered medical practitioner only

# Homoeopathic management in the treatment of dengue with compositae family remedy

By Dr Yusuf Khan, Dr Ankoosh Kulkarni



**ABSTRACT:** Dengue has been a major health concern for long period and seem to have increase in the number of cases in recent years. The viral infection spread by mosquito bite and have potential to create life threatening consequences. Modern medicine deal fever and debility with NSAIDs and aspirin but many drugs are restricted on account of pathophysiology of dengue hemorrhage. Dengue itself has its major symptom spectrum, treatment should be promising and of minimal side effect here homoeopathy comes in role. This article talks about homoeopathic remedy from compositae family with fast recovery and no side effect of dengue treatment whatsoever.

**Keywords:** Old school, allopathic, homoeopathy, disorder, diseases

**Abbreviations:** RNA- ribonucleic acid , WHO- world health organisation , NSAIDs- nonsteroidal anti-inflammatory drugs, ESR- erythrocyte sedimentation rate, BP – blood pressure , CNS - central nervous system

## Introduction:

Dengue virus is caused by the RNA type distinctive subgroup of the 4 dengue virus. It is basically manifested in broad three different pattern. According to WHO classification of dengue (2009), it is categorised as: 1

- 1) Dengue with No or less warning signs.
- 2) Dengue with warning sign.
- 3) Severe dengue.

### **I) Dengue no or less warning signs:**

- Probable dengue
- Live in/travel to dengue endemic areas. Fever and 2 of the following:
  - Tourniquet test positive
  - Rash
  - Aches and pains
  - Nausea, vomiting
  - Any warning sign
  - and
  - Supportive serology
  - Or

- Occurrence at the same location and time as other confirmed dengue cases <sup>1</sup>

### **II) Warning signs:**

- Abdominal pain and tenderness
- Persistent vomiting -Clinical fluid accumulation
- Mucosal bleed
- Lethargy, restlessness
- Liver enlargement > 2 cm
- Laboratory: increase in hematocrit
- concurrent with rapid decrease in platelet count
- [requiring strict observation and medical intervention.]<sup>1</sup>

### **III) Severe dengue:**

- Any of the followings:
  - Severe plasma leakage leading to shock or respiratory distress.
  - Severe bleeding as evaluated by clinicians.
  - Severe organ involvement
  - Liver

- CNS: impaired consciousness -Heart and other organs.<sup>1</sup>

### **Clinical features of dengue are classified as below:**

#### **1) Febrile phase:**

- High-grade fever 2-7 days.
- Facial flushing, skin erythema, body ache, myalgia, arthralgia, severe back ache("breakbone" fever), retro-orbital pain and headache.
- Sore throat, injected pharynx and conjunctival injection
- Anorexia, nausea and vomiting.
- Seizures in children.
- 3-4 days for 2 days and is followed by return of fever "saddleback fever"
- Tenderness upon pressure on the eyeball.
- A positive tourniquet test may be present.
- Petechiae and mucosal membrane bleeding.
- Liver is often enlarged and tender.
- Progressive decrease in total



white cell count.<sup>2,3</sup>

## 2) Critical phase:

- Time of defervescence of fever, an increase in capillary permeability along with increasing haematocrit levels may occur. Beginning of critical phase. Reflects severity of plasma leakage.
- Significant plasma leakage usually lasts for 24-48 hours.
- Pleural effusion and ascites may be detectable.
- Shock occurs when critical volume of plasma is lost through leakage, warning signs.
- Body temperature may be subnormal when shock occurs.
- With prolonged shock, organ hypoperfusion result in progressive organ impairment, metabolic acidosis and DIC this in turn leads to severe hemorrhage causing the hematocrit to decrease in severe shock
- Leucopaenia, leucocytosis may occur in patients with severe bleeding. 2,3

## 3) Recovery phase:

- If the patient survives the 24-48 hours critical phase a gradual reabsorption of extravascular fluid takes place in the following 48-72 hours
- General well-being improves appetite returns, haemodynamic status stabilises.
- Bradycardia
- Respiratory distress from massive pleural effusion and ascites will occur at any time if excessive intravenous fluids have been administered.
- White blood cell count usually starts to rise soon after

defervescence but recovery of platelet count is typically later than that of white blood cell count.<sup>2,3</sup>

## Scope of homoeopathy in dengue

Though modern medicine treat acute emergency of acute leucocytopenia, there is no definitive treatment except platelet transfusion which highly depend upon its availability also has its own health hazard, this whole complex process is can be avoided with homoeopathic treatment. Homoeopathic medicine can be used according to therapeutic at different stages such as *Carica papaya* helps to increase the platelet count. Homoeopathy can combat fever in all stages with indicated similimum to avoid the further consequences and bring back patient back in its harmony in short period.

## Compositae family-

Also called as the daisy and Astera-ceae family.

They are used as medicines by human since long time for different means mainly considering injury, fever and convulsions.

Eupatorium belonging to the same family manifest some important clinical features and symptoms mention below.<sup>4</sup>

## The leading characteristic of *Eupatorium perfoliatum*

- Violent aching, bone breaking pains.
- Muscles of chest, back and limbs feel bruised, sore aching.
- It affects the liver producing bilious effects.
- Patient is restless, chilly and nauseated

- Colds, influenza.
- Dengue Dropsy of legs, feet and ankles.
- Thirst or nausea, then violent shaking chill; begins in the small of the back. Bitter vomiting after chill or during heat.
- Burning heat.
- Sweat; relieves all the symptoms except the headache.
- Sweat scanty.<sup>5</sup>

## CASE REPORT

50-year-old female who was suffering from pyrexia had complaints of headache, body ache with cough and nausea, which had progressed gradually over 7 days. Initially, symptoms were mild, patient tried home remedies for first 3-4 days, then patient started suffering from fever so patient took paracetamol 650 once daily for 3 days but it didn't give any significant relief to patient as it temporarily brought down fever for a short span.

**History of presenting complaints-** all the complaints started gradually over a week after patient travelled to a nearby hill station in rainy weather

**Physical and mental generals-** The patient was chilly. Patient observed febrile episodes which were uncertainly periodic. Moaning during peak of fever. Patient was restless during fever and was worried about if she will have weakness or will have to rest for weeks. She was having headache and aching sensation in extremities. All her symptoms became better after perspiration except headache. Also, there was marked desire for cold water.

**General physical examination-** height – 5'2", weight – 55kgs. anaemia – nil, jaundice – nil, cyanosis – nil, generalised lymphadenopathy

## CASE STUDY

– nil, pulse –83 / min, temperature 101° F, respiratory rate -18 / min, BP -130 /82 mm Hg. Tongue –

dry and cracked, nails yellow.

**Systemic examination-** respiratory, gastro-intestinal, locomotor

and nervous system are found to be normal

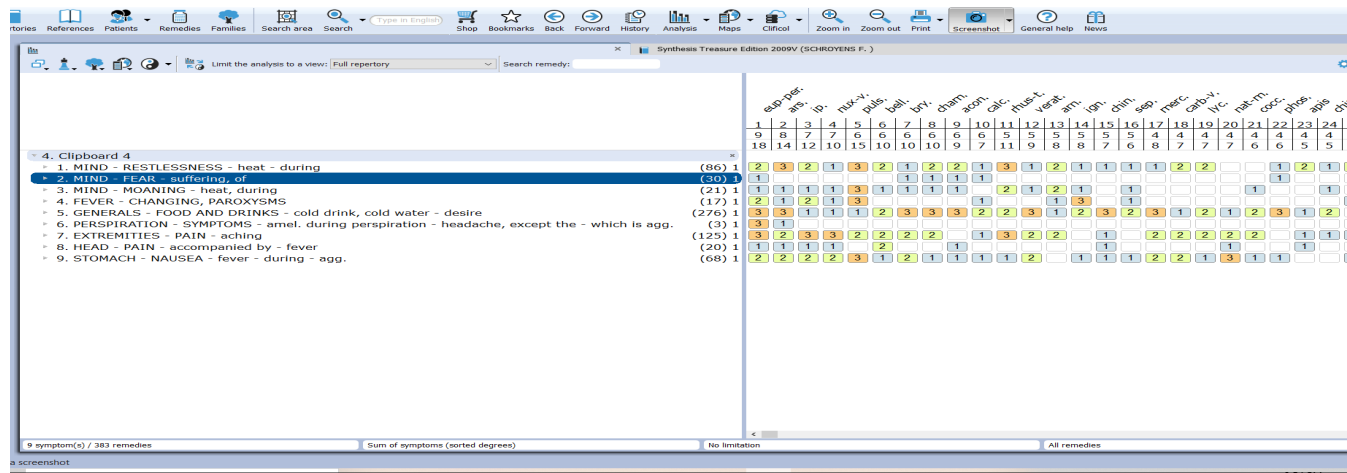
### Analysis and evaluation by Kent's Repertory-

symptoms	Location	Sensation	Modalities	Concomitant	Totality of symptoms
1.Mind - restless heat during			>perspiration		Mental general
2.Mind - fear suffering			>perspiration		Mental general
3.Mind- Moaning during fever			>perspiration		Mental general
4.Fever- changing, paroxysms			>perspiration		General symptoms
5.Generals – food and drinks-cold drink- desire			>perspiration		Mental general
6.Perspiration – symptoms - while sweating, amel., except the headache, which is made worse			<perspiration		Mental general
7.Extremities – pain - aching	Extremities		>perspiration		Mental general
8.Head – pain – accompanied by – fever	Head		>perspiration		General symptoms
9.stomach-nausea-fever-during-agg	GIT	aching	>perspiration		Particular symptoms

Repertorial totality <sup>7</sup>

- Mind - restless heat during
- Mind - fear suffering
- Mind- Moaning during fever
- Fever- changing, paroxysms
- Generals – food and drinks-cold
- Perspiration – symptoms - while sweating, amel., except the headache, which is made worse
- Extremities – pain – aching
- Head – pain – accompanied by
- – fever
- Stomach-nausea-fever-during-agg

After repertorisation with the *Synthesis repertory*, the top five remedies as per their numerical totality were as follows:



Selection of remedy

After repertorial analysis, strong indication of symptom similarity and while confirming the remedy from materia medica, it was mentioned under *Eupatorium perfoliatum* generalities in *Phatak's repertory* that it can be useful in dengue fever, even in *Clarke's materia medica*, it is mentioned that bone pain due to any influenza or malaria can be cured by *Eupatorium perfoliatum*.

Considering the above point, *Eupatorium perfoliatum* was confirmed.<sup>8,9</sup>

Susceptibility, posology and repetition

The disease manifestation, in this case, was acute and showed a gradual progress with no characteristic structural changes. The patient showed marked sensitivity at the mental level with prominent dispositional and mental expressions, so the sensitivity was high.

The pathology was structurally reversible and the miasm was acute miasm of recurrent type<sup>10</sup>. Hence, the susceptibility of the patient was moderate to high. Thus, 200 potency was selected and repeated infrequently.<sup>6,7,10,11</sup>

Prescription

The patient was prescribed *Eupatorium perfoliatum* 200, three dose 6 hourly with placebo 4 pills three times a day. follow-up after 2 days. Advised investigation to confirm the diagnosis.

Follow up	Complaint	Interpretation	Prescription
1 <sup>st</sup> follow up 10 sept 2022	<p>Patient generally felt better as restlessness of mind decreased. Fever persistent with less severity of extremities pain. headache persistent</p> <p>Diagnosed clinically dengue fever with increased ESR i.e.52 and decreased platelets 92000</p> <p>Decreased</p>	Improvement	Placebo 3 doses 6 hourly prescribed



# CASE STUDY

2 <sup>nd</sup> follow up 12 sept 2022	Patient generally better but reports shows decreased platelet count 78000 along with decreased ESR 40  Fever and headache still persistent on irregular basis	Improvement in platelet but ESR decreased.	<i>Eupatorium perfoliatum</i> 1M one dose with placebo 4 pills three times a day
3 <sup>rd</sup> follow up 13 sept 2022	Platelet count increased 12000, fever subsided with generally better feeling less extremities pain , headache persistent with less severity .	Improvement.	Placebo 4 pills three times a day
4 <sup>th</sup> follow up 14 sept 2022	Better generally with no headache and fever	Improvement	Placebo 4 pills three times a day for 5 days

## Change of potency:

The first potency aroused the action but ceased after a while this can be interpreted as the remedy is correction but needs higher potency. <sup>12</sup>

## Blood Reports of 10<sup>th</sup> September 2022:

### LABORATORY TEST REPORT



ID : 97176  
Name :  
DOB/Age : 50 years  
Gender : Female

Collection : 10/09/2022, 10:14 AM  
Received : 10/09/2022, 11:05 AM  
Reported : 10/09/2022, 12:37 PM

Client Name : CLASSIC  
DIAGNOSTIC CENTER - NA0012  
Client Address : Nashik



Laboratory Test Report

Test Description	Value(s)	Unit(s)	Reference Range
<b>HAEMATOLOGY</b>			
<b>Complete Blood Count; CBC (EDTA whole blood)</b>			
<b>Erythrocytes (Whole Blood)</b>			
Hemoglobin (Hb)	13.3	gm/dL	12.0 - 15.0
Erythrocyte (RBC) Count	3.9	mil/cu.mm	3.8 - 4.8
Packed Cell Volume (PCV)	38.9	%	36 - 46
Mean Cell Volume (MCV)*	99.0	fL	83 - 101
Mean Cell Haemoglobin (MCH)	34.0	pg	27 - 32
Mean Corpuscular Hb Concn. (MCHC)	34.3	gm/dL	31.5 - 34.5
Red Cell Distribution Width (RDW)	13.0	%	11.6 - 14.0
<b>RBC Morphology</b>			
Remarks	-		
<b>Leucocytes (Whole Blood)</b>			
Total Leucocytes (WBC) Count	3000	cell/cu.mm	4000-10000
Neutrophils	40	%	40 - 80
Lymphocytes	49	%	20 - 40
Monocytes	09	%	2 - 10
Eosinophils	2	%	1 - 6
Basophils	0	%	1-2
<b>Absolute Count</b>			
Absolute Neutrophil Count	1.20	* 10 <sup>9</sup> /L	2.0 - 7.0
Absolute Lymphocyte Count	1.47	* 10 <sup>9</sup> /L	1-3
Absolute Monocyte Count	0.27	* 10 <sup>9</sup> /L	0.2-1.0
Absolute Eosinophil Count	0.06	* 10 <sup>9</sup> /L	0.0-0.5
Absolute Basophils Count	00	* 10 <sup>9</sup> /L	1-2
WBC	-		
<b>Platelets (Whole Blood)</b>			
Platelet Count	94	10 <sup>3</sup> /ul	150 - 410
Mean Platelet Volume (MPV)	8.6	fL	7.2 - 11.7
Platelet Morphology	-		

## LABORATORY TEST REPORT



FAST. ACCURATE. RELIABLE

ID : 97176  
 Name : l  
 DOB/Age : 50 years  
 Gender : Female

Collection : 10/09/2022, 10:14 AM  
 Received : 10/09/2022, 11:05 AM  
 Reported : 10/09/2022, 12:37 PM

Client Name : CLASSIC  
 DIAGNOSTIC CENTER - NA0012  
 Client Address : Nashik



3022090851

Test Description	Value(s)	Unit(s)	Reference Range
<b>ESR; Erythrocyte Sedimentation Rate</b>			
<b>Erythrocyte Sedimentation Rate</b> (modified westergren)	52	mm/hour	0 - 15

**Interpretation:**

It indicates presence and intensity of an inflammatory process. It is a prognostic test and used to monitor the course or response to treatment of diseases like tuberculosis, acute rheumatic fever,. It is also increased in multiple myeloma, hypothyroidism.

**Blood reports of 12<sup>th</sup> September 2022:**

## LABORATORY TEST REPORT



FAST. ACCURATE. RELIABLE

ID : 97176  
 Name :  
 DOB/Age : 50 years  
 Gender : Female

Collection : 12/09/2022, 05:59 PM  
 Received : 12/09/2022, 06:06 PM  
 Reported : 12/09/2022, 07:58 PM

Client Name : CLASSIC  
 DIAGNOSTIC CENTER - NA0012  
 Client Address : Nashik



3022091151

Test Description	Value(s)	Unit(s)	Reference Range
<b>HAEMATOLOGY</b>			

**Complete Blood Count; CBC (EDTA whole blood)****Erythrocytes** (Whole Blood)

Hemoglobin (Hb)	14.5	gm/dL	12.0 - 15.0
Erythrocyte (RBC) Count	4.5	mil/cu.mm	3.8 - 4.8
Packed Cell Volume (PCV)	43.6	%	36 - 46
Mean Cell Volume (MCV)*	97.9	fL	83 - 101
Mean Cell Haemoglobin (MCH)	32.5	pg	27 - 32
Mean Corpuscular Hb Concn. (MCHC)	33.2	gm/dL	31.5 - 34.5
Red Cell Distribution Width (RDW)	13.5	%	11.6 - 14.0

## RBC Morphology

Remarks -

## Leucocytes (Whole, Blood)

Total Leucocytes (WBC) Count	7000	cell/cu.mm	4000-10000
Neutrophils	41	%	40 - 80
Lymphocytes	46	%	20 - 40
Monocytes	10	%	2 - 10
Eosinophils	3	%	1 - 6
Basophils	0	%	1-2

## Absolute Count

Absolute Neutrophil Count	2.87	* 10 <sup>9</sup> /L	2.0 - 7.0
Absolute Lymphocyte Count	3.22	* 10 <sup>9</sup> /L	1-3
Absolute Monocyte Count	0.70	* 10 <sup>9</sup> /L	0.2-1.0
Absolute Eosinophil Count	0.21	* 10 <sup>9</sup> /L	0.0-0.5
Absolute Basophils Count	0	* 10 <sup>9</sup> /L	1-2
WBC	-		

## Platelets (Whole, Blood)

Platelet Count	78	10 <sup>3</sup> /ul	150 - 410
Mean Platelet Volume (MPV)	8.9	fL	7.2 - 11.7
Platelet Morphology	-		

### LABORATORY TEST REPORT



Laboratory Test Report

ID : 97176	Collection : 12/09/2022, 05:59 PM	Client Name : CLASSIC
Name :	Received : 12/09/2022, 06:06 PM	DIAGNOSTIC CENTER - NA0012
DOB/Age : 50 years	Reported : 12/09/2022, 07:58 PM	Client Address : Nashik
Gender : Female		



Test Description	Value(s)	Unit(s)	Reference Range
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#### ELISA

#### Dengue NS1 antigen and Dengue IgG, IgM by Immunofluorescence

<b>DENGUE NS1 ANTIGEN</b> (Immunofluorescence)	0.41		Negative : <1.0 Positive : >1.0
---	------	--	------------------------------------

False negative Dengue IgM antibody may be observed in case the blood is collected earlier than 5th day of fever Dengue NS1 antigen test is available for very early detection -Day 0 to 4 of fever  
Dengue Real Time PCR test is available for early detection.  
Dengue IgM antibodies can persist for more than 60 days. False positive can be seen as cross reactivity to other flaviviruses (west nile, yellow fever, japanese encephalitis), malaria & rheumatoid arthritis.  
Note : As per regulation specimen collecting Laboratory is responsible for reporting positive Dengue & Leptospira cases to Municipal corporation.

**Associated Test:** \$Fever Panel by Multiplex PCR for early diagnosis of Dengue virus, Chikungunya virus, Salmonella spp., West Nile virus, Plasmodium spp., Rickettsia spp. and Leptospira spp.

<b>Dengue Antibody IgM</b> (Immunofluorescence)	0.03		Negative : <1.0 Positive : >1.0
--	------	--	------------------------------------

False Negative Dengue IgG antibody may be observed in case the blood is collected earlier than 5th day of fever .  
Dengue NS1 antigen test is available for very early detection -Day 0 to 4 of fever  
Dengue Real Time PCR test is available for early detection.

<b>Dengue Antibody - IgG</b> (Immunofluorescence)	29.07		Negative : <1.0 Positive : >1.0
--	-------	--	------------------------------------

\*\*END OF REPORT\*\*

Dr. Abhishek Lant  
M.D. Pathology  
MD, Home Pathology



## LABORATORY TEST REPORT



FAST. ACCURATE. RELIABLE

ID : 97176  
 Name :  
 DOB/Age : 50 years  
 Gender : Female

Collection : 12/09/2022, 05:59 PM  
 Received : 12/09/2022, 06:06 PM  
 Reported : 12/09/2022, 07:58 PM

Client Name : CLASSIC  
 DIAGNOSTIC CENTER - NA0012  
 Client Address : Nashik



Laboratory Test Report

Test Description	Value(s)	Unit(s)	Reference Range
<b>ESR; Erythrocyte Sedimentation Rate</b>			
<b>Erythrocyte Sedimentation Rate</b> (modified westergren)	<b>40</b>	mm/hour	0 - 15

**Interpretation:**

It indicates presence and intensity of an inflammatory process. It is a prognostic test and used to monitor the course or response to treatment of diseases like tuberculosis, acute rheumatic fever. It is also increased in multiple myeloma, hypothyroidism.

Blood reports of 13<sup>th</sup> September 2022:

## LABORATORY TEST REPORT



FAST. ACCURATE. RELIABLE

ID : 97176  
 Name :  
 DOB/Age : - 50 years  
 Gender : Female

Collection : 13/09/2022, 12:29 PM  
 Received : 13/09/2022, 12:49 PM  
 Reported : 13/09/2022, 06:08 PM

Client Name : CLASSIC  
 DIAGNOSTIC CENTER - NA0012  
 Client Address : Nashik



Laboratory Test Report

Test Description	Value(s)	Unit(s)	Reference Range
<b>HAEMATOLOGY</b>			

**Complete Blood Count; CBC (EDTA whole blood)****Erythrocytes** :Whole Blood

Hemoglobin (Hb)	14.1	gm/dL	12.0 - 15.0
Erythrocyte (RBC) Count	4.2	mil/cu.mm	3.8 - 4.8
Packed Cell Volume (PCV)	42.0	%	36 - 46
Mean Cell Volume (MCV)*	99.6	fL	83 - 101
Mean Cell Haemoglobin (MCH)	<b>33.4</b>	pg	27 - 32
Mean Corpuscular Hb Concn. (MCHC)	33.6	gm/dL	31.5 - 34.5
Red Cell Distribution Width (RDW)	13.3	%	11.6 - 14.0

**RBC Morphology**

Remarks

## Leucocytes (Whole, Blood)

Total Leucocytes (WBC) Count	5000	cell/cu.mm	4000-10000
Neutrophils	45	%	40 - 80
Lymphocytes	44	%	20 - 40
Monocytes	08	%	2 - 10
Eosinophils	03	%	1 - 6
Basophils	00	%	1-2

## Absolute Count

Absolute Neutrophil Count	2.25	* 10 <sup>9</sup> /L	2.0 - 7.0
Absolute Lymphocyte Count	2.20	* 10 <sup>9</sup> /L	1-3
Absolute Monocyte Count	0.40	* 10 <sup>9</sup> /L	0.2-1.0
Absolute Eosinophil Count	0.15	* 10 <sup>9</sup> /L	0.0-0.5
Absolute Basophils Count	0	* 10 <sup>9</sup> /L	1-2
WBC	-		

## Platelets (Whole, Blood)

Platelet Count	120	10 <sup>3</sup> /ul	150 - 410
Mean Platelet Volume (MPV)	9.0	fL	7.2 - 11.7
Platelet Morphology	-		

## Management and outcome -

Patient was generally advised to:

1. Have well-balanced diet, with emphasis on fresh fruits such as kiwi, peach, pineapple.
2. Drink plenty of fluids.
3. Cold compress may be applied to the head, in case the temperature rise above 103°F.<sup>13</sup>

The duration of treatment was around 6-7 days after that patient felt better both mentally and physically and discontinued the treatment as her reports came normal.

**Conclusion-** Homoeopathy is useful in treating the cases of infectious fever when prescribed on the basis of individualisation. More evidence based study may be needed to validate the result. The authentic materia medica and literatures of compositae family shows overall good result in the cases of fever with overall beated broken painful feelings and gradual onset.

**Acknowledgement-** The author is thankful to all the reviewers for reviewing and editing article to encourage for sharing experiences and knowledge in field of research.

**Declaration of patient consent-** The authors certify that they have obtained appropriate patient consent form. In the form, the patient has given her consent for her clinical information to be reported in the journal. The patient understands that her name and initials will not be published and due efforts will be made to conceal her identity, but anonymity cannot be guaranteed.

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# Compositae family remedies

By Dr Goutam Das

**ABSTRACT:** This article deals with the understanding of the *role of group study on family compositae remedies for the learning of our materia medica*, on the light of the teaching of our *Organon of Medicine and Homoeopathic Philosophy*, and how to study Homoeopathic materia medica to become a good prescriber are also expressed in this article.

**Keywords:** Materia medica study–group study–compositae family–convulsive group–injury group–febrile/fever group–cichoriaceae group–alimentary and gut/genito-urinary tract group–respiratory group–glands group–doctrine of signature–mental–physical–modalities–therapeutic.

## Introduction:

**Materia medica** is the study of different drug materials that are prepared from plants, animals, minerals, chemicals, nosodes, sarcodes, etc. use in the treatment of diseases. It's a branch of medical science, deals with the source, nature, origin, properties, preparation, dosage, and administration of drugs. So, materia medica is the branch of medical science concerned with the study of drugs used in the treatment of the diseases, including pharmacology, clinical pharmacology, physical and chemical properties of the drugs.

**Group study** is a way to study of **materia medica**, similar and livelier to us. The process of understanding the general character of a particular segment of event, phenomenon or experience can be considered

as a group study. Homoeopathic medicines come from the natural world; they can be categorized into the kingdoms of nature, like plants, animals, and minerals. Drugs belonging to the same family or group or same species bear many similar relations as symptoms are concerned.

