

DRUGS OF HINDOOSTHAN

Sarat Chandra Ghose

DRUGS OF HINDOOSTHAN

With their Homoeopathic Uses,
Provings and Clinical Verifications.

BY

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PREFACE.

It is an acknowledged fact that Homoeopathy has now spread its wings over all the cities and remote villages in India. To speak the truth, the name of Hahnemann is now a household word in every home in this vast continent.

The beauty of Homoeopathy is its *Materia Medica* which portrays the most faithful picture of a remedy in its true perspective.

The Homoeopathic *Materia Medica* has been enriched with innumerable valuable drugs and doctors from Western countries have come forward to contribute their quota to the stock of this great Science of Therapeutics. But it is very unfortunate that the homoeopaths of India have done nothing to add to the dignity and usefulness of Homoeopathy. The gravity of this palpable drawback was felt by me in 1886 while I was a mere youngster in age and practice and practised at Midnapore, Bengal.

The idea of proving indigenous drugs of India knocked at the gate of my mind at that time and to give effect to my resolution, I proved *Ficus Religiosa* in 1887 in my humble way without any assistance and friendly advice being vouchsafed to me by the "mighty elders" of the homoeopathic fraternity in Calcutta.

No Indian homoeopath, save and except the late lamented Dr. L. Salzer, came forward to help me in this arduous task. On the contrary, they threw cold water over the project, looked askance at it and directed a crusade of

mean and unfounded vilifications against it and against me personally.

Dr Salzer voluntarily encouraged me and appreciated my project. I then sought help from America and England And let it be said to the glory of those lands of freedom that that help was readily and spontaneously given I was fortunate enough to win the sympathy and active co-operation of several eminent foreign homoeopaths, notably Drs Cowperthwaite, Hughes, H C Allen, Nash, Halbert, Dudgeon, E H Porter, Clarke, Shedd and others, too numerous to mention All of them critically examined my provings and were satisfied with the way in which the provings were conducted and done and they encouraged me to go on with my self-imposed task

In this respect the late revered Dr John H Clarke, of London, was the first and foremost amongst the encouragers who was pleased to make fair experiments, both pathogenetically and clinically, with my newly introduced homoeopathic remedies, his impartial eyes perceived marvellous efficacy possessed by them and he has favourably incorporated them and mentioned them in his great monumental work—"Dictionary of Practical Materia Medica"

This was, in short, the history of the genesis of my desire and subsequent attempt at proving a few important indigenous drugs of India pregnant with great potentialities of therapeutic virtues

At the fag-end of my life I take this opportunity of expressing my sincerest gratitude and paying my homage to

the memories of these great homoeopaths who had done so much for me

In this way and in subsequent years I proved several new indigenous drugs of India which were recognised in foreign countries and have since been rewarded with official recognition at home and abroad.

A good many homoeopathic remedies are now being prepared from indigenous plants and herbs of India. Their efficacy in acute and chronic cases have been acknowledged and experienced by all of us and so many homoeopaths have now become all the more eager to have a complete and reliable Homoeopathic Materia Medica of Indigenous Drugs of India. It is gratifying to observe that this desire has even penetrated into the folds of foreign homoeopaths. Two or three books on this subject in English and Bengali have already been published in Bengal, but they are not up to the mark and have not satisfied the cravings of eager inquirers.

To satisfy the demands of these persons and at the solicitation of my numerous friends and colleagues and also at the request of Dr Otto Leiser, M.D., Ph.D. the great Pharmacologist of Berlin, I have collected all necessary details and data regarding these indigenous drugs from all wellknown English and Sanskrit Works on this subject and present them in this book to the profession.

In writing the present treatise I have derived much information from the "Indigenous Drugs of India by Brev Col R. N. Chopra, M.A., M.D., C.I.E., I.M.S. which is a mine of wealth in which I have often dug. I have also consulted R. N. Khory's Materia Medica of India, R. N.

Nadkarni's Indian Materia Medica, W. Dymock's Pharmacographica of India and several other noted books. All these facts have been openly acknowledged in the body of my book.

To make this Homoeopathic Materia Medica more complete, up-to-date and quite abreast of the times, an earnest attempt has been made to present the opinions, experiences and observations of the medical profession, research workers and pharmacologists of the Dominant School of Medicine together with the opinions and recommendations of Ayurvedic physicians of by-gone ages pertaining to the therapeutic uses of these drugs. Afterwards homoeopathic provings, if they have been made, symptomatology and clinical verifications of these drugs have been added to each remedy dealt with in my book, in order to make it interesting, valuable and complete from every point of view.

Medical literature has now grown to an enormous size and the vast majority of medical books and contributions are unreliable and do not possess any intrinsic value.

I confess that a few of these drugs mentioned in my work have not been sufficiently proven, but still it can be said to their credit that they have been found to possess great therapeutic virtues in times of emergency.

In my humble opinion the physicians should not leave the bed-rock of clinical medicine and the sooner we return to it the better for us and for the suffering humanity as well.

The present attempt, though not entitled to claim for itself originality and any independent recognition and open


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to all the shortcomings of a first venture of the kind, is at least a step forward towards the codification of some of the important indigenous drugs of India which have now attracted the attention of the foremost homoeopaths of the world

I freely admit that I do not possess the acumen and intelligence of a Hale in presenting the book, but I can assert with a pardonable pride that my attempt in the proving of indigenous drugs of our country and in placing their merits before public gaze dates back from last century and for which my labours have met with adequate recognition from all classes of physicians and pharmacists

India is a vast country and pregnant with a treasure-house of remedial agents, we, homoeopaths, should volunteer our services to unlock it with the key supplied by the acumen and genius of Hahnemann, the key of proving these drugs upon healthy human beings

It will, no doubt, be a pity, indeed a shame, an unpardonable dereliction of duty, if being bred and brought up and living in the midst of this treasure-house, we fail to take advantage of the latter to open the former for the welfare of suffering humanity at large

The necessity of writing this book and what has actually actuated me to publish it, have been sufficiently touched upon in my Epilogue

And now the task accomplished nothing remains for me but to entreat my readers to read this book with indulgent eyes. I have given a good start in the right direction which will be found to be of an immense benefit to the end

of the race With these few words, I commend this work to the kindly reception of my colleagues.

Before I conclude, I cannot but express my sincerest gratitude and heart-felt thanks to Babu Prafulla Ch Bhar, Proprietor of the Hahnemann Publishing Company, of Calcutta, for being the publisher of this book.

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## PROLOGUE.

What is meant by the term "Indigenous Drugs" ? It has been made use of in its comprehensive sense so as to include within its scope those drugs which are the natives of India

The history of medicine in India can be traced to the remotest age Hindu Medicine, or *Ayurveda*, "the science of life" is believed to be as old as the Vedas themselves The actual origin and early history of Hindu Medicine, like those of the Egyptian Medicine, are, however, shrouded in mythological legends. All these legends or mythological versions, conflicting as some of them may seem, point but to the one irresistible conclusion that the principles of the science of Hindu Medicine, or *Ayurveda*, as it is called, were promulgated by hoary-headed Rishis or ascetics who had their abodes in the caves of Himalayas in the pre-historic ages, and whose profound knowledge of the Vedas and Upanishads or Systems of Hindu philosophy, aided by well-developed powers of meditation, deep insight into human nature, keen and comprehensive observation, wonderful researches, and earnest wishes to save posterity from physical sufferings and premature death, gave to the world a system of medicine that has since been the parent of almost all other systems that have made rapid strides with the onward march of modern civilization.

The mention of the medicinal use of herbs and plants has been made in the Rig Veda which has been written between 4,800 and 1,600 B. C From this period down

to the Mohammedan invasion of India Hindu Medicine had a chequered career. During the second and third periods a remarkable progress was made in every respect and *Ayur-veda* reached the highest pinnacle of glory and development. On the eve of the termination of this period Hindu Medicine penetrated into other parts of the world. The people of the civilised parts of the world of that age madly hankered after all knowledge pertaining to the healing art of the Hindus of that time and its influence spread far and wide over Egypt, Greece and Rome. The great Jacolliot very truly expressed, "We should not forget that India, that immense and luminous centre in olden times, was in constant communication with all the peoples of Asia and all the philosophers and sages of antiquity went there to study the science of Medicine." Many authenticated and uncontested proofs can be found in the Grecian and Roman Medicine to clearly demonstrate the influence of Hindu Medicine. During this time *Ayur-veda* occupied the acme of its glory and the knowledge of its followers in the field of drug therapy and toxicology was greatly in advance of others.

They made a systematic and scientific study of the properties of every product of the soil and carefully spent their time to the study of disease and its treatment with drugs. From the Grecian literature it can be proved that Paracelsus, Hippocrates and Pythagorus really visited India and helped in the dissemination of Hindu culture to their own countries. There are abundant proofs in the work of the great physician Dioscoroides to shew to what a considerable extent the ancients were indebted to India for their medicine.

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I cannot but quote the following lines from a lecture delivered by Captain Johnston Saint, M A —“He mentioned the extraordinary advance made both in Surgery and Medicine in India when Europe was groping for light in her cradle in Greece.” Says he, “If then this is what we found in surgery, what may we not find in medicine from India—that vast and fertile country which is a veritable encyclopaedia of the vegetable world The *Materia Medica* of the ancient Hindus is a marvel from which both the Greek and the Roman freely borrowed.”

It is generally believed that the fundamental principles of the science of medicine were preached in Arabia by Indian physicians and professors and that the *Charaka* and *Susruta*—the two extant treatises on *Ayur-veda*, were translated into the Arabic language From Arabia *Ayur-veda* travelled through Egypt to Greece, thence to Rome and subsequently to all over Europe and other parts of the globe I shall not discuss in the present paper the rival claims to antiquity of Hindu Medicine and that of the Egyptians developed on the banks of the Nile I shall simply say that in very ancient times the Aryan Hindus discovered and brought to an extraordinary degree of perfection their system of Medicine and Surgery when the greater part of the world was steeped in ignorance and the ancestors of many civilized natives of modern times were really no better than hewers of wood and drawers of water

Foreign invasions by hordes of Scythians and Huns (5th century A D) and later on by Mohammedans, bring-

## DRUGS OF HINDOOSTHAN

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ing in their train pillage and incendiarism, burning villages and cities and destroying palaces, shrines and temples with their archives and repositories of sacred and medical books and precious libraries—all those together with frequent internal feuds and fightings completed the destruction of the major portion of the Ayurvedic literature

The gems that are still found in *Charaka* and *Susruta* and other extant works are but remnants of the vast treasure that Hindu medical literature once possessed and a gloom comes over us as we reflect how the medical world has become poorer by such a lamentable and irretrievable loss. The vegetation of India, it is said, is so rich in medicinal herbs that its materia medica could hardly be equalled in any other country. Nor were the sages of ancient India ignorant of it. They believed that there was a remedy for every disease rampant in the universe and they consequently applied themselves assiduously to a very careful examination of the vegetable kingdom and eventually discovered a great number of medicines. The knowledge of medicinal herbs and plants that they acquired was simply wonderful. Plants were called *Sthavara Jiva* or stationary animals which could feel pleasure and pain, and by a curious coincidence it was reserved for one of their own lineal descendents, Sir J C Bose, Kt, M A, D Sc, F R S, C S I, of Calcutta, to demonstrate to an admiring world by actual and accurate experiments that this is really so. In Chemistry, too, the Aryan Hindus made considerable progress. It is most unfortunate that among Ayurvedic physicians such knowledge of Botany and Chemistry as was possessed by their ancestors is actually becoming a thing of the past. "The Materia Medica of the Hindus"

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says Hunter in his *Indian Empire*, "embraces a vast collection of drugs belonging to the mineral, vegetable and animal kingdoms, many of which have been adopted by European physicians "

The closing of the Hospitals after the decline of the Buddhist rule, and foreign invasions and internal feuds coming later on, were responsible for an incalculable injury to the cause of the Hindu Medical Science. With the advent of Europeans—first the Portuguese, then the French and lastly the British—the decline was still further observed.

When the British rule was firmly established in India, it introduced its own *Materia Medica* into the soil and the Hindu *Materia Medica* was forgotten. This is, in brief, the history of the fate of what are commonly known as the Indian Indigenous drugs.

Praiseworthy and serious attempts are now being made by many eminent allopathic physicians, both European and Indian, to revive and to bring to a focus the importance and usefulness of indigenous drugs of India by systematic observation and experiment and by induction and deduction.

It is much to be regretted that we, homoeopaths of India, have done nothing to remedy the evil mentioned above.

In former years the late Drs D. N. Ray and P. C. Majumdar came into the field of drug proving and proved three or four indigenous drugs of India.

Of course I discovered and proved three new homoeopathic remedies—*Ficus Religiosa*, *Nyctanthus Arbor-*

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*tristis* and *Justicia Adhatoda*—from three indigenous plants of India which have since been officially recognised and incorporated with our official Pharmacopoeia. This attempt on my part is nothing but a drop in the ocean. In recent times Drs Pramada P Biswas of Pabna, and K K, Bhattacharjea of Cooch-Bihar, have proved several indigenous drugs.

The Homoeopathic Pharmacopoeia has been enriched with innumerable valuable drugs. Every civilized country of the world has contributed its quota to the stock of this great science of therapeutics, but unfortunately India has done nothing worth mentioning to add to the dignity and usefulness of homoeopathic Materia Medica. India is pregnant with countless herbs and plants which have, in the hands of our Ayurvedic and Unani physicians, saved numerous precious lives from the jaws of death and the efficacy of these medicinal instruments cannot be doubted and questioned by any body or even by skeptics. The subject of Indigenous Drugs is old and it has lost its importance with the march of time. It is true that a systematic study of the efficacy of indigenous drugs was set on foot more than a century ago and admirable attempts were undertaken by many early European and Indian workers, but it is equally true that the progress has been slow and has not been commensurate with their hard labours.

It is a patent truth that the practitioners of medicine of former days in this country have, for centuries, derived the knowledge of their science and art not from public schools or colleges but from individual teachers. These



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teachers of our country did not teach their pupils to the full extent of their wonderful knowledge. The great drawback of this practice and habit was that many splendid drugs died out of existence as suddenly and completely as they came into it and their names have been obliterated from our memory for ever. There are still many herbs and plants in India whose therapeutic virtues and identities are sufficiently known to us and which, if they are thoroughly and scientifically prepared and proved in accordance with the rules laid down by Hahnemann, may turn out to be grand homoeopathic remedies of our *Materia Medica*.

Scientific methods of chemical investigation of herbs and plants have only been known here during the last thirty years or so.

It is premature on my part to assert that we shall be able to give to the world a complete Homoeopathic *Materia Medica* of indigenous drugs of India as insurmountable difficulties stand in the way of building up such a grand work. The provings of new remedies are necessarily and naturally attended with considerable dread or aversion as the experiments upon the healthy may sometimes engender poisonous or toxic symptoms. If we have a desire to be successful in our endeavour, there must be strong incentives behind our enterprise. Nothing short of a strong sense of duty, an overwhelming love of one's fellow creatures or the stimulus of monetary gain will inspire and induce any individual to put himself to these voluntary, self-imposed and noble provings which are tantamount to poisoning pure and simple. For the purpose of a complete *Materia Medica* of indigenous drugs there ought to be provers and sincere workers in the field.

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A drug cannot be said to be thoroughly and scientifically proven unless and until it has been proved in all sorts of conditions and constitutions

In view of the difficulties enumerated above, a Homoeopathic Materia Medica of Indian indigenous drugs must, for a long time to come, continue to be somewhat imperfect and incomplete as regards thoroughness of their provings

Hahnemann himself felt the existence of this imperfection of his system, even after he had proved no less than a hundred and one drugs

The purists of our School always look upon imperfectly proved drugs with disdain, but we are fully aware of the fact that Hahnemann did permit the employment of even non-homoeopathic medicines in urgent cases, such as Camphor in Cholera. We are also familiar with the fact that he did acknowledge the healing properties of such a force or influence as *animal magnetism* or *mesmerism* of which he says that it is "often so stupidly denied" and "either acts homeopathically by the production of symptoms similar to those of the diseased state to be cured, or it is useful by distributing the vital force uniformly throughout the organism, when it is in abnormal excess in one part and deficient in other parts"

It will, therefore, be apparent to all that he acknowledges the healing power of mesmerism even when not acting homeopathically

We may, therefore, conclude that, when our Master laid down in general terms, as the very first aphorism

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of his immortal organon, that "the physician's high and only mission is to restore the sick to health," he would never have denied a patient the chance of recovery or of amelioration of his sufferings or of escape from impending death by the employment of a remedial agent that had been slightly proved or might not have been proved but has been used empirically with complete success and efficacy

The adominations preached by the purists of our School are, no doubt, well meaning and good, but it should be remembered by us that in the actual field of battle, they sometimes meet with ignominious failures. It will be simply presumptuous for any school of medicine to claim that it possesses all that is good in the healing art. In fact, no medical science or art of healing can be called a perfect one, otherwise there could have been no deaths amongst us. In view of this fact it is desirable that we must not be unduly influenced by the opinion of the purists of our own School of Therapeutics. It is good to be devoted to the exclusiveness of our system, but it is better to be more devoted to the interests of our patients and hence we shall be perfectly justified in prescribing imperfectly proved homoeopathic drugs where the well selected remedies are found to be impotent to cure or to bring any relief to the patient.

I can not resist the temptation of citing a case here by way of illustration which will prove the truth of my assertion made before.

A child had been suffering from whooping cough for more than 2 months. Three eminent homeopaths treated the child with several well known as well as selected

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homoeopathic remedies, but none of them could arrest the progress of the disease

At last I prescribed *Justicia Adhatoda* 1X and the result was simply wonderful which could be pronounced to be marvellous, if not miraculous. Many more instances could be cited in support of my contention which would at once prove that these indigenous drugs could no longer be brushed aside and their claims could no longer be overlooked. These drugs should adorn the pages of our *Materia Medica* and should have an abiding place there. Since the time of Hippocrates individual remedies have been employed empirically in all diseases, which were identical to the effects of their poisoning, but it was Hahnemann who saw the necessity for observing and recording the effects of drugs on healthy persons, so that we might more accurately prescribe them to cure our patients.

The proving of drugs is a great undertaking—a fascinating mission—which is fraught with great development and potentialities.

It is very unfortunate that properly equipped laboratories and a society of drug provers do not exist in India. It is, no doubt, a standing drawback to prove the indigenous drugs of India. There have been some provings which have been made by individual provers only. Although those provings were spasmodic and individualistic in character, they cannot be called hypothetical in any way, and cannot be decried by us.

In some cases the symptoms observed by those provers

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exactly tallied with the findings of eminent Ayurvedic and allopathic physicians

It is daily marked by us that the plants and herbs growing in a particular locality bear a remarkable affinity to the temperament and constitution of the individuals inhabiting that locality. It is, therefore, apparent that the Indian drugs will be found to be most suitable to our constitution and most efficacious in all our affections.

In America or Germany or other European Countries there are societies for proving new drugs, but in India there is no such society.

This sort of a society is the crying desideratum of our country and in order to remove this long-felt want I started a society which was called "The Hindoosthan Institute of Indigenous Drug-proving"

The Society had a chequered career at the outset, lasted for sometime and met with a natural death on account of the paucity of workers and provers

In order to remedy the shortcomings to some extent and to give publicity to the works done by my co-workers in the field of indigenous drug-proving in India, I opened a Department and set apart a few pages in the Hahnemannian Gleanings of which I am the Editor-in-Chief, from time to time to collate, discuss and publish the provings and therapeutic properties of the indigenous drugs of India

No less than fifty-five medicines have been thus dealt with in my book

Some of these medicines have won golden opinions

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at home and abroad and bear the hall-mark of genuineness and supreme value in the ailments and complaints mentioned in my book.

The Ayurvedic physicians in the past and in the present generally use drugs in an empiric way, the allopaths use them with better knowledge as in every department of medicine persistent, systematic and scientific attempt is now being made by them to replace rank empiricism by rationalism, the homoeopaths have proceeded still further and by deduction and induction, by experiment and proving upon the healthy, they can portray an exact picture of the remedy and its therapeutic properties. The present time is an age of medicinal progress and no man of science is satisfied by mere assertions and statements unless and until they are corroborated by clinical verifications and scientific tests.

In view of these facts and to satisfy the public, Ayurvedic and allopathic uses and opinions and homeopathic uses, provings and symptoms for their administration together with clinical verifications of all these drugs have been incorporated in my book.

In this way, I have rescued from oblivion some valuable and moderately well-proved medicines and brought into prominence and public gaze a few newly proved and unproved drugs of India whose therapeutic properties can not be questioned by any physician. My mission has been to popularise the healing virtues of these drugs and I do not know whether I have succeeded in my attempt or not. I am emboldened to assert with a pardonable pride that I know how to sift the wheat from chaff, to eliminate

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the temporary from the permanent and the false from the true and I have made a record in this book of that which is permanent as distinct from that which is ephemeral and evanescent

Modern India is greatly different from ancient India. The cry for progress and advancement in every sphere of our activities has been taken up with fresh vigour and enthusiasm and we are daily awakening to a sense of our importance and are ready to take our place among the independent nations of the world

Necessity may be the mother of invention, but inquisitiveness is the father.

All homeopaths of our country and foreign countries are now inquisitive and anxious to be conversant with the therapeutic properties of these indigenous drugs of India. At their earnest solicitation, I have ventured to write this work which will bring the readers face to face with some important indigenous drugs of our country

I hope the book will hold up a mirror before them in which the crystal-clear symptoms of the drugs will be reflected

With these introductory words I place this book before my readers and hope they will peruse it with profit and indulgent eyes

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# Drugs of Hindoosthan.

(With their Homœopathic uses).



## Abroma Augusta.

(Olat Kambala)

*Common Names.*—Hindi, Bengali and Cutch—Olat Kambal, Bombay—Olak Tambol, English—Devil's Cotton.

*Habitat*—Bengal, it can be found in the hotter parts of India, from the United Provinces to Sikkim.

*Natural order.* Sterculiaceae

*Description of the plant.* Abroma Augusta is found to grow wild throughout the hotter parts of India. Its cultivation is also made in gardens for its showy, deep scarlet flowers. The root of the tree is characterised by a thick fibrous brown bark and both the root and the root-bark are administered therapeutically as an emmenagogue in menstrual disorders. The fresh viscid sap is known to possess more therapeutic properties and is used in dysmenorrhœa in doses of 30 grains a day.

*Constituents* The root bark contains gum, wax, a non-crystalline extractive matter and ash 11.64 p. c. but no manganese.



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### Allopathic uses and Actions.