### *Compositae family:*<sup>[2]</sup>

In this article, the *Family Compositae Remedies* from Plant Kingdom are being discussed which is a large family and their reactions are also diversified. For better understanding, we try to divide this group under following small groups according to their pathogenesis:

1. Convulsive Group.
2. Injury Group.
3. Febrile/Fever Group.
4. Cichoriaceae Group.

5. Gastriintestinal/alimentary and GUT/genito-urinary tract group.

6. Respiratory Group.

7. Glands Group.

Important remedies of each group are being discussed below.

### **Convulsive group:**

These medicines produce convulsions and convulsive disorders; during dentition, after anger, during menses, etc.

Important Medicines are:

1. *Abrotanum*.
2. *Absinthium*.
3. *Artemisia vulgaris*.
4. *Chamomilla*.
5. *Cina maritima*.
6. *Tanacetum vulgare*.

### **General symptoms of convulsive group:**

<ul style="list-style-type: none"> <li>➤ Convulsion with trembling, biting of tongue, tremors, chorea, opisthotonus, giddiness, may or not loss of consciousness.</li> <li>➤ All are child remedies, emaciation in-spite of eating well, worms, convulsion, emotional and temperamental oversensitive.</li> <li>➤ Children are cross, irritable, touchy, ugly in behavior, dissatisfied, dislike touch or looked at.</li> <li>➤ Quarrelsome, obstinate, seen in adult.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Irritable, nervous, excitability, restlessness.</li> <li>➤ Sad, depressed.</li> <li>➤ Difficult in thinking, loss of comprehension, weak memory.</li> <li>➤ Anxious dreams, restless sleep.</li> <li>➤ Kleptomania, somnambulism.</li> <li>➤ Diarrhoea, vomiting, colic.</li> </ul>
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## Injury group:

This group of medicines acts on injury, cover pains, soreness, bruised feeling; also acts on blood, blood vessels and mental sphere.

## Important Medicines are:

1. *Achilles millefolium.*
2. *Arnica Montana.*
3. *Bellis perennis.*

4. *Calendula officinalis.*
5. *Cineraria maritima.*
6. *Echinacea angustifolia.*
7. *Erigeron canadensis.*
8. *Millefolium.*

General symptoms of injury group:	
<ul style="list-style-type: none"> <li>➤ Injury recent, remote, its bad effects, injury of muscles, connective tissue, causes inflammation.</li> <li>➤ Sepsis, suppuration, rheumatism, tumour, miscarriage.</li> <li>➤ Nerves injury causes pain, soreness, aching, bruised.</li> <li>➤ Weak, relaxed vessels of deep organs produce profuse bleeding, ecchymosis, varicose veins.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Overuse of any organ, excessive sexual indulgence.</li> <li>➤ Fear, fright, nervous, sleepless, nightmares, after accidents.</li> <li>➤ Fear of being approached or touched, confusion, depression, sadness, good for nothing or loss of ambition.</li> </ul>

## Febrile/fever group:

This group of medicines strongly indicated in fever.

## Important medicines are:

1. *Eupatorium aromaticum.*
2. *Eupatorium purpureum.*
3. *Eupatorium perfoliatum.*
4. *Helianthus annuus.*
5. *Parthenium hysterophorus.*
6. *Pyrethrum parthenium.*

## General symptoms of fever group:

- Intermittent fever with chill and perspiration.
- Fever with liver and spleen complaints.
- Rheumatism and joint problems are associated with fever.
- Hot discharges with burning pain.

## Cichoriaceae group:

Strongly indicated for sleepiness, exhaustion and depression.

## Important medicines are:

1. *Cichorium.*
2. *Lactuca virosa.*
3. *Lapsana communis.*
4. *Liatris spicata.*
5. *Taraxacum.*

General symptoms of cichoriaceae group:	
<ul style="list-style-type: none"> <li>➤ Tarax root produces sleepiness, exhaustion, feeling of sickness, patient does not like to work, try to sit at one place, may use as substitute of coffee.</li> <li>➤ <i>Lachesis mutus</i> is used instead of <i>Opium</i> to induce sleep and nervousness.</li> </ul>	<ul style="list-style-type: none"> <li>➤ The plants having high nutritional value, increase milk in lactating mother.</li> <li>➤ Main actions in gastrointestinal tract, liver, intestine, which alters appetite, disturbs stool, form diarrhoea.</li> </ul>

## Gastrointestinal/alimentary and GUT/genito-urinary tract group:

These medicines acting upon the alimentary canal, liver, spleen; in case of chronic diarrhoea, mal-absorption, worms, and also acts on

genito-urinary tract.

## Important Medicines are:

1. *Brachyglottis repens.*
2. *Carduus benedictus.*
3. *Carduus marianus.*

4. *Gnaphalium polycephalum.*
5. *Senecio aureus.*
6. *Solidago virgaurea.*
7. *Tussilago farfara.*
8. *Tussilago fragrans.*
9. *Tussilago petasites.*

**General symptoms of gastrointestinal, GUT Group:**

➤ Alter menstrual function, dysmenorrhoea, with urinary or rectal complaints.	➤ Effects of liver, portal system, gastro-intestinal disorders leading vomiting, colic, diarrhea.
➤ Affections of nervous system, especially the lower limbs.	➤ Sexual irritation and complaints of puberty.

**Respiratory group:**

These medicines are indicated for the respiratory system such as asthma, rhinitis, bronchitis etc.

Important medicines are:

1. *Ambrosia.*
2. *Grindelia robusta.*
3. *Inula.*
4. *Lactuca virosa.*
5. *Parthenium hysteroforus.*
6. *Silphium.*
7. *Tussilago farfara.*
8. *Wyethia.*

**General symptoms of respiratory group:**

- Asthma.
- Hay fever, smoker’s cough.
- Marked action on the respiratory tract.

**Glands group:**

Strongly indicated in hepatitis, constipation, urinary disorder, prostatitis etc.

Important medicines are:

1. *Arnica montana.*
2. *Carduus marianus.*
3. *Guaca.*
4. *Liatrix spicata.*
5. *Solidago.*
6. *Taraxacum.*

**General symptoms of glands group:**

- On breast.
- On prostate.
- On liver, spleen.
- Cancer of urinary bladder can also be well cured.

**General features:<sup>[3]</sup>**

**Constitution**

Old people may be obese and with red face. Persons with light brown hair, nervous, excitable temperament. Marasmus of children with marked emaciation, especially of legs.

**Temperament**

Irritable, nervous, hysterical, choleric or sanguine.

**Thermal cleavage**

Predominantly chilly.

**Diathesis**

Scrofulous or haemorrhagic.

**Miasm**

Psora, syphilis, sycosis, tubercular.

**Doctrine of signature:<sup>[4]</sup>**

Plants grow in open place, seldom in shady places.	Hence, most of the patients of this group are <b>chilly</b> .
Plants having odour, bitter in taste.	So, they are <b>irritable, frightful, and angry with rage</b> .
At the top, there is a single flower.	Patient <b>stay alone, being the most desired one. Children very peevis, malicious and headstrong, contradiction makes them excited.</b>
Plants grow wildly, unwontedly in the cultivated crops of the farmers.	Patients’ <b>feels rejected.</b>
Plants having strong <i>aromaic odour</i> , bad or pleasant.	Patients <b>aggravated by strong smell.</b>

**Characteristic mental general symptoms:<sup>[5]</sup>**

- |   |  |   |
|---|--|---|
| <ol style="list-style-type: none"> <li>1. Very anxious, extremely nervous, aversion to work.</li> </ol> | <ol style="list-style-type: none"> <li>2. Can’t tolerate contradiction, unsatisfied all the time.</li> <li>3. Kleptomania, somnambulism, irritability aggravated by noise.</li> <li>4. Hysteria in females during menses.</li> </ol> | <ol style="list-style-type: none"> <li>5. Fear of accidents sees dead bodies.</li> <li>6. Forgetful, sensation as if forgotten something, wake up at</li> </ol> |
|---|--|---|

night to work but forgets in the morning.

### Characteristic physical general symptoms:<sup>[6]</sup>

1. Haemorrhagic tendency. Bleeding from all orifice and mucous membrane of the body.
2. Discharges: are acrid and offensive.
3. Over-sensitiveness: arising from abuse of coffee and narcotics. Anxious dreams with restless sleep.
4. Marasmus: ascending type, wasting in spite of voracious appetite, milky urine.
5. Circumscribed red cheeks, blue rings around eyes.
6. Soreness: sore, lame, bruised feeling of affected parts with congestion, hard bed feeling with marked restlessness. Hypersensitivity to touch.
7. Convulsions: after suppression of menses, epilepsy after puberty.

8. Menses: Dysmenorrhoea with sensation of weight in pelvis with scanty suppression of menses.

### General modalities:<sup>[7]</sup>

1. Aggravation: damp cloudy weather, touch, motion, cold air, drinking, injury, evening, jar, night, alcohol, music, suppressed discharges.
2. Amelioration: continued motion, lying on abdomen, better after discharges, rest, profuse sweating, open air.

### Therapeutic Value:

Wounds, trauma, mechanical injury, chronic cough, bronchitis, hysteria, nephritis, menstrual disorder, rheumatic pain, intermittent fever, sciatica, convulsions, worm, neuralgias, diarrhea, marasmus, gangrene, tumours, recurrent boils.

### Conclusion

Group analysis refers to the method of thematic prescribing. The

*method involves identifying key themes*, which relate to minerals and elements, enabling them to be matched to similar themes in patients. The result is that whole group of medicines, such as calcium and ferrum, may be *studied together and remedy differentiation and selection will be made considerably easy.*

*Dr J.T. Kent says, "There is no royal road to a perfect understanding of materia medica."* Group study method is one of the important and useful ways of study to learn the homoeopathic materia medica.

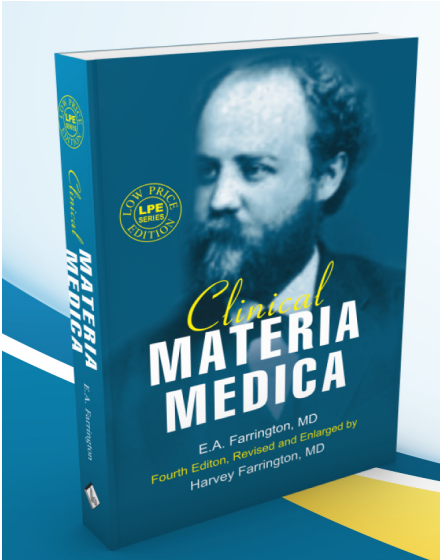
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## Rare remedies of compositae family

By Dr Sonal Pihal, Dr Aditi Srivastava, Dr Tuba Pasha, Dr Neha Gupta

**ABSTRACT:** Compositae is a big family which is widely distributed throughout the world. Though we know there are many remedies in this family but along with this there are some rare remedies also which we can prescribe if we know their indications well. So in this article the indications of some of the rare remedies of compositae family are discussed.

**Keywords:** Rare, remedies, compositae, family.

### Introduction:

Composite or daisy or sunflower family is also known as ASTERACEAE. There are about 60 remedies of this family mentioned in our materia medica, some being well proved and some partially. It is one of the large families widely distributed throughout world consisting of most highly evolved dicotyledonous plants. They are approximately 1620 genera and 23,600 species and 13 subfamilies.

These plants react strongly to the sunrays because they open as soon as the sun appears, hence also called "sunflower" family.<sup>1</sup>

This family have wide spectrum of remedies and are grouped mostly as per their prominent sphere of action into six groups.<sup>1</sup>

- INJURY GROUP
- CONVULSION GROUP
- GIT GROUP
- RESPIRATORY GROUP
- CHICORIACEA GROUP
- FEVER GROUP

### ACTIVE PRINCIPLES:

These constituents are present different proportion in different species in different parts of plants. Because of these specific constituents they exhibit certain physiological

and toxicological actions. These plants are known to have stimulant, vulnerary stomachic, anti-helminthic, tonic, and astringent anti-inflammatory, antibacterial, narcotic diaphoretic, emmenagogue properties. Active principles such as *alantol*, *thuyone*, *anthol*, *borneol*, *absinthin*, *pyrethrin*, *cyanin* and many more are found in the family.

### SPHERE OF ACTION

- Mind
- Joints
- Brain
- Muscle and soft connective tissues
- Kidney
- Glands- Breast
- Skin
- Blood
- Liver
- Mucous membranes
- Female reproductive system

### RARE REMEDIES OF COMPOSITAE FAMILY

#### *AMBROSIA ARTEMISIAEFOLIA* [AMBRO]

Also known as ragweed and hogweed, prepared from tincture of fresh flower heads and young shoots.

A remedy for hay-fever, LACH-

RYMATION and INTOLERABLE ITCHING OF THE EYE-LIDS. Watery coryza; sneezing; NOSEBLEED. Stuffed up feeling of nose, head and whole length of respiratory tract. It is also indicated for some forms of whooping-cough, diarrhoea and dysentery especially during summer months.

#### *ANTHEMISNOBILIS* [ANTH]

Also known as roman chamomile, used domestically in the form of a tea made of the flowers. It is very well indicated for gastric affections and in ascarides. This remedy is akin to the ordinary Chamomilla. Gastric disturbances with coldness. Sensitive to cold air and cold things. Aching in region of liver; griping and CHILLINESS INSIDE OF ABDOMEN and into legs. Itching of anus, with white putty-like stools.

It also acts well in cases of coryza with much lachrymation, sneezing, and discharge of clear water from the nose which aggravates indoors, associated with Constriction and rawness of throat.

#### *BLUMEA ODORATA* [BLUM-O]

Known as kukshima. It is prepared from tincture of leaves. A remedy indicated for bleeding haemorrhoids. Stools with good quantity of blood. Abdomen- bubo.

#### *BRACHYGLOTTIS REPENS* [BRACH]<sup>2,3</sup>

Also known as Puka Pukaor Bushman's friend. It is prepared from Tincture of green leaves and flowers.

This remedy is clinically indicated in cases of bright disease, dysmenorrhoea and in writer's cramp.

FLUTTERING SENSATION is the keynote of this remedy. Kidney and bladder symptoms predominate. It Produces symptoms of albuminuria and causes pressure in neck of bladder; urging to urinate. Sense of swashing in bladder. Soreness in urethra; feeling as if urine could not be retained. Urine contains mucous corpuscles and epithelium, albumen and casts.

During dysmenorrhoea feeling as if something rolling about with fluttering sensation in region of ovary.

Cramp in fingers, thumb, and wrist when writing; soreness extending along flexor carpi ulnaris.

### **CARDUUS BENEDICTUS [CARD-B]**

Also known as Cnicusbenedictus or Centaureabenedicta. Prepared from tincture of whole plant when in flower.

It is indicated in cases of amaurosis, diarrhoea. eyes affections, Fever, headache. Joints affections, varicosis, vision affections.

The proving of Card-ben. shows a strong action on the eyes: twitchings, and disturbance of vision, flickerings, muscaevolitantes

Burning is a symptom which runs through the proving. There is a bitter burning in the stomach, as if it were much deranged, burning in hands after sweat, burning in the arms on exerting them. There is disordered taste, dysphagia, yawning and hic-cough, cutting pains in abdomen, vomiting and diarrhoea. The respira-

tory sphere is strongly affected and there is pain and contractive sensation in the trachea with hoarseness. Inspired air feels cold.

### **HELIANTHUS ANNUUS<sup>2,3</sup>**

Also known as Sunflower. Prepared from Tincture of mature flower heads. Tincture of ripe seeds.

It is a good remedy in old cases of intermittent fever. Coryza, catarrh, nasal haemorrhage and thick scabs in nose. Rheumatic pain in left knee. Vomiting, black stools, congestion and dryness of mouth and pharynx, redness and heat of skin. Symptoms aggravated by heat and relieved by vomiting. Spleen remedy. Dry mouth. Externally, as a vulnerary like *Arnica montana* and *Calendula officinalis*.

### **INULA HELENIUM<sup>2,3</sup>**

Also known as scabwort. Prepared from a mucous membrane medicine. Bearing-down sensations in pelvic organs and bronchial symptoms are most marked. Substernal pain. Diabetes.

There is vertigo on stooping; throbbing after eating, pressure in temples and forehead. Dry cough; worse at night and lying down; larynx painful. Chronic bronchitis; cough, with much thick expectoration, with languor and weak digestion. It is palliative in tubercular laryngitis. Menses too early and painful. Labour-like pains; urging to stool; dragging in genitals, with violent backache. Itching of legs during menses, chattering of teeth from cold during menstruation. Frequent urging to urinate; passes only in drops.

### **LAPPA COMMUNIS/ LAPSANA COMMUNIS<sup>3</sup>**

Also known as nipplewort. Prepared from tincture or infusion of whole fresh plant.

As the common name of *Lapsana* would imply, it is a popular remedy for sore nipples, a decoction of it being used as a lotion for that purpose. Cooper has published documents in proof of its efficiency in piles. Cooper has confirmed the power of *Lapsana* over piles, using single doses of the Ø tincture. A prompt diuretic.

### **NABALUS – PRENANTHES SERPENTARIA<sup>2</sup>**

Also known as Rattlesnake root-White lettuce.

This remedy is similar to *Lactuca virosa*, (chronic diarrhoea, worse after eating, nights and towards morning. Pain in abdomen and rectum; emaciation. Constipation and somnolence; susceptible to aura of others. Dyspepsia, with acid burning eructation. *Craving for acid food*. Leucorrhoea with throbbing in uterus).

### **PARTHENIUM HYSTEROPHORUS – ESCOBA AMARGO<sup>2,3</sup>**

Also known as bitter-broom. Prepared from tincture of the dry plant. Trituration or solution of the alkaloid, parthenia.

A Cuban remedy for fevers, especially malarial. Increased flow of milk. It is useful in Amenorrhoea and general debility. Cheyne-Stokes breathing. After quinine. Aches, extending to nose; feels swelled; pain in frontal eminence. Eyes heavy; eyeballs ache. Aching in teeth. *Teeth feel on edge*; too long. Disordered vision. Tinnitus and pain in ears. There is pain in left hypochondrium. Spleen affections. *Worse*, after sleep, sudden motion. *Better*, after rising, and walking about.

**SILPHIUM LACINATUM** <sup>2,3</sup>

It is also known as *Silphium laciniatum*, which is proved by Hale.

The leaves of this plant, when they first come up, present their faces uniformly north and south; later on, when the leaves become heavy, the winds carry them in different directions. It is used in various forms of asthma and chronic bronchitis where there is cough with expectoration which is profuse, stringy, frothy, light-coloured. The cough is excited by sense of mucus rattling in chest and worse by drafts of air with constriction of lungs and Desire to hawk and scrape throat. There is catarrh of bladder. In bowel system there is dysentery where the attack is preceded by constipated stools covered with white mucus.

**TANACETUM VULGARE** <sup>2,3</sup>

It is also known as Tansy which are deep-yellow button-like flowers. Action - tan. relieves pain in the bladder and dysuria where urination is just by drops. Tansy has an action on the female generative organs and a large proportion of the observations with it have been on women who have taken it to procure abortion (Senecio). It is also used as a vermifuge.

Hale has mentioned curing amenorrhoea, dysmenorrhoea, menorrhagia, uterine cramps, and metritis with tansy. Suddenness is a characteristic of a number of the symptoms. Peculiar Sensations which could be witnessed are: as if something closed the ears very suddenly, his own voice sounds strange in his ears, as though arms and legs are suddenly swollen, sensation like a thrill all through body.

Modalities - the symptoms are < at night, and at 4 a.m.

Mental fatigue, nausea and vertigo,

worse in a closed room. Pain in bowels; relieved by stool.

**TUSSILAGO FARFARA** <sup>2,3</sup>

It is also known as Common Colts-foot, British Herb Tobacco. It is used to this day in the form of a confection for coughs. The leaves are mucilaginous and were much used in scrofulous affections. Smoking the dried leaves relieves coughs (Cooper). It has also a popular reputation in gonorrhoea.

**TUSSILAGO FRAGRANS** <sup>2,3</sup>

It is also known as *Petasites fragrans*. It was proved by Demesnes by taking three drops of the  $\emptyset$  tincture on the tongue. What was seen in proving - stoutness increased, and plethora was added, later the abdominal protuberance permanently disappeared. A Peculiar Sensation was induced as if a morsel of food lay at the bottom of the cardia and would not pass. Acidity in oesophagus like heartburn, > after dinner. Transient headache as after spirituous liquors. Dryness of eyes when looking in open air, compelling to wink.

Mentally the drug shows complaining mood, is fault-finding; spiteful (after a few hours). Serenity, benevolence, calmness, increased power of mind and expression (fifth to tenth day).

**TUSSILAGO PETASITES** <sup>2,3</sup>

It is also known as *Petasites vulgaris*. *Tussilago* means "cough-wort", *Tussilago* grows on river-banks that are little trodden on. "The roots are an admirable medicine in the worst kind of fevers with boils or buboes"

Kuchenmeister and five others took substantial doses through which we get the most noticeable symptoms which are - a lumbago of very great severity, tightness of the chest. A

headache shifting from one part of the head to another during two days. Acute or chronic gonorrhoea, yellow or white, thick discharge. Crawling in urethra. A urethritis, with yellow discharge. Drawing in right testis. Erections, with urethral crawling. Pain in spermatic cord.

Perspiration - Morning sweat. Sweat at night; profuse.

**XANTHIUM SPINOSUM** <sup>2,3</sup>

It is also known as *Xanthoxylum americanum* or yellow wood. It is a left sided remedy. Tendency to haemorrhages where blood does not coagulate. The condition of haemophilia is also seen there. Female system highlight pain in the anterior parts of the thighs. Cramps in the anterior part of the thighs before menses. Painful dysmenorrhoea, no relief in any position. Amenorrhoea from getting feet wet with headache and extreme nervousness. Sensation as if stepping on wool in the extremities. Pain in the cervical and lumbar region extending to thighs. Pain in the lower jaw and left side of the face. Sciatica worse in hot weather. After pains with violent pains in the lower abdomen and loins extending down to thighs.

**Conclusion:**

Rare medicines are required as management during acute stages as well as one sided presentation of any disease conditions. Clinical verification studies on rare drugs will help to increase the symptomatology of these rare medicines and also develop a firm belief on clinical effectiveness of the same in day to day practice. Also, these drugs can be used by the students for conducting clinical researches at our outdoor patient department.

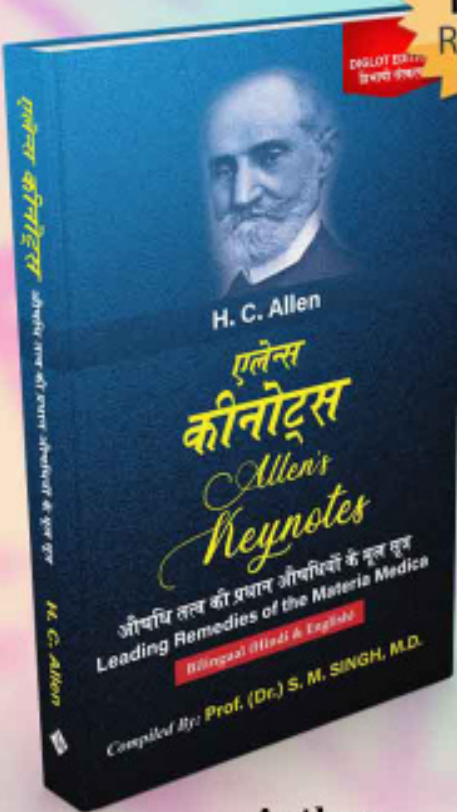


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# Validation of a symptom of homoeopathic materia medica

By Dr Navin Kumar Singh , Dr Ritika Bose



**ABSTRACT:** Polycystic ovary syndrome is a heterogeneous endocrine disorder of woman of reproductive age. The treatment of PCOS is mainly symptomatic and involve lifestyle interventions. However, the management of PCOS is challenging and current interventions are unable to deal with the outcomes of the syndrome. Several shades of evidence shows a positive role of homoeopathy in PCOS and improving the quality of life. This case is an attempt to not only show the efficacy of Homoeopathic treatment in PCOS but also clinically reverify a symptom of homoeopathic materia medica, in order to show their weightage in clinical applicability.

**Keywords:** PCOS, lifestyle disorder, validation of a symptom, homoeopathy.

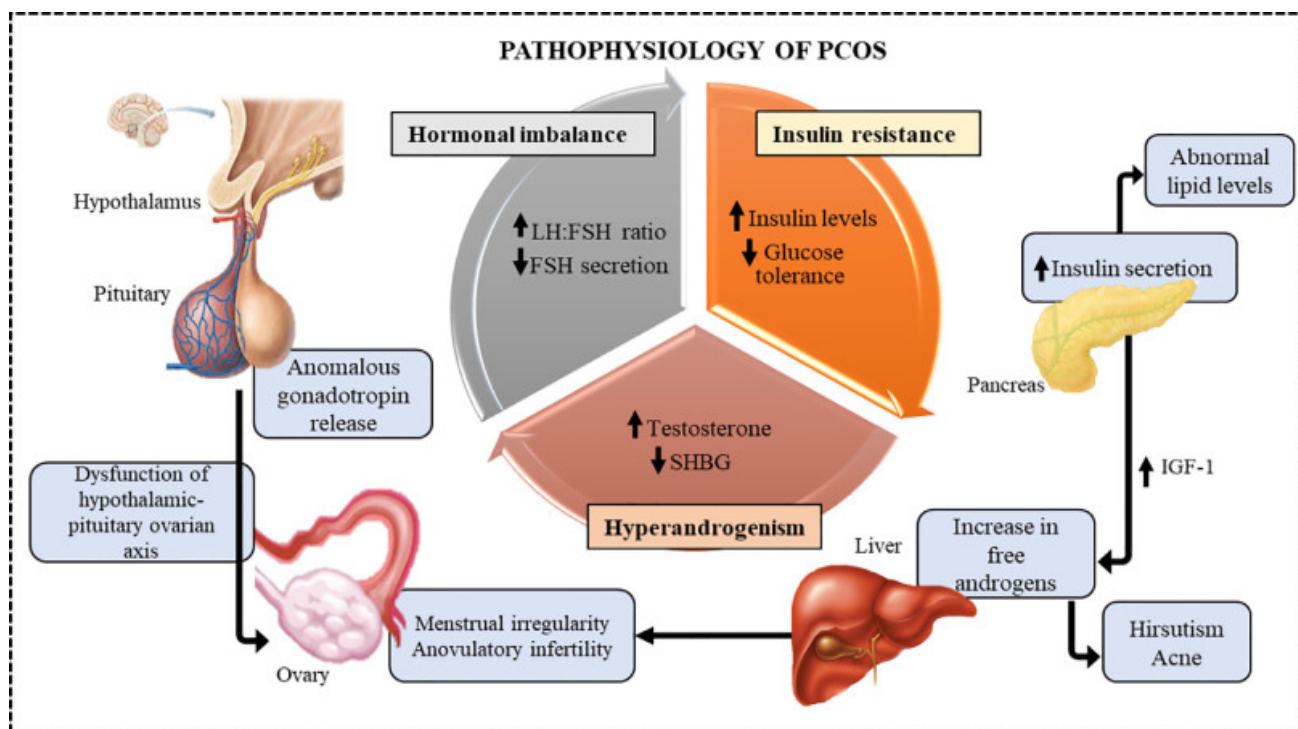
**Abbreviations:** PCOS - polycystic ovarian syndrome, USG – ultrasonography, BP – blood pressure, ICD – International classification of disease, LMP – last menstrual period

## Introduction:

Polycystic ovary syndrome (PCOS) was originally delineated in 1935 by Leventhal and Stein. According to the Rotterdam consensus, PCOS diagnosis should be based on the presence of any

two of the following three criteria: (a) irregular menstruation i.e. oligomenorrhea and/or anovulation, (b) clinical and/or biochemical evidence of hyperandrogenism, and (c) ultra-sonographic evidence of polycystic ovaries. The major features of PCOS include menstrual

dysfunction, anovulation, and signs of hyperandrogenism. Other signs and symptoms of PCOS are hirsutism, infertility, obesity, metabolic syndrome, diabetes and obstructive sleep apnea and even psychological distress.<sup>[1]</sup>



Pic 1 : Schematic depiction of PCOS linked mechanism. <sup>[2]</sup>

Abbreviations - IGF-1- insulin-like growth factor, LH-luteinising hormone, FSH-follicle stimulating hormone.