The root and the sap are uterine tonic and emmenagogue, with black pepper given in congestive and neuralgic dysmenorrhoea and amenorrhoea, either given a week before or during menstruation. It is a valuable substitute for Hydrastis, Viburnum and Pulsatilla (R N Khory, Vol 11 P. 102)

"In 1872 Mr Bhoobun Mohon Sircar (Indian Medical Gazette) first called attention to the use of the root as emmenagogue in Bengal, and recommended the fresh viscid sap in the treatment of dysmenorrhoea in doses of 30 grains. Subsequently Dr Kirton recommended the use of drachm doses of the root beat into a paste with water. Dr Watt, in his "Dictionary of the Economic Products of India", records the opinion of thirteen medical men regarding the medicinal properties of the plant, of these, eight speak favourably of it. Dr R. Macleod says — "It is a valuable medicine in dysmenorrhoea, the fresh root is usually given, made into a paste with black pepper about a week before the time of menstruation, and is continued until it commences. I have seen it prove very efficacious in some cases, especially in the congested form of the disease" Dr. Thornton says — "The slender roots are useful in the congestive and neuralgic varieties of dysmenorrhoea. It regulates the menstrual flow and acts as a uterine tonic. It should be given during menstruation, 1½ drachms of the fresh root for a dose with black pepper, the latter acting as a stomachic and carminative" Dr Evers says — "It has never failed in my hands in speedily relieving painful dysmenorrhoea. In Western and Southern India

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the plant is not common, and its medicinal properties do not appear to be known" (Dymock, Vol 1, P 233)

Brev Col. R N Chopra, M D, I M S., has published the following about this drug in his work—"Indigenous Drugs of India, pages 261—62 —

Chemical Composition—Little or no previous work has been done on this drug. The material used by the author consisted of the root secured locally. To test for the presence of alkaloids, the powdered root was extracted with prollins liquid. The extract taken up in dilute HCL gave all the reactions for alkaloids. The amount, however, was less than 0.01 per cent.

The petroleum ether extract showed the presence of a fixed oil and a little resinous matter, the ethereal solution gave further amounts of resin, the alcoholic extract showed the presence of an alkaloid soluble in chloroform (about 0.01 per cent) and also some water-soluble bases in larger amounts, some carbohydrates, resins and phlobaphenes. The cold aqueous extract showed the presence of a fairly large amount of mucilaginous matter. The hot aqueous extract did not show the presence of any inulin-like substance. As the water soluble bases were found to be predominant, the method used by Henry for the isolation of betaine, choline and other water-soluble bases was applied to a large quantity of the powdered root. The yield of the total bases was nearly 0.1 per cent.

The root, thus, has the following constituents :—(1) A fixed oil, (2) resins, (3) an alkaloid in minute quantity (0.01 per cent) (4) water soluble bases.

Pharmacological Action and Therapeutic Uses — The alkaloid and different fractions obtained during the course of analysis including the water-soluble bases were passed through pharmacological tests, but no remarkable activity was manifested on the gastro intestinal tract, circulation, respiration, etc nor was there any marked effect on the uterus, whether virgin or pregnant, isolated or 'in situ'. In the absence of any sign of physiological activity, clinical trials were not carried out. S Sircar of Dacca (unpublished) has recently found in an aqueous alcoholic extract of the plant fairly large quantities of magnesium salts in combination with hydroxy-acids, besides gums, resins and other organic residues. In view of the fact that magnesium salts of some hydroxy-acids are valuable as styptics, he thinks that the utility of *Abroma Augusta* in uterine haemorrhages might be due to the presence of the magnesium salts. Further work is necessary to determine the true nature of the active principles."

Homœopathic Uses and Proving.

The late Dr D N Ray, M D of Calcutta made a short and fragmentary proving of *Abroma Augusta* and prepared a tincture of the drug from its leaves according to class III of the American Hom Pharmacopœia. He used this drug for more than ten years in cases of Diabetes Mellitus and Insipidus with very gratifying results. Dr Roy was a first grade homœopath of our country and his opinion cannot but be respected. Dr Roy published an article dealing with his experiences pertaining to this medicine in the Indian Homœopathic Review edited by Dr. P C. Majumder, M D. in the months of November and December, 1919.

Several cases were cited by him in support of his contention and those cases of cure would conclusively prove that *Abroma Augusta* was found to be very efficacious by Dr Roy in the cure of Diabetes. I shall now proceed to dwell upon its *Materia Medica* collected by Dr Roy and others.

Materia Medica of *Abroma Augusta*.

Clinical.—Diabetes Mellitus and Insipidus, Albuminuria, Enuresis, Debility, Vertigo, Sleeplessness, Carbuncle, Amenorrhoea, Dysmenorrhoea.

Relations—Camphor, Acid phos, Uranium nitric, Syzygium, Lactic acid

Mind—Irritability of temper, ill-humour, depression, mind fretful and morose, easily excitable, angry mood, dislike for active work, moody, weakness of the brain, contradiction unbearable, sleepless night, at times full of dreams of various things, forgetfulness, absent-minded

Head—Empty feeling of the head, at times heaviness and discomfort, rolling of the head and vertigo, much giddiness, constant uneasiness of head, pain on the back of the head, tight feeling on the side of the head

Eyes.—Weakness of vision, dull vision, puffiness of the lids, pain over both eyes, at times heaviness, inclination to drop eyes closed; eyes get easily tired and watery; paleness of the conjunctiva

Ears—Shortness of hearing, buzzing in ears, pain in the ears, sound in the ears, discharge from ears

Nose—Sneezing several times, watery discharge from nose, dryness of nose, the nostrils feel very dry with desire to rub

Face.—Pale, yellow, wrinkled, old looking, puffy, dry, red spot on the forehead and cheeks, itching eruption on the face with burning sensation, furuncles of the face

Mouth—Dryness of the mouth, almost constant, with desire for drinking large quantities of cold water, excessive thirst, drinking does not relieve it, tongue clean and very dry, whole of the buccal cavity is dry, speech very feeble and indistinct, frequent desire to drink liquids, insatiable thirst, desire for cold drinks, lips dry and pale, rather bluish

Throat—Dryness of the throat, difficulty of swallowing solids, burning sensation, painfulness, drinking of liquids relieves throat symptoms temporarily.

Appetite—Unnatural appetite, insatiable hunger, can eat again a little after eating a good meal, desire for sweets, burning thirst, nothing seems to satisfy the hunger.

Stomach.—Hungry with faint feeling—desire for all kinds of food, sweets, acids, fish and meat, rice, bread, not satisfied with eating, not much of dyspeptic symptoms, no eructation, no heart-burn, no acidity or fullness of the stomach, can eat at any hour, great relish for liquids, no dislike for solid food. Feeling of weakness when hungry, enjoys meal well. Frequent desire to eat, a feeling of emptiness of the stomach, the food does not seem to stay long in the stomach

Abdomen.—Flatulence, distension of abdomen, pain in the abdomen during the peristalsis, free passage of flatus

Stool—Constipation, hard lumpy stool, passage of stool with straining—no stool every day, torpid bowels, obstinate constipation periodically, dryness of the rectum, stools pass with difficulty, colour of the stool brownish, when very hard, blackish and knotted

Urinary Organs—Profuse urination both day and night, passage of urine, very large quantity every time, passes urine every two hours, of profuse quantity, desire to drink after urination, he must drink, the mouth is dry and desire for drink, drink relieves thirst, drinks large quantity, the colour of urine is clear, a peculiar fishy odour with slight sediment, turbid at times, passes from half pint to two pints or more of clear urine at a time, polyuria; urine of high specific gravity containing sugar, glycosuria, diabetes mellitus, feels weak and exhausted almost each time he passes urine, passes some ten to fifteen pounds or more urine in twenty four hours, passes urine frequently and large quantity of passage of urine relieves the bladder, increased flow of urine, urgent desire to pass urine, nocturnal enuresis, gets up at night to urinate several times, the quantity of urine more at night; frequency of urination more in the afternoon but the quantity passed is less; burning sensation at the mouth of the urethra

Male sexual organs—Free flow of urine, rawness of the orifice of the urethra, soreness of the meatus, whitish ulcers round the mouth of the prepuce caused by the passage of excessive sugar in the urine, smarting and

violent itching of the part , absence of sexual desire, inability to coition, extreme exhaustion after coition , weakness of sexual organs, swelling of testes, hanging of the testes.

Female sexual organs —Catamenia irregular, premature, too short or too long lasting , colicky pain in the lower abdomen during a day or two previous to the appearance of the menses , blood is dark, clotted, profuse or scanty and pale , vertigo, nausea, vomiting and at times hysterical spasm , it is useful both in dysmenorrhoea and amenorrhoea—painful menses due to tending of the uterus , leucorrhoea, profuse of whitish, thin or watery discharges in thin, sickly looking young girls , chlorosis ; respiratory organs , cough worse in the evening and night , cough with purulent expectoration and pain in the chest Cold air excites cough , expectoration is free ; coughing causes pains in the chest , side pains, has to hold his chest when coughing , bronchitis , broncho-pneumonia with a good deal of expectoration Character of the sputum is whitish, yellowish and lumpy Hurried respiration, sinking feeling in the chest

Heart —Weakness of the heart with anxiety , great uneasiness in the cardiac region, palpitation, worse on movement , feeling of great weakness in the chest , heart's action regular, feeble , faintish feeling.

Neck, back and limbs.—Weakness of neck and spine , dull pain on the back , pain all over the limbs, weakness of the lower limbs , emaciation of both upper and lower limbs , pain in the region of kidneys with stiffness of the loins.

Skin—Dryness of the skin, scratching of the skin, burning of the skin, disturbing night's rest, many small boils, worse during summer months, carbuncle, carbuncular abscesses

Sleep—Drowsiness without being able to sleep, sleeplessness, frequent urination at night disturbing sleep sleep better in the early part of morning, unrefreshing sleep

Fever—Dry heat over the whole body, slow fever with great thirst.

Generalities—Great uneasiness, languidity, feeling of extreme exhaustion, inability to do any active work, disinclination to work, irritability of temper, great loss of flesh, rapid emaciation, paralytic weakness, weariness of all limbs, burning sensation all over the body, frequent thirst for large quantities of water with dryness of the mouth, frequent profuse passage of urine, worse at night, sleeplessness or disturbed unrefreshing sleep Menstruation painful and scanty or painful and profuse, pain on both sides of the lower abdomen, hysteria in weak women with menstrual troubles

Personal Observations.

The Ayurvedic physicians of India are quite silent over the therapeutic properties of this drug and no mention about its efficacy has been made in any of their works It is an open secret known to many persons of our country that *Abroma Augusta* root is generally used for the cure of dysmenorrhoea and sterility. A few old women of

our country could be found in Bengal a few years back who prescribed some quack nostrums for the cure of dysmenorrhoea which principally consisted of Abroma Augusta root

The late Dr. Bhuban Mohan Sircar, of Chorebagan, Calcutta published an article in the Indian Medical Gazette in 1872 in which he directed our attention to this drug and mentioned the efficacy of its root-bark in curing dysmenorrhoea Dr D N Roy introduced this drug as an excellent homoeopathic remedy to our notice. In this drug, the patient exhibits an angry and excitable mood, temperament peevish He feels weakness of head, uneasiness is felt there, is unable to do any hard work He can not bear any contradiction, sleeplessness exists, always likes to remain with closed eyes, ringing in the ears is present and there is shortness of hearing,

The tongue is dry and clean There is also dryness inside the mouth, great thirst exists, there is great desire to drink large quantities of cold water at a time

There is unnatural hunger, nothing can satisfy it, feels hungry even immediately after food There is constipation, faeces consisting of hard balls

The patient passes large quantities of urine at a time, passes urine many times in this way within twenty-four hours The patient experiences great thirst after urination The urine is pregnant with high specific gravity, sugar is present in the urine The patient urinates several times at night and there is inability to retain urine

It is an excellent remedy in the irregular menses of

females, menses appear before proper time lasting for a short time and sometimes for a long time, during menses or two or three days before the flow, colicky pains are felt in the lower abdomen, there is black or blackish clotted blood. Headache or giddiness is present. In some cases hysteric convulsions may appear.

The cough gets worse in cold air, in the evening and during night, during cough pains in the chest are felt for which the patient presses the chest.

In Diabetes Mellitus and Insipidus it has been found to be an excellent remedy.

It is an excellent remedy where the quantity of sugar is excessive and the urine is loaded with high specific gravity, it is also useful in those cases where the patients pass large quantities of clear urine at night. There are excessive thirst, insomnia and prostration and the patient is averse to do any physical and intellectual labour. It bears a close resemblance to Uranium Nitricum, Phos Acid and Syzygium Jambolanum and is found to be curative when these remedies fail to do any good.

In involuntary urination and in inability to retain urine, its action is pronounced.

It has some action in bronchitis and broncho-pneumonia, there is pain felt over the chest and sides, the patient is obliged to press the painful parts with his hand, cough gets worse in the evening and during night. There is rapid respiration, the colour of the phlegm is white, or it may be slightly yellowish, extreme thirst and constipation are present.

In place of Bryonia it can be safely used or it can be used when Bryonia is found to be impotent to do any good.

Carbuncle or Poisonous Boil—It is an excellent remedy in Carbuncles or poisonous boils, which are the outcome of Diabetes, in which easy formation of pus does not take place

Female Diseases—In suppression of menses, painful menses, dysmenorrhoea and in all disorders of the menstrual flow Abroma Augusta is used with considerable benefit. The symptoms in which it is applicable, have been dealt with before. It is useful in hysteria associated with menstrual disorders

Dil — Φ , 1x, 3x used

Abroma Radix.

It is prepared from the root-bark of Abroma Augusta

The root-bark of this drug causes the menses to appear and gives the tone and strength to the uterus

Its mental and other symptoms tally with the symptoms of Abroma Augusta

The efficacy of Abroma Radix is distinctly marked in all female diseases specially those connected with the uterus Irregular menstrual disorders, dysmenorrhoea, insufficient or scanty menses, and colicky pains felt in the lower abdomen during or before menses are the diseases for which it is generally used with considerable benefit The menstrual flow may be very scanty or the flow may sometimes be copious The colour of the discharge is black and the discharge is mixed with clotted blood In chlorosis it is sometimes used with efficacy

In menstrual affections, it can be compared with Pulsatilla and Viburnum opulus The Pulsatilla patients are generally mild and easily cry, but the Abroma Radix patients are bad-tempered and are easily angered If the other symptoms be present, the symptoms of temperament will not stand in the way of prescribing Abroma Radix as its usefulness can be marked in almost all female diseases,

Dil — Φ , 1x and 3x

Acalypha Indica.

(Muktajhuri or Muktabarsi).

Common Names—Sans,—Aritta manjarie ; Eng.—Indian Acalypha ; Beng,—Muktajhuri or Muktabarsi , Hindi and Bomb,—Khokali ; Tam.—Kuppaimeni ; Tel.—Harita-Manjiri ; Guz.—Vanchhi Kanto ; Uriya—Indra maris ; Sing.—Kupamenya.

Habitat. The shrub is generally found in India.

Natural order. Euphorbiaceae.

Description of the shrub. It is a shrub which is commonly found in India and mostly grows in the waste or deserted places throughout the plains of India. The root, leaves and young shoots are employed for medicinal purpose. Its flowers are small and of yellowish colour. The fruit is also small and is divided into three parts. The odour of the macerated leaves are nauseating.

Allopathic Uses and Opinions.

Constituents. An alkaloid, acalyphine. It is a favourite remedy in chronic bronchitis and consumption. One dram of the expressed juice of the leaves should be given to children. An infusion of the root acts as a cathartic. The juice from fresh leaves may be employed in scabies and other skin diseases, and with lime and onion, it is a good stimulating application in rheumatism. (*R. N. Chopra, Indigenous Drugs of India, p. 561—62*).

“It is cathartic, emetic, expectorant, and vermifuge. The infusion with a little garlic is used to expel worms

in children. The decoction is a safe, speedy and sure laxative and emetic like Senega or Ipecac. It increases the pulmonary secretions but does not cause any depression of the vital powers, given in pulmonary tuberculosis, croup, asthma, and bronchitis of children."

"Externally the decoction is used in earache. The juice made into liniment with oil is used in rheumatism and venereal pains, with lime (Chunam) it is used as an application in skin diseases. Cataplasm of leaves relieves pain attendant on bites of venomous insects, also recommended for syphilitic ulcers, suppository of bruised leaves relieves constipation in children" (*R N Khoriy*, Vol. II, p 588)

In the *Pharmacopoeia of India*, (p 205), the following reference to this plant by Dr G Bidie, of Madras, will be found—

"The expressed juice of the leaves is in great repute, wherever the plant grows, as an emetic for children, and is safe, certain and speedy in its action like Ipecac. It seems to have little tendency to act on the bowels or depress the vital powers, and it decidedly increases the secretion of the pulmonary organs. The dose of the expressed juice for an infant is a teaspoonful"

Dr Ae Ross speaks highly of its use as an expectorant, ranking it in this respect with Senega, he found it specially useful in the bronchitis of children. The purgative action of the root noticed by Rheede is confirmed by Dr H E Busted who has used it as a laxative for children. In Bombay the plant has a reputation as an expectorant, hence the native name Khokli (cough). Brigade Surgeon Langley in a communication to Dr. Watt, Dictionary of Economic

Products of India, Vol. I., writes—"This plant is called in Canara Chilhari as well as Kuppi. The natives use it in congestive headache. A piece of cotton is saturated with the expressed juice and inserted into each nostril; this relieves the head symptoms by causing haemorrhage from the nose. The powder of the dry leaves is used in bedsores and wounds attacked by worms. In asthma and bronchitis, I have employed it with benefit both for children and adults".

Dr. Langley recommends a tincture of fresh herb made with spirits of ether (3 oz. to one pint), dose 20 to 60 minims frequently repeated during the day; in honey, it acts as an expectorant and nauseant; in large doses it is emetic, (*Dymock* Vol. III., pages 292-93).

Parts used. The whole plant, especially leaves.

Dose. Soft branch and powdered leaves, 1 to 3 annas. Juice from the leaves, $\frac{1}{2}$ to 1 teaspoon. Root bark (mixed with 1 part medicine and 9 parts water), 1 to 2 kanchas. Decoction, 2 to 3 tolas. Tincture (1 part medicine and 9 parts alcohol), 30 to 60 drops. Liquid Extract, 10 to 60 drops.

Homœopathic Provings and Uses.

First Prover.

While Homœopathy was in its early infancy in India, specially Calcutta, and while the late revered Babu Rajendra Lal Dutta who was regarded by all of us to be the First Missionary of Homœopathy in India and who was trying his level best to introduce and popularise Homœopathy in Calcutta, Dr. C. F. Tonnerre, M.D. a French homœopath, came to Calcutta in 1851.

Dr Tonnerre made a proving of *Acalypha Indica* and called attention to this plant as a valuable remedy,

In a small volume entitled as "Additions to the Homoeopathic Materia Medica," collected and arranged by Henry Thomas, M D and published in London in the year 1858, an account of this plant and its therapeutic properties has been published

It is a listed remedy of our Homoeopathic Materia Medica and Drs John H Clarke, W Boericke, Cowperthwaite and others have mentioned this plant in their works on Materia Medica

It is very unfortunate that I cannot find out a true account of the symptoms elicited from the proving made by Dr Tonnerre

However, the defect was remedied by the late revered savant Dr Mahendra Lal Sircar, M D, D L., C I E who induced one of his disciples to make a proving of this drug

The name of the prover was Babu Joy Kissen Ghosal,

With great pleasure I publish all the symptoms and syndromes observed by Joy Kissen Babu during the period when the proving was continued

The proving was conducted and made under the direct supervision and in the presence of no less a personage than the late Dr M L Sircar

Proving of *Acalypha Indica*.

By Babu Joy Kissen Ghosal.

Health History of the Prover.

Prover, an assistant in the office of Comptroller, Post Offices, aged 34, born of healthy parents who are both

living. Father aged 62, mother 55 Of seven brothers and three sisters, four brothers and all the sisters are dead Three brothers died of malarious fever, one committed suicide, one sister died of malarious fever, one of dysentery, and one from the effects of a burn Prover had Cholera when three years old, malarious fever and enlarged spleen when 10 years old, since then enjoying good health, except suffering occasionally from malarious fever. At the time of proving, is in very good health, though he lives in a malarious village He is of regular and sober habits, constitution slightly bilious Disposition mild and quiet.

Sept 3, 1895 At 10 A M I took 5 drops of the mother tincture in an ounce of water in the presence of Dr. Sircar A few minutes after reaching my lodgings in Calcutta, passed water once, probably due to my having taken some liquid at an unusual hour Half an hour after began to experience thirst and a little dryness of the throat which lasted about half an hour and disappeared after bathing in cold water at 11 A M

About a quarter of an hour after the bath I experienced a peculiar sensation of dryness of the tongue and throat, as if mucus had collected in the throat, especially felt during empty deglutition Had my breakfast at 11—45 A M after which all the symptoms seemed to pass away for an hour. At 1 P. M while I was reading the last named symptom reappeared and lasted for hours

At 5 P,M I took another dose of 5 drops of the mother tincture This time no dryness of the throat or tongue occurred, but the throat seemed to be more full of mucus with symptoms of a slight cough now and then. A little heaviness

of the lower bowels followed by griping was felt which, however, was relieved after passing somewhat offensive flatus several times (flatus not usually offensive with me)

Sept. 4 On waking in the morning I experienced a little dryness of throat Had my usual morning stool (I generally have one easy stool in the morning)

At 8—30 A M I took 10 drops of the medicine, the smell of which made me somewhat sick this time Went out to see some patients but had to return earlier than usual on account of a desire for stool, had a soft stool at 9—30 A M of a reddish-brown colour, accompanied and followed by spluttering noise Bathed at 10 A M and sat to breakfast when I felt nausea and sickness which continued for nearly the whole day,

At 12 noon began to feel a dull headache which originating in the frontal region gradually settled in the left eye-brow. The pain then seemed to circulate round the external margin of the orbit preventing me from fully opening the eyelids This troubled me for more than an hour, then began gradually to pass away, and after 3 hours was entirely gone, the nausea, however, persisted the whole day I could not venture on a repetition of another dose in the evening I was summoned at night to a native village about eight miles north of Calcutta, to attend some members of my family who were ill, having had to go in a hurry I left the drug by mistake in my lodgings at Calcutta and so could not take any the whole of the next day

Sept 5. No medicine I felt as fresh as ever, had no disturbance of the stomach, the throat or the head, had my stool as usual, excepting that it was a little soft,

took my meals with my usual appetite and had a good night's rest.

Sept 6 At 0-30 P M took 15 drops about 3 hours after breakfast and many of the previous symptoms recurred in the course of the day, viz, griping in the bowels, development of the flatulence, dull frontal headache, feelings of lassitude and weariness with diminished appetite and nausea.

Sept 7 Urgency to stool on leaving bed ; stool diarrhoeic and was accompanied by flatus.

At 8 A M took a dose of 15 drops , half an hour after felt a dull sensation in head and a pressure in the stomach followed by nausea and eructations Bathed at 9 A M At 9-30 A M experienced a tickling sensation in the throat which brought on cough with sticky sputa accompanied by dryness and burning of the throat which made me uneasy the whole day , experienced great weariness towards evening with burning in the eyes, and felt a great desire for acid fruits and sugar water.