PCOS is a heterogeneous endocrine disorder that affects about 1 in 15 women worldwide.<sup>[3]</sup> The prevalence of PCOS in the Indian subcontinent Asian women was 52%.<sup>[4]</sup> However, recent findings from countries such as China and India, which are undergoing rapid nutritional transitions due to Westernised diets and lifestyle, indicate similar prevalence rates of PCOS.<sup>[5]</sup>

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Despite being a common disease in women, an estimated 68% of the total cases remain undiagnosed <sup>[6]</sup>, making it a key public health burden. The cause of PCOS is unknown, but studies suggest a strong genetic component that is affected by gestational environment, lifestyle factors or both. Women who have PCOS are at an increased risk for cardiovascular disease, diabetes and pre-diabetes, endometrial cancer, heart attack, hypertension, high levels of lowdensity lipoprotein and low levels of highdensity lipoprotein.<sup>[7]</sup>

In addition to the physical concerns, women with PCOS have eminent physiological distress. Long-term consequences of PCOS on psychological health have always been underestimated and disregarded <sup>[8]</sup>. If PCOS is suspected, a complete medical history, physical examination, blood tests, and a pelvic ultrasound should be performed. Physicians should rule out adrenal hyperplasia, Cushing’s syndrome, and hyperprolactinemia, before a PCOS diagnosis is confirmed. Currently, there is no cure for PCOS, but symptoms can be managed with lifestyle changes and medications. <sup>[9]</sup> Increasing daily activity (exercise)—along with eating a high-fiber, low-sugar diet with lots of vegetables, whole grains and fruits, avoiding or reducing intake

of processed foods, trans fats, and saturated fats —will help to reduce excess weight and helps to maintain stable blood sugar levels.

In the past, polycystic ovary syndrome has been looked at primarily as an endocrine disorder. Studies now show that polycystic ovary syndrome is a metabolic, hormonal, and psychosocial disorder that impacts a patient’s quality of life. So holistic approach for healing is the need of time. Several shreds of evidence from case reports, case series to randomised controlled trials show the positive role of Homoeopathy in PCOS and improving the quality of life. <sup>[10]</sup>

To successfully prescribe a homoeopathic remedy and get a perfect result, it is important to have not only good knowledge of symptomatology but also an ability to closely differentiate a remedy from others and conceive the individuality of each and every well proved drug in our mind after careful interpretation, analysis and synthesis of proving symptomatology, as stated in *Materia Medica Pura, Chronic Disease, Allen’s Encyclopedia, Hering’s Guiding Symptoms* and hundreds of materia medica’s available from the time of Hahnemann till today. <sup>[11]</sup>

The main aim of this case is to clinically verify and validate such drug symptoms from authentic materia medica and to show their weightage in treating the case.

### CASE REPORT :

A female patient aged 18 years visited the OPD of CHMC and H on 22nd March, 2022 with the

#### A) Present complaints:

- Irregularity of menses from last 3years;  
LMP:1/2/22, menses not yet appeared.

Cycle :Irregular( no fixed interval; but generally 45-60days)

Duration: 7-8days

Quantity: Profuse

Character: Dark red

Pain: Severe, specially in lower abdomen, for first 2days

#### B) History of development of present complaints:

- Probable cause: PCOS,taken allopathic medications for last 3years;but again the complaints return after stopping the medicines.

#### C) Complaint on further enquiry :

- Pain in: both temples ,with throbbing character, < sunheat >sleep; from last few months.

#### FAMILY HISTORY:

- Tuberculosis of lung(mother)

#### GENERALITIES:

##### A) Physical general.

- Thermal reaction: Hot patient
- Desire : Sour food.
- Intolerance : Milk
- Thirst : less (1-2 litres/day)
- Bowel : Unsatisfactory ,once a day; with frequent ineffectual urging,.
- Perspiration : Less, specially while eating and over the nose.
- Leucorrhoea: Profuse, like white of an egg, sticky, especially before menses, >after menses, associated with excessive itching in vagina.

- Menstruation : Irregularity of menses from last 3years.
- LMP:1/2/22, menses not yet appeared.
- Consolation <
- Impatient
- Avoids: Crowd, company because she didn't like much people.
- Appearance: Tall, dark complexion
- Built : Thin.
- B.P : 100/70 mm of Hg

**B) Mental general :**

- Irritable ++, throws things when get angry
- Depressed, couldn't forget anything about past.

- Fears: Crowd
- Aversion to noises

**PROVISIONAL DIAGNOSIS:**

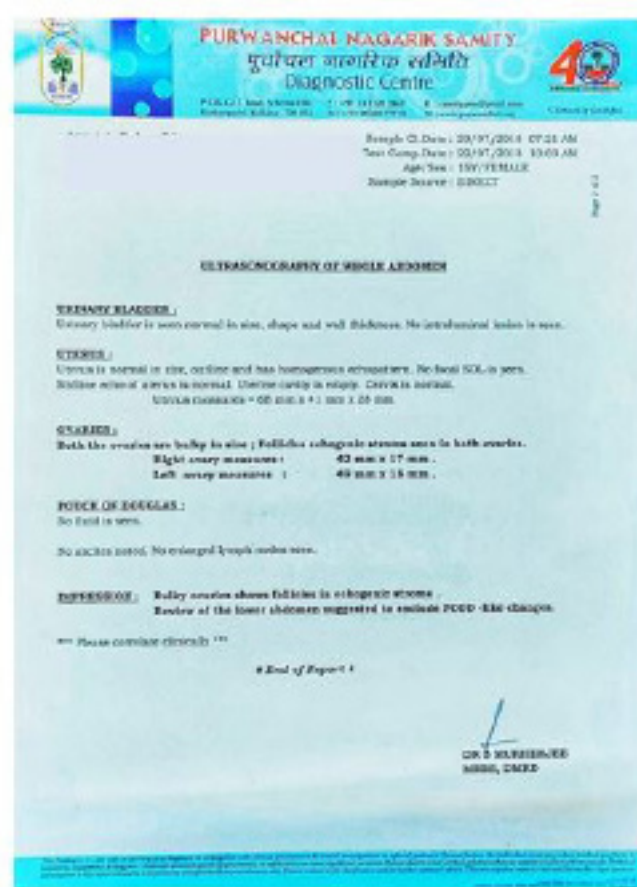
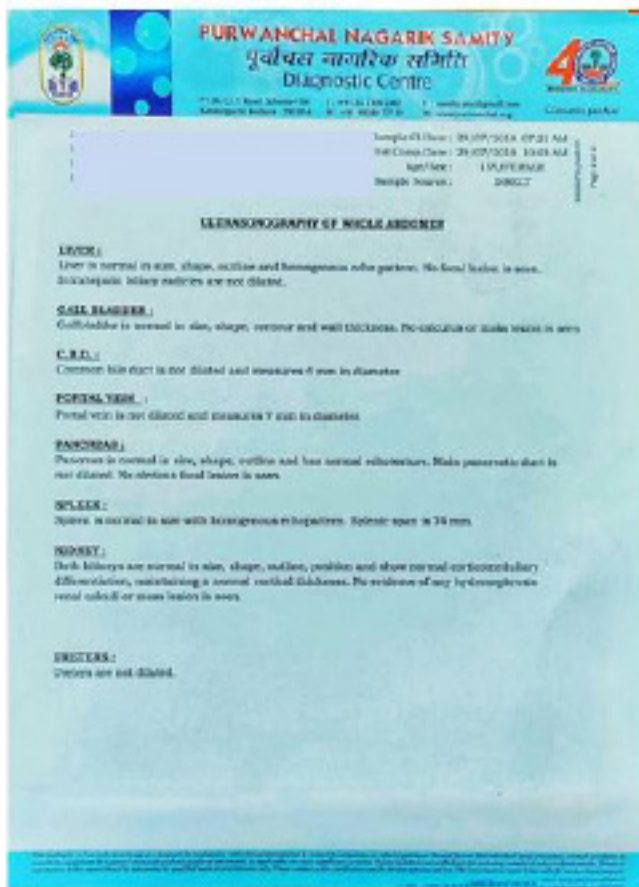
- PCOS (ICD-11: 5A80.1)<sup>[12]</sup>

**CLINICAL EXAMINATION:**

General survey:

**LABORATORY INVESTIGATIONS:**

- USG on 29/07/2018, shows bulky ovaries, with follicles in echogenic stroma.



Pic 2: Showing ultrasonography report of the patient (name and details of the patient has been covered for privacy concern )

**CONFIRMED DIAGNOSIS:**

- Yet to be confirmed as biochemical markers are not investigated.



## ANALYSIS and EVALUTION OF SYMPTOMS:

Characteristics Mental general:	<ul style="list-style-type: none"> <li>• Fears: Crowd</li> <li>• Aversion to noises</li> <li>• Avoids: Crowd ,company because she didn't like much people</li> <li>• Consolation &lt;</li> <li>• Impatient</li> </ul>
Characteristics Physical general	<ul style="list-style-type: none"> <li>• Thermal reaction: Hot patient</li> <li>• Intolerance : Milk</li> <li>• Desire : Sour food.</li> </ul>
Characteristics Particular	<ul style="list-style-type: none"> <li>• Leucorrhoea: Profuse, like white of an egg, sticky , &gt;after menses, associated with excessive itching in vagina</li> <li>• Pain in both temples ,with throbbing character, &lt; sun heat &gt;Sleep; from last few month</li> <li>• Perspiration: Less, specially while eating</li> </ul>

Table 1: Table showing evaluation of symptoms

## REPERTORISATION: [13]

Remedy Name	Nat-m	Sep	Calc	Sulph	Puls	Ign	Nux-v	Lach	Chin	Lyc	Ars	Nat-c
<b>Total</b>	28	22	20	20	19	18	18	16	15	15	14	14
<b>Symptoms Covered</b>	12	8	11	9	9	9	8	8	9	8	8	8
<b>Kingdom</b>												
[Kent] [Mind]Fear (see anxiety):Crowd:In a:	2		1	1	2		2			2	1	1
[Kent] [Mind]Sensitive_oversensitive (see offended):Noise, to:	2	3	2		2	2	3	2	3	2	2	2
[Kent] [Mind]Company:Aversion to:	3	2	1	2	2	3	3	2	2	2		2
[Kent] [Mind]Consolation :Agg:	3	3	1			3	1		1	1	2	
[Kent] [Mind]Impatience:	2	3	2	3	2	3	3	2	1	2	2	1
[Kent] [Generalities]Heat:Sensation of:	3		2	3	3	1	2	2	1	3	1	1
[Kent] [Generalities]Food:Milk :Agg:	2	3	3	3	2	1	2	1	3	2	2	2
[Kent] [Stomach]Desires:Sour,acids,etc.:	2	2	2	2	2	2		2	1		2	
[Kent] [Genitalia female]Leucorrhoea:Copious:	2	3	3	2	1			2	1	1	2	2
[Kent] [Genitalia female]Leucorrhoea:Albuminous:	3	3	1									
[Kent] [Head]Pain,headache in general:Sun,from exposure to :Agg:	2		2	2	3	1	2	3	2			3
[Kent] [Face]Perspiration:Eating:While:	2			2		2						

Table 2: Table showing repertorisation of the symptoms using *Kent's Repertory* in *Hompath Firefly Software*

**REPERTORIAL WITH REASON**

**SELECTION**

*Natrum muriaticum* 28/12  
*Sepia officinalis* 22/8

28/12

*Calcarea carbonicum* 20/11  
*Sulphur* 20/9

20/11

As *Natrum muriaticum* has covered the maximum number of symptoms and has obtained the highest score, so *Natrum muriaticum* was the repertorial selection.

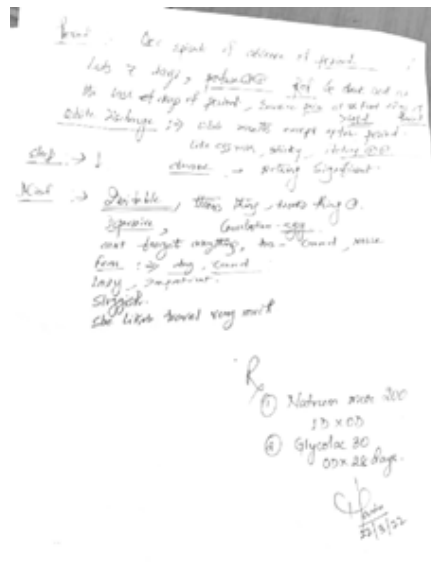
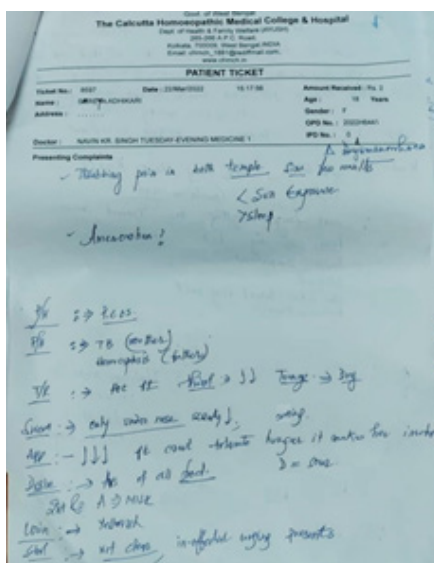
**FINAL SELECTION OF MEDICINE:**

Considering the whole case, after

**FOLLOW UP:**

Date	Present complaints	Prescription
22/3/22	Irregular menses. Headache	<i>Natrum Mur</i> 200/1 dose
19/4/22	Headache –Better Menses ,not appeared.	<i>Kali carbonicam</i> 200/1 dose
10/5/22	Menses appear on :20/4/22 Headache –better Patient’s general health better.	Placebo was prescribed.

**PRESCRIPTION:**



Pic 3: Picture showing the prescriptions of the patient

## Discussion:

Since Hahnemann's time, homoeopaths are correlating the symptoms of the patients with the drug symptoms which are being written in the homoeopathic materia medica. The life work of the student of the homoeopathy is one of the constant comparison and differentiation. This work is such an attempt for revision and re-verifying the symptoms from the book "Keynotes and characteristics with comparison of some of the leading remedies of Materia Medica", by Dr H.C Allen. In the drug *Kalium carbonicum*, there is a symptom in relations that- "Will bring on the menses when *Natrum muriaticum* though apparently indicated fails-Hahnemann".<sup>[15]</sup> This case is the verification of that symptom. Though, considering the totality, *Natrum muriaticum* is being selected, but it fails to bring the menses. When *Kalium carbonicum* was prescribed on the subsequent follow up, menses occur on the next day. Thus, our objective is being achieved. The writing of a materia medica is a gigantic task and it is the duty of later generations to revise and improve, adding to what the early giants had contributed. It has been many years since Hering, Allen or Clarke published their materia medica mentioning the clinical conditions responding to each remedy by that time, many of which are today found to be obsolete and requiring a scientific appraisal. This work is a first attempt to clinically

verify some of its symptomatology, identify the clinical sphere amenable to such a remedy in the current scenario, with due regards to the textbooks of homoeopathic materia medica of these stalwarts, and gauge the clinical applicability as well as therapeutic outcome.

## Conclusion:

As our aim was to establish the validation of symptoms from materia medica, and here in this case, that aim was correctly achieved. The clinical applicability of each symptom and their verification is very important for establishing the use and importance of those symptoms in clinical practise

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# Revisiting the convulsive remedies of compositae family

By Dr Faiza Khan

**ABSTRACT:** Asteraceae or compositae is a widespread and exceedingly large family of flowering plants. It has more than 23, 600 currently accepted species, spread across 1,620 genera and 13 subfamilies. Since this is the biggest family in our Materia Medica the remedies are studied in groups (injury, convulsive, fever, alimentary, respiratory and glands group). Compositae family is mainly known for having a general theme of injury, be it physical or mental. Apart from its widespread use in treating injuries, it is also effective in cases of convulsions, choreic or epileptiform conditions. The convulsive group consists of *Artemisia absinthium*, *Artemisia vulgaris*, *Cina maritima*, *Matricaria chamomilla* and *Tanacetum vulgare* which are effective in controlling convulsive conditions that may arise during dentition, after anger, during menses, etc. study of these remedies will help in preventing, controlling and better management of these attacks thereby improving the quality of life of the sufferers.

**Keywords:** Homoeopathy; compositae; asteraceae; convulsion; epilepsy.

## Introduction:

Compositae is a widespread and exceedingly large family of flowering plants. It has more than 23, 600 currently accepted species, spread across 1,620 genera and 13 subfamilies. They are mostly cultivated as ornamental plants, food plants or grow as weed. Interestingly these plants react strongly to the sunlight just as the sunflowers open as the Sun rises. Hence, also known as the “sunflower” family. Since this is the biggest family in our Materia Medica, the remedies are studied in groups (injury, convulsive, fever, alimentary, respiratory and glands group).

Compositae family is known for having a general theme of injury, be it physical or mental. These injury remedies (*Arnica montana*, *Bellis perennis*, *Calendula officinalis*, *Echinacea angustifolia*, *Millefolium*) are widely described in various homoeopathic literatures, making compositae remedies almost synonymous with injury. Let us draw our attention to another important group in the compositae family which has a significant role to play in convulsions. This ‘Convulsive group’ mainly consists of *Artemisia absinthium*, *Artemisia vulgaris*, *Cina maritima*, *Matricaria chamomilla* and *Tanacetum vulgare*.

## Body <sup>(1,2)</sup>

Asteraceae is derived from the word “aster” meaning “star” in Greek, referring to the appearance of some family members, as a “star” surrounded by “rays”. Appearing as a single flower, it is actually a cluster of little flowers forming a ray of petals. The name “daisy”, widely applied to members of this family, is derived from the Old English name of daisy (*Bellis perennis*): from *daeges eage*, meaning “day’s eye”, as the petals open at dawn and close at dusk. Botanically, they can thrive in the harshest conditions and on poor soil. They have survived as tough plants even when used and abused. Probably explaining its effectivity in healing wounds! Apart from its widespread use in treating injuries, it is also effective in cases of convulsions, choreic or epileptiform conditions. Let’s discuss in details about this less-talked-about yet very important group of compositae family.

The convulsive group comprises of those remedies which as its name suggests is effective in convulsive disorders. These conditions may arise during dentition, after anger, during menses, etc.

## General symptoms of convulsive group<sup>(1)</sup>

- Convulsions with trembling, biting of tongue, tremors, chorea, opisthotonos, giddiness. There may or may not be loss of consciousness.
- These are all children remedy- emaciation in spite of eating well, worms, convulsions, emotional and oversensitivity.
- Children are cross, irritable, very touchy, ugly in behaviour, dissatisfied, capricious, and they do not want to be touched or looked at.
- Quarrelsome, obstinacy which is seen in adults also.
- Mental irritability, nervousness, excitability, restlessness.
- Melancholy, mental depression.
- Difficulty in thinking, loss of comprehension, weak memory.
- Anxious dreams with restless sleep.
- Kleptomania- desire to steal.
- Somnambulism.
- Diarrhoea, vomiting and colic.

## CLINICAL INDICATIONS OF COMPOSITAE REMEDIES IN CONVULSIONS<sup>(3,4,5,6)</sup>

### 1. ARTEMISIA ABSINTHIUM

**Common name:** Common wormwood. (Europe.) Not to be confounded with *Artemisia vulgaris*, which is also called wormwood.

**Part used:** Tincture of fresh young leaves and flowers.

**SYMPTOMS-** A perfect picture of epileptiform seizure is produced by this drug. The convulsions are preceded by trembling; the patient has a foolish look, makes grimaces; bites tongue; foams. Halbert regards Absinthium as of especial service in cases of minor epilepsy, where consciousness is not entirely lost. The characteristic is “a peculiar vertigo on rising, with a tendency to fall backward.” In a case of epileptoid vertigo, signs of constant cerebral and spinal congestion; nausea and tendency to frequent vomiting, persistent tremors; epileptoid attacks of hysterical character and opisthotonos, Tremor is a marked feature of the remedy: tremor of tongue; of heart. There is exhilaration followed by horrible delirium (Bell.); patient obliged to walk about (*Artem., Cham., Cin. have > moving about*). Patient walks about in distress, seeing all sorts of demons. It corresponds to nervousness, excitement, and sleeplessness in children.

After recovery has no recollection of taking the poison, nor of the cause of his doing so. Forgets what has recently happened. Wants nothing to do with anybody. Stupor alternating with dangerous violence. Magnan, who has studied *Absinthium*, says the characteristic symptoms of *Absinthe* are: Sudden and severe giddiness, epileptiform seizures, delirium with hallucinations, and loss of consciousness. For some time after the attack there is loss of memory. The giddiness and epileptiform attacks are the most important of the symptoms. He adds that those who take absinthe are liable to hysterical manifestations.

**Related rubrics of Absinthium with gradation(8) :**

Back, opisthotonos (p. 893)

Generalities, convulsions, begin in, face (p. 1352)

Generalities, convulsions, consciousness, without (p. 1352)

Generalities, convulsions, epileptic (p. 1353)

Generalities, convulsions, hysterical (p. 1354)

Generalities, convulsions, intermittent (p. 1354)

Generalities, convulsions, tetanic rigidity (p. 1355)

## 1. ARTEMISIA VULGARIS

**Common name:** Wormwood. Mugwort.

**Part used:** Tincture of fresh root.

**SYMPTOMS** -Like the other Artemisias this remedy has a prominent place in convulsive diseases. It is indicated where the patient is excitable and irritable before attack of epilepsy. Convulsive diseases of childhood and girls at puberty. *Petit mal*. Epilepsy without aura; after fright and other violent emotions and after masturbation. Epilepsy after fright or grief; after a blow on the head; with menstrual disturbances; with teething. Attack accompanied or followed by profuse offensive sweat; by seminal ejaculations. Profuse sweat, having a peculiar fetid, cadaverous or garlic-like odour is a characteristic of the remedy.

Coloured light, as light falling through stained-glass windows, makes head dizzy (white light does not). Eyes turned up before attack. Twitching in face; mouth drawn to left. Grinding of teeth, froth at mouth, thumbs drawn into fist, eyes half open, drawn upwards. Bites tongue in spasms. Attacks frequently repeated, then followed by a long interval of rest. Right side convulsed, left paralysed. Violent cramps in abdomen with irregular, insufficient menstruation. Irregular or deficient menstruation with epileptic convulsions. Worms. Several convulsions close together. Somnambulism. Gets

up at night and works, remembers nothing in the morning (*Kali phosphoricum*).

**Related rubrics of Artemisia vulgaris with gradation (8):**

Generalities, catalepsy (p. 1347)

Generalities, chorea (p. 1347)

Generalities, chorea, daytime (p. 1347)

Generalities, convulsions (p. 1351)

Generalities, convulsions, right, left paralyzed (p. 1351)

Generalities, convulsions, morning (p. 1351)

Generalities, convulsions, night (p. 1351)

Generalities, convulsions, children (p. 1352)

Generalities, convulsions, clonic (p. 1352)

Generalities, convulsions, dentition, during (p. 1352)

Generalities, convulsions, epileptic (p. 1353)

Generalities, convulsions, epileptic, aura, solar plexus, from (p. 1353)

Generalities, convulsions, fright, from (p. 1354)

Generalities, convulsions, grief, after (p. 1354)

Generalities, convulsions, injuries, from (p. 1354)

Generalities, convulsions, one-sided (p. 1354)

Generalities, convulsions, one-sided, paralysis of the other (p. 1354)

Extremities, clenching, thumbs (p. 956)

## 1. MATRICARIA CHAMOMILLA

**Common name:** German Chamomile.

**Part used:** Tincture of whole fresh plant

**SYMPTOMS:** Sensitiveness of the mind and great irritability run through *Chamomilla* so closely that they are inseparable. Jerking and twitching of muscles from mortification and excitement. The jerkings, the convulsions, the hot head, the great sensitivity; sensi-

tiveness to noise and to persons, the great irritability between the convulsions, convulsions of oversensitive children during teething; they become stiff; roll the eyes; distort the face; twitchings of muscles; throw the limbs about; clinch the thumbs; bend the body backwards characterise the picture of *Chamomilla* in convulsive disorders.

Easily affected by mortification, by chagrin, so that the nerves become extremely sensitive from these causes, and pains, convulsions, colic, headache and other kinds of nervous symptoms set in. The nervous child when punished will go into convulsions. Child is ugly cross and uncivil; quarrelsome, vexed at every trifle. Averse to being spoken to or touched. Child wants to be carried. Swelling, or redness of one cheek. Repeated spasms; of face, arms, legs, etc.

#### Related rubrics of *Chamomilla* with gradation<sup>(8)</sup>:

**Generalities, convulsions (p. 1351)**  
**Generalities, convulsions, anger, after (p. 1352)**

*Generalities, convulsions, children (p. 1352)*

**Generalities, convulsions, clonic (p. 1352)**

**Generalities, convulsions, dentition, during (p. 1352)**

*Generalities, convulsions, epileptiform (p. 1353)*

*Generalities, convulsions, excitement, from (p. 1353)*

**Generalities, convulsions, falling, with (p. 1353)**

#### 1. CINA MARITIMA

**Common name:** worm-seed

**Parts used:** The unexpanded flower-heads (commonly called "seeds") of several varieties of *Artemisia maritima*

**SYMPTOMS:** This is a children's remedy-big, fat, rosy, scrofulous, corresponding to many conditions that may be referred to intestinal

irritation, such as worms and accompanying complaints. The *Cina maritima* patient is oversensitive to touch, hungry, cross, ugly, and wants to be rocked. Sickly, pale face. Dark rings about eyes. Bluish white about mouth. Nostrils drawn in. Picks and bores at nose. Asthenopia from defective accommodation better by rubbing the eyes. Objects look yellow. An irritability of temper, variable appetite, grinding of teeth, and even convulsions, with screams and violent jerkings of the hands and feet, are all within its range of action. Child cannot stand any kind of disturbance; it produces a convulsion. They cannot be punished because they go into convulsions. Spasms; < worms. Nocturnal epileptic convulsions, followed by headache. Epileptic convulsions (esp. at night, with or without consciousness) with cries, bending backwards of the back, and violent movements of the hands and feet. Tetanic stiffness of the whole body.

#### Related rubrics of *Cina maritima* with gradation<sup>(8)</sup>:

**Generalities, convulsions, children (p. 1352)**

**Generalities, convulsions, consciousness, with (p. 1352)**

**Generalities, convulsions, epileptiform (p. 1353)**

**Generalities, convulsions, extensor muscles (p. 1353)**

**Generalities, convulsions, worms, from (p. 1356)**

#### 2. TANACETUM VULGARE

**Common name:** Tansy.

**Parts used:** Tincture of the fresh plant in flower.

**SYMPTOMS:** Abnormal lassitude. Nervous and tired feeling. "Half dead, half alive feeling" all over. Of use in chorea and reflex spasms (worms). Suddenness is a characteristic of a number of the symptoms. Peculiar Sensations are: As if something closed the ears very suddenly. His own voice sounds strange in his

ears. As though arms and legs suddenly swollen. Sensation like a thrill all through body. The symptoms were < at night, and at 4 a.m.

Facial features seemed fixed, giving an expression of deep solemnity. Clonic spasms; not convulsive, coming instantaneously and lasting a minute; slight tremor of arms, they were thrown forward, and at right angles to the body; respiratory muscles strongly affected, air forced from chest slowly but steadily making a hissing noise at lips; in the intervals, muscles relaxed, except the jaws. Great irritability, makes extraordinary movements and curious gestures, stretches himself, draws up his legs, stands on his head;

W. H. Pierson observed a woman who took two drachms of the oil to procure abortion. The attempt failed, but throughout her pregnancy she suffered from mixed tonic and clonic convulsions, frothing at the mouth, clenched hands, thumbs turned in, followed by exhaustion and a short coma. Since then, Pierson treated every case of epilepsy which came to him with drop doses of the fluid extract of *Tanacetum vulgare* four times a day, and with marked success.

#### Related rubrics of *Tanacetum vulgare* with gradation<sup>(8)</sup>:

Mind, shrieking (p. 79)

Mind, speech, incoherent (p. 81)

Mind, unconsciousness (p. 89)

Mind, unconsciousness, vomiting amel. (p. 91)

Generalities, convulsions, consciousness, without (p. 1352)  
 Generalities, twitching (p. 1409)

### Conclusion

The convulsive remedies of the compositae family though rich in its symptomatology and vividly represented in various homoeopathic literatures is ignored in clinical practise in comparison to the other remedies of this family. Study of its



indications in homoeopathic materia medica along with its gradations in repertory will help us in thinking of these remedies when dealing with convulsive disorders thereby preventing and controlling the attacks and improving the quality of life of the patient.

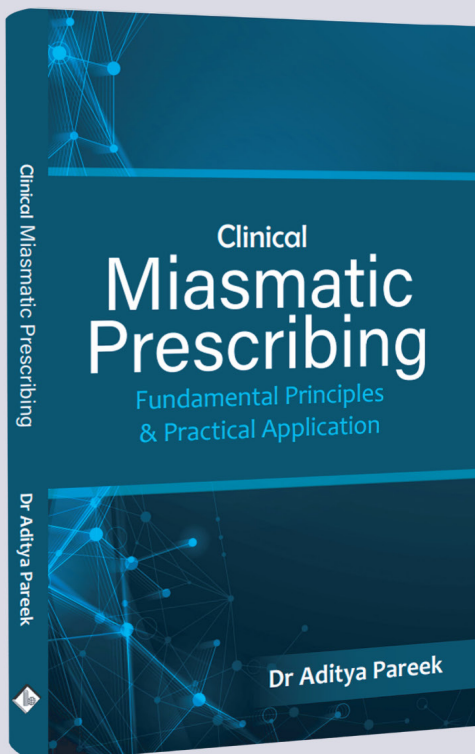
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**Dr FAIZA KHAN**, Final year PGT, Department of Homoeopathic Materia medica, National Institute of Homoeopathy.

# Clinical Miasmatic Prescribing Dr Aditya Pareek



- The author has shared his practical experience on miasms and how to clinically apply the different miasms in practise.
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- The 3<sup>rd</sup> aims to show the applicability and practical utility of miasms through various case discussions.

**ISBN: 978-81-319-1690-2 | 253 pp**

# Lifestyle disorders and holistic medicine: a focus on diabetes mellitus

By Dr Nethravathi B.

**ABSTRACT:** Non communicable diseases are brought on by sedentary lifestyles, poor diets, alcohol, substance abuse, tobacco use, resulting in heart disease, stroke, obesity, type II diabetes mellitus, lung cancer. Lifestyle diseases might soon affect career and health care costs. The prevention of non-communicable illness is to lessen the likelihood that an individual may get a disease. The goal of homoeopathic treatment is to heal the patient's illness by enhancing their resistance or vital dynamism.

**Keywords:** Non communicable diseases, lifestyle diseases, diabetes, constitution, homoeopathy, tubercular, miasm, causative, associated with, complication, biochemic.

## Introduction:

A person's daily physical, mental and social activities are referred to as his lifestyle. There is switching in health from Communicable diseases to Non communicable diseases. Around 40 million people die from Non communicable diseases each year, accounting for almost 70% of all fatalities worldwide. If people do not change their lifestyle choices, it is anticipated that these lifestyle diseases will become more prevalent over time. The occurrence of lifestyle-related non communicable diseases is by ignoring prevention, indulging in excesses, and then relying on medical help to treat illnesses!<sup>1</sup>

Dr Hahnemann emphasises the value of leading a healthy lifestyle. Hahnemann suggest<sup>3</sup>e getting rid of all factors that could obstruct healing.

The 80% of all of non-communicable diseases- related deaths that occur prematurely are caused by these four disease types – 17.9 million people per year are caused by cardiovascular diseases, followed by malignancies (9.3 million), respiratory illnesses (4.1 million) and *diabetes* (1.5 million)<sup>1</sup>.

The Mental state of a person determines whether he or she is in captivity. It follows that a man is responsible for his own health or lack thereof. In addition to our activities,

our thoughts also contribute to illness<sup>2</sup>. People who take constitutional homoeopathic medications, which are prescribed based on the person's entire physical and mental makeup, greatly postpone the onset of lifestyle diseases like *diabetes*, obesity, and hypertension. This is particularly important for people who have a family history of *diabetes*, dyslipidaemia, or hypertension<sup>3</sup>.

Classically, Diabetes mellitus has been linked to *TUBERCULAR* origin. All of the typical signs and symptoms of diabetes have been identified as tubercular trait<sup>4</sup>.

- Weakness following urination.
- Urine production in excess is a symptom of tubercular trait.
- A careful examination of all the latent miasmatic symptoms of the entire person will reveal that the majority of renal problems have a tubercular basis.
- Neuralgic pains are caused by tubercular origin.
- An attribute of tubercular origin is excessive suppuration. Skin wounds, especially minor ones, heal quickly in psoric patients, but in tubercular people, we see abscesses, ulcerative processes, and copious formation and elimination of pus, going far beyond what is required in the

typical healing process.

- Gangrene is tainted by syphilis or tubercular. Tubercular or syphilitic origins are responsible for perversions of form, shape, or size.
- Another symptom of tubercular origin is hunger accompanied by an empty sensation in stomach.
- Secondary complications are prone to happen more frequently in tubercular trait. Subjects with diabetes typically have a robust Tubercular physiology throughout their bodies. Of course, these situations are more lethal and more malignant in form if sycosis is present. Although the tubercular and sycotic are more common, fibrous alterations in the kidneys also have the three miasms present.

### Digest to diabetes<sup>5</sup> –

- *Diabetes occurring in various types of constitutions:* -

*Tubercular* - Phos., Iod., Tuber.

*Leucophlegmatic* - Calc. carb., Graph

*Psoric* - Sulphur, Graph

*Sycotic* - Thuja., Nat. Sulph.

*Syphilitic* - Kali iod.

*Scrophulous, Lymphatic* - Hepar sulph., Iod.

- Exciting or causative factors due to:-  
*Digestive derangement* - Uran. nit.  
*Gastro-hepatic disease* - Ars. iod., Bry., Calc., Lact. acid, Lyco, Nux. vom., Uran. nit.  
*Nervous strain and stress* - Ign., Phos. acid  
*Pancreatic diseases* - Iris v., Insulin, Pancreatin, Phos.,  
*Injury or fall* - Arnica  
*Syphilis* - Kali. iod.  
 • *Diabetes associated with:-*  
*Debility* - Acetic acid, China, Op., Phos. acid, Phos., Pic. acid  
*Gangrene, Boils, Carbuncles* - Ars. alb.  
*Diarrhea* - Ars. alb.  
*Gouty symptoms* - Lac. Acid, Nat. Sulph., Colch., Nux vom., Kali iod.  
*Impotency* - Coca, Mosch.  
*Sexual and Urinary symptoms* - Ars., Acon., Canth., Kali bich. Tereb.,  
*Rheumatic symptoms* - Lactic acid.  
*Melancholia* - Helon.  
*Emaciation* - Helon.  
*Thirst and restlessness* - Hel.  
*Motor paralysis* - Curare.  
*Rapid progress* - Cur., Morph.  
*Ulceration* - Syzyg.  
*Skin boils and furuncles* - Arnica, Ars, Sili, Hepar.  
*Restlessness and irritability of skin* - Codeinum.  
*Swollen ankles* - Arg. met.
- Diabetic coma* - Opium  
*Hepatic symptoms* - Digit, Kali. bich, Merc., Iod., Hepar sulph.  
*Pulse affections* - Phos., Ars. iod., Hepar.  
 • *Symptoms of diabetes (clinical):-*  
*Polyuria* - Acon., Alumina, Apis, Berb. vulg., Canth., chimaph., Equis., Helon., Kreosote, Lili. tig., Lyco., Nux.v., Phos. acid., Sarsa., Scilla, Sepia, Sul., Uva.u.  
*Nocturia* - Aur. mur., Caust., Con., Ferr. Pic., Kali c., Kreo, Phos. acid, Puls., Sul.  
*Thirst (Polydipsia)* - Acetic acid, Acon., Bry., Lact. acid, Op., Phos., Sul.  
*Appetite increased (Polyphagia)* - Abrot., Alphal., Anac., Iod., Lyco., Nat.m., Nux v., Phos., Sulph., Thy., U. nit.  
 - *Yet loses flesh* – abort., Acetic acid, Iod., Nat. Mur., Sul.  
*Desire (Craving) for sweets* - Arg. nit., Cina, Coca, Kali. c., Lyco., Sul. *Constipation* - Bryonia, Cheli, Hydrastis, Nux vomica, Silicea, Calc, carb., Sulphur.  
 • *Symptoms of complications:-*  
*Boils* - Arnica, Anthracinum, Bellis, Calc. pic., Mer. sol., Phos. acid., Sili., Sul., Tar.c., Myristica seb.  
*Gangrene* - Ars., Carbo veg., Echinacea, Lach., Plumb., Secale, Sul. acid.  
*Emaciation with increased appetite* - Abrot, Iod., Nat. mur., Plumb.  
*Arteriosclerosis* - All. sat., Ars. iod., Bar. c., Glon., Kali iod., Plumb iod.  
*Cataract* - Caust., Cinararia, Silicea, Phos., Calc. flour.
- Paraesthesia (Numbness)* - Gels., Sang. can. (in hands and feet)  
*Diabetic nephropathy* - Eel. serum.  
 If above medicines fails -Syzyg., Silicea.  
 • Biochemic remedies for diabetes mellitus:-  
*Natrium muriaticum* – Polyuria, thirst, emaciation, loss of sleep, great debility with hammering headache.  
*Natrium sulphuricum* – Chief remedy for diabetes, it corrects the Pancreatic insufficiency. It has polyuria, intense itching of skin especially upon the upper surface of thighs. People of Hydrogenoid constitution with dry mouth and throat (Phos). It is the tissue remedy of Diabetes.  
*Kalium muriaticum* – Excessive sugar level with great emaciation.  
*Kalium phosphoricum* – Nervous prostration, weakness, sleeplessness, and voracious hunger. (Used Intercurrently).  
*Calcarea phosphorica* – Polyuria with weakness, much thirst, dry mouth and tongue, flabby, sunken abdomen. Glycosuria when lungs are affected.  
*Calcarea sulphurica* – for the skin complications of Diabetes.  
*Kalium sulphuricum* – for the skin complications of Diabetes.  
*Ferrum phosphoricum* – Diabetes with quickened pulse, as an intercurrent remedy. Which has a specific action on the activity of a certain organs

## Conclusion:

Giving up smoking and other drugs, consuming less alcohol, processes meat (like bacon and sausages), red meats (like pork, beef, lamb), fatty foods and



exercising everyday can help prevent lifestyle diseases. Currently, health promotion, prevention, treatment, and rehabilitation are the main foci of interventions for non-communicable diseases and their risk factors. In the treatment of disorders of the lifestyle, Homoeopathy is extremely significant. Three pillars of health include *DIET, EXERCISE and REST*.

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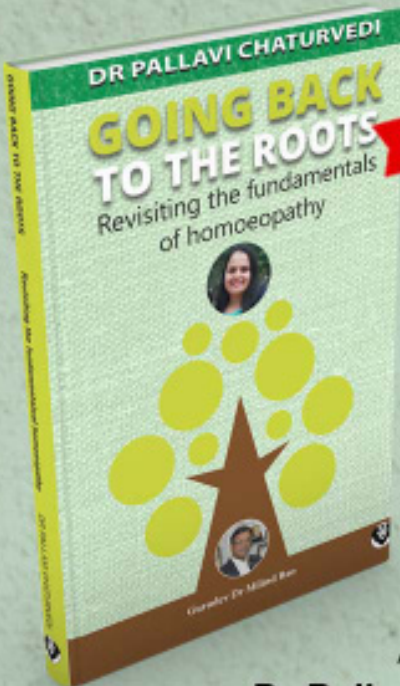
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# Homoeopathic remedies in hypothyroidism

By Dr M. A. Khan

**ABSTRACT:** Hypothyroidism is a thyroid hormone deficient disorder. Thyroid hormone's primary function is to keep the body's metabolism running smoothly. As a result, the person who is impacted will have a slowed metabolism. The term hypoactive refers to a deficiency of thyroid hormones in the body. The thyroid gland is a small butterfly-shaped gland that controls several metabolic processes in the body. Thyroid problems such as hypothyroidism and hyperthyroidism influence how one produces and uses energy. Thyroid hormone levels can fluctuate, affecting body metabolism and causing a variety of changes such as weight gain, mood swings, and temperature regulation, among other things. We are attempting to discover homoeopathic solutions for hypothyroidism and hyperthyroidism.

**Keywords:** Underactive, metabolism, homoeopathy

**Abbreviations:** TSH – thyroid stimulating hormone, T3 – triiodothyronine, T4 - tetreiodothyronine

## Introduction:

Hypothyroidism is a disorder in which the thyroid gland is underactive and does not produce enough thyroid hormones for the body to function properly.<sup>1</sup> Hashimoto's thyroiditis is the most common cause of hypothyroidism. Hashimoto's thyroiditis is an auto immune illness in which the immune system produces antibodies against its own tissue, causing the thyroid gland to assault and cause hypothyroidism. Hypothyroidism can also be caused by severe iodine deficiency. Natural hypothyroidism homoeopathic remedies are incredibly successful, especially for those who want to avoid the adverse effects of prescription medications.<sup>2</sup>

## Types of hypothyroidism

This occurs when the thyroid gland's ability to produce T3 and T4 is compromised. As a result, thyroid stimulating hormone is released by the pituitary gland (TSH). This aids in the production of the T3 and T4 hormones. Hashimoto's thyroiditis is the name given to this condition.<sup>1</sup>

1. Primary hypothyroidism is the deficiency of thyroid hormones due to inadequate production.

2. Secondary hypothyroidism is deficiency of thyroid hormones due to inadequate stimulation of the thyroid gland through pituitary gland.
- Treating hyperthyroidism with anti-thyroid medicine
  - An underactive thyroid gland by birth
  - The hypothyroidism during pregnancy.
  - Treating hyperthyroidism with anti-thyroid medicine
  - An underactive thyroid gland by birth
  - The hypothyroidism during pregnancy.
- intolerance to cold,  
-puffiness of the face,  
-weight gain,  
-hoarseness of voice,  
-increased cholesterol level,  
-muscle aches,  
-joint pains,  
and menstrual issues are some of the common symptoms.

## Clinical features

Common symptoms of thyroid disorder

- a) Weakness in body
- b) Vertigo
- c) Skin redness
- d) Constipation
- e) Puffy ankles or legs
- f) Fungal infection in nails
- g) Sudden weight loss or weight gain
- h) Dryness of mouth
- i) Shivering

If you are experiencing these symptoms of a thyroid disease, you should consider using homoeopathic medicine, which has no side effects

## Caused by reduced amounts of thyroid hormone in circulation.

- Hashimoto's thyroiditis (an autoimmune disorder) are the main causes of hypothyroidism.<sup>2</sup>

## Symptoms include

- Pextreme fatigue,
- constipation,
- depression,

and is non-addictive.<sup>2</sup>

### Homoeopathic treatment for hypothyroidism

Homoeopathic treatment is well-known for permanently healing diseases, and the medicine works in the same way here. Different homoeopathic medicines could be used to treat the condition. The proper drug to choose or prescribe is determined by the disease's origin and effect.<sup>3</sup>

**Here is the list of homoeopathy medicines that helps in eradicating the effectiveness of the disease completely.**

### Top homoeopathic remedies for hypothyroidism

- *Calcarea carbonicum*,
- *Sepia officinalis*,
- *Lycopodium clavatum*,
- *Graphites* and
- *Nux vomica* are the leading remedies for hypothyroidism.

#### a) *Calcarea carbonica*:

*Calcarea carbonica* is the most effective homoeopathic treatment for hypothyroidism. It is one of the most effective hypothyroidism treatments. It's especially beneficial for obese people who are usually cold and can't stand cold air. This drug is needed for a patient who has a fair complexion, is obese, and flabby. Excessive sweating on the head is a common symptom in hypothyroid people. Certain idiosyncrasies in eating habits, such as a fondness for boiled eggs, indigestible substances like chalk, pencils, and lime, and allergy to lipids, all point to its use in hypothyroidism patients. This hypothyroidism drug can also aid hypothyroid patients relieve constipation; the unusual feature is that

the first half of the stool is hard and is followed by a soft component. This medication is highly effective in women with hypothyroidism who have very heavy menses that last for long periods of time and come earlier than planned. During the menstrual cycle, cold feet are almost always present.<sup>4</sup>

#### b) *Sepia officinalis*:

*Sepia officinalis* is also an important medicine in the treatment of hypothyroidism. Patients who use this medication are frail, have a light-yellow face, and faint quickly, especially when exposed to extreme cold. Even in a heated atmosphere, such individuals lack crucial body heat and feel abnormally cold. This medication can aid in the treatment of menstruation problems in hypothyroidism individuals whose periods arrive too early and are excessive. Menstrual complaints are always accompanied with bearing down sensations in the pelvis, where the patient believes the pelvic organs are about to leave through the vulva and sits with crossed legs to avoid this. *Sepia Officinalis* is also used to treat significant hair loss caused by hypothyroidism, particularly in postmenopausal women. The treatment of constipation in hypothyroid patients is the second area where this drug has shown to be particularly effective. Patients who require this medication have complained of very hard and difficult stool that is passed in small balls with significant pain during the stool passing procedure, which lasts for a long time. Extreme anger and apathetic behaviour toward family members who were previously very much

liked are the mental symptoms to consider for its use in hypothyroid individuals. There may also be an unusually strong desire for acidic foods like pickles.<sup>2</sup>

#### c) *Lycopodium clavatum*:

This is a fantastic thyroid treatment. This medication is typically prescribed to hypothyroidism patients who have stomach problems. Excessive flatulence in the belly is accompanied with acidity, which is exacerbated by farinaceous foods. From 4:00 p.m. until 8:00 p.m., the complaints are at their peak. Constipation is present when the stool is tough, hard, and unfinished. The person has a strong need for hot drinks and hot food, as well as a sweet tooth. The individual is frail, with a yellowish complexion and blue circles around the eyes. Excessive hair loss in hypothyroid patients can be effectively treated with this medication. Patients who require this medication are easily irritated and cannot tolerate even minor inconsistencies.<sup>5</sup>

#### d) *Graphites*:

*Graphites* is mostly utilised for hypothyroidism individuals who are extremely fat and easily catch a cold. This drug can be used to treat long-term constipation in which the stool is firm and passes in lumps with difficulty. Patients with flatus blockage also complain of abdominal fullness and a desire to remove their garments to relieve the discomfort. The patient is unhappy, sad, and readily weeps when listening to music. There may also be apprehension and a difficulty to make judgments.<sup>6</sup>



*Nux vomica*: *Nux vomica* is a fantastic medication that is usually administered to hypothyroidism patients who are exceedingly temperamental and easily offended; such persons are extremely sensitive to all external perceptions. This medication is effective in treating hypothyroid patients' stubborn constipation. The stool is thin and unsatisfactory, and the patient has a strong desire to pass stool but little success. After eating, there is a bloated feeling in the stomach. Stimulants such as alcoholic beverages and coffee, as well as fatty and spicy foods, are in high demand. The patient is shivering. Women with hypothyroidism who experience delayed menses with blackish menstrual blood and fainting spells may benefit from this medication.<sup>4</sup>

## Other important remedies

### 1. When weight gain is the main symptom

*Calcarea carbonica* works well to keep people with hypothyroidism from gaining too much weight. This drug is needed by an obese, fair-skinned, and flabby patient. The patient's extreme sensitivity to cold air is always present. Excessive sweating on the head, generally at night, is another symptom that points to the use of this drug for weight gain. Another treatment *Graphites* is effective in preventing weight gain in people who are extremely obese, cold, and have obstinate constipation. *Lycopodium clavatum* is also used as a natural remedy to alleviate obesity in the thighs and buttocks in hypothyroidism. Patients who require *Lycopodium clavatum* frequently have a strong desire for hot beverages and sweets.<sup>6</sup>

### 2. For treating menstrual

### problems in women suffering from hypothyroidism

*Sepia officinalis* is a good treatment for menstruation issues caused by hypothyroidism, especially when the menses are heavy and appear early. The presence of bearing down feelings in the pelvic organs, as well as excessive menstrual flow, is a sign that this medicine is being used to treat a menstrual problem. The patient who requires this medication is extremely cold and even faints when exposed to intense cold.

*Calcarea carbonica* can aid ladies who experience excessive menstrual bleeding and severely chilly feet during the flow. This condition is often accompanied by excessive perspiration on the head during sleep, and the patients who require this medication are frequently fat.<sup>3</sup>

*Ferrum metallicum* can be particularly effective in women who suffer from heavy menstrual bleeding, which causes anaemia and tiredness.

*Cinchona officinalis* is yet another useful natural medicine for treating menstrual trouble in women suffering from hypothyroidism. The symptom guiding towards its use is profuse menstrual flow containing dark clots.

### 3. For dealing with cold intolerance in hypothyroid patients

*Psorinum*, *Silicea terra*, *Calcarea carbonica* are excellent treatments for hypothyroid patients who are sensitive to cold. All of these are equally effective in reducing cold sensitivity, however the choice of prescription is purely based on the patient's constitutional symptoms.

*Psorinum* may be given to individuals who are usually cold and require extra blankets even in hot weather to offset the severe

chilliness. Patients who use *Psorinum* may also have a history of skin problems throughout their lives.

*Silicea terra* designed for stubborn persons who are sensitive to cold and have foul perspiration on their feet.

*Calcarea carbonica*, excessive sweat on the scalp, obesity, and a yearning for boiled eggs, as well as chilliness, are given top priority.