At 6 P M took another dose of 15 drops , about 7 P.M passed frequently noisy flatus of offensive smell , felt little or no appetite at the time of nightly meal , sleep was disturbed by dreams

Sept. 8 Morning stool not clear and easy ; abdomen seemed full , passed wind, head and eyes seemed dull and heavy, inclination to lie down, felt sleepy but could get no sleep, fullness of the stomach followed by eructations with an inclination to vomiting brought out a quantity of bitter fluid while washing my mouth and teeth

in the morning, cough also was noticeable now and then, throat seemed loaded with mucus which could be easily brought out

At 8 A.M. took a dose of 20 drops and felt soon after an indescribable feeling of nausea with loathing of food and this persisted even after my cold bath at 9 A.M.

At 10 A.M. took my breakfast after which I rested for some time and felt sleepy but could not shut my eyes on account of an oppressive frontal headache.

At 11-30 A.M. felt very thirsty and drank a tumblerful of water

At twelve began to sneeze and found that nasal catarrh had set in with a thin watery discharge from nose and eyes, dull and heavy headache with stiffness of the neck troubled me, went to bed with these symptoms but sleep was fitful and not at all refreshing.

At 3 P.M. got up from bed and began to experience a very bad griping of the bowels, had a stool which eased me somewhat

At 4 P.M. another stool, watery, warm, passed with flatus, last portion containing mucus.

At 6 P.M. another stool, watery, mucous, frothy, warmer than the previous one, colour at first reddish or brownish and then greenish, felt very thirsty after stool, took some sugar water. Could not venture on another dose and so medicine was stopped this evening

At 8 P.M. again felt an inclination to stool, more urgent, the stool was now entirely liquid, and gushed out in torrents,

sat for some time and frequently passed wind with frothy mucus. Felt very weak afterwards

At 9 P.M. took plain sago and went to bed, an hour after was roused by an urgent desire to stool but passed only a little thin watery stool of offensive and nauseating smell. Sleep was disturbed by dreams.

Sept. 9 No medicine Got up from bed in a weak state in the morning, took a cup of milk sometime after, bathed and felt somewhat refreshed At 9 A M took my breakfast, had no more trouble with the bowels, but a slight catarrh remained which was got over in 2 days

Sept. 22 Resumed proving to-day after having allowed the system a few days' rest to render it free from the effects of the previous experiment with the drug I may here mention that I abstained all the while from all sorts of indulgence, sexual or otherwise, and restricted myself to my usual diet

At 7 A M took ten drops in an ounce of water, and at 8 A M began to experience a slight dryness of the throat and nausea which was relieved by taking a cup of sugar water with a little lemon juice. I then passed water and felt better, especially after my cold bath at 9-30 A M

At 10 A M took my meal and no symptoms worth noting appeared during the day.

At 5-30 P M took another dose of 10 drops which brought on soon after a feeling of nausea and fullness of the stomach followed by flatulence and dullness of appetite. At 9 P M took my nightly meal and a good night's rest followed.

Sept 23. A feeling of languor was experienced on waking, my morning stool was not clear and was passed with noisy flatus. Head and eyes seemed heavy and appetite dull.

At 8 A M took 10 drops and felt nausea and had eructations half an hour after. At 9 A M, I was dull and rather thirsty, and had an inclination to take acidulated drinks.

At 9-30 A M I bathed and soon after sat to breakfast but could eat only a little and that too with disrelish. After breakfast I felt sleepy and disinclined to do anything.

At 11 A M had eructations and heart-burn. Stomach and abdomen seemed very full and loaded and remained in that state for about 5 hours.

Between 4 and 5 P M experienced a great dullness and yawned several times, the eyes became watery and mouth full of saliva.

At 5 P M took another dose of 10 drops which brought on sickness and my appetite continued as bad as it was in the morning.

At 5-30 took a walk but soon felt thirsty and on reaching home took a cup of warm milk.

At 6 P.M. felt intestinal griping and a desire to stool followed. The stool was small, diarrhoeic and attended with noisy flatus. This, however, eased me somewhat.

At 9 P.M. took my nightly meal and retired soon after to bed, sleep was disturbed by dreams.

Sept 24 Rose as early as three in the morning, felt thirsty and drank a glass of water, felt quite out of sorts, and went to bed again with heavy eyes. On waking up again at 6 A M I felt a toothache with swelling of the gums which pained me much during the whole day

At 6 to 8 A M felt no desire for stool but passed water more than once and frequently passed offensive noisy flatus. Had watery discharges from nose and eyes and felt very uncomfortable. Sat to stool at 8 A M but passed only a little diarrhoeic stool which brought no relief. I did not bathe nor did I take any medicine this morning

At 9 A M took a cup of warm milk and rested for an hour when no other symptoms than occasional yawnings appeared. At 10 A M took my breakfast which consisted only of a handful of boiled rice and some warm milk. Though I eructed several times after breakfast yet no signs of heart burn appeared to-day. I felt sleepy and slept for two hours at noon which did me good. The toothache and swelling of the gums seemed much less. The discharges from nose and eyes were almost gone but they gave place to additional symptoms to headache and a cough

At 4 P M took a dose of 10 drops which soon after brought on eructations and nausea which, however, were got rid of by smelling a lemon.

At 5 P M I began to feel griping of the intestines which induced an evacuation of the bowels which though diarrhoeic gave me great relief. Barring the cough which

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was somewhat distressing I was very well that evening and ate my dinner with relish, sleep was slightly disturbed by dreams

Sept 25 On awaking I felt an early desire for stool which was first watery and then soft, coming out in lumps followed by passing of wind Toothache and swellings of the gums were almost gone, but cough with dryness of the tongue and throat troubled me much Sputa came out like small shots, roundish in form, of ash or lead colour

At 10 A M took a dose of 10 drops and sometime after experienced a little burning in the throat and soft palate with a desire for acidulated drinks Had my bath at 9 and breakfast at 9-30 after which I was engaged in reading and no symptoms of any note save a few eructations appeared for 4 hours But notwithstanding this the stomach remained full till late in the afternoon and there was much rumbling in the abdomen, which seemed loaded with gas, and I felt great lassitude and dullness and yawned several times towards evening I scarcely had any appetite at dinner Sleep was much disturbed by dreams and a nocturnal emission occurred

Sept 26 Had an urgent desire for stool on rising from bed, it was diarrhoeic, mucous, passed with flatus, with griping in the bowels. Cough was also distressing, the throat seemed, as if it were choked, with mucus, which was brought out in small darkish (lead coloured) lumps.

At 8 A.M. took a dose of 10 drops, its smell was sickening, as also the eructation which generally followed its administration



At 9 A M I bathed and had my breakfast As I was writing a letter I felt a headache on the left side which troubled me a good deal for two hours and then gradually passed away No other symptoms than the fullness of the stomach and rumbling in the abdomen were marked during the day

In the afternoon I was called to an adjoining malarious village to see a very bad case of dysentery in a child over whom I had to keep incessant watch for three days and nights This brought on high fever which confined me to bed for more than a week, since then I have been suffering off and on from fever, and hence the interruption in the proving for the present

### Opinions of Other Noted Physicians.

The late Dr E P. Anshutz, of Philadelphia, had been the sole Editor of the Homoeopathic Recorder as long as he was alive.

Dr. Anshutz, like Dr Hale, brought out a book entitled—"New, Old and Forgotten Remedies" in which the provings and therapeutic properties of some new Homoeopathic remedies have been given A few indigenous drugs of India such as *Ficus Religiosa*, *Nyctanthes Arborescens*, *Justicia Adhatoda* and *Azadirachta Indica* have been incorporated in his book

Dr Anshutz collected some illuminating and valuable informations regarding *Acalypha Indica* which has found a place in his well-known book

I can not but reproduce the same *in extenso* for the benefit of my readers

He writes —“Dr Tonnerre of Calcutta, India, seems to be the first to call attention to this plant as a remedy. In a small book, *Additions to the Homœopathic Materia Medica*, collected and arranged by Henry Thomas, M.D., and published in London in the year 1858, appears the following credited to that physician —

“Tincture of the *Acalypha Indica*, prepared and administered in the sixth decimal dilution, is specific in hæmorrhage from the lungs. In three cases in which I have employed it the persons were affected with phthisis. In one case there was a tuberculous affection of the upper portion of the left lung, of some two years' standing. Hæmoptysis had been going on for three months, the expectoration had been in the morning pure blood, in the evening dark lumps of clotted blood, and the fits of coughing were very violent at night. In this case all Homœopathic remedies had been tried unsuccessfully, when I accidentally discovered the virtues of the *Acalypha Indica*, that remedy having been given to me by a native for jaundice. I prepared the mother tincture upon the Homœopathic principle, and took 10 drops, which brought on a severe fit of dry cough, followed by spitting of blood. Having noted all the symptoms experienced by myself, and finding that they were nearly all similar to those of my patients, I gave six drops of 6th (decimal) dilution in half a tumbler of water, a spoonful to be taken every half hour beginning immediately (9 A.M.) At 6 P.M. the blood stopped. I continued this for eight days, and the blood has never reappeared (now three months since). The patient is improving, and auscultation proved the disease has decreased, and I am in hopes to effect a cure.

Yet one month since I have been giving them the medicine they have not spit any blood, although previously one of them never passed a day without spitting a great quantity *Calcareo Carb* is an antidote to the *Acalypha*."

Another transatlantic medical friend writes —"I hope you obtained some of the *Acalypha Indica* while you were here I have found it perfectly successful in arresting haemoptysis in three cases of consumption in the last stage, I could not perceive any other effect from its use, but the cessation of the hemorrhagic sputa was, I think, a great advantage"

"Its use in my hands has been very satisfactory, but I have only tried it in similar cases to those already cited. The first instance of my using it—in a hopeless case of phthisis—a continued and wearisome haemoptysis succumbed to its exhibition, and quiet sleep succeeded its use The patient eventually died of pulmonary paralysis"

"In a case of passive haemorrhage from the lungs, after *Arnica* was used with little benefit, *Acalypha* benefited, and then failed after which the use of *Arnica* entirely stayed the haemorrhagic flow (Perhaps *Hamamelis* would have at once cured, but it was not at hand)" *Homœopathic Review, vol I, page 256,*

"K, a phthisical patient, had haemoptysis to a considerable extent, in a short time his voice failed him, he took half drop doses of 7th (decimal) dilution of *Acalypha* in water every half hour, and in a few hours the blood spitting left him entirely"

In 1885 Dr. Peter Cooper, of Wilmington, Delawar, read

a paper on the drug *Acalypha Indica*, of which the following is an abstract —

Professor Jones recapitulates as follows: "*Time*—Haemorrhage occurs in morning *Blood*—Bright-red and not profuse in morning, dark and clotted in afternoon *Pulse*—Neither quickened nor hard; rather soft and easily compressible. *Cough*—Violent and in fits at night, patient has a played-out feeling in the morning and gains in strength as the day advances."

*N B*—Worthy of trial in all pathological haemorrhages having a morning exacerbation "

Such is an outline presentation of the drug given us by so eminent an authority as Professor Jones of the University of Michigan. It was his "N. B", his suggestion that *Acalypha* was worthy of trial in all pathological haemorrhages from any source provided the morning aggravation was present, that fixed my attention upon the drug especially. At the time I had a case of haemorrhage per rectum that had baffled me for several months. No remedy had aided the case in the least, so far as I could see, unless it was Pond's Extract used locally in the form of injection, and I finally came to the conclusion that the relief apparently due to the *Hamamelis* was merely a coincidence. I have given all the haemorrhagic remedies I knew of or could hear of. Still the bleeding came just as often, with increasing severity. Each time the patient was sure she would be disappointed. In fact, I was so hopeless that I used to delay the answer to her summons as long as possible so that the bleeding might have time to exhaust itself. She became reduced in flesh and the

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haemorrhagic drugs became reduced in number, until like the nine little Indians sitting on a gate the last one tumbled off and then there was none. As soon as I read Dr Jones's monograph on *Acalypha Indica*, I determined to try it. She had all the symptoms—bright red blood in the morning, dark and clotted in the afternoon and evening, weak and languid in the forenoon, stronger during the afternoon—except one, i. e., instead of the blood coming from the lungs it came from within the portals of the anus. I procured the 6th dil. and served it in water. It gave speedy, almost immediate relief. Each subsequent attack came less profuse and at longer intervals. She has not had a haemorrhage now for two months, while before she was having from seven to one (continuous) a week. She is gaining in flesh, is in every way improved, and keeps *Acalypha Indica* constantly by her.”

Personal observations Regarding its Symptoms and Therapeutic properties.

Acalypha Indica has turned out to be an excellent remedy for cough, diarrhoea, flatulence, haemoptysis, incipient phthisis etc.

It appears to have a marked influence on the alimentary canal and respiratory organs. It is employed in the beginning of phthisis associated with hard, dry and severe cough followed by bloody expectoration, arterial haemorrhage, but no febrile disturbance. Expectoration of pure bright red blood comes on in the morning and dark clotted blood in the evening. Cough becomes very violent at night. Constant and severe pain is felt in the

region of the chest Pulse is soft and compressible The patient feels burning in pharynx, oesophagus and stomach Burning is felt in the intestines; spluttering diarrhoea with forcible expulsion of noisy flatus is present associated with bearing down pains and tenesmus There are rumbling, distention and griping pain in the abdomen Rectal haemorrhage may take place, which gets worse in the morning

In the proving made by Babu Joy Kissen Ghosal no spitting of blood appeared, but in other provers, "dry cough was induced followed by spitting of blood", which is its chief characteristic, and this symptom has been often verified by a speedy cure of haemoptysis In the opinion of Dr Hale it is employed when there *is expectoration of pure, bright-red blood in the morning and dark lumps of clotted blood in the evening*

In *Acalypha Indica* the skin appears to be jaundiced and sometimes itching and circumscribed furuncle-like swellings appear on the skin

There is dullness of chest on percussion and constant violent pain in the chest is felt

There is progressive emaciation and all pathological haemorrhages have generally and principally a morning aggravation.

Personally speaking, I used *Acalypha Indica* in several cases associated with spitting of blood from the lungs and I am glad to say that all those cases were cured I was simply charmed with its efficacy

Modality—Worse in the morning.

Relationship—Compare, Hama, Ipecac, Ficus Rel, Ficus ind, Millefol, Phosphorus

Parts used—The tincture is prepared from the fresh plant which is macerated with two parts by weight of alcohol

Dilution 1x, 3x, 6x generally used

Achyranthes Aspera Linn.

(*Apamarga*).

Vernacular. Sansk — *Apamarga*, Hind.—*Lajjra*; Beng.—*Apang*, Bomb and Mar—*Aghada*, Punj—*Kutri*, Tam.—*Na-yurvt*, Tel.—*Apa Khare-Vazhun*; Bur — *Kune-la-mon*

Description of the herb.

It is a small herb very commonly found all over India. The flowering spikes or the seeds of the plant, grounded and made into a paste with water, is used as an external application for bites of poisonous snakes and reptiles. Decoction of the whole plant is an excellent diuretic and is administered in renal dropsy and general anasarca. For preparation of the decoction, about two ounces of the plant in one and half a pint of water should be boiled for 20 minutes to half an hour and then strained. One to two ounces of the decoction is given two or three times daily. The astringent property of the drug has also been noticed by a few of us. It has been found very efficacious in stopping loose, watery stools.

A decoction of the powdered leaves mixed with honey or sugar candy is useful in the early stages of diarrhoea and dysentery.

Constituents The fruit contains a large percentage of alkaline ash pregnant with potash.

(*Materna Medica of India*, R. N. Khory, 11. 504).

Actions and Uses. Astringent, diuretic and alterative. It is given in menorrhagia, diarrhoea, and dysentery. Khar is largely employed in anasarca, ascites and dropsy. It is also employed in cutaneous affections and enlargements of glands and to loosen expectoration in cough. It has a great reputation in dog-bites and bites of snakes and other venomous reptiles, for which purpose it is given internally and also applied externally. The juice is sometimes applied in toothache, and the paste as eye-salve (anjan) in opacity of the cornea. A medicated oil is dropped into the ear in deafness and noises in the ears.

(Ditto, 11, 504—5).

The diuretic properties of the plant are well-known to the natives of India and European physicians agree as to its value in dropsical affections; one ounce of the plant may be boiled in ten ounces of water for 15 minutes and from 1 to 2 ounces of the decoction be given 3 times a day.

(Pharmacographia Indica—W Dymock, 111, p. 136).

Ayurvedic Opinions and Uses.

Charaka. It is used as a snuff to expel mucous from the nose.

Sushruta. Its root-bark is used in piles. It is also used in worm affections.

Chakradatta. It is used in haemorrhages from the boils; noises in ears and deafness of hearing; acute ophthalmia.

Bhaba Prakash. It is useful in Cholera where its root-bark is used.

Sangardhar. It is very good in bleeding piles.

Bangasen. It is an excellent remedy in insanity, and acute boils

Harit. It is very useful in general dropsy

Parts Used Leaves, root-bark, seeds and branches.

Dose Juice of the leaves 1 tola, decoction from one Chatak to half a powa, root-bark from four annas to half a tola; powder of the seeds from four annas to six annas

Personal Experience of Ayurvedic Uses.

I have observed in our practice that Apamarga leaves are largely used by our native physicians with beneficial results in all sorts of boils, carbuncles, eruptions, foul and poisonous ulcers

Many of these practitioners have made several patents in the form of oils for boils, carbuncles, ulcers and foul sores, and the principal ingredient of their oil is Apamarga. I know it for certain that Apamarga root and leaves are very good for snake-bites and bites of poisonous insects

It is a sovereign remedy for burns and is efficacious in subduing burning sensation—excessive burning sensation of the body and of all kinds of ulcers and sores

Parts Used in the Preparation Of Homoeopathic Mother Tincture.

The mother tincture is prepared from the juice of the leaves and branches, according to Formula I of the American Hom Pharmacopoeia

Homoeopathic Uses and Provings.

Proving No 1

Name of the prover — Dr Santosh Kumar Ghosh, H M B a homoeopathic practitioner practising at Basundia, Jessore, aged 26 years

Date of proving—22nd Nov 1934 Dr. S K Ghosh volunteered to prove this new drug. He took 5 drops of the mother tincture at 10 a m this day.

He took another dose at 4 p m

No symptoms of poisoning were developed that day

23rd Nov 1934. He took one dose of 5 drops at 8 a m., 2nd dose at 2 p m. and 3rd dose at 7 p m

10 p m He felt confused and depressed sensations in his head—dizziness and extreme prostration—were felt

Stomach. Sour belching and slight heart-burn appeared

Stool Passed one watery stool at 10 p m ; another at 11 p m with pain in the stomach before and during stool , stools gradually became watery, mixed with pieces of mucus and associated with burning sensation all over the body ; scanty urine and extreme thirst

Nausea and vomiting. There was slight nausea and frequent vomiting of water and mucus, aggravated after drinks

Pulse. Weak and thready

Skin. Red spots on the skin which burned terribly

Extremities. Aching in the limbs and burning sensation were felt

I prescribed the 3x potency of this drug to be repeated after each stool and the vomiting and purging were stopped within 6 hours

Proving No II.

Name of the prover Babu Amulya Ratan Bose, B A, Assistant Head Master of the Basundia Government-aided H E School in Jessore, aged 37 years

Date of proving 4th March, 1933 This proving was conducted by Dr Santosh Kumar Ghosh, H M B, of that place Amulya Babu took 5 drops of the mother tincture at 8 a m, took another dose at 10 a m., another dose at 4 p m

No symptoms were marked that day

5th March, 1933 Took one dose of 5 drops at 10 a m, 2nd dose at 1 p m, 3rd dose at 4 p m

6 p m Amulya Babu felt dizziness of head Confusion of his ideas and extreme exhaustion. Passed a watery stool of yellowish colour

8 p m He began to pass stools associated with nausea and vomiting every hour from this time Stools were very watery, sometimes mixed with mucus and associated with giddiness of head, extreme thirst, burning sensation all over the body, imperceptible pulse and aching of limbs This phenomenon continued up to 11 p m when 3rd potency of this drug was administered to Amulya Babu which stopped the vomiting and purging within 6 hours

Proving No. III.

Name of the Prover. Babu Hari Narain Goswami of Bhowanipore, Calcutta, aged 32 years

Date of proving. 23rd Nov 1934 Hari Narain Babu took 5 drops of the mother tincture at 10 a m and again another dose at 2 p m No symptoms of poisoning appeared in the course of the day

24th Nov 1934 He took one dose of 5 drops at 8 a m , 2nd dose at 11 a m , 3rd dose at 12 a m and a 4th dose at 2 p m

4 p m From this hour he began to pass loose stools every hour, and the stools gradually became thoroughly watery, there were nausea and vomiting, sometimes simultaneously with the stool extreme weakness and giddiness of head were experienced There was extreme thirst and vomiting came on after drinking, pulse was thready and almost imperceptible, burning sensation was felt all over the body, red spots appeared over some parts of the body and urine was suppressed

The prover continued in this stage up to 8 p.m of this day when I gave him 3x of the drug which was repeated after each spell of purging After the administration of the 3rd dose there was no more stool or vomiting and he gradually got back his former vigour and strength within 10 hours

Personal Observations.

From the above provings it can safely be demonstrated that *Achyranthes aspera* will prove of inestimable

benefit in acute diarrhoea and cholera. It will be no news to our readers that the late revered and the late High Priest of our fraternity Dr Mahendra Lal Sircar, M D, D L, C I E, was sometimes engaged in finding out the curative virtues of this drug. He could not prove it, but he used it in a few cases of acute diarrhoea and cholera with beneficial results. It was very unfortunate that I could not secure the notes left behind by the great savant.

The native Kavirajes of our country are in the habit of using the leaves of this plant, both internally and externally, in boils, carbuncles and foul and poisonous ulcers with very good results.

I have also used it both internally and externally in three cases of carbuncles and the results were simply marvellous. I used 1x of the drug internally and the mother tincture externally over the carbuncle diluted in proportion of 1 to 10 to subdue the burning pains of the carbuncle. The burning pains disappeared within 10 minutes after the external application.

Clinical Verifications

Case No 1.

My 3rd son Master Subodh Kumar Ghose, aged 19, had an attack of diarrhoea all on a sudden on the 5th December, 1934. The stools gradually became watery, yellowish and mixed with flakes of mucus, there was excessive thirst associated with thready pulse, nausea and giddiness of head.

Extreme weakness was felt after each stool. There was no vomiting, burning sensation was present. I

prescribed **Achyranthes aspera** 3x in drop doses after each stool.

After the administration of the 3rd dose, there was no more stool. He was cured with this medicine alone

Case No II

Babu Hari Charan Roy, B A of Kalighat, aged 46, had an attack of violent diarrhoea on the 20th Nov 1934. At first he passed yellowish stool, very profuse in quantity. He began to pass stools every hour. I saw him at 4 p m. I found him to be very weak and exhausted, his pulse was found to be very weak and thread-like, extreme thirst was present, urine was suppressed, head was confused and giddy, there was vomiting of water or mucus, burning of whole body was felt. I prescribed **Achyranthes aspera** 3x to be repeated after each stool. The diarrhoea was stopped within 6 hours.

Case No. III.

Srimati Sovarani Ghose, aged 6, had an attack of cholera on the 4th September, 1934. At first she was treated by another homoeopath for six hours, but unfortunately the disease went on increasing by leaps and bounds and I saw her at 10 p m that night.

I noticed the following symptoms —

The stools were watery, mixed with particles of mucus, purely colourless, pulse imperceptible, extreme thirst was present, there were burning sensations all over the body, patient was totally prostrated, giddiness of head was present, vomiting existed, vomited matter was mixed

with water , nausea was marked I prescribed **Achyranthes aspera** 3x , 4 doses of this medicine were sufficient to stop the purging and vomiting and the patient was restored to health within 6 hours.

Septic Wound

Case No. IV

Babu Umapado Ghosal, a teacher of a local school, and aged 47, had been suffering from a septic ulcer on the sole of his right leg contracted while walking for 20 days

At first he felt burning sensation over the wound, gradually the affected part was swollen and became red Foul odour came out from the ulcer and the temperature of his body rose to 102.4° and this temperature continued without any abatement Extreme thirst was present and the head was confused and giddy In spite of strong allopathic medicines, both external and internal, the condition of the ulcer appeared to be very bad I took the patient under my treatment on the 2nd Dec 1934 and prescribed *Achyranthes aspera* 3x in drop doses four times daily and the sore was washed and dressed with a lotion of its mother tincture The condition of the sore looked bright and bad odour disappeared, temperature fell down to the normal point and burning sensation over the affected part was subdued within 24 hours and the ulcer was healed up within five days

Andersonia or Amoora Rohitaka

(*Rohitaka*)

Common Names. Beng —Royna, Harinhara, Pitwaraja ;
Hind —Rohera , Guz —Rohido

Natural order. Meliaceae.

Description of the plant

It is a large tree and is generally found in many districts of Bengal

It also grows in Assam, Sylhet and Cachar and also in Western India, Burma, Malacca and some other places this plant can be found

Ayurvedic Uses and Opinions.

The Hindu physicians have found it to be alterative, astringent and tonic , they prize it as an excellent remedy in the enlargement of liver and spleen, in corpulence and enlarged glands and also in general debility They have also recommended it in gonorrhoea and leucorrhoea

Chakra Datta, Charak and other Ayurvedic authorities have recommended it in the splenic affections, mucous gonorrhoea, and leucorrhoea They have also found it efficacious in hepatic affections and derangements as well They have recommended it for jaundice, dropsical swellings, chronic fevers and some other diseases

Parts used Stem and root bark. *Dose.* Decoction, 5 to 10 tolas , powdered bark, 1 to 4 annas

Allopathic uses and opinions.

Constituents Two yellow resins, starch, colouring matter, tannin and salts, both resins are soluble in ether, but one is insoluble in alcohol and alkaline solution, the other is soluble in both these liquids and is of an acrid nature

Actions and uses. It is alterative, astringent, and tonic, given in enlarged glands, as liver and spleen, in corpulence and in general debility.

(R N Khory Vol II, p 118)

R. N Chopra in his Indigenous Drugs of India, p. 461 says —

“It is an aperient, used in enlarged glands, liver and spleen diseases and corpulence”

Homoeopathic Proving and Materia Medica.

Dr. Pramada Prasanna Biswas of Pabna, Bengal personally proved this drug.

The following symptoms set in while it was proved —

Mind Easily angered, mistakes in spelling take place, memory becomes dull and disordered, can not fix mind on any subject or matter

Head Heat in the head, specially on the vertex, giddiness of head, feeling of warmth or heat in the head, specially on the frontal region; sensation of pain in the temples associated with heat which is relieved by cold breeze or cold application, burning sensation is felt in the eyes and face

Face, Eyes and Extremities. Flushes of heat come out of the face, face, eyes, hands and feet burn—burning sensation is felt there.

The patient feels great relief if body-coverings are thrown off

Mouth and Taste Insipid taste in the mouth, in the morning taste becomes bad and bitter

Stomach and Abdomen. Burning sensation is felt in the stomach with urging for vomiting, sensation of heat is felt in the stomach and spasmodic colic due to indigestion ensues, heat is felt in the lower abdomen, pains are felt in the right and left hypochondrium

Liver and Spleen. There is enlargement of both liver and spleen and burning sensation is felt there

Nausea and Vomiting There are nausea and vomiting, also an attempt at vomiting, water comes out of the mouth

Fever. There is feverishness with headache with frontal pains. During fever aching pains are felt, body becomes hot, heat comes out of the mouth, face, eyes, hands and feet burn.

Pulse Pulse is full, slightly rapid

Personal Observations.

Rohitak has been named by all Hindu physicians as *Plhaghata* meaning thereby that it does away with all splenic disorders.

It is, no doubt, a splendid remedy in all disorders of the spleen, either enlarged or painful. It is also an excellent medicine in all hepatic derangements

In chronic slow malarial fevers associated with the enlargement of the spleen and liver its action is supreme. It is particularly useful for patients with bilious temperament. They have fever with headache and burning sensation of eyes, face, hands and feet, they desire to have cold breeze or cold application which ameliorates all burning sensations experienced by them.

There is constipation which is a characteristic symptom of the drug, there is no desire for food, taste of the mouth is insipid or bitter and the patient feels laziness while getting out of the bed in the morning

It bears a great resemblance to *Cephalandra Indica*, *Kalmegh*, *Azadirachta*, *Nyctanthes Arbortristis* and *Khetpapra* with regard to the burning sensation of eyes, face, hands and feet consequent upon chronic fevers

Open air, cold breeze or cold application generally mitigates or relieves all pains specially burning of the body

These are the symptoms which I have given in a nutshell and which are found useful at the bedside of patients

Preparation. The tincture is prepared from the bark

Dil. 3x, 6x, 30 potencies are generally prescribed.

Andrographis Paniculata.

(Kalmegh)

Common names Sanskrit—Bhanimba , Mahateeta ,
Kirata English—The great king of bitters , The Creat.
Hindi—Karyat. Bengali—Kalmegh, Kalpanath. Pers—
Narnehavandi Gur—Karyato. Mah—Olenkayet.
Telegu—Nalavemu Tam—Nilambu Can.—Nelabaem
Mall—Nilavcepu

Natural order. Acanthaceae

Habitat Common in India, specially in Bengal.

Parts used The entire fresh plant

Description of the Plant.

It is an annual plant, 1 to 3 feet high, common in hedge-rows throughout the plains of India from Lucknow to Assam. It is also cultivated in gardens in some parts of India. The shrub is well-known under the name of 'Kalmegh' and forms the principal ingredient of household medicine called 'alu' which is extensively used in Bengal. The macerated leaves and juice together with certain spices are made into little globules, which are prescribed for infants to relieve griping, irregular stools and loss of appetite. The roots and leaves have also reputation of being a febrifuge, tonic, alterative and anthelmintic. In general debility, dysentery and certain forms of dyspepsia associated with gaseous distension of the bowels, the decoction or infusion of the leaves have been used with satisfactory results.

Lt. Col R. N Chopra, I M S has written the following about its Chemical Composition and Therapeutic uses in his famous book,—Indigenous Drugs of India —

Chemical Composition “Dymock and his co-workers found that an aqueous infusion of the herb was intensely bitter and acid and thought that the bitterness was due to an indifferent, non-basic principle. No alkaloid could be isolated but the ash contained a large quantity of potassium salts”

“Gortar (1911) thought that the bitter substance in the leaves was a lactone ‘andrographolid’, formula $C_{20} H_{30} O_5$. Later investigations by Bhaduri (1914) showed that the leaves contained two bitter substances and traces of an essential oil. The first bitter principle obtained as intensely bitter yellow crystals with formula $C_{19} H_{28} O_5$ and M P 206° . It did not respond to any tests for alkaloids and glucosides. The second bitter substance was obtained, in an amorphous form and was named ‘Kalmeghin’ $C_{19} H_{28} O_5$, M P 185° ”

Therapeutic uses —“A preparation of this drug was sometime ago advertised in England as a substitute for quinine and as a general powerful tonic. This has, however, been largely discontinued as it does not seem to possess any special antimalarial property. It is an intensely bitter substance and seems to be in no way inferior to other bitters mentioned in the pharmacopœia. It is easily available and is very cheap and merits better recognition”

Constituents A bitter principle and a great quantity of sodium chloride

Actions and Uses found by the Modern allopaths. "It is a bitter tonic and stomachic like Quassia and Chiretta. The expressed juice of fresh leaves or the compound infusion is employed with cardamom, cloves and cinnamon to infants, in general debility, in convalescence after fever and for the relief of griping pain with irregularity of the bowels and loss of appetite and in advanced stage of dysentery. It is used as a substitute for quinine"

(R N Khory,—Vol, II , P. 464-65).

Dymock has made the following remarks about this drug —

"It is the principal ingredient of a domestic medicine called *Aluu* which is given to infants for the relief of griping, irregularity of bowels and loss of appetite. It is prepared in the following manner.—

Take equal parts of cumin, randhani (fruit of *Carum Roxburghianum*) aniseed, cloves, capsules of greater Cardamoms and pound them thoroughly with the expressed juice of the leaves of Kalmegh. The thing thus prepared is divided into small pills and dried in the sun. The dose is one pill rubbed down in human milk. In the Pharmacopoeia of India it has been made official and directions for making a compound infusion and compound tincture are given. Quite recently, under the name of *Halwa* which appears to be a corruption of the Bengali word *Aluu* or *Alvi*, a preparation of the drug has been advertised in England as a substitute for Quinine. The dose of the dried leaves is about ten grains combined with twenty grains of black-pepper"

(Dymock, Vol. III P, 46—7).

According to Roxburgh, *Justicia paniculata* is the name of what we find in Bengal. Hooker, in his wellknown work, *Flora of British India* has mentioned seventeen varieties of *Andrographis* which, according to his opinion, are very closely connected and identical in respect of form and colour of flowers and also of seeds

Its uses by Ayurvedic physicians. They use it with success singly or as a principal ingredient with other medicines in worms of children, vomiting of children, infantile liver, enlargement of liver and spleen, fever with the enlargement of liver and spleen, fever with constipation, in malaria, in infantile liver, in Kala-azar of children, and also in boils, abscesses and septic wounds

Its Homoeopathic Provings and Therapeutic Properties.

Dr Pramada Prasanna Biswas, of Pabna and Dr N. Sinha made provings of this drug

Both the provings are, no doubt, incomplete and fragmentary, but they cannot be brushed aside with indifference. They lead us to think that it will turn out to be an excellent remedy in our *Materia Medica*.

Symptoms of the Drug.

Head Giddiness of head, throbbing pain on the occiput, sometimes very painful, heaviness of head, frontal headache.

Mind. Despondency, no desire to do any work, no desire to talk; restlessness, easily angered

Eyes Redness of eyes , yellowish tinge of eyes

Nose Watery discharge from the nose , symptoms of catarrh present , occasional sneezing.

Mouth, tongue and throat Bitter taste in the mouth , dryness of throat ; white coating of the tongue

Abdomen Occasional eructations , burning in chest and throat , heaviness of abdomen , no hunger , ineffectual urging of stool , heat and burning (occasional) of abdomen , enlargement of liver, painful to touch , pain felt over liver on pressure, many disorder of liver , infantile derangement of the liver and its enlargement.

Stool Loose stools, loose bilious stools , constipation , frequent urging for stool, but no evacuation takes place , blackish hard stools , yellow loose stools of infants , sometimes constipation, sometimes easy motion , tendency to costiveness

Urine Urine high-coloured , in infantile jaundice, urine is thick and yellow

Fever. Double type of fever is a grand characteristic of this drug , fever is associated with slight chilliness, heat remaining all along, heat marked with burning sensation all over the body , there are headache and thirst ; burning sensation is relieved by cold air and application of cold water , efficacious in intermittent and remittent fevers and almost specific in the fever which comes on with double accession , jaundice and constipation manifest themselves , fever comes on after 11 A.M. and again appears at 7 or 8 P.M.

Modalities. Cold water relieves the burning sensations

of the body , sweat also relieves these symptoms , all symptoms are worse during fever , there is an intermingling of contradictory symptoms

Personal Observations Regarding Its Therapeutic Properties.

The people of India prize it to be a highly efficacious remedy in all sorts of liver complaints from very early times

The Ayurvedic physicians of India use it in enlarged liver or any derangement of liver, especially in children with jaundiced skin or without it, in the first stage of cough and cold, in the general debility and in convalescence after a long-continued fever They also employ it in cutaneous ailments,

In intermittent fevers, the fever comes on daily between 8 and 9 a m or between 10 a m and 12 a m , during fever there is slight thirst ; loose stools, catarrh, cough and pain in the hepatic region are the accompanying symptoms , there may be constipation in place of diarrhoea , burning sensation in eyes, face, hands and feet, especially in the palms are keynote symptoms for its administration , during fever the patient is disinclined to move, desires to keep quiet, during fever there is intermingling of chilliness and burning sensation ; sometimes the patient likes cold applications ; sometimes he dislikes them, in this way contradictory and conflicting symptoms manifest themselves It is generally used in an attack of remittent or intermittent fever where there is double accession of the seizure associated with predominance of bilious symptoms and headache In some cases, headache may be absent.

In slow fevers of children with derangement or enlargement of liver, it is very useful. In infantile jaundice where eyes and urine have become yellow, it is used with efficacy. It is an excellent remedy in chronic fever associated with the enlargement of liver and spleen along with burning of hands, feet, eyes and face, and headache. Its efficacy is found also in Kala-azar of infants. The following are the principal guiding symptoms of Kalmegh :—

Sensation of heat and burning in hands and feet, mental depression and despondency, bad taste in the mouth, bitter and putrid taste over the tongue, constipation, scantiness of stools, changeableness of symptoms, heaviness of the whole body for which the patient walks slowly.

The patient wants to wash the hands and the feet with cold water in order to be relieved of the burning sensation felt over the parts, he feels considerable relief from cold, he does not desire to move.

Kalmegh is a domestic medicine for flatulence and diarrhoea of children and it is also used for worm symptoms as it is considered to be anthelmintic. It is used in torpidity of liver, neuralgia, dyspepsia, in general debility, in convalescence after fevers and in the fully developed stage of dysentery. In short, Kalmegh is a sovereign remedy for the above mentioned ailments.

Preparation. The fresh plant is macerated with two parts by weight of alcohol.

Dilution. 1x, 3x, 6x and 30th potencies are generally used.

Melia Azadirachta or Azadirachta Indica.

(Nim)

Natural order Meliaceæ

Name Sanskrit—*Nimba, Vembaka*, Bengali—*Nim*, English—*The Nim or Margosa tree*, Hindi—*Nim, Nimba*, Bombay—*Nim, Bal-nimb*, Tamil—*Vembu*, Telegu—*Vepa*, Punjabi—*Nim*

There is another variety of this plant which is called as "Maha Nimba", *M. Bukayun*

Habitat. Indigenous to India and Burma and planted all over these countries.

Description of the Plant.

Azadirachta Indica is a large ever-green tree, 40 to 50 feet in height, commonly found throughout the greater part of India and Burma. It is frequently planted as homestead or avenue tree as it is believed to purify air. Almost every part of this plant is used for medicinal purposes in India.

The bark, leaves and fruit have been used by Ayurvedic physicians from antiquity. The barks and leaves bear a particular interest from the medicinal point of view. The bark exudes a clear bright amber-coloured gum which is collected in small tears or fragments. The dried flowers are also used for medicinal purpose.

Under the name of "pancha-amrita", a medicine is prepared by Ayurvedic physicians which contains the flowers, fruits, leaves, bark and root of the tree

AYURVEDIC USES.

Charaka It is very useful in leprosy.

Sushruta It is an excellent remedy in leprosy and skin diseases. It is also used in certain forms of gonorrhoea. It is also good in fever with burning symptoms all over the body. It also allays thirst due to cough

Hart It is an excellent remedy in impurities of blood. It is good for boils It is used with beneficial results in cases of poisoning

Bagbhat It is used in boils and baldness of head It is also used when the hairs grow gray untimely

Chakradatta. It is an useful remedy in poisonous boils, ulcers, eczema, scabies and other skin diseases. It is also good for jaundice

Bangasena It is a sovereign remedy for sciatica and many hopeless cases of sciatica are cured by its use. It is used in heart diseases due to cough. It is also used in eye diseases and in fevers of children

Vabaprakash It is used in affection of worms. It is also used in haematemesis It is also useful in all ulcers and boils and its use does away with all parasites found in those affections

PARTS USED FOR MEDICINAL PURPOSES.

Bark, leaves, flowers, seeds and oil.

Dosage Powdered bark, 1 to 4 annas, Powdered leaves, 1 to 4 annas, seeds, 2 annas, Juice of the leaves, 1 tola, decoction, 5 to 10 tolas.

Opinions of Allopathic Physicians.

Constituents of M. Bukayun. Noncrystalline resinous substance—the active principle, sugar and tannin.

(R. N. Khory—Vol II, P. 118).

Actions and Uses In small doses, the bark is a bitter tonic, astringent, anti-periodic, anthelmintic, given to children in round worms and to adults in fever and indigestion, leaves and flowers are alterative, and diuretic. The juice of the leaves is used in fevers, dyspepsia, general debility, jaundice, worms, scrofula, boils, leprosy, etc. Externally the flowers and leaves are discutients, as a poultice they are made warm and applied to the head in nervous headaches. A poultice of the flowers is said to kill lice and to cure eruptions of the scalp; a paste of the leaves is applied hot to unhealthy ulcers, to indolent scrofulous glands, and to pustular eruptions. The drug is a narcotic poison in large doses, producing giddiness, dimness of sight, mental confusion, stupor, dilated pupils, and stertor. It also acts as a gastro-intestinal irritant, producing vomiting and purging.

(R. N. Khory,—Vol II P. 119).

Constituent of M. Azadirachta The seeds contain a resinous oil known as margosa or nim oil. The bark contains a neutral resinous bitter principle, margosine, non-crystalline and without alkaloidal properties catechin, gum, sugar and tannin.

(R. N. Khory,— Vol II, P. 119).

Actions and uses. The bark and leaf stalks are astringent, bitter tonic and anti-periodic and used in intermittent and paroxysmal fevers and for general debility and convalescence and after febrile and other diseases. The leaves are discutient and local stimulant and used as varalians or poultices to disperse indolent glands and swellings. The young trees yield a kind of sweet juice (toddy) which when fermented is used as stomachic and anthelmintic and is given in worms and jaundice. The pulp is applied to boils, pustular eruptions, open sores, and bruised joints. The compound powder *Puncha numba churan* is tonic and given in convalescence after fever.

The fruit is a purgative, anthelmintic, and stimulant, given in leprosy, intestinal worms, piles, and urinary diseases. The gum is used by lying-in women, as uterine stimulant. The seeds are used for killing pediculi, and the powdered kernel for washing the hair and as a remedy for mange in dogs. The oil, mixed with other oils, is applied to skin diseases, suppurating scrofulous glands and leprous ulcers. It is rubbed on the skin in rheumatic affections and to the head in headache. The oil contains sulphur, and therefore with alkalies it is used in skin diseases.

(R. N. Khory,—Vol. II. P. 120).

Lt Col R. N. Chopra, I. M. S. has dealt very extensively with this drug in his monumental work, *Indigenous Drugs of India*. I can not resist the temptation of reproducing his remarks and researches concerning the chemical composition and other properties of this valu-

able drug which will be found to be very interesting and edifying to our readers

Chemical Composition. "Margosa bark was chemically examined first by Cornish (1856) who found that it contained a bitter alkaloid occurring in long white needles to which he gave the name of margosine but which was obtained only in minute quantities as a double salt of margosine and soda. According to Broughton (1873) the bitter principle present in the bark consists of a resin which it is very difficult to obtain in a state of purity. This worker did not obtain any definite reaction for the presence of an alkaloid."

"A fixed bitter oil occurs in the seeds to the extent of 31 per cent, and can be extracted by boiling or by pressure. This oil is deep yellow in colour and has a strongly disagreeable acrid taste. Warden examined the oil and found that it had a specific gravity of 0.9235 at 15.5°C; at about 10° to 7°C it congealed without losing its transparency; the oil contained free and volatile fatty acids. After standing for about 36 hours, the freshly expressed oil deposited a white sediment which on microscopical examination was found to be amorphous in character. The colour reactions of the margosa oil were not characteristic. Though no attempt at separating the fixed fatty acids was made, they probably consist of a mixture of stearic and oleic acids with a small amount of lauric acid"

Roy and Chatterjee (1921) analysed the oil and found the following constituents —

"(1) Sulphur 0.427 per cent. (2) A very bitter

yellowish substance was obtained from an alcoholic extract of the oil. There is every probability that this substance is an alkaloid but this point has not been finally settled. (3) Resins (4) Glucosides, indefinite (5) Fatty acids”

“*Margosic acids and its salts.* An acid which has been named ‘margosic acid’ was prepared from the oil by Roy and Chatterjee (1917-18) in the following manner :—

Steam-distilled neem oil was saponified with Caustic Soda dissolved in alcohol. The alcohol was removed by distillation and then the Potash Soap formed was decomposed by treatment with excess of dilute hydrochloric acid. The liquid was then boiled and margosic acid separated as an oily layer which solidified on cooling. The acid was removed and washed repeatedly with water till it was free from hydrochloric acid. It was again melted on the steam bath and then the upper oily layer was carefully separated; on cooling, margosic acid was obtained as a yellow mass.

The sodium and potassium salts were prepared by neutralising the acid with requisite quantities of caustic soda and caustic potash solutions respectively and evaporating them to dryness on the steam bath and finally in the desiccator over sulphuric acid. The salts are nearly white in colour and are soluble in water. They are extremely bitter to the taste.

Watson and his Co-workers (1923) consider that the objectionable odour of neem oil is chiefly due to organic sulphur compounds which are slightly volatile. On prolonged steam distillation of the oil a volatile sulphur

compound slowly distils over and collects on the condensed water. A bitter principle, about 200 times as bitter as the original oil, was separated by these workers. The ultimate analysis of the bitter substance showed that it consists of 2 different portions—an amorphous and a crystalline substance. The crystalline substance has been termed 'margosopicrin'

Dutt and his Co-workers (1930), however, consider that the odorous element in the oil consists of an evil-smelling essential oil which remains in a state of solution in the oil itself and can not be easily separated on distillation.

In a recent paper by Sen and Banerjee (1931), it has been shown that the bitterness of the oil is due to the presence of the Sodium Salt of an acid and partly to the presence of the free acid which are held in solution in the oil. The acid contains sulphur in its molecule and is unsaturated.

Pharmacology of Margosates. The pharmacological action of the margosates was studied by Chatterjee and Roy. They have a powerful action against protozoa, a solution of 1 in 10,000 killing the flagellate *protezakia* in 5 minutes. The results obtained by these workers are as follows —

<i>Drug used</i>	Dilution which suffices to kill in 5 minutes.
Quinine Sulphate	.. 1 in 100,000
Emetine 1 in 10,000
Tarter emetic	... 1 in 500
Sodium margosates (B.C.P.W.)	... 1 in 10,000

Paramoecium candatum was killed instantaneously with 1 in 2,000 solution. The sodium salt of the acid was also tested on microfilarae and it killed these organisms in 35 seconds in a concentration of 1 in 200. These workers considered that, along with their strong parasitotropic properties, the margosates possess very low organotropic properties. The carbolic acid co-efficient of the soluble salts is only 2 and, therefore, the antibacterial or bactericidal properties of margosates are not very marked in vitro. They, however, consider that there is sufficient clinical evidence to show that margosates have a powerful action against bacteria in the body.