### 4. For treating constipation with hypothyroidism:

The initial treatment when it comes to treating constipation in hypothyroid patients, alumina works wonders. The patient who requires this medication goes for many days without going to the bathroom; he has no desire to go until the intestines have accumulated a considerable amount of waste. The stool is mostly soft and clay-like, however due to the sluggish motion of the rectum, it requires a lot of straining to evacuate it.<sup>7</sup>

*Nux vomica* works well in cases of constipation where the patient has a continual need to pass faeces but only passes a small amount of stool. The stool is insufficient and does not provide the patient with contentment. Stool ejection is generally preceded by abdominal pain. Spices and coffee make the patient's condition worse.

*Bryonia alba* can aid in the relief of people who have extremely hard and dry stools. Patients who require *Bryonia alba* may experience an extraordinary desire for big amounts of water.

### 5. For treating hair fall in patients of hypothyroidism

There are no patent drugs in homoeopathy for treating hair loss in hypothyroidism patients, and the medicine must be chosen

based on the patient's constitutional symptoms.<sup>7</sup>

*Natrum muriaticum* is an excellent treatment for hypothyroidism-related hair loss. Excessive need for salty foods and inability to withstand the heat of the sun are signs that point to its use for hair loss. The patient who requires this medication is usually quiet and reserved, with a tendency to cry when alone.

*Lycopodium clavatum* is another natural treatment for hair loss. Patients with hair loss who seek hot drinks and sweets may benefit from this medication. Hair loss is generally accompanied by some form of gastrointestinal issue, such as excessive flatulence, in individuals who require this medication.

#### 6. For Hashimoto's thyroiditis

In homoeopathy, there is no specific medicine for treating Hashimoto's thyroiditis; instead, the needed medicine must be chosen from a wide spectrum of medicines based only on the constitutional symptoms of a patient recorded after thorough case recording.<sup>8</sup>

*Calcarea carbonica*, *Graphites*, *Sepia officinalis* are few of the good medicines to deal with Hashimoto's thyroiditis.

*Calcarea carbonica* suits mainly persons complaining of weight gain with excessive perspiration on the

head and extreme chilliness.

*Graphites* may be recommended in obese, chilly patients with obstinate constipation.

*Sepia officinalis* is mainly indicated for treating the menstrual irregularities in thyroiditis patients

#### Conclusion:

Because there is currently no cure for this disease, hormone replacement therapy may help to control hormones and restore metabolism. The medicine's dosage is determined by a number of factors, including :-

- Age
  - Weight
  - The severity of the problem, such as hypothyroidism
  - General health condition
- During the course of disease management, the doctor may conduct blood tests to check thyroid-stimulating hormone levels and adjust the dose to restore balance.<sup>9</sup>

However, because the medication is a synthetic hormone that is meant to replace natural thyroid hormones, you will never be able to quit taking it. If you go to the doctor on a regular basis, get tests done, and take your medicine on time, you may be able to successfully manage your symptoms.

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# Lesser-known remedies of compositae family: fighters against carcinoma

By Dr Jalpa P. Atri

**ABSTRACT:** Homoeopathic science puts inner man above to his pathology. This science believes that inner man (will and emotions) is important consideration in healing method. Homoeopathy says, they treat man not mere diseased part. In order to maintain the place in this medical science, where results are expressed in terms of nosological terminology we must express efficacy of homoeopathy in terms of nosological names. In modern time, homoeopathy is able to make its unique place in treatment of carcinoma. Many homoeopathic medicines are use in integrated management of carcinoma. Medicines like Arnica montana, Calendula officinalis, Chamomilla are from compositae family are known for their usefulness in carcinoma. Many lesser used medicines from this family contain huge amount healing powers which are not explored at its greatest length. So, let's explore the healing power of these medicines to get some idea about its utility in homoeopathic field.

**Keywords:** Carcinoma, compositae family, homoeopathy, lesser known medicines

**Abbreviations:** AFP-alfa foetoprotein, CRC- Colo rectal cells, HCC- Hepato cellular Carcinoma, EP- *Echinacea purpurea*, TS- Taraxasterol, GIT – gastrointestinal tract

## Introduction:

Medicines from compositae family in homoeopathy are from one of the largest family groups that serve with their healing properties in different group of diseases. Apart from well known medicines of this group, there are medicines like Cynara, *Echinacea purpurea*, *Taraxacum officinale*. All the medicines are mentioned by our pioneers for their healing properties but all these data are not known by half of the homoeopathic community.

Research data related to action of these medicines in light of modern

scientific experiments are present in today's time. All these new research data are not in contradiction of previous but proves itself a good supplement to our pioneer's writing.

## MATERIALS AND METHODS:

### Inclusion criteria:

- 1) Data related to action of medicines in homoeopathic literature were collected from books, journals, e-books, etc. irrespective of time period.
- 2) All type of modern medicine

publication related to action of medicines (research study, journal articles, case reports, etc.) are included to explore the action of medicines.

### Exclusion criteria:

- 1) Data related to action of medicines other than action and use of medicines were excluded from study (preparation of drug, botanical data)
- 2) Data related to action of medicines in modern publication other than year 2022 were excluded from study.

## RESULT AND OBSERVATION:

### 1. CYNARA

Homoeopathic data	Recent research data
1) Dr Levy in his homoeopathic drainage Repertory mentioned about its utility in lowering cholesterol and its utility as general drainage in biliary complaints. L. Edson mentioned about usefulness of this medicines in treatment of hypercholesterolemia. <sup>(1)</sup>	1) <i>Cynara cardunculus</i> , a plant of asteraceae family, has been reported to have antiproliferative effects on the breast cancer cells. Here, we used the human colorectal cancer cell line HCT116 and its Knockout Variants for different core-clock genes to investigate the treatment effect of <i>C. Cardunculus</i> on the circadian phenotype of the cells, as indicated by alterations in the phase, amplitude and period length of core-clock gene oscillations.



<p>2. In <i>Encyclopedia of Homoeopathic Pharmacopoeia</i> mentioned about its use in Diabetes, depressive psychoses and neuralgia, nymphomania.<sup>(2)</sup></p>	<p>Furthermore, our data indicate a role for the circadian clock in sensitivity to <i>C. Cardunculus</i> treatment. In particular, the treatment inhibited proliferation and induced cytotoxicity and apoptosis in a clock knockout- specific manner, in CRC cells. These results point to a potential effect of <i>C. cardunculus</i> lipophilic leaf extracts as a modulator of the circadian clock, in addition to its anti- proliferative properties.<sup>(3)</sup></p>
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**Discussion:**

Above mentioned homoeopathic data shows its utility in biliary complaints which indicates its role in Disorders related to GIT, and

also in diabetes and depression which shows its action on our metabolic as well as mental health. Article shows its molecular action in especially for anti –proliferative properties. Modern findings of this

remedy explore its efficacy which was mentioned by our pioneers during their practise. These findings supplements the data which was mentioned by pioneers a long time before where molecular studies were not more prevalent.

2) ECHINACEA PURPUREA

Homoeopathic data	Recent research data
<p>1) The fresh-pressed juice of <i>E. purpurea</i>, as well as the polysaccharide components of all <i>Echinacea</i> species, promote tissue regeneration and reduce inflammation in experimental studies. This is apparently largely due to inhibition of the enzyme hyaluronidase. Hyaluronidase is referred to as the ‘spreading factor.’ It is secreted by microorganisms and is found in snake venom; its purpose is to break down hyaluronic acid, a major component of the ground substance [intracellular cement] that holds body cells together. <i>Echinacea</i> maintains the structure and integrity of the connective tissue and ground substance. ... <i>Echinacea</i> exerts a mild, direct, cortisone-like effect and enhances the secretion of adrenal cortex. hormones.”<sup>(4)</sup></p> <p>2) Dr J.H. Clarke mentioned about its utility in diphtheria and putrid fever( black tongue).<sup>(5)</sup></p>	<p>1) This study aimed to investigate the inhibitory effect and interpret the material basis of EP against HCC through <u>metabolomics</u> and <u>molecular docking</u>. Tumor growth, biochemical analysis and pathological changes were detected in HCC-induced mice to evaluate the efficacy of EP. An integrative method combining molecular docking and LC-MS-based metabolomics was performed to evaluate the inhibitory role and screen the material basis of EP against HCC. EP significantly suppressed tumor growth and decreased the levels of AFP. Histological analysis showed that wide areas of necrosis in the EP-treated tumors that were almost absent in those in model group. Serum metabolomics results revealed EP could significantly improve 12 serum different metabolites induced by HCC, which were</p>

**Discussion:**

In above mentioned data, action of *Echinacea purpurea* at cellular level

shows extent of action of *Echinacea purpurea* from inflammation to anti-proliferative properties. These

data suggests its deep action and explores its utility at wider level in various pathologies.

3. TARAXACUM OFFICINALE

Homoeopathic data	Recent Research data
<p>1) This agent is a feeble hepatic stimulant, laxative, chologogue and diuretic.</p> <p>1) - It stimulates the other digestive secretions, acts as a tonic and assists in the elimination of urea.<sup>(7)</sup></p> <p>2) For gastric headaches, bilious attacks, with characteristically mapped tongue and jaundiced skin.</p> <p>3) Cancer of bladder.</p> <p>4) Flatulence.</p> <p>5) Hysterical tympanites.<sup>(8)</sup></p>	<p>1) Hepatocellular carcinoma (HCC) is a common digestive malignant tumor with high morbidity and mortality worldwide, however, the treatment of HCC and prognosis of patients are not optimistic, finding more effective treatments are imperative. <i>Taraxacum officinale</i> (L.) is a perennial herb of compositae, and our study has demonstrated that <i>Taraxacum officinale</i> polysaccharide has certain anti-tumor effect on HCC cells. Taraxasterol (TS) is a natural product extracted from <i>Taraxacum officinale</i> with strong physiological, pharmacological and biological activities, but the effect of TS on HCC is yet to be determined. Therefore, the aim of this study is to explore the effect of dandelion sterol on HCC in vivo and in vitro. The results showed that TS significantly inhibited the proliferation, induced apoptosis and blocked cell cycle in HCC cell lines HepG2 and Huh7 cells in vitro. TS inhibited the tumor growth of H22 bearing mice and the expression of Ki67 in vivo. More importantly, TS regulated the immunity of H22 bearing mice by elevating the ratio of CD4+ T cells in spleen, and increasing the number of T cell infiltration in tumor tissue. Except immunomodulation, the mechanism of tumor growth inhibition may be related to the regulation of apoptosis related proteins and IL-6/STAT3 pathway. TS significantly inhibited the growth of HCC cells both in vitro and in vivo. The study would provide a theoretical basis for the new application of TS and the adjuvant treatment of malignant tumor with traditional Chinese medicine.<sup>(9)</sup></p>

**Conclusion:**

Advancement of homoeopathic science finds its base in the old literatures of homoeopathy. Homoeopathic data contains experiences of stalwarts that give idea about many new medicines and their utility in various disorders. Detailed study of all these will help us to establish our science that can stand firmly on medical ground.

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**About the author**

**Dr Jalpa P. Atri (M.D) Hom.**



# Utility of homoeopathic remedy from compositae family in cases of mechanical injury



By Dr Suvarna Patil, Dr Saylee Gadekar

**ABSTRACT:** As mechanical injuries are very common, and patient is not generally willing to give a detailed history according to case record format, there needs to be a easy way which is quick and reliable for finding simillimum for the particular condition, hence I would like to study injury group of remedies in compositae family in order to prescribe.

**Keywords:** Mechanical injury, homoeopathy, compositae family.

**Abbreviations:** i.e.- that is, Git- Gastrointestinal tract, Gut- Genitourinary tract, TDS- ter dies sumendum (3 times), OPD- Outdoor patient department

## Introduction:

Any change in well-being, may be mental or physical, can be caused by trauma.

Definition of wound or injury can be given as a break in continuity of normal tissues of the body caused by violence.

Under section 44IPC, injury is defined as “any harm whatsoever illegally caused to a person in body, mind, reputation or property”.

Classification of injuries-

1. According to causative agent
2. Legal requirement
3. Medico-legal classification

Injuries classified according to causative agent includes mechanical, thermal, chemical and miscellaneous injuries<sup>1</sup>

Mechanical injuries-

Mechanical injuries are again classified into-

1. Blunt trauma
2. Sharp injuries

Blunt trauma includes different types of wounds, i. e. contusion (also known as Bruises), abrasions and laceration caused by force of blunt instruments.

Contusion or bruises means rupture of small blood vessels in the subcutaneous layer with extravasation of blood.<sup>2</sup>

Homoeopathy is primarily based on the law of similars and believes in the concept of individualisation, i. e. The remedy selection is done on the basis of whole, proper case taking but in the cases of mechanical injuries, patient may not be willing to give a complete case history, so in such type of cases, some peculiar signs and symptoms of the present condition of the patient can be considered and remedy can be prescribed according to that.

One kind of method of studying materia medica is according to different kingdoms of remedies. Remedies are divided into different kingdoms such as animal kingdom, plant kingdom, mineral kingdom. Furthermore, the plant kingdom is divided into different families, one of them is compositae family, which is divided into 1. Convulsion group of remedies, 2. Injury group of remedies, 3. Gastrointestinal tract, gut and fever group of remedies- hence i would like to study the utility of injury group of remedies in the cases of mechanical injuries.

Indications of compositae family:

Ailments from-

Wounds, mechanical injury, falls, exertion, shock, overlifting, over heated or chilled, trauma, anger suppression.

Patho-physiological action-

Small blood vessels such as capillaries, defect in walls of capillaries- stasis of blood-extravasation- internal hemorrhage- bruises and contusion

Inflammation of tissues and muscles- sore lame bruised feeling

Mental symptoms-

Sensitive to trauma, nervousness, fright, anxiety, forgetfulness, irritability, oversensitive to noise

Physical symptoms-

Acute and chronic cases of trauma, sore, lame, bruised feeling of site of affection, congestion, restlessness, feeling as if bed is hard, sensitivity to touch.

Clinicals-

Trauma, wounds, mechanical injuries, cough, rheumatic pains, fever, sciatica, diarrhea, marasmus, tumors.

General Modalities-

Aggravation- Damp weather, touch, injury, suppressed discharges



# CASE STUDY

**Amelioration-** Motion, discharges, sweating, open air<sup>3</sup>

## Aim and objective:

To study the efficacy of homeopathic remedy selected according to family classification in the cases of mechanical injuries.

## Material and methods:

A case study was taken from homeopathic OPD and prescribed with homeopathic remedy.

## Case presentation:

A 28 years male patient came in with the complaint of blunt trauma caused by a fall from a bike before 1 hour.

On examination, the site of injury was left forearm, there was swelling and bruised marks caused by the mechanical injury due to fall.

The patient came to the clinic with

his mother, he was not willing to come and hence was very irritable and was not answering properly. He was restless, constantly moving around and saying that it was a minor injury and he is fine.

On asking further, he revealed that he had pain over the site of injury, and it was very sensitive to touch because of the soreness of the part.

Modalities were- the complaint was aggravated by touch and ameliorated by motion.

In compositae family, injury group of remedies include *Arnica*

*montana, Calendula officinalis, Bellis perennis, Hypericum perforatum, Ledum*

*palustre, Rhus toxicodendron, Ruta graveolens, Staphysagria, Symphytum*

*officinale.*<sup>4</sup>

With the help of this method, it is

easy to reach a group of remedies, so now instead of searching remedies from the vast materia medica we can select a remedy from these groups of remedies.

Henceforth, one needs to repertorise the symptoms of the case and select the indicated remedy which matches the injury group of remedies and the case.

Rubrics taken from the above case were-

MIND - ANSWERING - aversion to answer

MIND - DELUSIONS - well, he is

MIND - IRRITABILITY

MIND - RESTLESSNESS

GENERALS - INJURIES - blunt instruments; from

GENERALS - TOUCH - agg.<sup>5</sup>

## Repertorial sheet:

The screenshot shows the RadarOpus software interface. The search bar contains the text "Limit the analysis to a view: Full repertory". The left sidebar shows a list of symptoms with their corresponding counts: 1. MIND - ANSWERING - aversion to answer (90), 2. MIND - DELUSIONS - well, he is (14), 3. MIND - IRRITABILITY (645), 4. MIND - RESTLESSNESS (699), 5. GENERALS - INJURIES - blunt instruments; from (2), and 6. GENERALS - TOUCH - agg. (259). The main window displays a grid of remedy scores for various remedies, with the highest scores highlighted in yellow.

## Prescription:

Remedy selection- *Arnica montana* was the most suitable indicated remedy after repertorisation<sup>5</sup>

Potency selection- It is considered that closer the similarity between

the remedy indications and case is, the higher the potency should be. Also, if mental symptoms are considered while prescribing then the potency should be higher. But instead of being extremists, i.e. causing unnecessary aggravation by giving higher potencies and not get-

ting desired results by giving lower potencies, medium potency will be maximum safe to cause the correct amount of arousal of the vital force. So 200 potency was selected.<sup>6</sup>

Hence, *Arnica montana* 200/ 3 doses were prescribed.

Follow up:

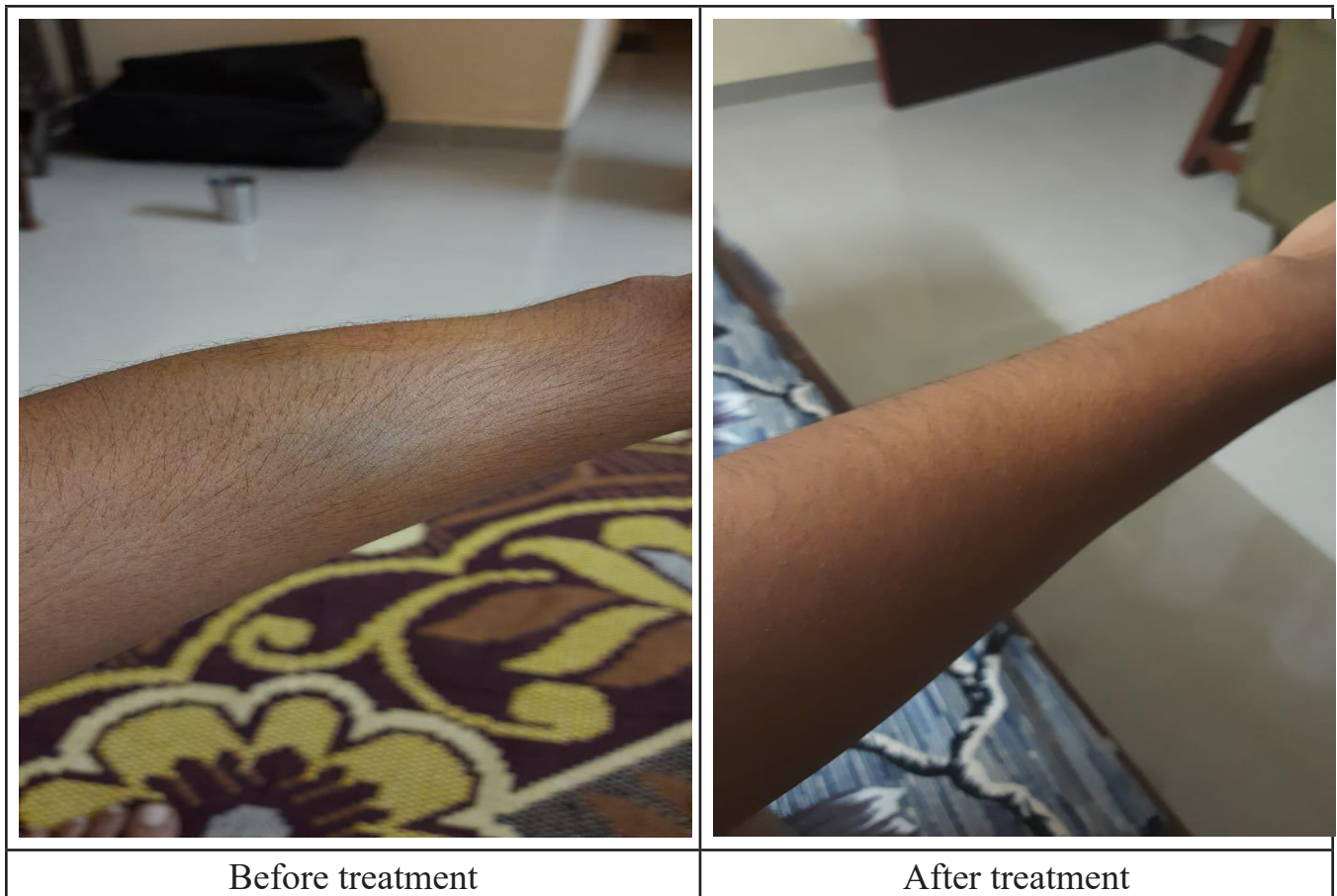
Sr.No.	COMPLAINTS	PRESCRIPTION
1.	The pain and the swelling was reduced than before The bruise marks also faded by 50 %	Phytum 4 pills TDS for 2 days
2.	Swelling was reduced to 80% but pain persisted Bruise marks also persist faintly	Phytum 4 pills TDS for 2 days
3.	Pain and swelling gone completely Bruise marks also disappeared	Phytum 4 pills TDS for 5 days

about repetition of dose- As one considers in homeopathic prescriptions, when we are successful in awakening a response in a case, the medicine should not be repeated un-

til the response continues. Hence, in the above case, medicine was not repeated because the response did not come to a standstill. <sup>6</sup>

**Result:**

A case of mechanical injury was treated successfully with homoeopathic medicine.



**Discussion:**

According to the totality of signs and symptoms taken on the basis of the current situation and suffering of the patient, *Arnica montana* was the most suitable remedy. As the indications of *Arnica montana* according to Dr Boericke is that it causes similar action on our system which is also caused by injuries, blows, falls.

Its sphere of action is mainly in the cases in which ailment is from any acute or chronic injury.

It is used in patients who have suffered from traumatic injuries, organ overuse, strains. Body feels as if beaten, and joints as if sprained. Bed feels hard to rest on. Sore, lame, bruised feeling all over the body.

**Modalities-**

Aggravation- touch, motion, rest, cold

Amelioration- lying down, head low position.<sup>7</sup>

This remedy belongs to the com-

positae family. Indications of this family which are related to the above-mentioned case is Arthritic diathesis, causing pain, soreness, bruised and aching feeling, stitching pain, sensation of hard bed, and inflammation of tissues, the feeling as if he/she was beaten or broken into pieces.

And hence, remedies selected with totality of symptom and help of family classification can cure the cases of mechanical injury in a quick, mild and permanent way.<sup>8</sup>

**Conclusion:**

Remedy selected on the basis of totality of symptom and family classification proved to be effective in the cases of mechanical injuries.

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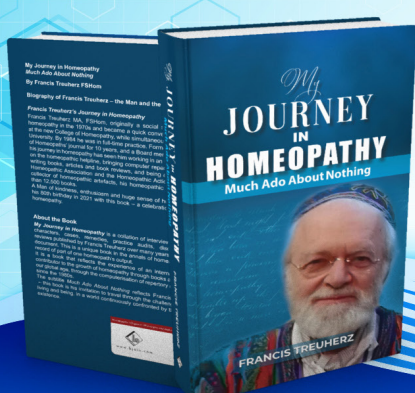
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- FRANCIS TREUHERZ -



# Role of homoeopathy in the treatment and management of mental diseases

By Dr Goutam Das

**ABSTRACT:** This article deals with the understanding of the *role of homoeopathy in the management of mental diseases*, on the light of the teaching of our *Organon of Medicine and Homoeopathic Philosophy*, and how homoeopathically mental diseases to be treat are also expressed in this article.

**Keywords:** Mental diseases–definition–mania–insanity–types–causes–homoeopathy treatment–management–general–special–scope–limitation.

## Introduction:

Mental diseases are the one-sided disease, difficult to cure, needs clear knowledge about their types of origin and proper management to treat the cases with their scope and limitation.

### Definition (§ 215):<sup>[1]</sup>

Mental diseases are one of the, 'one sided disease', 'chronic in type', 'psoric in nature', affecting the *whole economy* and manifesting most of their symptoms on the mental aspect of the human organism and which are characterised by various *manias*, and insanity.

### Types:<sup>[2]</sup>

According to their origin, *mental diseases are four types*:

1. Mental disease from **decline of corporeal diseases** or somato-psychic (§ 216).<sup>[3]</sup>
2. Mental disease of **sudden onset** (§ 221).<sup>[4]</sup>
3. **Pseudo** or **false** mental disease or mental diseases of **doubtful origin** (§ 224).<sup>[5]</sup>
4. **True** mental disease or psychosomatic (§ 225).<sup>[6]</sup>

### Mental disease from decline of corporeal diseases or somato-psychic (§ 216):<sup>[7]</sup>

- In this type, *corporeal symptoms rapidly decline* within the, 'alter state of disposition and mind of the patient'.
- Due to *natural or any induce suppression* of the 'influx', (the pathway of the manifestation of symptoms), which becomes one sided with *only prominent of mental symptoms*.
- Corporeal symptoms gradually decline and in the mid time mental symptoms become prominent *as insanity and a type of melancholia*.

### Examples:

*Various Manias, Insanity may develop from:*

- Decline of *suppuration of Lungs*.
- Suppression of *purpeural discharge*.
- Some *deterioration of important organs*.
- Some *fatal acute diseases*.

### Homoeopathic treatment (§ 217 - 220):<sup>[8]</sup>

*Very careful case taking must be done on following points:*

- Enquiry of *previous corporeal disease symptoms is the chief guide*

to select remedy.

- *Present mental symptoms are less important; except, 'mental general symptoms'.*
- Symptoms at, 'Lucid interval', are helpful for our guidance.
- Prolong *constitutional, anti-miasmatic treatments* are needed, for *restore the sick to health*, accordingly.

### Mental disease of sudden onset (§ 221):<sup>[9]</sup>

- These are the types of mental diseases like *various manias or insanity*.
- Caused by *sudden fright, vexation, abuse of spiritual liquors, etc.*
- *Suddenly broken out as an acute disease* in the life of the patient due to *flaring up of Latent Psora*.

### Homoeopathic treatment (§ 221 - 223):<sup>[10]</sup>

- *Firstly these are treated with acute medicines, in order to subside the flaring up of Psora in its former latent stage, by analogous mental states in their pathogenesis like Aconite, Bellodenna, Hyoscyamus, Stramonium, Mercury etc., in highly potentized and minute*



doses.