Therapeutic Uses M Azadirachta is a reputed remedy for skin affections and in view of the parasitotropic properties of the margosates, it was tried on a number of cases of scabies, eczema, pemphigus, etc. The results obtained were promising in some patients but not so satisfactory with others, on the whole the drug was considered to have a beneficial effect. The possibility of its possessing anti-spirochætal properties led Chatterjee to try margosates in the treatment of syphilis.

Sodium margosates was given in solution, in doses varying from 0.01 gm to 0.325 gm subcutaneously, intramuscularly and intravenously in the primary, secondary, and tertiary stages of syphilis. In the primary and secondary stages, the initial lesion and secondary manifestations disappeared under its influence much more readily than in untreated cases. In the late secondary and tertiary stages the skin lesions, gummata, etc., soon subsided. The results, however, were not so satisfactory.

as those obtained from administration of the arsenicals, mercurials, bismuth and iodides

The juice of margosa leaves has a reputation in indigenous medicine as an anthelmintic. In order to confirm the truth of this statement, Caius and Mhaskar (1923) administered it in one dose of 4 drachms preceded and followed by purgation. Neem oil was also tried in doses of 1 to 4 drachms. The maximum dose of the oil produced occasional diarrhoea, nausea and general discomfort but both the leaves and the oil proved quite ineffective in expelling the intestinal parasites."

In the Journal Soc. Chem Ind., 1923, Page 387 we find the following —

It is used in scorpion-sting and snake-bite, antiseptic, antiperiodic, anthelmintic, tonic, in skin diseases bitter substance, bitter oil.

Its Homœopathic Uses and Provings.

This common indigenous drug was introduced to the homœopathic world by the late Dr P. C. Majumdar, M D of Calcutta. Nim was proved by him and by one of his pupils, U. C Bagchi. A full report of those provings was published in the *Indian Homœopathic Review*, edited by him, Volume III, No 1. And later on two more provings were made, one by Dr H Chakrabarti and another by his assistant. A synopsis of those provings was published in the *Medical Advance* Vol. XXV, page 423. Almost identical symptoms were produced in the four provings mentioned before

I have, therefore, culled the most important and guiding symptoms from these provings and give them below for the purpose of selection and administration of this drug. The bark known as *Margosa Bark*, is the best-known medicinal portion and the tincture for the provings was prepared from this by Dr P. C Majumder and others

Symptoms.

Mind. Depressed and forgetful, mistakes in writing and spelling words, weak and dull, full of anxiety, inactive, could not think or remember names of persons very familiar, or what has been done in previous day. No desire to go out or walk out. Loss of memory

Head. Giddiness, as if the head were moving to and fro, especially when rising from a sitting posture; headache, pressure in the head, by moving it, headache, throbbing in the temporal arteries, especially of the right side, with a little vertigo; aching, drawing and throbbing in the whole head; headache by wet compress, with much pain in the right eye-ball; headache, on moving; headache on the right side with much pain. Frontal headache, especially on the right side, in the open air. Throbbing in the vertex, by stooping, scalp is painful and sensitive to touch, even the hair is painful. Vertigo at 10 A M; intense headache, pain in the whole head; on walking pain is felt in the back part of the head

Eyes Burning in the eyes, burning in the eyes continued throughout even the next day; burning, dull and heavy. Pain in the eye, by slightest pressure; red,

congested and burning with slight coryza, sense of pressure in the right eye, eyes red and sunken; pressive pain in the right eye-ball.

Ears. Buzzing in the ears, a peculiar cracking sound is heard in the ear like tickling with a feather, which is increased on opening the mouth.

Nose. Running of watery fluid from the nose.

Face. Flushings of the face, flushing and heat in the face, face pale

Mouth No thirst but mouth is clammy, water has relish, taste good, but mouth is clammy and bitter. On the sides and surface of the tongue a painful burning sensation is felt as scalded, papillae seem to be enlarged and prominent. Putrid taste in the mouth Saliva coming out which tastes salty. Slight difficulty in deglutition, especially water and meat.

Throat. Bitter taste in the throat, left-sided sore throat.

Stomach. No thirst; appetite very acute and keen; very great thirst for large quantity of cold water; very great thirst at long intervals. Heart burn and water-brash Uneasy sensation in thorax.

Abdomen Great uneasiness in the abdomen with flatulent rumbling in the bowels, twisting pain in the epigastric region, no tenderness in the abdomen, clutching pain in the umbilical region, obliging to bend forwards, which affords some relief, abdomen a little distended, passing of offensive flatus; painful tension in the hypochondriac region

Stools. Insufficient bowels, very much constipated, stools hard, small and knotty; stools hard but natural, stools copious, soft, semi-solid Diarrhoea, no satisfaction after stool

Genito-urinary organs. Great excitement of sexual organ (in male), sexual desire a little diminished Urine scanty and high coloured, and scalding, urine white, clear and copious, urine of strong odor (once with purple sediment)

Respiratory organs. Very troublesome cough after bathing at 1 P M —Sputa white, in small lumps, expelled with much difficulty. Sighing, breathing at intervals. Slight hoarseness Cough with grayish expectoration, cough with thick sputa, short dry cough in the afternoon; very troublesome cough with white sputa and tasteless Deep breathing at long intervals, breathing very rapid and hot.

Chest and throat. Aching in the lower part of the right chest, below the nipple. Stitches in the chest. Crampy pains in the lower part of chest. Transitory stitches in the chest, especially in the right side.

Pulse. Quick and hard, feeble

Neck and back. Pain and debility in the nape of the neck

Extremities Numbness of the limbs, as if the limbs are paralysed. Gnawing in the legs, Strength of the hand diminished. Burning of the hands and soles of the feet. Numbness of the hands only, especially the right hand. Rheumatic pains in the lower extremities.

Sleep and dreams. Sleeplessness and tossing in bed, dreamy and interrupted sleep at night. Dreams of quarrels and beating in the latter part of night

Fever. Fever commences with very slight chill or without chill from 4-30 P. M., and abates from 7-30 P. M., afternoon fever. Glowing heat and burning, especially in the face, eyes, palms of the hands and soles of the feet, in open air. Copious sweat, especially on the forehead, neck and upper part of the body, sweating commences on the forehead, gradually extending towards the trunk, no sweat in lower part of the body.

Skin. Itching of various parts of the body, without the appearance of any eruption, itching of the body Sudamina on the back.

Aggravation. Aggravation takes place in open air; in afternoon

Personal Experiences and Observations Relating to its Therapeutic Uses.

There is a wellknown proverb about this important drug which runs thus.—

“The land where Nim and Nischinda abound
Can Death, Disease therein be found ?”

Nim tree is planted almost in every house in our country and from this it can be easily concluded that its therapeutic uses are known by us in India from time immemorial.

The leaves, bark, wood, roots and fruits, in short, every part of this plant, are intensely bitter According to the

Hindu system of Medicine the different parts of this plant possess different medicinal properties

The consensus of opinion of all physicians is that it is generally used with success in cases of lassitude, thirst, cough, fever, loss of appetite, helmenthiasis, boils, indolent ulcers, bilious derangements, catarrh, vomiting, cutaneous diseases, leprosy, hiccough, gonorrhoea, etc, its leaves are used in some forms of ophthalmic disease, helmenthiasis and disorders produced by vitiated bile, or use of poisonous things. A decoction of fresh leaves is employed as a favourite wash to cure old ulcers of long standing. It is a sovereign remedy to do away with the sloughs very shortly and to promote the healthy granulation and healing. The fruit is purgative, demulcent, and is used in some kinds of cutaneous affections. A kind of oil is prepared from the seed of ripe fruits which is said to cure lepra, eczema, and some other malignant skin diseases. Nim is also praised by them for its tonic, antiseptic, astringent and anti-periodic properties. Its action to control fever is wellknown in our country. The native physicians of our country use Nim as the principal ingredient in their febrifuge medicines. It has a vast range of its action which is principally due to *azaderine*, *margocine*, and *Katechin*, the three active principles found in this drug. It has a decided action upon skin, uterus and nerves. It is generally used in chronic fever associated with burning of hands and feet, asthma, and uterine debility.

It is a good medicine in forgetfulness, patient can not remember any thing, forgets the names of wellknown persons. There is forgetfulness in writing and speaking. Headache, giddiness of head. Headache due to excessive

secretion of bile The eyes burn and feel heavy There is absence of thirst, but the patient likes water, insipid and bitter taste in mouth is present

It is a grand remedy in every form of skin diseases Its action has been found in leprosy and lepra It antidotes the bad effects of quinine It is very useful after mal-administration of quinine. It is an excellent remedy in ophthalmia, asthma, cough, catarrh, constipation, uterine debility and a few other diseases owing to improper use of quinine.

There are several peculiar and clear-cut symptoms attached to this drug which are not found in other remedies of our materia medica It is a grand remedy in chronic fever The fever generally comes in the afternoon, there is slight chilliness during the onset of the fever or sensation of chilliness may be altogether absent, there is bitter taste in the mouth or throat; occasional sensation of heaviness in the abdomen, ameliorated by passing of flatus both upwards and downwards (unlike *Argentum Nitricum* and *Lycopodium* both of which possess this heaviness of abdomen to a considerable degree experienced particularly while taking a few mouthfuls); the most prominent symptoms exhibited by the patient is the sensation of burning and glowing heat especially on the face, eyes, palms of hands and soles of feet appearing in the afternoon; there is aggravation in open air, there may be derangement and enlargement of the liver and spleen Relying on the above symptoms I cured several obstinate cases of Chronic fevers.

It is also used externally as a wash, poultice or plaster in many skin diseases A poultice consisting of clarified

butter and its leaves is usually employed externally to cure abscess, boils, simple and malignant bubo, carbuncle and several poisonous ulcers. Its action in those affections is sure and swift

Relations It bears a close resemblance to Arsenic album, Cedron, China, Ipecac, Nat Mur, Pulsatilla, Rhus tox and Sulphur

Dilution 6, 30 and 200 potencies are generally used

Preparation The fresh bark is pounded to a pulp and macerated into two parts by weight of alcohol

Aegle Marmelos and Aegle-fofia.

Aegle Marmelos.

(Bael Fruit)

Common names.—Sans —Sripfol, Bilwa, Hindi and Beng —Bael, Guj —Bilinu-phal; Tamil—Vilwa pazham, Tel —Bilwa-pandu

Natural order Rutaceae.

Constituents. The pulp contains mucilage, pectin, sugar, tannin, a volatile oil, bitter principle and ash 2 p.c The wood ash contains potassium and sodium compounds, phosphates of lime and iron, calcium carbonate, silica, sand, etc The fresh leaves, on distillation, yield an oil of a yellowish green colour and neutral reaction, of an aromatic odour and bitter taste; soluble in alcohol and miscible with carbon bisulphide

Description of the plant. The tree is indigenous to India and is found wild all over the Sub-Himalayan forests, in Bengal, in Central and South India and in Burma It is also cultivated to a great extent It is held sacred by the Hindus and its leaves, which are ternate, are presented to God Siva as offerings by the devotees It is often planted near the temples The Hindus consider it an emblem of fertility and a very auspicious plant In the Hindu medicine different parts of the bael tree are used The root bark is used in the form of a decoction as a remedy in hypochondriasis, melancholia, intermittent fever and palpitation of the heart It consti-

tutes an ingredient in the "Dasamul" or ten roots used by the Hindu physicians. The leaves are made into a poultice and applied to inflamed parts. The fresh juice is bitter and pungent, and when diluted with water is praised as a remedy in catarrh and feverishness. The fruit both green and ripe is used against diarrhoea and intestinal conditions. For diarrhoea and dysentery the roasted or sun-dried unripe fruit cut in slices is generally used. The astringent rind of the ripe fruit is employed in dyeing and tanning and it is also used medicinally. No drug has been longer and better known nor more appreciated by the inhabitants of India than the bael fruit. Two kinds of fruit are available in the market—a small and wild variety and a cultivated variety. The full-grown fruit of either variety, when it just begins to ripen, is best for medicinal purposes —

(1) The unripe or half-ripe fruit is regarded as an astringent, digestive, stomachic and is said to be an excellent remedy for diarrhoea owing to the presence of tannins or mucilaginous substances. It is said to be particularly useful in chronic diarrhoea. It is sometimes used in combination with opium by the Ayurvedic practitioners. The fruit is also sliced and a confiture made from it is largely used by the Hindu physicians in the treatment of diarrhoeas and dysenteries.

(2) The ripe fruit is sweet, aromatic and cooling. When taken fresh it possesses laxative properties. The dried pulp is pale orange or fresh coloured and when mixed with water yields a pleasant orange-coloured 'sherbet' which has mild astringent properties.

Opinions of Allopathic Physicians Regarding its Actions and Uses.

The ripe fruit is nutritious, delicious, aromatic, alterative and laxative. It is given with sugar-candy to prevent the growth of piles and to remove habitual constipation. A decoction of unripe or half ripe fruit or unripe fruit baked for 6 hours is astringent, digestive, stomachic and given in diarrhoea and dysentery. When taken in excess it often causes flatulence. Syrup of ripe fruits is used in dyspepsia. The root bark is refrigerant, and is given in fevers and asthma, with palpitation of the heart. In native practice a poultice of the leaves is applied to the chest in acute bronchitis. The decoction of the leaves is given in asthma, a marmalade of bael fruit is a household remedy for diarrhoea and dysentery (*Materia Medica of India by R N Khory—Part III, p. 128.*)

Several eminent allopaths have made systematic and laborious researches in order to determine the physiological and therapeutic properties of this drug and their observations can be found in the following papers —

- (1) Henry and Brown, 1923, Trans Royal Society Tropical Medicine and Hygiene Vol XVII, p 378 ;
- (2) Acton and Knowles 1927 Dysenteries in India, Thacker, Spink & Co.
- (3) Dikshit and Dutt, 1930, Journal of Ind Chem Society, Vol VII, p 759

Lt. Col R N. Chopra, M. D, M A, I M S. has written the following in his *Indigenous Drugs of India*, p. 270-272.—

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“*Chemical Composition* According to some authorities, bael contains tannic acid, a volatile oil, a bitter principle and a balsamic principle resembling balsam of Peru. These findings have, however, been criticised by Huckiger and Hanbury who are of opinion that the old pulp of the fruit contains chiefly mucilage and probably pectin. They could not find any appreciable quantity of tannin to account for the astringent properties so often ascribed to the drug Henry and Brown (1924) examined the fruit along with a number of reputed anti-dysenteric remedies The dried pulp was exhausted with boiling alcohol, the extract concentrated *in vacuo* and the thick Syrup diluted with water to precipitate fatty and resinous matters The liquor from this precipitate, after concentration *in vacuo* to remove all alcohol, was tested by them on a free living ciliate protozoon, *Glaucoma* The solution was found to be markedly toxic to *glaucoma* but owing to the large amount of gum present it proved difficult to get a satisfactory preparation of the tannins of the plant but even in the impure form these appeared to be fairly active They came to the conclusion that the drug may owe its activity to the tannins that are present since these are toxic to *Glaucoma*

A more recent work is that of Dutt and Dikshit (1930). The roots, seeds, bark, leaves and fruits were extracted with various solvents and the composition determined in each case. The roots, leaves and bark were found to contain reducing sugars and tannin mainly. The fruit pulp yielded, in addition to the usual substances a body which has been named *marmelosin* This is considered to be one of the most important active principles of the

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fruit The seeds, when crushed and extracted with petroleum ether, gave a light yellow oil which has been found to possess very good purgative properties when taken internally in doses of 1.5 gm

*Therapeutic uses* — Bael is believed to be an invaluable remedy in obstinate cases of chronic diarrhoea and dysentery, where there is no fever, and is given in the form of a confection. It was so commonly used by the Western practitioners in India in old days that it found its way into the British Pharmacopoeia. The three preparations commonly used were —

- (1) Extract of bael made from fresh unripe fruit given in half to one drachm doses several times a day
- (2) Liquid extract of bael prepared from dried slices of unripe fruit prescribed in doses of one to two drachms
- (3) Powdered dried pulp kept in air-tight bottles given in doses of half to one drachm

There is hardly any literature of recent date on the use of the bael fruit in amoebic dysentery. It appears to have little or no effect in acute dysentery when there is definite tenesmus and discharge of blood and mucus though the powdered drug is specially recommended for this condition. The beneficial effects of the bael fruit is, however, most evident when the condition has become subacute or chronic. After its administration in these conditions, the blood gradually disappears and the stools assume a more foeculent and solid form. If bael is continued for sometime, the mucus is also decreased and may disappear. It is very useful in patients suffering



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from chronic dysenteric condition characterised by alternate diarrhoea and constipation. Claims have also been made that it relieves flatulent colic in patients suffering from a condition of chronic gastro-intestinal catarrh. In the after treatment of bacillary dysentery, bael is a useful adjuvant. According to Acton and Knowles (1927) the chief trouble with such patients, as a rule, is constipation which if not relieved does not allow the ulcerated surfaces to heal firmly. Bael 'Sherbet' is a useful addition to the dietary at this stage and acts chiefly as a demulcent. The pulp of the fresh fruit may be mixed with sugar and cream or with curds or made into a 'sherbet' by straining it through a piece of muslin to remove seeds and mucilage. In cases of sprue also, the bael fruit has been spoken of highly by Manson-Bahr. In many patients, especially those in pre-sprue or early stages of the disease, it is undoubtedly helpful. The fresh fruit is best taken raw mixed with sugar though dried fruit has also been recommended.

*Summary* —Bael fruit has been used in the indigenous medicine for a very long time and it has such a great reputation in the treatment of diarrhoea and dysentery that it was made official in the British Pharmacopoeia. Besides tannins, no other active principle of any importance have so far been discovered. It has very little beneficial action in acute dysentery but in chronic cases it relieves symptoms on account of the presence of large quantities of mucilage which acts as a demulcent. It does not appear to have any specific effect in either amoebic or bacillary dysentery."

### Ayurvedic Opinions.

The Ayurvedic Physicians of India are in the habit of using this drug in many common ailments.

*Charak* has found it to be efficacious in fever and piles.

*Sushruta* has recommended it for bloody dysentery

*Chakradatta* has found it useful in dispersing foul odour of the body, in chronic diarrhoea and dysentery, and in vomiting, bleeding piles and dropsy

*Bhabaprakash* recommends it in dysentery

*Bangasena* has found it curative in the vomiting of children and dysentery

*Parts Used.*—All of them used the root-bark, bare leaves, ripe and unripe fruit in the ailments mentioned above

*Dose* Decoction of bark, 5 to 10 tolas ; juice of leaves, 1 to 2 tolas , dried powder from the pulp, 8 annas

### Homœopathic Proving and Uses.

#### AEGLE-FOLIA.

Dr Pramada Prasanna Biswas of Pabna, Bengal made a short proving of this drug which was prepared from its leaves

I now proceed to dwell upon the symptoms observed by him and the symptoms for which I have used it with benefit.

This drug destroys phlegm and is a good remedy in fevers associated with catarrhal symptoms It is

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very useful in dropsy, bleeding piles, diarrhoea and dysentery

In bowel complaints it is generally useful. Its action is perceived when alternate diarrhoea and constipation trouble the patient, for it acts as a mild stimulant to the intestinal mucous membrane. It sometimes acts as a laxative while constipation exists.

I shall now proceed to dwell upon the symptomatology of this drug.

The patient commits mistakes in spelling. He suffers from headache which appears between 4 and 8 p.m. (Compare Lycopodium). Heat in the vertex appears in the evening, which is relieved by eating something. In the afternoon and evening, flushes of heat come out from the eyes and face and during that time the same feeling is experienced in the ear. All these symptoms disappear after eating.

There is waterbrash from the mouth. There is irregularity or disorder of the stomach, abdomen is distended and flatus passes with loud sound, worse in the afternoon. The patient feels that wind is accumulating in the abdomen; there is an accumulation of wind in the lower abdomen and wind comes out with loud noise.

The pulse is full and soft. The patient feels slight pain in the back and lumbar region which is worse in the afternoon. All pains in the limbs are aggravated after 4 p.m.

Headache exists due to congestion; pulse is full, strong and regular like Belladonna. Full, regular and strong pulse is a characteristic symptom of this drug.

In all kinds of dropsy it is an excellent remedy. In continued fever associated with dropsy, specially of children, it is particularly used with excellent results. Dropsy appears in all parts of the body or it may appear in certain parts.

The upper lids of eyes are generally swollen in this drug. The fever lasts always and never remits. The quantity of urine is generally decreased.

Along with the fever hands, legs and face may be swollen. It is specially indicated if the symptoms be present in the catarrhal fevers of children. It is very efficacious in those cases of fever where from the beginning dropsical symptoms along with diarrhoea are present.

*Aegle-fovia* may be efficaciously used if the dropsical swelling be due to any heart disease.

It is an excellent remedy in Beri-beri. The eyes and face, hands and feet and sometimes the whole body are swollen or only the feet are swollen.

The urine decreases considerably and the heart may be involved. In this instance it is equal to *Digitalis*, but in *Digitalis* the pulse is irregular or intermittent and slow whereas the pulse of *Aegle-fovia* is full, strong and regular.

It may be used in influenza when the fever is of a continued type and the face and the lids of eyes are swollen.

In ordinary catarrh, bronchitis and pneumonia it is used when some sort of swelling of the body may be seen.

In chronic fevers associated with hepatic and splenic disorders it may be used with benefit and in those cases, swelling of feet is present, burning sensation in the eyes, face, hands and feet exist, there is no desire for food, the quantity of urine is diminished and cough is present

In constipation, the abdomen is loaded with wind In this respect it has a close resemblance to Lycopodium

Like Nux Vomica it has some common symptoms.

In indigestion, abdominal colic, piles and constipation, it can be used like Nux Vomica

In seminal weakness and impotency, it is a grand remedy It may be considered as an anti-psoric remedy and in skin diseases, such as itches and ringworm, its use dates from the antiquity It is regarded as an anti-bilious and febrifuge remedy in our country

In Bengal from time immemorial, the leaves of this plant are kept in the drinking pot of patients suffering from dropsy with the belief and confidence that the drinking of this water will accelerate the cure of the patients The leaves of the plant are generally used by the Sannyasis (Monks and ascetics) of our country to suppress sexual desires and excitement They have found that it produces sexual impotency It has been brought to our notice that several cases of anasarca, ascites and oedema of all sorts have been cured with the administration of Aegle-foia when other indicated homoeopathic remedies have failed to do any good The urine generally increases within two or three days after its use

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I may add here that *Aegle Marmelos* contains almost all the identical therapeutic properties ascribed to *Aegle-fovia*. Like Lt Col R N Chopra I assert that none of these preparations appears to possess any specific therapeutic properties to cure either amoebic or bacillary dysentery, but in chronic cases with the symptoms described above, its efficacy is sure and certain. In chronic gastro-intestinal catarrh where patients suffer from flatulent colicky pains, it has a decided effect to check them.

*Mode of preparation.* *Aegle Marmelos* (Bael fruit) tincture is prepared according to class III of the American Homoeopathic Pharmacopoeia. The half-ripe or unripe fruit is finely chopped and pounded to a fine pulp and then weighed. Later on two parts by weight of alcohol are taken and after thoroughly mixing the pulp with one-sixth part of it the remaining portion of the alcohol is added. After having stirred the whole, and having filled it into a well-stoppered bottle it is allowed to stand for eight days in a dark and cool place. The tincture is afterwards separated by decanting, straining and filtering.

*Aegle-fovia* tincture is prepared by adding two parts of alcohol to three parts of leaves.

*Dil* 1x, 3x, 6, 30 potencies of both varieties are generally used.

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# Blumea Odorata.

(Kuksima)

*Common names.*—Sans —Kukundar , Beng —Kuksima, Kukurmota

*Description of the herb*—It is a common herb of India Its fresh leaves look like the leaves of tobacco It grows largely in deserted places or lands

The Hindu Physicians have found it to be an anti-haemorrhagic remedy of great repute and they have found it efficacious in bleeding piles, bloody dysentery, bloody leucorrhoea, miscarriage associated with copious bleeding and in other haemorrhages.

## **Therapeutic properties observed by Hindu Physicians.**

The leaves are alterative, destroyer of dropsical swellings and purgative, the bark causes burning and destroys swellings, the root is anthelmintic and purgative, the seeds produce burning and is anthelmintic

It has been found useful in the burning sensation of the body, pains due to rheumatism and ordinary swellings or dropsical swellings

They use it for the purpose of aborting abscess and bubo

They use it also in syphilis, itches, gonorrhoea, dysmenorrhoea, constipation, worm complaints of children, sunstroke and in fevers appearing every other day.

*Parts used.*—Whole plant and seed

*Dose* —Juice of the leaves 1 to 2 tolas , powdered root 2 to 8 annas , decoction of the root bark, 5 to 10 tolas

### Homoeopathic Uses.

No homoeopathic proving of the drug has yet been made, but a tincture has been prepared homoeopathically and this medicine is being used by a few homoeopaths in our country

The homoeopaths have also found it useful in controlling haemorrhages from the uterus, piles and dysentery. In bleeding piles it is an excellent remedy. In diarrhoea or dysentery associated or mixed up with blood it is generally used with benefit. It is also used with excellent results in miscarriage where there is copious haemorrhage. In bloody leucorrhoea and menorrhagia it exerts a powerful influence to arrest the bleeding.

It is an excellent medicine in tertian fevers—in our country even the smelling of the juice of its leaves stops the appearance of tertian fevers

It is very good in controlling cough—hoarseness due to cough is present and there is trumpet-like sound while coughing, cough is associated with barking sound and hoarseness

The above are the maladies in which it may be tried

*Dil.*  $\Phi$ , 1X, 3X generally used.

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# Boerhaavia Diffusa

(Punarnaba).

*Different Names*—Hind —Sant , Punj —Itsit , Bomb —Ghetuli , Tam —Mukukrattai , Sansk —Shothaghni (cure for dropsy) , Beng —Punarnaba

The plant dries up, but again in the rainy season fresh branches grow from the root and the plant is generally renovated from its old and almost dead structure. On account of this curious phenomenon, the plant is called Punarnaba.

*Natural order*—Nyctagineae

*Description of the plant* The plant is found to grow all over India as a common creeping, troublesome weed and its abundance is specially noticed during the rainy season. The roots of the plant are stout and fusiform and have a bitter and nauseous taste. From the root numerous stems, 2 to 3 feet long, slender and covered with minute hairs, are given off. The stem is generally viscid and glabrous, the leaves are thick, unequally arranged, green and glabrous above and generally white underneath. The base of the leaf is rounded and subcordate, and the petioles are as long as the leaves. It contains flowers which are small and sessile 4 to 10 together in small bracteolate umbels forming slender, long-stalked axillary and terminal petals. The fruit is oblong, dull-green or brownish and about the size of a caraway bean.

*Varieties* The Ayurvedic physicians recognise two varieties of the plant, the one with white flowers called "Shweth Punarnaba", and other containing red flower, the "Rakta Punarnaba" The Tibbi authorities recognise a third variety with blue flowers Our experience is with the white punarnaba

### Uses.

#### AYURVEDIC USES —

*Dhanwantari* described the white punarnaba in "Nir-ghanta" as possessing laxative and diaphoretic virtues. He has found its efficacy in oedema, anaemia, diseases of the heart, cough and intestinal colic to be very great. The red variety is bitter and its beneficial effects in oedema, haemorrhage, anaemia and bilious disorders have been praised and acknowledged by him.

*Charaka.* It has been mentioned to be an excellent medicine in leprosy—it is used in the form of an ointment in leprosy and skin diseases and as a decoction in stone in the kidney and oedema. Local applications of the root paste have been found to be efficacious in oedematous swellings.

*Susruta* Susruta has mentioned its use in stone, oedema, dropsical swellings, fever prevalent in rainy seasons and poisoning, owing to snake-bite, rat-bite and rabbit dog-bite. It has also been mentioned to be an excellent remedy in asthma and in large doses it causes vomiting

*Brinda.* It is an excellent remedy in disorders owing to drunkenness. It is mentioned as a grand tonic. If

this medicine be regularly taken for three months, six months or one year, broken down constitutions will be restored to complete vitality

*Chakradatta* Chakradatta has mentioned it to be good for chronic alcoholism and various other infections from snake-poisoning

*Hart* In ulcers of thigh it is used with benefit.

*Bangasena.* It is an excellent remedy in the fever which appears on the 4th day It is also efficacious in rheumatic affections and urticaria. Many other eminent Ayurvedic authorities have recommended it to be useful in phthisis, sleeplessness, rheumatic affections and diseases of the eye

*Unani Uses.* The Unani physicians have found it efficacious in asthma, jaundice and dropsical swellings and have found its diuretic properties They have also used it in worm affections, febrile affections and urethritis.

*Allopathic Uses and Opinions.* It is stomachic, laxative, diuretic, expectorant and emetic, useful in asthma, gonorrhoea, dropsy, jaundice, enlargement of the liver and spleen, ascites, anasarca, scanty urine, and internal inflammations. As a remedy for scorpion bites it is applied externally and given internally. Pounded leaves are applied over oedematous swellings (R. N. Khory, Vol II, p 503) "The root is given in powder as a laxative and in infusion as a vermifuge. The taste is slightly bitter and nauseous"—(Ainslie in his *Materia Medica*). "It has been found a good expectorant and been prescribed in asthma with marked success given in form of

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powder, decoction and infusion Taken largely it acts as an emetic."—(E J Waring in his Pharmacopoeia of India)

*Chemical Composition.* Rai Bahadur Dr Lal Mohan Ghoshal, of the Calcutta Medical College Hospital analysed the drug in 1910 and found the following constituents—

(a) A sulphate of a body alkaloidal in nature, (b) an oily amorphous mass of the nature of a fat, (c) sulphates and chlorides and traces of nitrates and chlorates from the ash The amount of the alkaloidal substance is very small The Sulphate of the alkaloid is mentioned as small needle-shaped crystals, brownish-white in appearance when in mass Its taste is almost bland or very faintly bitter and has the resemblance of that of impure quinine sulphate The yield of the alkaloid as sulphate was 300 mgm from 20 oz, of the original plant (i e 0.853 per cent)

Lt. Col R. N. Chopra, I M S, M A, M. D, Professor of Pharmacology, School of Tropical Medicine and Hygiene, and of Medical College, Calcutta undertook a detailed and scientific study of the chemical composition and pharmacological action of the active principles of Punarnaba and he was assisted by his co-workers As the green plant possessed a very high percentage of water, the air-dried plants had to be used for extraction.

Dr. Chopra writes the following in his work—Indigenous Drugs of India, p. 301 —

“The plant was found to contain unusually large quantities of potassium nitrate. As the presence of this

salt may partly account for the diuretic action of the drug, the total content of potassium present in the plant was estimated. Taking the whole of potassium as potassium nitrate, its quantity in the powdered drug amounted to about 6.41 per cent. This is, however, unlikely and it is probable that other salts of potassium are present. Besides these salts, there is an alkaloid present in very small quantities, about 0.01 percent of the weight of dry plant. The alkaloid was isolated in just sufficient quantity for pharmacological experiments. It had a bitter taste and the hydrochloride was obtained in crystalline form. It has been named 'Punarnavine'. The quantity, however, was not sufficient for further chemical work."

*Pharmacological Actions* Dr L. M. Ghoshal investigated the therapeutic properties of this drug from every point of view in 1920. He used an aqueous extract of the whole drug in his experiments. This for obvious reasons is liable to cause error as the large quantity of nitrates, besides other salts of potassium and various constituents, would mask the effect of the alkaloid and produce their specific effects on the tissues. His main conclusion was as follows —(1) The active principle is a diuretic, chiefly acting on the glomeruli of the kidneys through the heart, increasing the beat and strength and raising the peripheral blood pressure in consequence, on the cells of the tubules it exerts little or no action and, if any, it is initial and comparative.

(2) On the respiration it has little or no action; any action is probably due to the fatty principle found in the weed.

(3) On the liver the action is principally secondary and in combination with other drugs

(4) On other organs the drug has practically no effects

In the experimental work done by Lt Col R N. Chopra, I M S and his co-workers, the hydrochloride of the alkaloid was used. It has little or no irritant action on the intact skin and mucous membrane. Subcutaneous injection does not set up any marked local reaction, it has a somewhat depressing action on the tone and peristaltic movements of isolated pieces of the intestine from the rabbit. Intravenous injection of the alkaloid stimulates the respiratory movements in experimental animals but there is no relaxation of bronchial muscles such as occurs with adrenaline. The blood pressure shows a distinct and persistent rise which is probably due to direct action of the drug on the heart muscle. The diuretic effects were investigated in the cat and the dog, intravenous injections in such animals, where the flow of urine is being recorded by a cannula into the ureter, showed a marked increase in the flow of urine. That the diuresis was not entirely due to the rise of blood pressure was shown by giving  $1/20$  c c of 1 in 1000 adrenaline solution intravenously, it was observed that, although there was a much bigger rise of blood pressure, the diuresis comparatively much less marked. It may be concluded, therefore, that effect of alkaloid is probably chiefly on the renal epithelium. That the alkaloid is not very toxic was shown by the fact that large doses given to animals produced no untoward effects.

*Therapeutic uses.* It is generally used in leprosy, bites from venomous animals, such as snake, rabbit dog and

scorpion, cough, asthma, gonorrhoea, dropsy, jaundice, ascites associated with liver disorders, haemorrhage, intestinal colic, anaemia, stone in the kidney, diseases of heart and hemicrania

### Homœopathic Uses.

#### *Proving.*

I had no opportunities of making extended provings of this drug. I could prove it upon two healthy persons only. The symptoms of those provings are given below —

#### *Proving No. 1.*

*Name of the prover*—A young man possessing good physique and excellent health, aged 34 and by name Mr Amulyaratan Bose came forward to prove this drug.

3rd. March, 1932. He took 5 drops of the mother tincture of this drug at 7 a. m. and another dose of the same quantity at 8 p. m. on that day.

4th March, 1932. Nothing untoward was experienced

5th. March, 1932. He took three doses of tincture every four hours this day, dose being 5 drops at a time

6th March, 1932. He again took three doses in the manner stated before

7th March, 1932. The following symptoms appeared —

*Head.* Terrible headache of a bursting nature appeared, worse on the right side, relieved by cold application

*Cough and Cold.* Coryza appeared with dry cough.

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*Pains over the body.* Felt pains, like rheumatic pains, all over the body

*Blood pressure*—Blood pressure was increased The prover felt ringing in the ears, and heat on the vertex

*Urinary Tract*—There was distinct diminution of the quantity of urine The urine became high-coloured

*Heart*—Frequent palpitation and intermittent pain over the cardiac muscles were experienced

*Vomiting and nausea*—Vomiting mixed with bile and water was present.

*Liver*—Slight pain in the hepatic region was felt on pressure and movement and ameliorated by hard pressure.

*Swelling*—Slight swelling of eyelids, hands and feet

#### *Proving No. 2.*

Mr Rajani Kanta Halder of Singia, aged 38, was the second prover.

He took the tincture twice daily in 5 drops doses continuously for five days from the 4th June, 1932 The symptoms exhibited in the case of the first proving were identically marked in this proving as well

#### **Clinical Verifications.**

I used this medicine (mother tincture) in drop doses in a series of cases suffering from epidemic dropsy I am glad to say that all of them were radically cured



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*Case No I.*

Babu Sarat Chandra Jana, aged 28, had swellings of his legs and feet all on a sudden on the 2nd March, 1932. His urine was examined but there was no albumen present. The urine became scanty and high-coloured. He felt pain over the hepatic region. Giddiness of head and palpitation of heart existed. I prescribed *Boerhaavia Diffusa*  $\ominus$  in drop doses to be taken thrice daily. The medicine was continued for six days and the patient got rid of the swelling and other complaints within ten days.

*Case No II*

Babu Santiram Roy, aged 28, had an epidemic dropsy on the 30th May, 1932. He was treated by several well-known allopaths of Calcutta, but nothing could lessen the swelling. At last I was called in and I saw him on the 14th June, 1932. The following symptoms were marked by me.

*Head*—Terrible headache was present, right side was principally affected.

*Liver*.—He had derangement of the liver for a long time. At present the liver was congested and painful to touch or pressure.

*Hands, Feet and Abdomen*—There was considerable swelling of these organs.

*Urinary Tract*.—Scantiness of urine which was very high-coloured.

*Cough*—Cough was present with thick white mucous expectoration.

*Heart.*—Throbbing pain in the cardiac region felt off and on.

I prescribed *Boerhaavia Diffusa* Ⓢ in 2 drop doses thrice daily Suffice it to say that he was cured within a month by the administration of this single drug No other medicine was wanted to complete the cure I cured more than 30 cases of epidemic dropsy with the help of this new drug I do not wish to increase the bulk of my book by dwelling upon those cases

**Personal observations relating to the therapeutic properties of this new drug.**

Many reputed physicians of every School of Medicine are unanimous in their opinion that *Punarnaba* possesses great diuretic properties and these results were demonstrated by systematic observations and experiments

In my opinion the cases of dropsy due to early liver and peritoneal conditions are generally benefited by this drug.

Lt Col R N. Chopra says, "the diuretic effect was produced even when the abdominal fluid was not removed by preliminary tapping and the kidneys were working under a disadvantage"

I hold the same view with Dr. Chopra The drug acts very well when the dropsical swelling is associated with healthy kidneys as in kala-azar or ascites produced by dysenteric conditions

In ascites associated with advanced structural changes in the liver, kidneys and peritoneum, only temporary

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benefit can be expected, but even in such instances the drug seems to do much good.

The drug exerts a much more powerful effect on those cases which are due to cirrhosis of the liver. There is an abundance of Vitamin in the leaves of Punarnaba. In fact, I can say with confidence that it will prove a valuable remedy in all epidemics of dropsy prevalent all over Bengal.

In conclusion, I entreat all the homoeopathic practitioners to try it in these cases even. They must bear in mind that material doses of this tincture should be used and genuine preparations must be bought.

The tincture prepared from the white variety should only be used.

I am still experimenting with this drug and my future experience will be published later on.

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# Caesalpinia Bonducella.

## (Nata)

*Common Names* —English—Bonduc Nut , Fever Nut ;  
Physic Nut Sans—Kuberakshi Beng—Natakaranja  
Bom—Sugar-ghota Tamil—Kazharshikkay. Persian—  
Khayahe-*i-iblis* (Devil's testicle)

*Natural order.* Leguminosae

*Description of the shrub* Nata is a well known wild shrub of our country It grows near the sea-coast in all hot countries, the extensive distribution being due probably to the transport of the seeds by oceanic currents. It is pregnant with climbing prickly points and the shrub is commonly found all over Bengal, Bombay and practically the whole of Southern India The plant has been known for a long time to the Hindu and Mahammedan physicians to contain excellent medicinal properties

The seeds are almost globular in shape varying in size from  $\frac{1}{2}$  inch to  $\frac{3}{4}$  inch in diameter , they are very hard, of a dull grey colour and smooth in appearance The shell is thick and brittle and contains a yellowish-white kernel which is bitter to the taste The root, bark, leaves and the seeds are administered in medicine Rupius calls the seeds *Frutex globulomus* and says that they possess anthelmintic properties and the leaves, roots and seeds are emmenagogue and febrifuge.

The seeds are considered in India and Persia to be "very hot and dry" and they are found to be very useful

in dispersing swellings, arresting haemorrhage and warding off infectious maladies. The seeds roasted and powdered are employed for hydrocele internally and externally, they are also used internally in curing leprosy. The powdered seeds mixed with black pepper are found to be febrifuge and anti-periodic and are used in chronic fevers. The fixed oil expressed from the seeds is emollient and is employed as an embrocation for the purpose of removing freckles from the face, also as a cosmetic and used also to arrest discharges from the ear. A decoction of the roasted seeds is employed against consumption and asthma.

The seeds consist of 58 per cent of hard outer shell and 42 per cent. of kernel. In 1868 the seeds were made official in the Pharmacopoeia of India as a tonic and antipyretic and were favourably reported on by several medical officers.

*Allopathic uses and opinions. Constituents of the plant.*

The kernels contain a non-alkaloidal bitter principle, guilandina. The cotyledons of the seeds contain a fixed oil 25, bitter principle or resin 2, sugar 6, salts 3, albuminoid matter 20, starch 35, and tannin. (*Materia Medica of India*—R. N Khory, Part II p 203).

*Actions and Uses of Caesalpinia Bonducella.* R N. Khory in his *Materia Medica of India*. Part II, p 203, has written the following about this plant —

“The Kernels are bitter tonic, antiperiodic and anthelmintic. The juice of fresh leaves is febrifuge and used in chronic fevers. The seeds, powdered and mixed

with black pepper, are febrifuge and alterative, tonic and are given in general debility to check haemorrhages and in quotidian, tertian and quartan fevers. As an anthelmintic, the kernels mixed with the leaves and flowers of *Butia frondosa* and with the flowering tops of *Artemisia maritima* are given for intestinal worms. The fixed oil is emollient, and used as an embrocation and to remove freckles from the face and to stop the discharges from the ear. The seeds are worn as necklaces by pregnant women under the belief that it prevents abortion”.

Dymock has written the following in his *Pharmacographia Indica*, Part I, p 497—98 —

“The seeds roasted and powdered are administered for hydrocele internally and at the same time externally, spread upon castor-oil leaves. They are also given internally in leprosy and are thought to be anthelmintic. The oil in which they have been boiled for a long time is applied to wounds to promote cicatrization. The oil expressed from the seeds is used as a cosmetic, it is said to soften the skin and remove pimples, etc. The seeds are given with gur (molasses) in hysteria. A decoction of the roasted seed is used for consumption and asthma”

Dr. Watts in his *Dictionary of the Economic Products of India* has written the following about this plant —  
“The seeds of the plant are very good for chronic fevers. In the opinion of some medical men powdered seeds mixed with tobacco are found to be highly efficacious in curing colicky pains”

Let me now proceed to reproduce the opinion of Lt Col R N Chopra, I M S about the chemical composition, pharmacological action and therapeutic uses of

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this plant which he has embodied in his well known book—Indigenous Drugs of India, pp 307 to 308

“*Chemical Composition*.—Heckel and Schlagdenhauffen (1886) found that the cotyledons of the seeds contain, besides starchy matter, 25.13 per cent. of an oil, 1.925 per cent. of a bitter principle, 6.83 per cent. of sugar and 3.971 per cent. of salts. A non-alkaloidal bitter principle was obtained from the kernels in the form of white powder (bonducin) to which they attributed the physiological properties of the seeds. It was found to be insoluble in water but soluble in oils. Bacon (1896) was able to isolate from the kernels the bitter principle ‘bonducin’ which he found to be a mixture of complex resinous bodies. He could not obtain any alkaloid or glucoside from the alcoholic extract of the kernels. Bhaduri (1912) stated that an alkaloid was present in the seeds and suggested the name ‘natin’ for it. It is doubtful whether ‘natin’ of Bhaduri is a glucoside or an alkaloid as details are not available. Godbole, Paranjpe and Srihande (1929) found that the bitter principle of the kernels extracted with alcohol, contained all the sulphur of bonducella nut and reduced Fehling’s solution after hydrolysis. They concluded, therefore, that the bitter principle was a glucoside. Tummin katti (1930) found a bitter resinous acid in the petroleum ether extract and identified it as ‘bonducin’.

In view of the divergent results of chemical analysis, the seeds were re-examined at the Calcutta School of Tropical Medicine to see what active principles could be detected in them. They yielded to petroleum ether 13.52 per cent. of the dried extract. Each of the above

fractions was then chemically examined. The presence of an alkaloid as noted by the previous investigator could not be confirmed, but a non-glucosidic bitter principle, insoluble in water was undoubtedly present, it is, however, pharmacologically inactive. The seeds contain fairly good percentage of pale yellow thick oil having a disagreeable odour. It has an iodine value of 96.1 and saponification value of 292.8. According to some workers the quantity of the oil varies between 20 to 25 per cent, whereas in the specimens examined by the author it never exceeded 14 per cent.

Pharmacological Action —The non-glucosidic bitter principle was passed through the usual pharmacological tests but it was found to be inactive.

Therapeutic Uses —The so-called 'bonduc-nuts' or 'fever nuts' have enjoyed a reputation as anti-periodic for such a long time that clinical trials were carried out under the auspices of the Indigenous Drug Committee.

Though their findings are not very definite, they recommended the drug very favourably as a powerful tonic and a valuable febrifuge. As the seeds do not show any marked therapeutic properties and the re-investigation of their chemical composition does not reveal the presence of any active principle with marked pharmacological action, further clinical trials were considered unnecessary."

Ayurvedic Uses.

Charak—It is used in leprosy, piles, erysipelas and chronic fevers.

Sushruta—It is useful in scabies, poisonous boils, colicky pains, haematemesis, vomiting, carbuncle on the thigh, elephantiasis of legs, intestinal worms and leprosy

Baghat—It is an excellent remedy in erysipelas of the glands

Chakradatta—It has been found to be useful in eye diseases It is very good in the first stage of small pox Its root bark is used externally over the matured abscess in order to draw out pus from it.

Bangasena—It is an excellent remedy in dropsy, dyspepsia with bilious derangements and small-pox associated with cough.

Parts Used—Root, bark, leaves, kernel of the seed, and bark of the stem

Personal Observations Regarding Its Homœopathic Proving and Uses.

Dr. Kali Kumar Bhattacharyya, of Gouripore, Assam proved this drug and he published an account of its proving in the Bengali Monthly Homoeopathic Journal, Hahnemann, in the month of Baisakh, 1331

Dr Bhattacharyya very kindly sent me a supply of this medicine for clinical trials. I used it in three cases suffering from chronic intermittent fever and I must say that those three cases were cured only with the help of this drug

Nata has been known in our country to be an excellent remedy for chronic fevers and I can also unhesitatingly bear testimony to its clinical virtues in curing chronic intermittent fever.