- Followed by prolong anti-psoric treatment should be needed for prevent recurrent attack.
- If anti-psoric treatment be omitted then attack from a much slight cause and a periodic or continued mental derangement may persist, which are the more difficult to be cure by anti-psoric.
- Then, prolong constitutional, anti-miasmatic treatments are needed, for restore the sick to health, accordingly.

### Pseudo or false mental disease or mental diseases of doubtful origin (§ 224):<sup>[11]</sup>

- These are the certain types of mental diseases like *various manias or insanity*.
- Which are *not quite developed but are doubtful in origin* whether they are really arose from a corporeal affection or from faults of education, bad practices, corrupt morals, neglect of the mind, superstition, or ignorance, etc.

### GENERAL MANAGEMENT (§ 224):<sup>[12]</sup>

Here, careful management of the patient is the only way of recovery that is improved by:

1. Sensible friendly exhortation (advise).
2. Consolatory arguments.
3. Serious representations.
4. Sensible advise, etc.

### Homoeopathic treatment:

1. It is specially done with *anti-psoric treatment*.
2. Then, *prolong constitutional, anti-miasmatic treatments are needed, for restore the sick to health, accordingly.*

### True mental disease or psychosomatic (§ 225):<sup>[13]</sup>

- These are the type of mental disease *psychogenic in origin*.
- Due to *long continued emotional causes like anxiety, worry, vexation, repeated fear and frigh,t etc.*

### GENERAL MANAGEMENT (§ 226 - 227):<sup>[14]</sup>

- Physician and attendants are *behaving like his friend by sensible friendly exhortation (advice)*.
- They advise him to *regain his confidence with consolatory arguments*.
- They *eliminate his fear*

*and complexes with serious representations.*

- They often give a *well-disguised deception (good cheating) for his complexes*.
- *Appropriate diet and regimen are also needed.*
- *Avoid any type of punishments; broken-able objects are to be avoided from the hand of the patient.*

### SPECIAL MANAGEMENT (§ 228):<sup>[15]</sup>

- To *furious (serious) mania*, we must oppose by *calm, intrepidity (strict), cool*.
- *Firm resolution (saying sorry by weeping), to doleful (consolation)*.
- *Querulous lamination, a mute display of commiseration in looks (Showing non- attended but silence in meaningless talk)*.
- To, *bad behaviour and words totally silence*.

### Homoeopathic treatment:

- It is specially done with *anti-psoric treatment*.
- Then, *Prolong Constitutional, Anti-miasmatic treatments are needed, for restore the sick to health, accordingly.*

Pseudo or false mental disease or mental diseases of doubtful origin:	True mental disease:
1. Doubtful in origin.	1. Definite psychogenic in origin.
2. Arising from due to some maintaining causes.	2. Arising from long continued mental emotion.
3. Not quite developed.	3. Fully developed.
4. Correction of maintaining causes with anti-psoric treatment are needed.	4. Proper psychogenic behaviors to the patient along with anti-psoric and prolong Constitutional, Anti Miasmatic treatments are needed, for restore the sick to health, accordingly.
5. Consolation not relief the complaints.	5. Consolation relief the complaints.

## Conclusion:

There are so many scopes as well as limitation in the treatment and management of **mental diseases**; proper infrastructure, trained manpower, proper diet and regimen, behavioral psychotherapy must be needed. Along with, proper Homoeopathic Treatment according to our *Organon of Medicine and Homoeopathic Philosophy* are to be applied, and then we will see the

Hering's Law of the Direction of Cure, in **mental disease** as well. 'We must know the symptoms of the disease and then *the symptoms which predicates the patient* for our best cure and *where the symptoms of the patient are more clearly available hope of cure also more, and where fade* make it difficult to cure'.<sup>[16]</sup>

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# Homoeopathic treatment of molluscum contagiosum :a case report

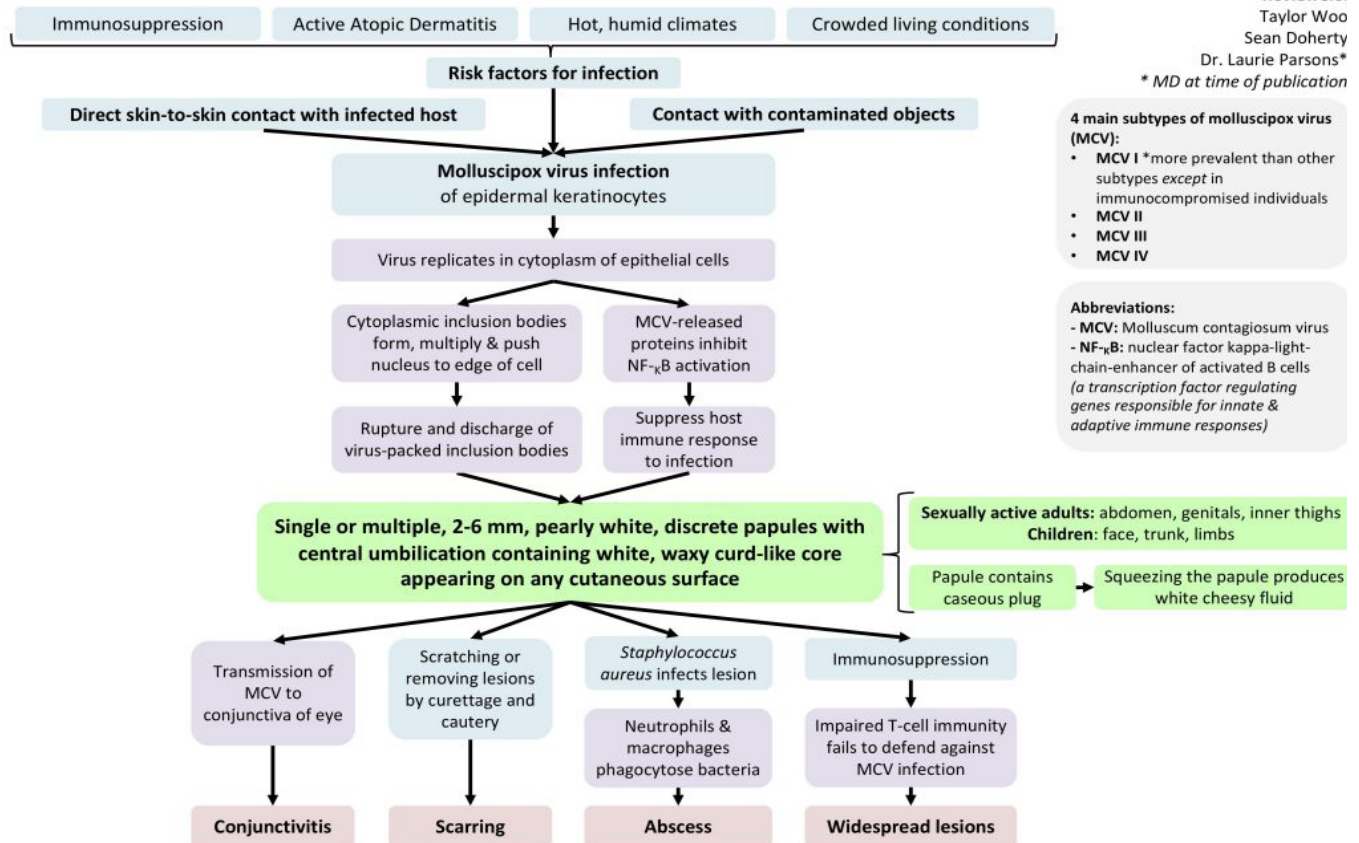
By Dr Javed Aqutar Bappa, Dr Ritika Bose

**ABSTRACT:** Molluscum contagiosum , a superficial, localised, highly infectious, self-limiting viral skin disease which most commonly affects the children. The conventional mode of treatment of molluscum contagiosum only limited to alleviation of few troublesome symptoms. Homoeopathy, through its holistic mode of treatment targets towards the entire symptom cluster of the disease. In spite of the viral cause of this disease, well selected homoeopathic medicine can heal the lesions with proper care of the cosmetic value.

**Keywords:** Molluscum contagiosum , viral skin disease, homoeopathy.

**Abbreviations:** Molluscum contagiosum (MC), deoxyribonucleic acid (DNA), out patient department (OPD), International Classification of Diseases (ICD)

## Molluscum Contagiosum: Pathogenesis and clinical findings



**Authors:** Kara Hawker  
**Reviewers:** Taylor Woo, Sean Doherty, Dr. Laurie Parsons\*  
 \* MD at time of publication

**4 main subtypes of molluscipox virus (MCV):**

- MCV I \*more prevalent than other subtypes *except* in immunocompromised individuals
- MCV II
- MCV III
- MCV IV

**Abbreviations:**

- MCV: Molluscum contagiosum virus
- NF-κB: nuclear factor kappa-light-chain-enhancer of activated B cells (a transcription factor regulating genes responsible for innate & adaptive immune responses)





## Introduction:

**M**olluscum contagiosum (MC) is a superficial, localised skin infection caused by mollusci pox virus (DNA virus). It is a highly contagious self limiting infection of skin and mucous membranes, with an incubation period of 2-8 weeks, sometimes may be extensive and longer with poor functioning immune system. These lesions measure 2–5 mm in diameter and are pearly, flesh-colored, and umbilicated, with a characteristic dimple at the center <sup>[1]</sup>. It mostly affects children and also adults who are sexually active and those who are immunocompromised. MC is one of the 50 most frequent diseases worldwide.<sup>[2]</sup> In children its annual incidence ranges from 2% to 10% <sup>[3]</sup> and its prevalence from 5.1% to 11.5% <sup>[4]</sup>.

Transmission of virus occurs by direct contact with infected person or contaminated objects (fomites) like towels, sponges, swimming pools, tattoo instruments, instruments at beauty salons, etc.<sup>[6]</sup>. Most common sites are skin of face, trunk and extremities in children, genitals in adults and rarely palms, soles and mucous membranes <sup>[7]</sup>. Occurrence of MC in genital areas is lowest, approximately 3% <sup>[8]</sup>. In children, genital lesions are mainly due to autoinoculation and are not pathogenomic of sexual abuse.<sup>[9]</sup> Currently, the need for active treatment in patients with MC is controversial, given the self-limited course of infection, therapy is not necessary for recovery and awaiting spontaneous resolution is an important management strategy.<sup>[10]</sup> Reasons to treat molluscum contagiosum include: alleviating discomfort, including itching; cosmetic reasons; social stigma associated with many visible lesions; limiting its spread to other areas of the body and to other people; preventing scarring and secondary infection; and preventing trauma and bleeding of lesions.

## **HOMOEOPATHIC APPROACH :**

Homoeopathy has effective treatment for the range of viral infections. It stimulates the body healing power to fight against a disease. It also helps in treating the cause of the disease rather than suppression. Improving the immunity levels and quality of skin also improves. The treatment not only helps in getting rid of the existing Molluscum contagiosum but also helps in removing the tendency for this condition to recur.

## CASE REPORT :

A 3 Years old female patient visited the OPD on 2<sup>nd</sup> May, 2022

### With the Complaints:

Pearly white papular eruptions around the genital region, from last 9months; no itching or burning, no discharge.

It started around 9 months ago, first one or two eruptions appeared, then it gradually increased. She took homoeopathic medicines, without relief.

She also complained of Pain in both legs, < night.

### PAST HISTORY:

- She has been delivered through caesarian section; no complications, but was underweight.

### FAMILY HISTORY:

- Mother- Bronchial asthma
- Father –Skin diseases, Diabetes Mellitus.

### PERSONAL HISTORY:

- History of vaccination: Scheduled vaccination without complications.

- Milestone: Delayed walking (after 1.5 years).

### GENERALITIES:

#### A. Physical General.

- General tendency to catch cold; gets fever frequently due to change of weather.
- Thermal reaction: Hot.
- Appetite: Less.
- Desire : salty foods, junk foods(chips)
- Thirst: +, drinks frequently.
- Bowel: Hard, constipated stool at interval of 1-2days.
- Perspiration: +, especially over the head.
- Sleep: Frequently gets up in sleep.

#### B. Mental:

- Irritable +++ , screams, cry, throws things when get angry.
- Very restless.
- Fear – Darkness.
- Weepy-++.

#### C. Particular: Pain in both legs, < night

### CLINICAL EXAMINATION:

#### a) General Survey:

- Appearance: Lean, emaciated.

#### b) Local Examination:

- Pearly white papular eruptions with umbilicated spot in the centre around genital region.

### DIAGNOSIS:

### PROVISIONAL DIAGNOSIS:



# CASE STUDY

- Molluscum contagiosum

- Molluscum contagiosum (2022 ICD-10-CM diagnosis code B08.1)<sup>[11]</sup>

ducted.]

## CASE ANALYSIS :

### CONFIRMED DIAGNOSIS:

[ Diagnosis was done on the basis of clinical symptom, no test was con-

ANALYSIS and EVALUATION OF SYMPTOMS:

Characteristics mental general:	<ul style="list-style-type: none"> <li>Fear – Darkness.</li> <li>Very restless.</li> <li>Irritable +++, screams, cry, throws things when get angry.</li> <li>Weepy-++.</li> </ul>
Characteristics physical general	<ul style="list-style-type: none"> <li>General tendency to catch cold, gets fever frequently due to change of weather.</li> <li>Thermal reaction: Hot patient</li> <li>Desire : salty foods</li> <li>Sleep: Disturbed, frequently gets up in sleep.</li> </ul>
Characteristics particular	<ul style="list-style-type: none"> <li>Pearly white papular eruptions around the genital region, from last 9months; no itching or burning sensation in that area, no discharge.</li> <li>Pain in both legs ,&lt; night</li> <li>Bowel: Hard, constipated stool at interval of 1-2days</li> </ul>

Table 1: Table showing post analysis Evaluation of Symptoms

## REPERTORISATION:

The screenshot shows the 'Quick Repertorisation' window in Hompath Firefly Software. The search criteria are 'Kent -> Stool-242'. The interface displays a list of symptoms on the left and a table of remedies on the right. The table columns represent different remedies: Nat-m, Sulph, Calc, Lyc, Phos, Puls, Calc-p, Ars, Carb-v, Caust, Graph, and Nux-v. The rows list symptoms with their corresponding counts in each remedy column. For example, the symptom '[Kent] [Mind]Fear (see anxiety):Dark:' has a count of 2 for Calc and 2 for Lyc. The total number of remedies found is 345.

Pic 2: showing Repertorisation of the symptoms using Kent's Repertory in Hompath Firefly Software

REPERTORIAL SELECTION WITH REASONS:

*Natrum muriaticum* 25/10

*Calcarea carbonicum* 24/9

*Sulphur* 25/10

*clavatum* 24/9

*Lycopodium*

As *Natrum muriaticum* covered the maximum number of symptoms and obtained the highest marks, so the repertorial selection is *Natrum muriaticum*.

FINAL SELECTION OF MEDICINE:

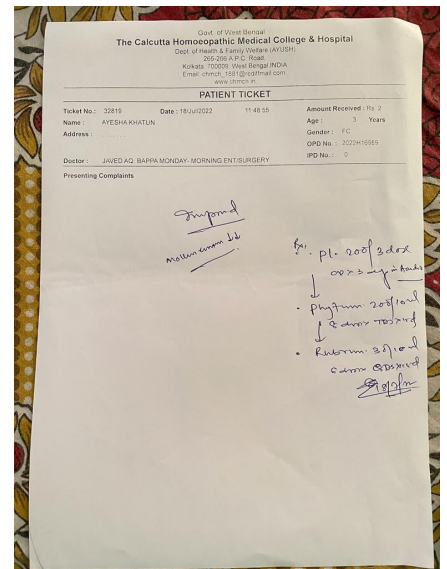
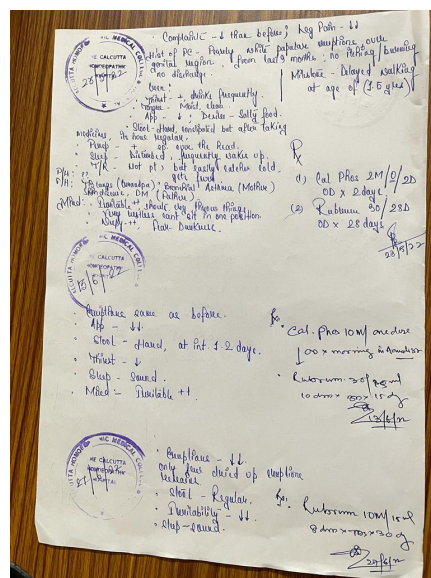
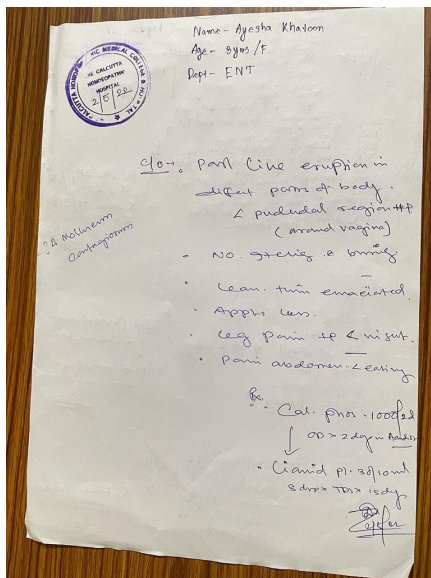
Considering the whole case, and after consulting with the materia medica, the medicine is: **CALCAREA PHOSPHORICA 1M.**

BASIS OF SELECTION:


- Very restless.
- Irritable +++, screams, cry, throws things when get angry.
- Fear – Darkness.



- General tendency to catch cold, gets fever frequently due to change of weather.
- Desire : salty foods
- Pain in both legs < night
- Bowel: Hard, constipated stool at interval of 1-2days
- Appearance: Lean , emaciated
- Milestone: Delayed walking (after 1.5yrs )

PRESCRIPTION:



FOLLOW UPS-

DATES	PRESENT COMPLAINTS	PRESCRIPTIONS
2/5/2022	<p>Pearly white papular eruptions over genitals</p> <p>Stool- constipated.</p> <p>Irritable, restless</p> <p>Pain in both legs &lt; night</p> 	<p><i>Calcarea phosphorica</i> 1M/2doses</p>

<p>23/5/2022</p>	<p>Eruptions less than before. Stool- Regular Pain in leg not present.</p>	<p>Saccharum lactis pre- scribed.</p>
<p>13/6/2022</p>	<p>Eruptions less but still remains. Appetite less. Stool- at interval of 1-2days,hard</p> 	<p><i>Calcareo phosphorica</i> 10M/1dose</p>
<p>27/6/2022</p>	<p>1-2 eruptions remains Stool- regular. Irritability- less than before. Tendency to catch cold- less</p> 	<p>Saccharum lactis pre- scribed.</p>
<p>18/7/2022</p>	<p>No eruptions Patient is much better than before. Stool-Regular.</p>	<p>Saccharum lactis pre- scribed.</p>

**CONCLUSION:**

Molluscum contagiosum is a benign skin disease caused by pox virus and needs proper and earliest treatment to avoid further complications. Homoeopathy has a wonderful success rate in skin disease where it not only preserves the cosmetic value but also restricts the further deeper systemic

involvements. In this case, on the first visit the patient was prescribed *Calcareo phosphorica* 1M 1 dose was prescribed on the basis of totality of symptoms as well as clinical correlation of the case. After 3 weeks the nodules remarkably reduced only 3-4 were there along with overall general improvement of the health of the patient. So, as per the homoeopathic

philosophy, the patient was prescribed Saccharum lactis for another 3 weeks. In the next visit the condition was same as the previous visit and no further improvement was noted, so *Calcareo phosphorica* s 10 M 1 dose was prescribed followed by 20 doses of Saccharum lactis. As from the knowledge of second prescription we know that either inadequate relief or early cessation of good ef-

fect of the remedy points to increase the potency of the previously selected medicine, so the potency was increased from 1M to 10 M<sup>[13]</sup>. The next follow up showed the effective result and there was almost disappearance of the papular growths( As visible in the photo ) and behavioural changes also noted in that child along with the improvement of other systemic complaints like appetite, bowel habit and others. So, the patient was prescribed Saccharum lactis for another 3 weeks and after 3 weeks there were no eruptions with continuous improvement of other systemic complaints- patient was in much better state.

This study suggests that Homoeopathy can successfully encounter a viral infection with prompt recovery of the patient. The behavioral changes of the patient also draws our attention to the fact that mental symptoms can be given more importance during selection of the remedy and the well selected medicine can bring the desired change in the entire subject.

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# Homoeopathic management in case of psoriasis: a case report

By Dr Yashasvi Shakdviya, Dr Anvesha Yadav, Dr Sudeepti Sharma

**ABSTRACT:** Psoriasis is very obstinate skin disease; it is auto-immune disorder which is very difficult to cure. Patient attended outdoor patient department (OPD) for complaints of eruptions with itching in lower back, leg, dorsum of feet since 1 ½ years. After case taking and repertorisation, homoeopathic medicine *Lycopodium clavatum* was prescribed, and gradually, the potency was increased as per response of medicine upon patient. He was improved symptomatically from skin lesion, itching. This is the documentary evidence about the management of homoeopathic medicines for psoriasis.

**Keywords:** Psoriasis, *Lycopodium clavatum*, homoeopathic medicine.

**Abbreviations:** outdoor patient department (OPD)

## Introduction:

Psoriasis is clinically characterized by erythematous, sharply demarcated papules and rounded plaques covered by silvery micaceous scale. The skin lesions of psoriasis are variably pruritic.

Exacerbating factors are skin injury, infections, stress (emotions, anxiety), medications (lithium, beta blockers, anti-malarial drugs).<sup>1</sup>(Harrison) A prevalence of 0.44-2.8 per cent in India, it commonly affects individuals in their 3rd or 4th decade with males being affected two times more common than females.<sup>2</sup> Between 4.2% and 69% of all patients suffering from psoriasis develop nail changes.<sup>3</sup> Many published case reports and studies suggest effective role of homoeopathy in management of cases of psoriasis.

## Case profile-

**Present complaints and history of presenting complaints-** A 45 male attended outpatient department (OPD) Dr. Girendra Pal Homoeopathic Hospital and Research Centre in September 2020. Patient presented with the complaints of eruptions with itching in lower back, leg, dorsum of feet since 1 ½ years. Itching aggravates at night and after perspiration. Itching ameliorates in open air and after washing with cold wa-

ter. Patient was apparently well 1 ½ year ago. The complaints started gradually with eruption appearing on the elbow joint followed by eruptions in inguinal region eventually reaching to knees. He took allopathic treatment (topical ointment) for 1 year which temporarily relieved the complaints. From last 3 months he again developed the complaints.

**Past history-** Jaundice 1 ½ month ago (skin complaints increased after jaundice)

**Family history-** Father died (natural death). Mother has vitiligo and she taking allopathic treatment. Brother died because of throat cancer 2 years ago.

**Personal history-** Habits and addictions: Alcoholic (left 6 months ago). Sexual history: Not active, single. Patient belongs to lower class. He works liqueur shop in since 10 years.

**Life space investigation-** The patient was born in Jaipur. He was an average student in school (12<sup>th</sup> pass). His father expired when he was 15 years old. Being elder one he took the responsibility of his family by doing some small work at that time. Patient is silent and reserved (does not share his feeling with anyone), Always preferred being alone since childhood. He has not married yet.

Currently working Ludhiana (electrician), His younger brother expired 2 years ago (2018) due to throat cancer which affected him much.

**Physical generals-** His appetite was decreased having two meals per day after Jaundice. Aversion was not specific. He had desire for sweet. Craving hot food and salty things, Perspiration on head and back stains the linen yellow. Patient is hot (can't tolerate hit).

**Mental symptoms-** Reserved nature, does not share his feelings. He wants to live alone. After the death of father, patient took all the responsibility of his family. Grief (After brother's death)

**Local and systemic examination-** Tongue was unclean/ cracked Tongue. All the vitals are normal. On skin examination, eruption was present on lower back, leg, and dorsum of feet. Texture is dry with red color on affected area and white scales, margins were well marked. Brittle nails, yellow discoloration, rough surface. Grey hair.