Although extended provings of the drug have not been made, the little that has been made fully tallies with the observations expressed by both the Allopathic and Ayurvedic physicians of our country

I shall now proceed to give its symptomatology for which it will be employed

Materia Medica of *Caesalpinia Bonducella*.

Mind—Mental depression , lack of enthusiasm.

Head—During fever terrible pains are felt over both the temples of head, relieved by wrapping them up or by pressure

Eyes—Before the appearance of fever and during its invasion terrible pains are felt in the eyes as if they are burnt , they are relieved by the application of cold water ; eyes are sunken and bloodless.

Nose—Hot breath , during fever frequent and hurried respiration takes place.

Mouth—During hot stage of the fever thirst is felt ; thirst for cold water , face is flushed during fever.

Tongue—Slight white coating on the tongue appears ; bloodless white tongue , tongue is moist, but there is thirst.

Abdomen—There is gurgling in the lower abdomen, sometimes liquid, slimy stools are passed by the patient

Liver—The lower lobe is enlarged , before fever sometimes uneasiness in the hepatic region is felt or sometimes slight pain is felt there

Stool—Hard, saffron-coloured stools, they are sometimes liquid and yellow-coloured

Spleen—Enlargement and hardness of spleen exist and it is painful to touch

Fever—It is very irregular in appearance, it may come on any time, fever appears with chilliness and shivering one day and again on another day it appears in the afternoon with slight chilliness

The character of fever is changeable, its invasion is generally felt with chilliness and shivering Thirst is generally felt in the stage of heat, the stage of sweat lasts for a short time only—sweat breaks out over face, chest, neck, shoulder The fever does not last more than 6 hours

The fever appears between 8 A. M and 10 A. M or between 2 to 4 P M

In the afternoon fever there is no thirst, but in the morning fever there is thirst in hot stage

The above symptoms are generally observed in intermittent fevers, but in remittent fevers of malarial origin it is also used with benefit

After the remission of fever the patient feels extreme weakness, is disinclined to do any work; there is no desire to talk even; the patient likes to lie down quietly in bed with closed eyes.

Desires—Desire to take boiled rice and other hard substance and meat.

Aversions—Aversion to take any liquid food; no desire to take bath.

Skin—Dry, dirty, blackish coloured Small eruptions like mosquito bite appear on the skin, which disappear generally.

General symptoms—Extreme weakness is felt after the remission of fever, so much so that the patient is averse even to have any talk, there is no inclination to do any work, always likes to sleep, lies quiet with closed eyes; no desire to leave bed

Back—Drawing pains are felt in the back after cold bath

Mode of Preparation—The tincture is prepared with one part of powdered seeds and five parts by weight of alcohol (Class IV, A H. P)

Dilution—Tincture and 1x.

Calotropis Gigantea.

(Akanda).

Common Names.—*Sans*—Arka, Mandara, *Eng.*—Gigantic Swallow woop, Mudar, *Hind*—Madar, *Beng.*—Akanda, *Pers.*—Khark, *Guz.*—Akado, *Tel.*—Ekke, Jellude, *Tam*—Badabadam.

Natural order. Asclepiadeae.

Description of the plant. It is an erect perennial shrub, growing principally in waste and uncultivated lands. It ascends to an altitude of 3,000 feet on the Himalayan range and extends from the Punjab to South India, Assam, Ceylon and Singapore and is distributed to the Malaya Islands and South China. It thrives in water; it is, therefore, splendidly suited to bringing waste lands under tillage and to protect reclaimed desert lands from drifting sands. The taste of the shrub is mucilaginous and bitter and it has a peculiar odour.

Ayurvedic Uses and Opinions.

There are two varieties of Akanda found in our country, one is white and the other is red.

Both the varieties are found to possess same and identical therapeutic properties. Both varieties are alterative and they are found to be very useful in flatulence, leprosy, boils, splenic affections, piles, cough, disorders of the liver and stomach, worms and other affections.

The flowers of white Akanda promote semen, are mild and digestive and cure cough, aversion to food, piles and respiratory troubles

The flowers of the red variety are sweet and slightly bitter and are useful in leprosy, worms, cough, piles, haematemesis, ascites and thickening of the abdominal viscera.

Charak has recommended it in nausea and vomiting, piles, boils and carbuncle on the thigh

Sushruta has found it useful in killing worms growing in the ulcers of leprosy, earache, respiratory troubles and dog-bites.

Baghatta has recommended it in toothache.

Chakradatta has recommended it in elephantiasis of the leg and scrotum and scorpion-bites.

Bhabaprakash has found it useful in splenic disorders.

Bangasena has recommended it in rheumatism, black spots on the face, and eye complaints.

Parts used—Root, leaves, flowers, germ and milky substance.

Dose—Root-bark, $\frac{1}{2}$ to 1 anna, dried milky juice, $\frac{1}{4}$ to 1 anna, juice of the leaves, 2 to 6 drops; decoction of the germs, flowers or root-bark, $\frac{1}{2}$ chatak to 1 chatak

Allopathic Uses and Opinions.

Constituents Mudarine, caoutchouc, yellow bitter acrid resin Mudarine, an acrid principle, soluble in

alcohol and ether, insoluble in cold water and olive oil, possesses the singular property of congealing by heat and becoming again fluid on exposure to cold. (*Materia Medica of India*—R. N. Khory, Part II, p, 395)

Chemical Composition "The root and the root-bark are used medicinally, but there has been much difference of opinion as to their value. The active principle appears to be a yellow bitter resin, besides which the root-bark also contains two substances named by Warden and Waddel, 'madar alban' and 'madan fluavil', closely resembling the alban and fluavil found in gutta-percha. It contains no alkaloids" (*R. N Chopra in his "Indigenous Drugs of India"*—p. 310.)

Actions and Uses—As an alterative the root with calomel and antimonial powder is given internally, and the bark made into paste applied to the legs and scrotum, in elephantiasis, to leprous ulcers, leucoderma and other skin diseases. The root-bark powdered, soaked in the milky juice, dried and made into cigars, is smoked as an inhalation in cough and asthma. Dried bark is an emetic, a very good substitute for ipecacuanha, and with opium it is used like Dover's powder in dysentery. The leaves are deobstruent, with rock salt are roasted in a closed vessel and the ashes given with whey by the natives in enlargement of the liver and spleen, in intestinal worms, ascites, anasarca, and in dysentery. As rubefacient the leaves are smeared with oil, and used as varalions, to relieve colicky pain and tympanitis. As a poultice they give relief to inflammatory swellings. The flowers are tonic, stomachic and digestive and used in cough and asthma etc. The juice is drastic, purgative and caustic, in combination

with the juice of *Euphorbia nerifolia* applied to carious teeth to relieve pain and dropped into the ear in earache. Also applied to the cervix to procure abortion. Given in rheumatism, malarial and low hectic fevers, and largely used in syphilis, hence known as vegetable mercury. The juice mixed with powdered wood of *Berberis Asiatica* and the juice of *Euphorbia nerifolia* made into tents and introduced into rectum to relieve tenesmus. In scorpion and insect bites, it relieves the pain and burning. As a depilatory it is used by tanners, and also by women for removing hair from the pubes and other parts. It is a useful local application for the relief of painful joints and swellings, and for ringworm of the scalp. In combination with the juice of *Nateio Thuhar* and with the wood of *Berberis Asiatica* it is used as a caustic for closing sinuses and fistula in ano. (*Materia Medica of India—R. N. Khory, part II, P. 396*).

“Modern physiological research has shown that the juice applied to the skin acts as an irritant, the practice of applying it with salt to bruises and sprains to remove pain is therefore rational; also the application of the fresh bark in chronic rheumatism, given internally; in small doses the drug stimulates the capillaries and acts powerfully upon the skin. It is, therefore, likely to be useful in elephantiasis and leprosy (*Casonora*). The benefit derived from the administration of the flowers in asthma is probably due to their nauseant action. In large doses *Calotropis* causes vomiting and purging acting as an irritant emeto-cathartic (*Pharmacographia Indica—part II, P. 434*).

Therapeutic Uses.—The Hindu physicians consider the root-bark as a valuable remedy in skin diseases, enlarge-

ment of abdominal viscera, intestinal worms, cough, ascites, etc. The milky juice is regarded as a drastic purgative and is generally used as such in combination with the juice of *Euphorbia nerifolia*. The flowers are considered to be digestive, stomachic, tonic and useful in cough, asthma and catarrh. The root-bark reduced to a paste with rice-vinegar is applied to elephantiasis of the legs and scrotum. For medicinal purposes the root-bark of *Calotropis gigantea* should be collected from as old a plant as possible and in hot, dry weather. An ordinary medicinal dose of the powdered bark as an alterative is 3 to 10 grains, thrice daily. In doses of 30 to 60 grains the root-bark acts as an emetic and has been used as a substitute of ipecacuanha. All parts of the plant are considered to have valuable alterative properties when taken in small doses.

According to Chevars and others, forcing madar juice down the throat is a common method of infanticide employed by castes among which female infanticide prevails. Madar juice is also given internally or applied locally to procure abortion. Like all other irritant vegetable juices it is used locally; usually a stick smeared with the juice is pushed up into the os uteri and left there until uterine contractions are induced. In some parts of India, it is also used as a cattle poison.

Recent investigations do not bear out the claims made on behalf of *Calotropis gigantea*. Excepting the local irritant action, it has no marked therapeutic properties (*Brev. Col. R. N. Chopra in the Indigenous Drugs of India—Pages 310—11*)

Homœopathic Proving and Materia Medica.

A proving of *Calotropis gigantea* was made by Dr E. B. Evatts of Dublin in 1872 and an account of the proving and its symptoms as found by the prover was published in the Homœopathic World of London. It is now a listed medicine of the American Homœopathic Pharmacopœia.

I shall now proceed to reproduce below its symptoms *in toto* from the Dictionary of Materia Medica written by Dr. John H. Clarke, M D

Materia Medica.

1. *Mind*—Depressed, tired-feeling.
- 2 *Head*.—Dizziness Dull occipital headache from 11 A M till midnight, very bad at times in evening Head painful, throbbing, and confusion. Head and face hot
- 6 *Face*—Cheeks burning like fire. Lips and throat dry
- 8 *Mouth*.—Slight soreness and swelling of r. palate Pains on moving jaws Breath foul.
11. *Stomach*—Constant eructations Faint and giddy with inclination to vomit, after strong coffee vomited a wineglassful of yellow bile
- 14 *Urinary Organs*.—Frequent urination Urine dark red, like home brewed beer, and with strong smell but no noticeable deposit.

17 *Respiratory Organs.*—Oppression at chest and short breathing

19 *Heat*—Pulse quickened

20. *Back*—Frequent chills passing up spine.

22 *Upper Limbs.*—Cramp—like pain in centre of r. palm when grasping anything, lasting many days ; pain in wrist when moving it.

23 *Lower Limbs*—Slight pain when moving at inside of r thigh just below groin , two days later back of thigh very sore and hard, making turning irksome ; next morning thigh sore, swollen and painful, so that he could not bend leg in walking, which gave him pain in every step Slight pain in left foot on movement, or when bearing on it , with deep tenderness as if up tarsal bone. Intermittent cramp-like pain, must keep foot moving about in bed,—pain in foot when at rest so severe as to bring pain into eyes , > after coffee ; later, instep slightly red and swollen but not tender , unable to put foot to ground except by very slow degrees, could then stand without pain, but pain returns when taking weight off again Some days after, r. foot began to pain and became the worse of the two.

26 *Sleep.*—Restless and feverish ; tossing from side to side

27 *Fever.*—Body cold, frequent chills passing up spine , at same time head and temples hot, cheeks burn like fire. Chill returned towards bed time though he was close to the fire , continued in bed, running from feet up spine, movement of feet seemed to excite them Fits of perspiration alternating with chills

Personal Observations.

The Hindu physicians consider it to be a very valuable remedy. All its parts, leaves, root, bark and milky juice are used by them medicinally.

They have used it with success in piles, leprosy, elephantiasis of the leg and scrotum, earache, asthma, enlargement of the spleen, skin diseases, enlargement of the abdominal viscera, intestinal worms, cough, ascites, fits, epilepsy, syphilis and a host of other maladies.

In the field of Homoeopathic therapeutics it has played its role successfully in elephantiasis, lupus, tuberculous leprosy, fever, mercurial cachexia, syphilis and syphilitic ulcerations, pain in the hands and feet, and chronic rheumatism.

It is considered by us to possess emetic, sudorific, alterative and purgative qualities. It is an excellent remedy in skin affections.

Dr. Gramm of Philadelphia employed the tincture with great success in cases of syphilis when Mercury could no longer be pushed, in the anaemia due to syphilis, secondary syphilis.

It is a characteristic symptom of the drug that the patient feels a sensation of warmth in the scrobiculous cordis. In the case of severe and advanced syphilis, associated with considerable thickening of the ends of all the nails, it has a decided action and displays its curative properties. The heat in the stomach is one of its principal symptoms. In syphilis it is regarded by all competent authorities to be a priceless remedy as the Hindu physicians have denominated it as the "vegetable mercury". In cases

of intermittent fever it is employed as an anti-periodic and also as a diaphoretic remedy because it ameliorates the pangs of the hot stage of fever by producing perspiration. It decreases the obesity and while flesh decreases, muscles grow harder and firmer.

It is a noted medicine in pneumonic tuberculosis.

It is also largely used with benefit in scorpion-bites and all other kinds of poisonous bites.

The root bark reduced to a paste with sour canjee is applied externally over elephantiasis of the legs and scrotum. The powdered root bark is smoked like tobacco in syphilis.

There is a story in the great Mahabharat that an ascetic by name Sandipan lived in the city of Abanti. He had a disciple whose name was Uddalak and he used to eat the leaves of *Calotropis gigantea* while he grew hungry and thus he became thin, emaciated and blind.

On an investigation into the matter it was found out that the thinness of body and blindness of eyes were produced by the poisonous medicinal action of the drug.

The above incident has defined its therapeutic properties very finely and so it is an excellent remedy in bodily thinness and all eye diseases.

In all ulcers, specially gangrenous ulcers, it is used with considerable benefit, in the ulcers of leprosy it is also very useful.

In several varieties of fever, such as hectic, fever due to pus formation, bilious fever, fever with diarrhoea, fever

due to scrofulous or syphilitic affections, it is extensively employed. It is a good medicine in nightblindness.

These are the principal diseases and symptoms which we should remember when we prescribe it in any complaint.

The other symptoms of the drug may be found in its *Materia Medica* given above.

Mode of Preparation.

The recently-dried bark coarsely pulverized is triturated as instructed under class VII of the Amer Hom Pharmacopoeia or in preparing the tincture the root is finely powdered and covered with five parts by weight of alcohol as directed under class IV of A H P

Dil Tincture, one to five drops per dose, 1x, 3x, 6.

Calotropis Lactum

(Glue of Calotropis)

This medicine has been prepared from the glue or milky juice of *Calotropis gigantea*. The cases which are not benefited by the employment of *Calotropis gigantea* usually yield to the therapeutic properties of *Calotropis Lactum*. Purging, vomiting, toothache, enlargement of the spleen, diseases of eye and skin diseases are generally cured by its administration.

Dil 3x, 6x potencies are generally used

Carica Papaya

(Penpay)

Common Names—*Beng.*—Penpay. *Hind.*—Popaiya. *Punj.*—Aranda. Kharbuza. *Pers*—Ambahindi. *Guz*—Papayi. *Arab.*—Ambahindi *Tel.*—Boppayi *Mah.*—Papaya. *Can*—Papyangaye. *Tam.*—Poppayi *Mal.*—Kappalam, Pappayam. *Kon*—Poppayn phal. *Sind.*—Paputn, Katha Chibodo. *Eng.*—Papend tree. *Fr.*—Papayer Commum, *Germ.*—Melonenbum.

Natural order. Passifloreae.

Description of the Plant.

It is an useful, small, soft-wooded tree, originally native of Papua or new Guenee but now most commonly cultivated throughout India. Its green fruit is considered as an edible vegetable and largely used in making Indian curries, ripe one is sweet and delicious and both are used in liver complications and disorders of digestion.

Papain or *Papayotin*, an albuminoid digestive or milk curdling ferment, is the principal constituent of its juice. The fresh fruit also contains a soft yellow resin, fat, pectin, sugar, albuminoids, citric, malic and tartaric acids, dextrin and such other substances. Papaya oil and several acids are found in its seeds, while the leaves also contain an alkaloid called *Carpaine*.

Ripe fruit is very useful in habitual constipation, dyspepsia and bleeding piles. Green fruit is laxative and diuretic,

its juice is emmenagogue aiding the menstrual discharge. In large doses it acts as an ecbolic exciting uterine contraction. It induces abortion when locally applied to the mouth of the uterus. External application of the fresh milk juice has the power of producing inflammation of the skin and is esteemed as a good remedy for ringworm. The milky juice and the seeds also are considered best vermifuge especially for round worms in children. Hernandez is said to be the first who noticed the anthelmintic properties, in the 17th Century A D. For enlarged liver and spleen dried and salted fruits are used with marvellous results. The unripe fruit made into a curry is said to stimulate secretions of milk and is eaten by women who require it. In nervous pains, leaves dipped in hot water or warmed over a fire are applied externally with much success.

Allopathic Uses and Opinions.

Constituents.—The juice contains an albuminoid, digestive or milk curdling ferment—Papain or Papayotin.

Papayotin—A concentrated, active principle, obtained from the juice by precipitation with alcohol. A whitish, amorphous hygroscopic powder, soluble in 75 p. c. of absolute alcohol, water and glycerine. Dose 2 to 10 grs. It is capable of digesting 200 times its weight of fresh pressed blood fibrin. Its action is quicker than that of pepsin at a higher temperature, and does not require an addition of free acid. Seven grains of papayotin can digest one pint of milk. It acts as a solvent in alkaline solutions, and like pepsin it curdles milk, dose 1 to 8 grains. The fresh fruit contains a caoutchouc-like substance; a soft yellow resin, fat, albuminoids, sugar, pectin, citric,

tartaric and malic acids, dextrine, etc. The dried fruit contains a large amount of ash 84 p c which contains soda, potash, and phosphoric acid. The seeds contain an oil, papaya oil or caricin, an oil-like substance of a disagreeable taste and smell, soluble in ether and alcohol, several acids, similar to palmitic acid, carica fat acid and a crystalline acid called papayic acid, a resin acid and a soft resin. Leaves contain an alkaloid called carpaine.

Physiological actions.—The action of the milky juice of the unripe fruit upon the raw meat is well known among Indian cooks. It is an enzyme, similar to pepsin, acting as a solvent in alkaline, acid or neutral solutions. It is a powerful digestive of meat albumen, forming true peptones. As a solvent of fibrin and other nitrogenous substances, the juice makes the meat tender, and is used as an anthelmintic, and for dyspepsia. Externally it is applied for ringworm and psoriasis, sometimes it is given as an emmenagogue. It is not precipitated like pepsin on boiling, but is precipitated by mineral acids, iodine, mercuric chloride. (R. N. Khory, Vol II, pp. 301—2)

Lt. Col. R. N. Chopra, in his *Indigenous Drugs of India*, pp 312—13, writes.—

Chemical Composition—The milky juice of papaw contains a ferment which has an extraordinary energetic action upon nitrogenous substances and like pepsin curdles milk. This juice differs from pepsin in being active without the addition of free acid; moreover the ferment acts at a higher temperature than animal pepsin.

The leaves of a papaw tree have been shown to contain an alkaloid called carpaine and a glucoside named

carposide. This alkaloid was first discovered by Greshoff and has been further examined by Merck and by Van Rijn who found that it was a secondary base. The present accepted formula is $C_{14} H_{25} O_2 N$. The alkaloid can be purified by repeatedly crystallising the base from dilute spirit when it occurs in the form of colourless lustrous, needle-shaped crystals with a melting point of $121^{\circ} C$.

Pharmacological Action of Carpaine —The pharmacological action of the alkaloid carpaine is under investigation. From the data already in hand, it is evident that it is not very toxic. A dose of 5 mgm, when injected intravenously in experimental animals, causes only a slight fall of blood pressure which, however, returns to the normal level within a very short time. The action of the heart is depressed and both the ventricles and auricles show evidence of slight depression. The respiration is not depressed to any great extent. The volumes of the different organs are very slightly affected, if at all.

The alkaloid has not been used in therapeutics.

Parts Used —Milky juice.

Dose —For adults, one teaspoon, for children, $\frac{1}{2}$ teaspoon, children under 3 years of age, 10 to 15 drops.

Personal Observations regarding its Homœopathic application.

The remedy has not yet been proved on healthy human body according to the principle of Hahnemann; still its Homœopathic preparation is used with much efficacy in nearly all the diseases and complications

enumerated above. The late renowned Dr. D N Ray of Calcutta was very fond of this remedy and he used it with not the least failure to patients whose stomachs refused the assimilation of meat and milk even Five to ten drops were his favourite dose Carica papaya is very efficacious in helping digestion of very weak patients

In enlarged spleen and liver, milky juice with sugar is taken by many in our country. Carica papaya in 1x or 3x trituration also is used with marvellous results in such cases

It is best adapted in fevers with enlarged spleen and liver, in dyspepsia and indigestion with weakness and other concomittant symptoms Undigested stools in small quantities passed many times a day, pain in hepatic region and other complications of the liver, conjunctiva yellow, tongue coated white, intolerance of milk, even a small quantity causes pain in liver and spleen and produces indigestion

Dil. 1x, 3x (Trit) generally used

Cephalandra Indica.

(Telakucha).

Natural order. Cucurbitaceae

Common Names — Sans — Bimba. *Hindi* — Kanduri
Ki-bill; *Benq.* — Telakucha, *Tamil* — Korai; *Punj.* —
Kanduri, *Persian* — Khabare hindi, *Latin.* — Cephalandra
Indica.

Description of the Plant.

Telakucha is a perennial creeping herb with long tapering tuberous roots and deep green leaves. It is found to grow abundantly in a wild state in Bengal and in other parts of India. It possesses a smooth green fleshy fruit whose taste is very bitter. When the fruit becomes ripe its colour becomes scarlet and its taste becomes sweet and it is sometimes eaten as a vegetable. It possesses the reputation of being an excellent remedy in reducing the amount of sugar in the urine of patients suffering from Diabetes Mellitus and mitigating their other sufferings.

Chemical Composition. The fresh plant was chemically analysed by Lt Col R. N Chopra, M. A, M. D, I M S and his co-workers

Lt Col R. N. Chopra says, "Not only was a search made for the ordinary active principles which are found in plants (e g. glucocides and alkaloids) but bodies of the nature of hormones and enzymes which are sometimes present, were also investigated. Dubbins and Corbett

(1923) have shewn that in certain plants and vegetables both the blood-sugar reducing and blood-sugar increasing principles are present.

Cephalandra Indica was found to contain an enzyme, a hormone, and traces of an alkaloid

Varieties. There are two kinds of *Telakucha*. One is bitter and the other is sweet. *The bitter one has been proved by me*

Ayurvedic Uses.