**Diagnosis-** By accessing the sign and symptom clinically it probably a case of plaque psoriasis.<sup>1</sup>

**Table 1: Analysis and evaluation of symptoms:**

S. No.	Symptoms type	Symptoms	Miasmatic analysis <sup>4,5,6,7,8</sup>	Totality of symptoms
1.	Mental general	Reserved nature. (U)	Psora	Reserved nature.
2.	Mental general	Wants to live alone. (U)	Psora-Syphilis	Wants to live alone.
3.	Physical symptoms	Craving-hot food, salty things. (U)	Psora-Sycosis, Psora	Craving for hot food and salty things.
4.	Physical symptoms	Perspiration- On head back, stains the linen yellow. (U)	-	Perspiration stain linen yellow.
5.	Physical symptoms	Tongue-Unclean/cracked Tongue.(U)	Syphilis	Tongue-cracked.
6.	Particular symptoms	Itching aggravates at night, after perspiration. (U)	Psora-Syphilis	Itching increase in night and after perspiration
7.	Particular symptoms	Itching ameliorates in open air, washing with cold water. (U)	Psora	Itching ameliorates in open air and washing in cold water.
8.	Common symptoms	Skin eruption, grief ( After brother's death), Desire-Sweets	Psora	-

**Repertorial totality**-Totality of symptoms was made and was also cross checked by repertorisation with *Synthesis Repertory 9.0 from RADAR 10.0*.<sup>9</sup>

**Table 2: Conversion of symptoms into rubrics**

S. No.	Symptom	Chapter	Rubric
1.	Reserved nature	Mind	RESERVED
2.	Wants to leave alone	Mind	COMPANY-aversion to-alone amel; when
3.	Greif after death of brother	Mind	AILMENTS FROM-greif
4.	Desire in hot food	General	FOOD and DRINKS-warm food-desire-hot
5.	Desire for sweets	General	FOOD and DRINKS-sweet desire.
6.	Tongue cracked/fissured	Mouth	CRACKED-Tongue fissured
7.	Perspiration stains the linen yellow in color	Perspiration	STAINING the linen-yellow

8.	Itching aggravate after perspiration	Skin	ITCHING-perspiration-agg
9.	Itching aggravate at night	Skin	ITCHING-night
10.	Itching ameliorate after cold water	Skin	ITCHING-cold-water-amel
11.	Itching ameliorate in open air	Skin	ITCHING-air, in open-amel
12.	Red eruption	Skin	ERUPTIONS-red
13.	White scaly eruption	Skin	ERUPTIONS-scaly-white

## Repertorial sheet-

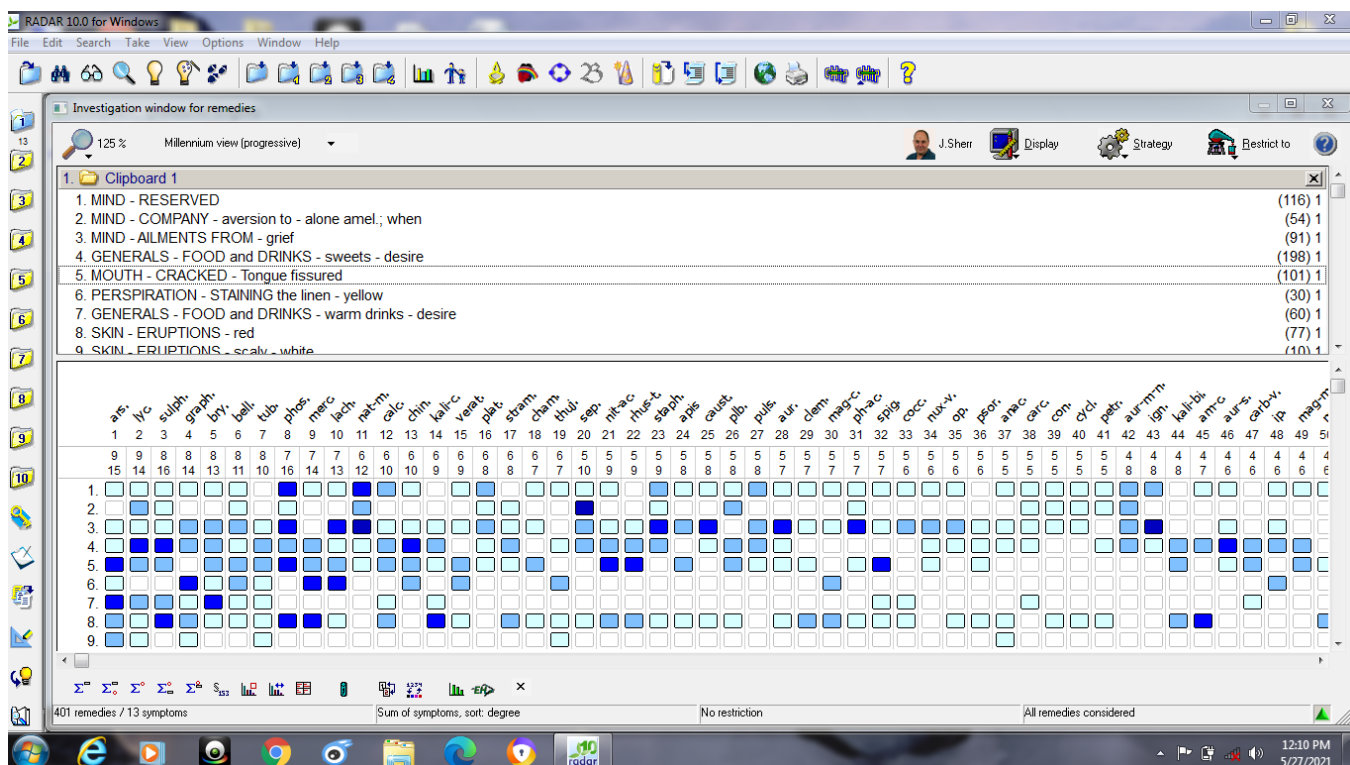


Figure 1: Repertorisation of case from Synthesis Repertory9.0 from RADAR software10.0

### Justification of selection of remedy and potency

*Lycopodium clavatum* 200/1dose/stat followed by *Rubrum metallicum* Sac lac for 7 days was selected on the basis of repertorisation. Every well-chosen medicine should be repeated at suitable interval aphorism 246 6th

edition of *Organon of Medicine*. After the consultation of materia medica, considering the symptom similarity like wants to live alone, after the death of father, patient took all the responsibility of his family, Thermal reactions hot, craving hot food.<sup>10</sup>

### Intervention

On 09/010/2019, *Lycopodium clavatum* 200 single dose was prescribed along with *Rubrum metallicum* 30 for 7 days based on the individualisation and after repertorisation and comparison of symptoms from various books of materia medica.<sup>11</sup>

Table 3: Follow-ups with prescription

DATE	SYMPTOMS	PRESCRIPTION WITH JUSTIFICATION
21/09/2019	<ul style="list-style-type: none"> <li>Slight relief in itching.</li> <li>Decrease in eruptions in leg, lower back.</li> <li>No any new complaint.</li> </ul>	<ul style="list-style-type: none"> <li>Sac lac 200/1Dose</li> <li>Rubrum metallicum 30/TDS for 14 days</li> <li>Wait and watch</li> </ul>
05/10/2020	<ul style="list-style-type: none"> <li>Slight decrease in the eruptions and itching.</li> <li>Redness is visibly decreased.</li> <li>Patient was feeling better mentally.</li> <li>No new complaint.</li> </ul>	<ul style="list-style-type: none"> <li>Sac lac 200/ 1 dose</li> <li>Rubrum metallicum 30/TDS for 14 days</li> <li>Wait and watch</li> </ul>
19/10/2020	<ul style="list-style-type: none"> <li>No new eruption is seen.</li> <li>Marked decrease in the redness and itching.</li> <li>Improvement in nails is seen.</li> <li>Patient was feeling better mentally.</li> <li>No new complaint.</li> </ul>	<ul style="list-style-type: none"> <li>Sac lac200/1Dose</li> <li>Rubrum metallicum 30/TDS for 14 days</li> <li>Wait and watch</li> </ul>
02/11/2020	<ul style="list-style-type: none"> <li>Status quo.<sup>8</sup></li> <li>No itching or redness.</li> <li>No new complaints.</li> </ul>	<ul style="list-style-type: none"> <li><i>Lycopodium clavatum</i> 200/1 dose</li> <li>Rubrum metallicum 30/TDS for 14 days</li> <li>As status quo was observed, repetition of dose</li> </ul>
16/11/2020	<ul style="list-style-type: none"> <li>No itching in the eruption.</li> <li>No new complaint developed.</li> <li>Patient was feeling better mentally</li> </ul>	<ul style="list-style-type: none"> <li>Sac lac 200/1 dose</li> <li>Rubrum metallicum 30/TDS for 14 days</li> <li>Wait and watch</li> </ul>



30/11/2020	<ul style="list-style-type: none"> <li>No itching is present in eruptions.</li> <li>No new complaints developed.</li> <li>Patient was feeling better mentally.</li> </ul>	<ul style="list-style-type: none"> <li>Sac lac 200/1 Dose</li> <li>Rubrum metallicum 200/TDS for 21 days</li> <li>Wait and watch</li> </ul>
21/12/2020	<ul style="list-style-type: none"> <li>Dry, scaly lesion seen in lateral aspect of left leg and medial aspect of right leg with no itching and redness.</li> </ul>	<ul style="list-style-type: none"> <li><i>Lycopodium</i> 1M / 1 dose</li> <li>Rubrum metallicum 200/TDS for 21 days</li> <li>After improvement, new lesion recur maybe due to seasonal aggravation of natural occurrence of disease, hence potency increased</li> </ul>

BEFORE TREATMENT

AFTER TREATMENT



Figure 2: A. Before and after



Figure 2: B. Before and after treatment (nail changes)

## Discussion

After analysis of case and considering all the symptoms of patient, aversion to company, worse from warm applications, he feels better on getting cold, violent itching in night. All these symptoms cover by *Lycopodium clavatum*.<sup>11</sup> After considering from different books of materia medica, *Lycopodium clavatum* was prescribed. And after prescribing this medicine improvement was show very rapidly. The action of medicine was allowed to be completed after which case came to status quo hence medicine was repeated.<sup>8</sup>

## Conclusion

Homoeopathic medicine is very helpful in management of psoriasis. Case was treated with *Lycopodium clavatum*, prescribed on basis of reportorial totality. The above illustrated case with evidence based photography is such an example.

**Declaration of patient consent-** The authors certify that they have obtained written consent, duly signed by the patient and he has even given

consent for the photographs and other clinical information to be reported in the journal.

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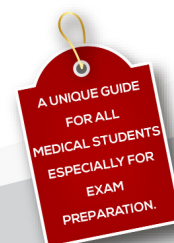
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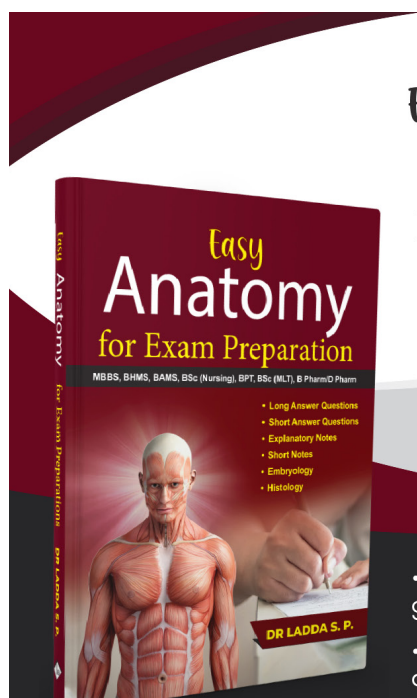
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# Swatting rheumatism

By Dr Preeti Laroia, Dr Parul

**ABSTRACT:** Rheumatic disorders are autoimmune diseases which are further categorised into 10 major illness. Rheumatoid arthritis causes inflammation in the lining of the joints. Some important facts of causation of RA need attention. Elements like smoking, geographical influence, depression, pregnancy, diabetes, heart diseases play very vital role. Therapeutics from homoeopathic materia medica and repertories are most helpful in paucity of symptoms. However, an individualised approach to cases with thorough knowledge, is the best treatment in homoeopathy.

**Keywords:** Rheumatoid disorders, rheumatic arthritis, inflammation, causation, homoeopathic therapeutics, homoeopathic repertory.

**Abbreviations:** RA – rheumatoid arthritis, ACR - American College of Rheumatology, TNF-a - tumour necrosis factor alpha

## Introduction:

Rheumatism is a connective tissue disorder characterised by inflammation and pain in muscles, joints, or fibrous tissue<sup>1</sup>. An autoimmune disorder that causes inflammation in the lining of the joints<sup>2</sup>. It attacks the lining of the joints resulting in pain, swelling and a warmth feeling. The disease when uncontrolled may spread to different organs<sup>1</sup>. Neutrophils and macrophages infiltrate the synovium promoting inflammations<sup>2</sup>

In the United States, major rheumatic disorders are divided into 10 major categories based on the nomenclature and classification proposed by the American College of Rheumatology (ACR) in 1983<sup>2</sup>.

1. Diffuse connective tissue diseases [rheumatoid arthritis, juvenile arthritis, systemic lupus erythematosus, Sjögren syndrome, scleroderma, polymyositis dermatomyositis, behçet's disease, relapsing polychondritis]<sup>3</sup>
2. Arthritis associated with spondylitis (spondylarthritis) [ankylosing spondylitis, reactive arthritis, psoriatic arthritis]<sup>3</sup>
3. Osteoarthritis (osteoarthrosis,

- degenerative joint disease)<sup>3</sup>
4. Rheumatic syndromes associated with infectious agents (direct and indirect or reactive)<sup>3</sup>
5. Metabolic and endocrine diseases associated with rheumatic states [Gout, pseudogout]<sup>3</sup>
6. Neoplasms<sup>3</sup>
7. Neurovascular disorders<sup>3</sup>
8. Bone and cartilage disorders<sup>3</sup>
9. Extra-articular disorders<sup>3</sup>
10. Bursitis/Tendinitis of the shoulder, wrist, biceps, leg, knee cap (patella), ankle, hip, and Achilles tendon Capsulitis.<sup>3</sup>

### Some surprising elements about rheumatoid arthritis

Further research is needed to shed light on rheumatoid arthritis (RA) exact causes, which are thought to be a combination of genes and environmental factors<sup>1</sup>. However some known facts are as follows.

#### 1. Smoking a trigger factor

According to Dr Pisetsky MD, Professor of Medicine and Immunology at the Duke University Medical Center, in Durham, North Carolina, smoking causes heart diseases and certain cancers and many other diseases, but

there is a surprising link to RA. Smoking is the most well-understood environmental trigger and may play a role in one-third of severe cases of RA, including more than 50 percent of RA diagnoses among people who are genetically susceptible to the disease.<sup>4</sup>

#### 2. Higher latitudes

People staying away from the equator are more susceptible to get RA—at ages 15 and 30—seems to be riskier than at other times.

In a 2010 study of nearly 10,000 women, RA risk was higher for those living in the North-east and mid-western United States, compared to women who lived west of the Rockies. The authors note that the increased risk at higher latitudes could be due to lack of sunlight, as well as other environmental factors.<sup>4</sup>

#### 3. Vitamin D link to causation

A 2004 study tracked more than 29,000 women and found that those with the lowest intake of vitamin D had the highest risk of developing RA. It's not proven that the vitamin plays a role. However, a protective effect of vitamin D could explain why people who live at higher latitudes—and get less of the vitamin



in general because sunlight triggers its production in the body—seem to be at higher risk of RA. Other autoimmune diseases, such as multiple sclerosis, have been tied to vitamin D intake.<sup>5</sup>

#### 4. Traffic pollution

Pollution through particulates (microscopic particles that can be inhaled deep into the lungs) is linked with inflammation, so Harvard researchers conducted a 2009 study of more than 90,000 U.S. women that looked at the relationship between RA and traffic pollution. They found that women who lived within 0.031 miles of a major road had the highest risk of RA, compared with those who lived farther away.<sup>5</sup>

#### 5. RA is on the rise among women

RA is on the rise among U.S. women for the first time in 40 years, according to a 2010 study from researchers at the Mayo Clinic, in Rochester, Minnesota. They found a 2.5 percent increase in the rates of RA among women between 1995 and 2007, while rates among men dropped over that period. It's not clear why. But researchers speculate that it may be due to cigarette smoking (women aren't quitting as quickly as men); lower-oestrogen birth control pills (the hormone may be protective); and, possibly, more vitamin D deficiencies.<sup>6</sup>

#### 6. RA's history

"RA doesn't exist in mummies, and there is no evidence that it existed in the Old World before Christopher Columbus discovered America in 1492," says Martin J. Bergman, MD, the Chief of the Division of Rheumatology at Taylor Hospital, in Ridley Park, Pennsylvania. "This suggests it may be caused by an environmental factor, but that has never been proven," he says.<sup>4</sup>

#### 7. Depression and RA

RA and depression are often linked. This is probably related to the pain of RA and the stress associated with living with a chronic illness. But high levels of the inflammatory protein tumour necrosis factor alpha (TNF- $\alpha$ ) in the blood have been associated with depression, so it is possible that the inflammation causing the RA also causes depression. Many of the drugs that treat RA block TNF.<sup>5</sup>

#### 8. Susceptible to other autoimmune diseases

Dr Pisetsky says People who get autoimmune diseases like RA have genetic risk factors that make them susceptible to autoimmunity in general. Autoimmune thyroid diseases and Sjögren's syndrome (a dry eye and mouth disease) are particularly common in people with RA.<sup>4</sup>

#### 9. Affection of pregnancy

Some autoimmune diseases, including RA and lupus, get better during pregnancy. Dr Pisetsky says, "75 percent of women with RA will go into remission by about the second month of pregnancy but It can flare up after delivery though." Pregnancy may dampen your otherwise overactive immune system, and some of the hormones that increase during pregnancy may also be protective.<sup>4</sup>

#### 10. Heart-attack risk on par with diabetes

RA can dramatically increase your heart-attack risk. RA is an independent risk factor for heart attacks, even if your cholesterol level is normal, your blood pressure is low, and you don't have diabetes. Dr Bergman says, "If you have active RA, you are at two- to threefold increased risk for heart attack, the systemic inflammation that is a hallmark of RA is the likely culprit".<sup>5</sup>

#### 11. Fibromyalgia relation

Approximately 20 percent to 30

percent of people with RA also have fibromyalgia.] Fibromyalgia is a widespread pain disorder marked by tender points along the body, extreme fatigue, depression, and cognitive issues known as fibro fog. It is not clear why people with RA are at greater risk of fibromyalgia.<sup>5</sup>

#### 12. RA and diabetes: it's complicated

The inflammation of RA may increase the risk of developing type 2 diabetes. Corticosteroids used to treat RA may also increase type 2 diabetes risk by increasing blood-sugar level.<sup>4</sup>

#### 13. RA Used To Be a "Wasting Disease"

David Pisetsky, says that In the past, people with RA were often rail-thin; exercise was thought to do further damage to the joints, so their muscles atrophied. In addition, the chronic inflammation associated with RA causes weight loss and loss of appetite.

Today, medicines curb inflammation, and exercise is part of treatment—so RA doesn't have to mean wasting away. While exercise can be difficult (if not impossible) during a flare-up, activity is generally thought to help, not hurt, people with RA.<sup>5</sup>

#### Therapeutics of rheumatism

1. ACONITUM NAPELLUS: Beginning of acute articular rheumatism, brought on by exposure to dry cold air<sup>7</sup>; synochal fever and restlessness<sup>8</sup>.
2. AGARICUS MUSCARIUS: cases which recur every year, especially in wet weather; symptoms appearing diagonally, as a pain in right arm and left leg, or vice versa; less pain at night, always worse when it begins to move about.<sup>8</sup>
3. ARNICA MONTANA: Pleu-



- rodynia, pressing pain in left side below heart day and night<sup>8</sup>. Great fear of being touched or stuck by person coming near him.<sup>7</sup>
4. AURUM METALLICUM: Rheumatic endocarditis with excessive dyspnoea, bluish lips, anxious expression of face; pulse rapid, soft and intermittent, action of heart floundering; loud endocardial bruits, profuse perspiration, limbs puffy and painful; continual gnawing boring pain deep in the joints<sup>8</sup>.
  5. BELLADONNA: Red, shining swelling of joints of erysipelas appearance; stitching, burning and throbbing pains with high fever, hot, dry skin, thirst, pains come and go quickly or come suddenly, stay a longer or shorter time, and then suddenly disappear; <lying than sitting; stiff neck of rheumatic or catarrhal origin; rheumatic fever with pains in joints flying about from place to place, with profuse sour sweat which gives no relief<sup>8</sup>.
  6. BRYONIA ALBA.: Persons of rheumatic and gouty diathesis. Complaints aggravation from any motion and relief by absolute rest, either mental, or physical<sup>7</sup>.
  7. BENZOICUM ACIDUM: Arthritis deformans; painful nodes in joints, especially in syphilitic or gonorrhoeal patients, with rheumatic diathesis; pains go from right to left side and from below upward<sup>8</sup>.
  8. CALCAREA CARBONICUM: Pains confined to small spots; gouty nodosities about fingers; arthritis nodosa deformans<sup>8</sup>.
  9. CALCAREA FLOURICA: Lumbago, <on beginning to move, but improving on continued motion, after Rhus, and from warmth; indurated enlargements in fascia and capsular ligaments of joints<sup>8</sup>.
  10. CALCAREA PHOSPHORICUM: Every change of weather to damp cold causes rheumatic pains in joints and various parts of body; rheumatism pertaining to cold weather, getting well in the spring and returning in the fall<sup>8</sup>.
  11. COFFEA CRUDA: Rheumatic neuralgia in upper and lower limbs in paroxysm, <afternoon and night, by walking; >by pressure; restless and sleepless at night<sup>8</sup>.
  12. FERRUM METALLICUM: Neuralgic and rheumatic pains, > by slowly moving about at night; omodynia, especially left side, of a constant drawing, tearing, laming nature, < in bed; anaesthesia of affected parts, no swelling; face pale, flushing easily<sup>8</sup>.
  13. ILLICIUM: When sitting down leg feels as if broken, ceases on rising; cramp-like drawing, as from a cold, in the left side of dorsal vertebrae; jerking and tearing in bend of left elbow and in palm of hand<sup>7</sup>.
  14. KALMIA LATIFOLIA; adapted in acute neuralgia, rheumatism, gouty complaints especially when heart is involved as a sequel of rheumatism. It may alternate with heart disease<sup>7</sup>.
  15. SPIGELIA ANTHELMIA: Rheumatic affections of heart with rheumatic nervous headache<sup>7</sup>.
  16. CAUSTICUM: Rheumatic affections with contractions of flexors and stiffness of joints. Tension and shortening of muscles.<sup>7</sup>
  17. PHYTOLACCA DECANDRA: Patients of a rheumatic diathesis; rheumatism of fibrous and periosteal tissue; mercurial or syphilitic<sup>7</sup>.
  18. CAULOPHYLLUM THALLICTROIDES: Rheumatism of women, especially of small joints erratic pains changing place every few minutes; painful stiffness of affected joints<sup>7</sup>.
  19. COLCHICUM AUTUMNALE: Arthritic pains in joints; patient screams with pain on touching a joint or stubbing a toe<sup>7</sup>.

## REPERTORIAL RUBRICS

[BOERICKE ] [NERVOUS SYSTEM] NEURALGIA, REMEDIES IN GENERAL: CAUSE, TYPE: GOUT, RHEUMATISM<sup>9</sup>: (9)

2 Cimic, 3 Colch, 2 Coll, 2 Kalm, 2 Phyt, 2 Ran-b, 3 Rhod, 2 Rhus-t, 2 Sulph,

[SPECIAL ] [SUPPRESSION] SUPPRESSED ERUPTIONS: ITCH CAUSES ASTHMA: RHEUMATISM<sup>9</sup>: (1)

1 Dulc,

[SPECIAL ] [SUPPRESSION] SUPPRESSED DISCHARGES, GONORRHOEA: CAUSES: RHEUMATISM ARTICULAR<sup>9</sup>: (1)

1 Thuj,

[SPECIAL ] [SUPPRESSION] SUPPRESSED SKIN CONDITION: DIARRHOEA: CAUSES: RHEUMATISM<sup>9</sup>: (1)

1 Puls,

[MURPHY ] [JOINTS]RHEUMATISM,  
GENERAL:LAMENESS, CAUSES CHRONIC<sup>o</sup>: (1)  
1 Kali-m,

[KNERR ] [LOWER LIMBS]  
LEGS:RHEUMATISM:LAME, IS OBLIGED TO TAKE  
HOLD OF PANTALOON NEAR KNEE IN ORDER  
TO LIFT IT AND MOVE IT ON, LEG BENT IN KNEE  
JOINT, EXTENDING IT, CAUSES PAIN, COMPLETE  
EXTENSION IMPOSSIBLE, MOTION PAINFUL<sup>o</sup>: (1)  
2 Rhus-t,

[SPECIAL ] [SUPPRESSION]  
SUPPRESSED DISCHARGES,  
GONORRHOEA:CAUSES:RHEUMATISM ARTICU-  
LAR<sup>o</sup>: (1)1 Thuj,

[SPECIAL ] [SUPPRESSION]  
SUPPRESSED DISCHARGES,  
GONORRHOEA:CAUSES:RHEUMATISM IN COLD  
WET WEATHER<sup>o</sup>: (1) 1 Sars,

[SPECIAL ] [SUPPRESSION]SUPPRESSED DIS-  
CHARGES, GONORRHOEA:CAUSES:ORCHITIS  
WITH FEVER AND RHEUMATISM<sup>o</sup>: (1) 1 Gels,

[BOERICKE ] [NERVOUS SYSTEM]  
CHOREA (ST.VITUS DANCE):CAUSE,  
OCCURRENCE:RHEUMATISM<sup>o</sup>: (3)  
2 Caust, 3 Cimic, 2 Spig,

[BOERICKE ] [NERVOUS SYSTEM]  
CHOREA (ST.VITUS DANCE):CAUSE,  
OCCURRENCE:RHYTHMICAL MOTIONS<sup>o</sup>: (6)  
2 Agar, 2 Caust, 2 Cham, 2 Cimic, 2 Lyc, 3 Tarent

[BOERICKE ] [NERVOUS SYSTEM]NEURALGIA, IN  
GENERAL:CAUSE, TYPE:GOUT, RHEUMATISM<sup>o</sup>: (9)  
2 Cimic, 3 Colch, 2 Coll, 2 Kalm, 2 Phyt, 2 Ran-b, 3  
Rhod, 2 Rhus-t, 2 Sulph.

## Conclusion:

Rheumatism is autoimmune disorder with is grouped under 10 categories of disease. Although genetic factor plays a vital role but some triggering factors are very important to understand. Homoeopathy offers a wide range of remedies in our literature for the patient suffering from rheumatism. Hence a thorough knowledge is needed on the subject.

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# Role of compositae family medicines in treating composition of respiratory tract infection

By Dr Dipika Sindha

**ABSTRACT:** Respiratory tract infection can affect upper respiratory system, which starts from sinuses to vocal cord, or lower respiratory system, which starts from vocal cord and ends at lungs. This infection is particularly dangerous for children, older adults, and people with immune system disorders. Composite family medicines have special action on acute respiratory infection, in the form of coryza, cough, asthma, allergic manifestation

**Keywords:** Respiratory infection, allergic manifestation, asthma, cough, composite family, homoeopathy

**Abbreviations:** Respiratory tract infection (RTI), Lower respiratory tract infections (LRTIs), Upper respiratory tract infections (URTIs)

## Introduction:

Respiratory tract infection (RTI) is defined as any infectious disease of the upper or lower respiratory tract. Upper respiratory tract infections (URTIs) include the common cold, laryngitis, pharyngitis /tonsillitis, acute rhinitis, acute rhinosinusitis and acute otitis media. Lower respiratory tract infections (LRTIs) include acute bronchitis, bronchiolitis, pneumonia and tracheitis. RTIs are the reason for 60% of all antibiotic prescribing in general practice, and this constitutes a significant cost to the NHS. Annual prescribing costs for acute cough alone exceed £15 million [1]

## Pathogenesis:

Action upon mucous membrane of respiratory tract produces allergic manifestations, hay fever, difficulty in breathing and whooping cough; exudative processes.<sup>[2]</sup>

**Composite family's medicines which has specific action on respiratory tract infection: Medicines for cough:**

- *Chamomilla*.—Moderates the excessive sensitiveness to pain; with fretful children the cough is worse at night, from crying, from cold air and during sleep; tickling in pit of throat causes

a scraping dry cough, with whistling and mucous rattling during respiration; voice hoarse, rough, from the tough phlegm in larynx; continual irritation to cough after midnight, with orthopnoea and whistling; stitches and burning in larynx; cough from irritation of chest, from tickling in pharynx and larynx during the day, with expectoration of small quantities of tough mucus, tasting bitter or putrid, only in daytime, none at night; cough and vomiting during the time of meals, immediately after eating<sup>[3]</sup>

- *Arnica montana* -Torpor of the capillaries of secretion and myalgic pains; cough from itching irritation in the upper part of larynx; dry, hacking cough with tickling in chest, most at night and not awaking him; cough in children after screaming or crying; child cries before the paroxysms as if in fear of the soreness which the cough causes ; scanty expectoration of glairy, transparent mucus mixed with blood, which, when loosened, must be swallowed; cough producing a feeling in ribs as if all of them were bruised, with stitches in side of

chest. Breath foetid, short and panting from obstruction and infiltration of lungs, followed by decomposition of blood and offensive, green, purulent, blood-streaked sputa which must be swallowed. Traumatic hæmoptysis.<sup>[3]</sup>

- *Eupatorium perfoliatum*—Bilio-catarrrhal fevers; hectic cough from suppressed intermittent fever; loose cough during apyrexia, also at night, after measles ; rough scraping cough; chest sore, must support with his hands; flushed face; tearful eyes.<sup>[3]</sup>
- *Silphium laciniatum*.-Scraping, tickling and irritation of the fauces and throat, nausea, faint feeling and soreness in epigastrium; constant hawking and clearing the throat, but only throws off a thin, viscid mucus, sneezing, followed by a discharge of limpid acrid mucus from the nose, attended with constriction and pressure in supra-orbital region; cough attended with expectoration of yellow mucus; constriction and tightness in the lungs, with a constant desire to expectorate; spasmodic cough. <sup>[3]</sup>
- *Senecio aureus*.- Acute

inflammatory condition of upper respiratory tract. cough loose with labored inspiration. Dyspnoea on ascending. Dry teasing cough stitching chest pains. Fullness of nasal passages, burning sneezing and profuse flow. Increased secretion from the bronchial mucous membrane; chronic cough in females, as a result of obstructed menstruation: haemoptysis; cough with copious sputa of yellowish, thick, sweet mucus, often streaked with blood, attended with a sensation of rawness and soreness of the chest; cough at the climaxis.<sup>[3]</sup>

- *Cina maritima*--Gagging cough in the morning. Whooping-cough. Violent recurring paroxysms, as of down in throat. Cough ends in a spasm. Cough so violent as to bring tears and sternal pains; feels as if something had been torn off. Periodic; returning spring and fall. Swallows after coughing. Gurgling from throat to stomach after coughing. Child is afraid to speak or move for fear of bringing on paroxysm of coughing. After coughing, moaning, anxious, gasps for air and turns pale.<sup>[4]</sup>
- *Solidago virgaurea*: Bronchitis, cough with much purulent expectoration, blood streaked, oppressed breathing, continues dyspnoea.<sup>[2]</sup>
- *Wyethia helenioides*: Hay fever symptom, itching in posterior nares. Constant clearing and hawking the throat. Dry posterior nares > from clearing. Throat feels swollen, epiglottis dry and burning. Difficult swallowing. Dry hacking cough. burning sensation in bronchial tubes.<sup>[2]</sup>
- *Millefolium*.—Cough, with

frequent spitting of bright blood; oppression of the chest; palpitation; piercing pains, stinging, bruised feeling; ebullitions from coughing blood<sup>[2]</sup>

- *Inula*: Dry cough < night and lying down. Chronic bronchitis, cough with much thick expectoration.<sup>[2]</sup>
- *Lactuca virosa*: Difficult breathing. suffocative breathing from dropsy of chest. Constant tickling cough. Incessant spasmodic cough as if chest will fly to pieces. Squeezing sensation in lower chest.<sup>[2]</sup>
- *Abrotanum*: Dry cough following diarrhoea. Impeded respiration. Exudative pleurisy and other exudative processes.<sup>[2]</sup>
- *Millefolium*: cough with bloody expectoration.<sup>[2]</sup>

#### Medicines for asthma:

- *Silphium laciniatum*.—Asthma with large quantities of stringy mucus (Kali bi.); scraping, tickling and irritation of fauces and throat; such faint feeling and a sense of goneness in epigastrium; constriction and tightness of the lungs; with constant disposition to expectorate.<sup>[3]</sup>
- *Grindelia robusta*—Mucous asthma depending on an abnormal accumulation of mucus in smaller bronchi, tenacious and hard to detach; patient feels and knows that expectoration brings relief. Nervous asthma, inhalation easy, expiration difficult; fear of going to sleep on account of loss of breath, which awakens him. Cardiac asthma, heart feels too weak to take care of the blood sent to it; cough from reflex

causes or maintained by habit in chronic bronchorrhoea.<sup>[3]</sup>

- *Chamomilla*. Nervous bronchial asthma. Dry, tickling cough, wd as cative dyspnoea, as if the windpipe were tied together with a string if the chest were not wide enough; constricted feeling in the supras fossa, with constant irritation to cough. Asthmatic fit seemingly pro by accumulation of wind, > bending head back, in cold air and from food; palpitations and fainting. Asthma from anger.<sup>[3]</sup>
- *Carduus marianus*—Nervous asthma of miners; cachexia of tunnel orers; frequent urging to deep breathing, followed by painful sensation abdomen; great debility; loss of appetite; empty eructation; result in dreamy sleep; fullness of hypochondria which are painful to pressure.<sup>[3]</sup>
- *Solidago virgaurea*: Asthma with nightly dysuria<sup>[2]</sup>
- *Wyethia helenioides*. Dry hacking cough. burning sensation in bronchial tubes. Dry asthma<sup>[2]</sup>

#### Medicines For Allergic manifestation:

- *Solidago virgaurea*: Hay fever. eyes injected watery, burning stinging. Nares irritated with abundant mucus secretion. Paroxysms of sneezing.<sup>[2]</sup>
- *Wyethia helenioides*: Hay fever symptom, itching in posterior nares. Constant clearing and hawking the throat. Dry posterior nares no > from clearing. Throat feels swollen, epiglottis dry and burning. Difficult swallowing.<sup>[2]</sup>
- *Ambrosia artemisiae folia*: hay fever, lachrymation and intolerable itching of the eyelids.



Respiratory tract in its entire length is stopped up. Watery coryza sneezing, stuffed up feeling of the head. Asthmatic attacks, wheezy cough. Some form of whooping cough [2]

## Medicines for coryza:

- *Anthemis nobilis* : coryza with much lachrymation sneezing ,discharge of clear water from the nose < indoors. Constriction and rawness of the throat.cough tickling < in warm room.[2]
- *Echinacea purpurea*: Nose feels stuffed up. Right nostril becomes raw and bleeding. Post nasal catarrh with ulceration [2]
- *Calendula officinalis* : coryza in

one nostril with much green discharge. [2]

**Miscellaneous:** *Tanacetum vulgare* : Hurried , laboured stertorous respiration, frothy mucus obstructs the air passages [2]

## Conclusion:

Respiratory tract infection is one of the most common types of infection seen in today's time. Composite family medicines are rarely known for respiratory infection. But it has great efficacy in allergic ailments , asthma, dry cough as discussed above.

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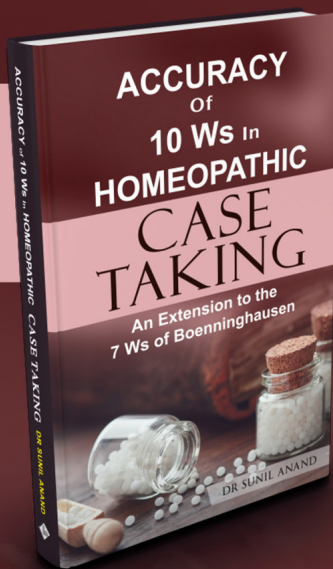
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# Pitcher plants, epidemics, homoeopathy and an introduction to *Nepenthes Hemsleyana*

By Dr Anita Bagga

**ABSTRACT:** A very peculiar and distinctive feature of homoeopathic pharmacy is related to the use of drugs from the unlimited abundance provided by nature in its vast flora and fauna. From *Lycopodium clavatum* and *Carbo-vegetabilis* to *Platina* and *Tuberculinum*, homoeopathic science has been able to discover wonderful medicines for curing various ailments in the human race. The process of including more and more new drugs is an integral part of any pharmacy including the homoeopathic pharmacy. The recent pandemic of coronavirus necessitated the need for the inclusion of more medicines. This coronavirus pandemic was speculated to be associated with bats. It is a known fact that bats serve as reservoirs of many viruses, namely the SARS coronavirus, nipah virus, Hendra virus, and the ebola virus. It is interesting to note that one species of bats, namely the Hardwicke's woolly bats (*Kerivoula hardwickii*), and the carnivorous pitcher plant species, *Nepenthes hemsleyana*, are in a mutually symbiotic relationship. Another important fact that is linked with the above statement is that the Homoeopathic Pharmacy has prepared two medicines, *Drosera rotundifolia* and *Sarracenia purpurea*, from carnivorous pitcher plants. Both these medicines have been effectively utilised for treating epidemics of whooping cough and smallpox, respectively. If a medicine gets prepared from a carnivorous pitcher plant that is mutually beneficial to bats, we may get a new medicine appropriate for use in future epidemics and pandemics.

**Keywords:** Epidemics, bats, pitcher plants, homoeopathy, *Nepenthes hemsleyana*.

## Introduction:

The study of medical literature is a link between old findings and new discoveries. Homoeopathic literature on *Drosera rotundifolia* and *Sarracenia purpurea* in classical texts is sufficient to prove their efficacy in the treatment of the epidemics of whooping cough and smallpox, respectively. Apart from their common use in epidemics, they share their common source of origin as well, i.e. the carnivorous pitcher plants. It looks promising to examine another pitcher plant, i.e. *Nepenthes hemsleyana* in this respect; in which woolly bats roost and deposit their faeces (guano), both being in a mutual relationship of benefit. The bats get a place to roost and the pitcher plants acquire nitrogen from the guano deposited by the bats inside them. As bats are the natural reservoirs of multiple viruses, there is a probability of their shedding viruses in their faeces as well, i.e. in the guano deposited inside the pitcher plants. The cardinal principle of homoeopathy, *similia similibus*

*curentur*, meaning – let like be cured by likes, encourages us to prepare a new medicine from the pitcher plant *Nepenthes hemsleyana* along with the guano deposited inside it by the woolly bats. It is worth mentioning that due to the destruction of the natural habitats of bats, the human-bat interaction seems to increase, making the human race vulnerable to many new kinds of diseases, also disrupting the cave ecosystems that are entirely dependent on bats to provide nutrients via their guano that supports fungi, invertebrates, and vertebrates.<sup>1</sup> This Guano, along with characteristics of the carnivorous pitcher plants, i.e. *Nepenthes hemsleyana*, may find a useful place in the homoeopathic materia medica.

### Existing literature on the use of *Nepenthes Hemsleyana*

The existing literature on *Nepenthes hemsleyana* portrays that it has been utilised in folk medicine for a long time in India and in the south-east Asian countries. They have used it

to treat leprosy, cholera, night blindness, gastrointestinal discomfort, dysentery, stomachache, bed wetting, etc.<sup>2</sup>

### *Sarracenia purpurea* as a curative medicine for the epidemic of smallpox as quoted in homoeopathic classical texts

*Sarracenia purpurea* is a pitcher plant belonging to the family *Sarraceniaceae*. It was the Indians of North America who brought it into the limelight by using it as a curative agent for smallpox. The doctrine of signature was found in its spotted appearance and its resemblance to this disease.

Dr Hale also collected much confirmatory evidence of its power to antidote the smallpox poison.

Dr Hering quotes some instances of *Sarracenia purpurea*'s action<sup>3(p1555)</sup>:

1. A woman far advanced in pregnancy was cured of smallpox with *Sarracenia purpurea* 3c, 6c and 9c, delivery being

accomplished during her convalescence, the infant bearing on its body numerous red blotches indicating that it had been affected with the disease.

2. An infant a few months old was attacked with a grave form of small-pox with variolous angina so severe that it was with difficulty it could take the breast, the mother took *Sarracenia purpurea* 3c, 6c and 9c and continued to nurse the infant, which promptly recovered, the mother not taking the disease.
3. In an epidemic occurring in the environs of Wavre, *Sarracenia purpurea* was given to two thousand persons living in the very middle of the disease, but all who took *Sarracenia purpurea* escaped during the same epidemic two hundred cases were treated with *Sarracenia purpurea* without a death.
4. Bildon, who used the 1x tincture in an epidemic with success, concludes that *Sarracenia purpurea* is to small-pox what *Gelsemium sempervirens* is to bilious fever.

### ***Drosera rotundifolia* as a curative medicine for the epidemic of whooping cough**

Dr M. L. Tyler, in her *Homoeopathic Drug Pictures*, under *Drosera rotundifolia*, quotes Dr Hahnemann, Hahnemann states that a single dose of the 30th potency, is quite sufficient for the cure of epidemic whooping-

cough. "The cure takes place," he says, "with certainty in seven to nine days, under a non-medicinal diet. Care should be taken not to give a second dose immediately after the first dose, for that would not only prevent the good result, but do serious injury, as I know from experience."<sup>4(p354)</sup>

She also quotes Dr Hughes's point of view, who confirmed the correctness of Hahnemann's observation as listed in the British Journal, Vol. xxxvi, p. 268.<sup>4(p355)</sup>

She further says, "I may say that I may have been in the habit of curing whooping-cough with single doses of *Drosera rotundifolia* 30 or 200; and I saw a good deal of whooping-cough during the 1914-18 war in our Children's Out-patient Department. On a few occasions, one would repeat, after a fortnight, if any cough remained. I can only remember one failure, where I had to give another medicine."<sup>4(p355)</sup>

Hughes further quotes Jousset as saying that "the power of *Drosera rotundifolia* in spasmodic coughs is one of the best illustrations we have of the efficacy of Infinitesimal doses"<sup>4(p355)</sup>

### **Discussion:**

Curative accuracy of *Sarracenia purpurea* and *Drosera rotundifolia* in the epidemics of smallpox and whooping cough proves the eternal principle of homoeopathy, *similia similibus curentur*, meaning - let like be cured by likes. Whatever

the cause, the matching similarity in the symptoms of the disease and the medicine is the essence of the prescription of potentized homoeopathic medicine. Preparation of medicine from another pitcher plant *Nepenthes hemsleyana* may prove to be an effective milestone in controlling many unseen epidemics in the future.

### **Conclusion:**

Existing medicines prepared from pitcher plants act best during epidemics. Preparation of new medicine from another pitcher plant that is associated with bats may add new glory to the ocean of homoeopathic materia medica. *Nepenthes hemsleyana*, prepared from pitcher plants, along with the Guano deposited by bats may aid in the eradication of many deadly epidemics in the coming times.

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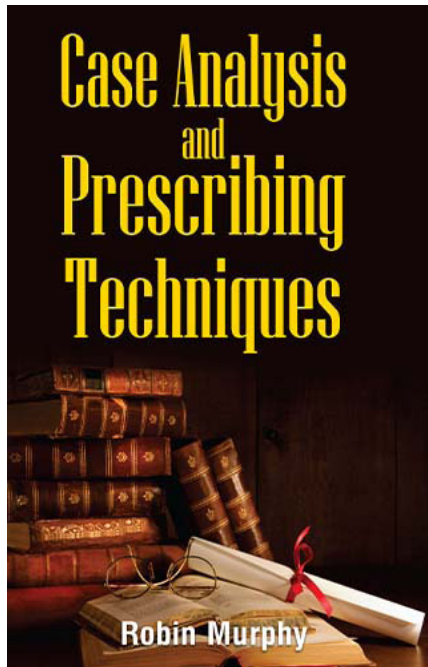


# Case Analysis and Prescribing Techniques

*Dr Robin Murphy*

## Reviewed by:

Dr Pratibha Pathak



As the title suggests, this book is all about clinical utility; and the author gives a wonderful insight of how a physician can enhance prescribing skills as a homoeopath. This book covers clinical part from every subject, starting from organon, materia medica, and repertory. Explanation of vital force with respect to conscious/ unconscious and central and autonomic nervous system is a brilliant work. "Ontology recapitulates phylogeny": a nice scientific description is worth reading. The concept of entropy is an intelligent way to explain disease mechanism perfectly. The author has raised his concern over fixed ideas in practising homoeopathy. He has guided about interpretation of materia medica and approach to the patient, and how vitality defines improvement in patients. He has also given nice description of certain worth mentioning books with high-

lights, plus and minus of books, so that anyone can get inspiration to read those books as well.

One of the chapters of this book is "Etiologies", which is explained under several categories like emotional shock, physical trauma, deprivation, infectious diseases, environment, our perceptions of the world, genetic factors, etc. each category is further explained with certain rubrics helping in case analysis and putting forth his philosophy. In his words, case analysis is that one is analysing case before he could find remedy, and case evaluation is when he is evaluating what the remedy has done. Further, a few case discussions to explain layer by layer prescription makes the whole thing more interesting. He has asserted to analyse case by perceiving a state in case and sort out by uncovering layers of suppression. Simillimum prescription layer wise is what he promoted in this book. This book becomes more interesting as one reads the other relevant topics. Further, he has discussed about a few remedies for AIDS and how to handle AIDS cases with utmost sensibility. Also, he also has guided about treating and managing drug addicts. The author has also discussed about reaction of treatments, which is an integral part of practise as well as very useful. The book can be said as extended practical explanation of Kent's twelve observations. Every homoeopathic physician is well aware of individualised remedy but a few must be knowing about the individualised potency, which is so nicely described here in this book. Dr Murphy has explained suppression in the light of symptoms and signs changing various levels.

Author has laid significant stress on betterment of patients and the same being the main goal of a doctor, even

if, the Hering's law is not somehow in sync with the kind of betterment patient is appreciating. In his words, "you have no reason getting complicated with philosophy and intellectualizing a case and what it means, even if it's Hering's law- it doesn't matter. They (patients) are better. That's all that matter". He has further added that he may not be able to explain it, but they (patients) don't care. It went in opposite direction and they got better. That's our only goal. Dr Murphy was one of the veterans and intellectual, his comprehension of homoeopathic principles has been amazing; but somehow the above lines seemed like weakness of this book, with no offence to followers and immense respect for the stalwart. He has also stated, "don't change what you're doing if they are getting better." So, at places, he has also guided to follow homoeopathic principles.

Author has given good insight about intercurrent prescribing, which is very important as far as hurdles or obstacles are concerned while treating any case. Further, he has mentioned about isopathic prescribing citing certain very interesting examples. He mentions about Dolisos pharmacy which is the only pharmacy perhaps having sarcodes for every organ and part. Sarcodes, interestingly, can prove to be very good intercurrent remedies if there is organ specific problem or complaints. Then tautopathic prescribing is also briefly described and he recommends as it is one of the aetiology. Prophylactic prescribing is ignored as he felt in our homoeopathic literature. According to Dr Murphy, the best preventive against all diseases is to take the general homoeopathic remedy. Potency selection is something which still puts physician in confusion while prescribing. He has discussed most popular way of high



potency single dose and repetition as per need. And another being the low potency and frequent repetition, he has referred to this approach as Hahnemannian. LM potency is being stated as superior, gentle and deeper and he has explained it good including preparation. He suggests to use even simple potencies as well diluted in water as it enhances the action of medicine. And even a number of pellets being given at a time, matters as it is quantity of energy.

The author, in this book, has pointed out common mistakes that a student and a practitioner may make during the course of case taking and prescription. This book is highly recommended to all the learners.

And learners are not only students but every homoeopath as one understands that learning is an endless process.

**About the author-**

**Dr Robin Murphy** was born on August 15, 1950 in Grand rapids, Michigan. He carried out his studies in Michigan State University. His two repertories, and Lotus Materia Medica have been a big success and extensive work that enhanced homoeopathy. He was one of the shining gems in the crown of homoeopathy, his works will always guide and inspire to heal mankind.

**About the reviewer-**

**Dr Pratibha Pathak, BHMS. MD (Hom)**

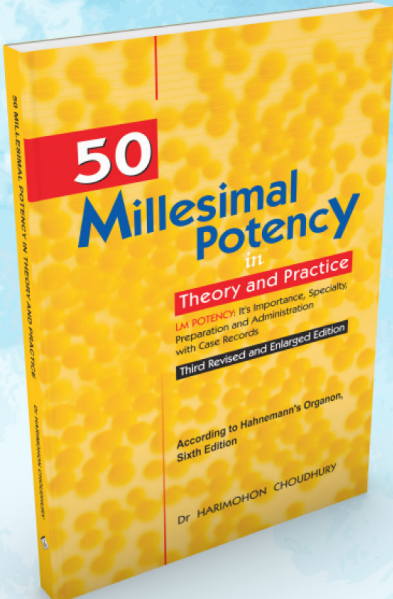
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# MILLESIMAL POTENCY

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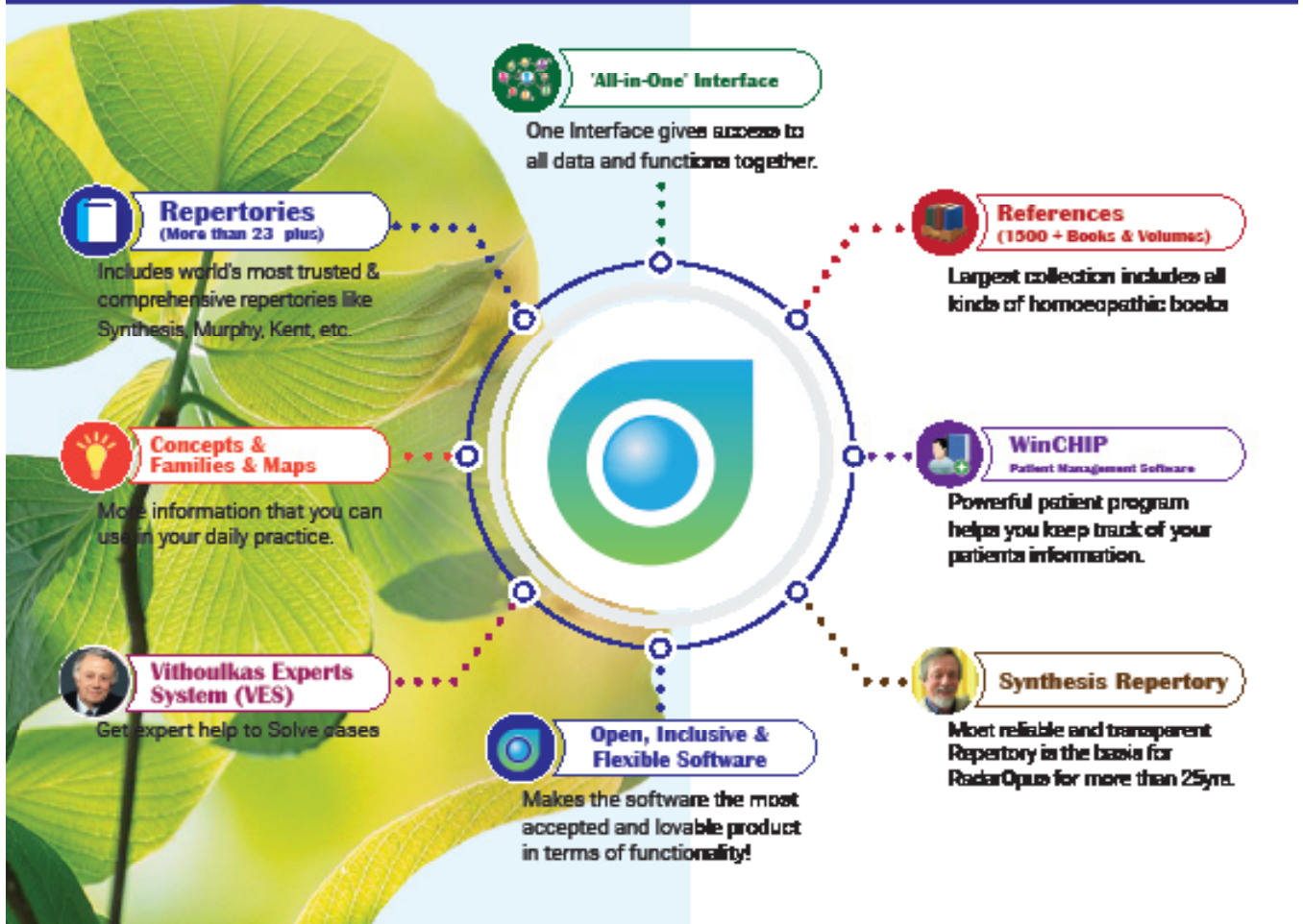
THEORY & PRACTICE



- This book presents the whole history of LM scale, its necessity, mode of preparation and administration etcetera, in a very simple and lucid manner.
- At each step, guidelines by Dr Hahnemann have been quoted to show the authenticity of the authors views. The author also touches upon various general topics on homeopathic philosophy such as the need for single medicine, the selection of potency, and repetition of the medicine etc.
- At the end the author has given two cases of Dr Hahnemann treated with LM potencies and also presents many of his own cases.

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