According to *Dhanvantwariya Nirghanta*, it is a good medicine for fever, dropsy, haemorrhage of the stomach, jaundice, and flatulence. It suppresses urine

According to *Rajnirghanta*—it is bitter, cures cough and vomiting, excellent remedy for blood poisoning, arrests haemorrhage of the stomach

The Ayurvedic physicians of our country use the extracted juice of the leaves to allay the burning pains of poisonous boils and carbuncles and for general burning pains, it is also used by them in bloody dysentery and in biliousness. They also use it in Diabetes Mellitus

Allopathic Uses. "It is alterative, useful in Diabetes, enlarged glands and skin diseases"

(R. N Khory,—Vol. II, P 307),

"The root and juice of the leaves is used medicinally. In Hindu medicine it is used in diabetes. Dutt states that he has known several patients who were benefited by its use. *Ainslie* notices its use in Southern India and says

that the juice of the leaves is applied to the bites of animals."

(Dymock, Vol II P. 86)

"Telakucha contains an enzyme with amylolytic properties, a hormone, and traces of an alkaloid. It produces no reduction of sugar in the blood or urine of patients suffering from glycosuria"

(R N. Chopra in his Indigenous Drugs of India, P 313-16)

Description of the Proving.

Proving No. I.

Name of the prover. Sri Narain Mukherji, cousin of the late lamented Sir S. N Banerjee, Kt, aged 42 He was perfectly healthy while he came forward to prove this new remedy. His urine was examined by the well-known bacteriologist Dr. S. N Ghose, L M S It had a S. Gravity of 1012, it did not contain any sugar or albumin.

On June 12, 1905, at 8 A M he took 4 drops of the tincture of *Cephalandra Indica* He took another dose at 8 P M. No symptom appeared that day.

June 13. He took three doses of the tincture today. No symptom was marked today even.

June 14 He took four doses today (dose being 5 drops at a time today) He felt an intolerable burning sensation all over his body

June 15. The following symptoms were marked in this morning .—

Head. Giddiness was present, worse after urination.

Mind. Moroseness was present , fretful

Face. The face was red and burning

Mouth. There was excessive dryness of the mouth with great thirst, worse after passage of urine ; thirst for large quantities of water at a time.

Throat. Dryness of throat was present

Appetite. There was slight loss of appetite

Abdomen. Full of wind and distended.

Urine. He began to pass large quantities of clear urine every three or four hours which seemed to exhaust him considerably

Stool Passed greenish, mucous stools mixed with blood and there was pain during and before stools

Burning Sensation He experienced sensation all over the body—hands, feet, head, abdomen, etc , ameliorated by cold applications

Generalities He grew thoroughly over-sensitive to noise, and external impressions

Proving No. II.

Prover Bamapado Roy, B A a young man of 28 years of age and of robust constitution. He was perfectly healthy.

July 10 1922 He took 5 drops of the tincture twice today. No impression was observed

July 12 1922 Took three doses today, dose being 5 drops at a time

July 13 and 14 He experienced burning sensation all over the body. Took three doses daily.

July 15. The following symptoms manifested themselves —

Head Giddiness appeared, worse after urination

Mind. Gloomy

Face. Burning sensation was felt

Mouth. Dryness of mouth with considerable thirst was present, worse after passage of urine.

Throat There was excessive dryness of the throat.

Abdomen. Distended

Stools. Passed greenish mucous stools every two or three hours associated with pains during stools

Urine. Passed large quantities of clear urine every now and then, which made him very weak and disinclined to do any work.

Burning sensation. The whole body “burned like fire” as the patient himself expressed. He felt relieved by cold application

Proovings No. III and IV.

These provings were made upon two more healthy persons, but unfortunately as I have lost the papers containing the records, I can not publish them. This much I can say that the identical symptoms of poisoning were marked in those two cases. In those cases dysenteric stools appeared with greenish mucous stools and they were tinged with blood. Some pains were felt before and during stools and none after stools

Materia Medica of Cephalaria Indica.

Clinical. Diabetes Mellitus and Insipidus, biliousness, bilious complaints, poisonous boil, abscess, and carbuncle, burning pains all over the body, profuse urination, giddiness, dysentery, white and bloody, headache owing to excessive exposure under sun's rays, chronic fever associated with burning of eyes, face and other parts of body; dropsy, jaundice, flatulence, haemorrhage from the stomach, blood-poisoning.

Symptoms.

Mind. Moroseness, fretfulness, disinclination to do any work.

Head. Giddiness, worse after urination.

Face. Redness of face with burning

Eyes. Burning of eyes

Mouth. Excessive dryness of mouth with great thirst for large quantities of water at a time, worse after urination.

Throat. Dryness of throat.

Appetite. Loss of appetite.

Abdomen. Full of wind and distended

Urine. Passage of copious quantity of urine at a time; clear urine, exhaustion and weakness after urination; presence of sugar in urine

Stool. Greenish, mucous stools mixed or tinged with blood; pain before and during stool.

Sensations. Burning sensation exists all over the body, ameliorated by anything cold or cold applications

Generalities. Over-sensitiveness to noise and external impressions

Clinical Verifications.

Case No. I.

Babu Satis Ch Roy fell a victim to Diabetes Mellitus and suffered from this disease for two years

November 12, 1928 I was called in to see the patient this day in the morning. The following symptoms were present :—

Mind. Gloomy, morose and fretful

Weight. Lost weight steadily.

Urine. Passed large quantities of urine every now and then which exhausted him greatly. Urine was examined and the test shew that there was sugar in the urine, quantity being 20 grains per ounce.

Thirst. Great thirst was present.

Burning Sensation. Burning sensation was present all over the body.

Mouth. Dryness of mouth and throat was present.

I prescribed *Cephalandra Indica 1x* to be taken thrice daily.

Nov. 18, 1928. I saw the patient again this morning. I heard from him that he was faring much better than before Passed urine not so often as before, burning sensation and thirst were considerably less than before ;

cheerfulness returned and he was feeling stronger than before.

Prescribed the same medicine in the same potency twice daily. Asked him to get his urine examined again

Nov 28, 1928 I saw him this morning The urine examination report indicated that sugar had lessened, quantity being 4 grains per ounce. Burning sensation and thirst practically disappeared The same prescription was repeated

Dec 10, 1928. The report of urine examination indicated that there was no sugar in the urine. In other respects the patient was all right I advised him to take occasional doses of this medicine in 3x potency

The patient made an eventful recovery and no sugar could be found in his urine later on

Case No. II.

Mr J N Goswami had been suffering from diabetes mellitus for more than four years.

He took Allopathic and Homoeopathic medicines prescribed by eminent practitioners of these schools of medicine, but their medicines did him no good.

At last I was called in to treat him on the 20th January, 1933 After questioning and cross-questioning I gathered the following symptoms from him

He began to pass large quantities of urine at night associated with burning sensation, thirst, weakness and giddiness of head in 1930 He did not take care of any of his complaints at that time.

It was on the 6th August, 1931, that he got his urine examined by Dr Surendra Nath Ghose of the Presidency General Hospital. The examination revealed 42 grains of sugar per ounce in his urine. After this he grew anxious and got him treated by the physicians mentioned above. Dietary regulations were made, but in spite of every possible precautions he did not improve in any way.

I found him to be very gloomy, there was great burning sensation all over his body, specially hands and feet, excessive thirst was present and he took large quantities of water at a time to appease his thirst; extreme weakness and prostration existed, mouth, tongue and throat were always dry, giddiness of head grew worse after urination, there was considerable loss of weight, 37 grains of sugar per ounce were present in his urine when I took him under my treatment.

I prescribed *Cephalandra Indica 1x* and asked him to take it four times daily.

10th February, 1933 On the 9th last he got his urine examined which revealed that his urine contained sugar at the rate of 27 grains per ounce. Burning sensation, thirst, weakness and other complaints were less than before.

The former prescription was repeated and I asked him to report after a fortnight.

26th February, 1933 A fresh examination of his urine was made and it was found that the amount of sugar was $10\frac{1}{2}$ grains per ounce. He did not experience any burning sensation, no thirst or weakness was present. In fact, the patient was livelier than before.

I prescribed the same medicine in 3x potency and asked him to take it thrice daily.

16th March, 1933. The urine examination report indicated that there was no sugar in his urine. No more burning sensation, giddiness, exhaustion or any other complaint was felt by the patient.

The medicine was stopped.

15th April, 1933. There was no sugar in his urine. The patient was feeling all right. I see the patient every now and then and hear from him that he passes sugar-free urine at present.

Case No. III

Babu Sarat Chandra Roy of Mymensing had been suffering from Diabetes mellitus for more than six years.

He had recourse to every kind of treatment, but unfortunately his urine never became sugar-free.

6th March, 1932. It was on this day at 8 A. M. that I was asked by his father to come over to his place of residence at Kalighat and to undertake his son's treatment.

My examination revealed the following symptoms :—

Head. Extremely weak, giddiness and empty feeling were present.

Memory. Could not remember all events, memory partially gone.

Burning sensation. There was excessive burning sensation in hands, feet and stomach, in fact in all parts of the body.

Tongue, Mouth and Throat. Dryness was present in all these parts of the body.

Thirst. Considerable thirst was present.

Skin. Sickly, yellow skin was marked

Pulse. Pulse was weak and intermittent.

Heart Heart was alright.

Appetite Loss of appetite was present

Weight. His normal weight was 135 lbs As the disease progressed, his weight came down to 105 lbs

Urine. Passed large quantities of urine every three or four hours making him exhausted and terribly weak. The tests revealed that he was passing sugar at the rate of 43 grains per ounce , indican was present , no albumen

Modality Cold or cold things or cold water relieved his sufferings temporarily. I prescribed *Cephalandra Indica 1x* to be taken four times daily

16th March, 1932 Test indicated lessening of the sugar in his urine i e , 32 grains per ounce. Burning sensation, thirst, exhaustion and giddiness were less than before. The same prescription was repeated,

26th March, 1932 Urine examination report revealed 20 grains of sugar per ounce in his urine. All other complaints were gradually disappearing Gained some weight

10th April There were only 10 grains of sugar per ounce present in his urine. Appetite good, burning sensation and thirst were not present. Passed urine six times during twenty-four hours.

The patient was advised to take the same medicine.

22nd April The urine was perfectly sugar-free.

The patient gained weight by 10 lbs.

No disturbance in any other organ was marked.

Prescribed *Cephalandra Indica* 3x to be taken twice daily.

15th May. No sugar was found after the examination, gained more weight. No burning sensation, dryness, thirst or any other complaint was present.

In fact, the patient was completely cured by this new indigenous drug.

6th January, 1933 The patient saw me after this long time and thanked me for this medicine; he informed me that his urine was still sugar-free and he had been taking all sorts of foods at that time

Conclusion. I do not possess the acumen of Hale, or the wisdom of Solomon, but I say in all humility that I have tried my level best to prove this new remedy to the best of my humble ability. The deduction that I have made from these provings and the experience that I have gained from clinical verifications conclusively prove and embolden me to assert that *Cephalandra Indica* will turn out to be a grand Homoeopathic remedy for Diabetes Mellitus. I tried it in several cases of Diabetes that were placed under my treatment and it gives me great pleasure to say that all those cases were radically cured by this drug. Its power to lessen the sugar is unquestionably great. Lt. Col R N. Chopra, I M S, has mentioned in his book on Indigenous Drugs of India that the apparent

beneficial results obtained after administration of this drug are probably due to the fact that a large number of cases of so called diabetes in this country are really cases of intermittent Glycosuria and these patients often improve without any medical interference

With confidence I may point out that the cases cited by me do not fall in the same category fixed by Dr Chopra and all of them are genuine cases of diabetes, pure and simple. All these cases were cured and there was no appearance of sugar in their urines even after four or five years. With these proofs available, no body can question the curative virtues of this drug in curing diabetes

Of course my individual experience is not enough and so I seriously entreat all the great guns of homoeopathy to try this remedy whenever they will have patients suffering from diabetes under their treatment.

Since after the introduction of three new homoeopathic remedies to the homoeopathic world, i. e. *Ficus Religiosa*, *Nyctanthes Arborescens* and *Justicia Adhatoda*, I could not take up the cause of any new indigenous drug for several obstacles.

I now take up the cause of *Cephalandra Indica* after mature experimentation and collecting and gaining uncontested clinical evidence in its favour, I publish my experience before my esteemed colleagues at home and abroad. Diabetes is a scourge of Bengal and many intellectual giants and flowers of our country fall victims to its inroad and meet with untimely death every year. The efficacy of remedies exerted on the human system

like the law of the Medes and Persians "Changeth not", and I am sure, the efficacy of *Cephalandra Indica* will be apparent to all who will try it.

***Cephalandra Indica* in Diabetes Mellitus.**

REPORTED BY H. A. ALI, M.D.

On the 26th of February, 1935, there came to me Hafiz Mohabbat, aged 50

He was suffering from Diabetes Mellitus

He had tried Unani and Allopathic medicines, but these medicines did him no good. He had also undergone sixty injections but he was not benefited by them in the least. He was disgusted with the Unani and Allopathic medicines and even with the injections.

At last a good sense prevailed upon him and he came under Homoeopathic treatment.

I naturally took an interest in the case and gathered the following symptoms :—

Morose; gloomy, disinclination to do any work, disinclination even to read the 'Holy Quoran' although he was very fond of reading it owing to his being 'Hafiz' Excessive dryness of the mouth with great thirst, lips were dry and parched, loss of appetite Burning sensation all over the body, feels better from cold Aversion to noise Passes large quantities of urine very frequently

Having seen the provings of *Cephalandra Indica* and also the clinical cases of Diabetes Mellitus cured with it by Dr. Sarat Chandra Ghose, M.D. in the "Hahnemannian Gleanings, May, 1935," I wished to try first

Cephalandra Indica in this case and so I prescribed *Cephalandra Indica* 1x, three times a day.

February 27th—Very much gloomy, passed urine fifteen times during twenty-four hours, that was more than usual. ℞ *Cephalandra Indica* 1x, ℥ i, distilled water ʒi, the solution was shaken vigorously, ʒii, three times a day.

February 28th—Passed urine six times during twenty-four hours and was better somewhat than before. ℞ *Cephalandra Indica* 1x, ℥ i, distilled water ʒi, the solution was shaken very much, ʒii. three times a day.

March 1st —Dryness of lips, increased thirst; urine passed as soon as he drank water; great weakness; he passed very dry stool in the morning, passed urine fifteen times during twenty-four hours. ℞ *Cephalandra Indica* 1x, ℥ i, distilled water ʒi; was shaken very much, ʒii three times a day.

March 2nd—Tongue, lips and throat dry The stool was so dry that it irritated the rectum Passed urine ten times during twenty-four hours

There was cough, phlegm was difficult to expectorate; voice hoarse.

℞ *Cephalandra Indica* 1x, ℥ i; distilled water ʒi; was shaken much more than before; ʒii. three times a day

March 4th—Passed urine ten times in twentyfour hours. Better in other respects.

℞ *Cephalandra Indica* 3x, ℥ iv; distilled water ʒi; ʒii. three times a day.

March 5th—The benefit, which he derived, might be

estimated from his own words. They have been translated from Urdu into English —

“To-day by the grace of God I am better than all other days. I feel happy and the bodily weakness is somewhat less. This morning I felt not least tired in walking I passed urine only seven times in twenty-four hours Praise to God, my heart obtained exhilarating pleasure.”

“May God bless this joy both to the physician and the patient Amen, again Amen”. ℞ Cephalandra Indica 3x, as before

March 7th—The patient writes as follows —“I pass urine as in health”

Repeat the medicine as before

March 30th—The patient felt better in all respects; was cheerful and active.

℞ Cephalandra Indica 3x, m i; distilled water ʒii. such only one dose every morning.

April 12th —Very much better. He went home (Gaya) for the change of climate with three powders, each containing one drop of Cephalandra Indica 3x, one powder to be taken once a week

He returned to Calcutta on the 27th of April and was very healthy.

He said, he had felt very much better at home But to-day (29th of April) he reported that he passed more urine than usual and that the thirst had increased.

℞ Cephalandra Indica 1x, m iv; distilled water ʒi; ʒii. two times a day.

May 4th—Better.

℞ Cephalandra Indica 3x, m i, distilled water ʒii. such only one dose each morning

May 7th—Very much better.

℞ Cephalandra Indica 3x, m i distilled water ʒii. Such only one dose

May 16th—Now he is quite well. Now he eats rice, sugar and drinks syrup, in short, now he eats all sorts of food without any injurious effect as he says.

Now he is quite healthy, cheerful and active and performs his duty well

July 17th—To-day he came to my "Dispensary" to see me. "The cure holds good to date"

Clerodendron Infortunatum.

(Bhat)

Common Names —*Sans.*—Bhandira, Ghantakarna, Bom. Mah. and Can—Kari; *Hindi.*—Bhanta, Beng—Bhat.

Natural order.—Leguminosae

Description of the plant.—It is a small plant and can be largely found in Bengal. It flowers in the month of February

Allopathic Uses and Opinions.

Constituents —It possesses resinuous matter, bitter principle and tannin.

Actions and uses —Bitter tonic, anti-periodic and vermifuge, also a good laxative, a decoction is sometimes given as a rectal enema for worms; also given as a bitter tonic during convalescence from acute diseases. As an anti-periodic it is given in malarial fever. (*R N Khory, Vol. II, p. 470*)

"Rheede states that the leaves of this plant are used as a vermifuge, and that the root rubbed down with butter milk is administered in colic and dysentery. Dr. Bholanath Bose has drawn attention to the leaves as a cheap and efficient substitute for *Charatta*. Brigade Surgeon J. H Thornton considers the expressed juice of the leaves to be an excellent laxative, chologogue, and anthelmintic, also a valuable bitter tonic, and useful as an injection into the

rectum for the destruction of ascarides. These opinions are supported by those of six other medical officers, quoted by Dr G. Watt in the *Dictionary of the Economic Products of India*, Vol II; p. 373 (Dymock, Vol III, p 79—80).

“It is laxative, cholagogue, and anthelmintic, used in scorpion-sting, and snake-bite, bitter principle (R N. Chopra, in his *Indigenous Drugs of India*, p. 476).

Ayurvedic Uses and Opinions.

In Ayurvedic works no special mention has been made of this plant, all of them have found it to be an excellent remedy in worm affections, diseases of respiratory tract, and chronic fevers.

Parts used.—Root and leaves.

Dose. Powdered root 1 to 2 annas, juice of leaves 1 to 2 tolas.

Homœopathic Uses and Proving.

Proving.

No systematic proving of this plant has been made by any of us. A tincture has been prepared from its leaves and is being used by the homœopaths of our country with success.

It is an excellent remedy in diarrhoea associated with nausea. It is also useful in loose evacuations associated with worm symptoms—the stools are liquid, of deep yellowish colour and frothy. It bears a close resemblance to Ipecac in this respect.

In chronic fevers it has a decided action—there is enlargement of the liver and spleen and fever of a mild character appears in the afternoon, burning sensation is felt over the face and eyes, there is no appetite and desire to take any food; symptoms of indigestion with loose and undigested stools or of constipation are present; nausea is a prominent symptom and water comes out from the mouth. It may be an excellent substitute for Ipecac or Pulsatilla.

In all diseases of children it is used with benefit when diarrhoea with frothy and watery stools, nausea and watering from the mouth are present. It is an excellent medicine for colic due to worms

As a vomifuge medicine it ranks first in the list and this therapeutic property has been acknowledged by the physicians of all schools of medicine.

Mode of Preparation. The tincture is prepared from the juice of fresh leaves mixed with equal parts of alcohol

Dil. 1x, 3x, 6 and 30 potencies are used.

Coleus Aromaticus

(Pashanbhedi)

Common Names.—*Sans.*—Pashanbhedi, Himsagar ;
Hindi—Patherchue ; *Beng*—Patharkuchi.

Ayurvedic Uses and Opinions.

The Hindu physicians use it in difficult urination, in retention or suppression of urine. In cholera when the urine is suppressed or retained, the crushed leaves are applied over the lower abdomen as a paste to remove retention or suppression of the same. They also use it in boils and carbuncles. They are using it with success in the colic of children, strangury, calculus, gonorrhoea, piles, dyspepsia, chronic cough, asthma.

Homoeopathic Uses.

No proving of the drug has yet been undertaken, but its homoeopathic tincture is being used by some of us with wonderful success in the affections of urinary organs, specially in strangury and suppression or retention of urine. Personally speaking, in three cases of cholera where there was retention of urine and which could not be controlled by any other known drug of our *Materia Medica*, *Coleus aromaticus* tincture acted like a magic to do away with the distressing condition. It was given in 5 drop doses every hour and the third dose removed the symptom.

In gonorrhoea, where there are burning pains during and after urination, it is used with benefit.

I have personally tried it in this complaint and witnessed its beneficial effects. It has also been employed successfully in cystitis, vesical catarrh, and gonorrhoea.

However, it requires an extensive trial in our hands

Preparation. The juice of the leaves is mixed with equal parts of alcohol by weight.

Dil. Φ , 1x generally used.

Cynodon Dactylon.

(Durba)

Common Names.—*Sans.*—Granthi, Doorwa ;
Eng.—Huriale grass, *Hindi* and *Beng*—Durba ;
Tel.—Garike, *Tam*—Arugu, *Punj.*—Talla

Natural order. Gramineae

Description of the grass. It is a perennial creeping grass, found in India and is known by various local names in different parts of India.

It flowers all the year round and grows everywhere throughout India, except in the sandy parts of the Western Punjab where it is rarely found. In the winter season it is very scantily found when it is said to be at rest. It abounds in the Sunderbans. Its abundance is particularly noticed in road sides and it delights apparently in the admixture of sand and gravel which it gets there along with the ordinary soil. It is readily propagated by chopping up the shoots and scattering the pieces over the prepared soil. It ascends from the plains to altitudes of 7,000 to 8,000 feet in the Himalayas. According to the nature of climatic condition of the locality and soil, its habits and nutritive value vary widely.

Varieties. There are two varieties of Durba ; one is of green colour and another is of white colour. The two varieties possess the same medicinal properties.

Ayurvedic Uses and Opinions.

Charak has found it efficacious in epistaxis and carbuncles.

Sushruta has recommended it in haematemesis

Chakradatta has mentioned it as an excellent medicine in scabies, and suppression of the menses

Bhabaprakas is of opinion that it is a sovereign remedy in suppression and retention of urine

In *Atharva veda*, it is mentioned "may durba, which rose from water of life, which possesses a hundred roots and a hundred stems, efface a hundred of my sins and prolong my existence on earth for a hundred years."

Dose. Juice from 1 to 2 tolas. Powder from 2 to 4 annas. Decoction from 5 to 10 tolas.

Allopathic Uses and Opinions.

Actions and Uses. It is demulcent and acid ; used in checking vomiting. As a diuretic it is given in dysuria, and as an astringent in epistaxis and to stop bleeding from wounds. It is used as a substitute for *Triticum repens*

(*Materia Medica of India.* R. N. Khory, Part II, page 640)

Dr. U. C. Dutt in his Materia Medica of the Hindus remarks .—

"This elegant and most useful vegetable has niche in the temple of the Hindu religion. Medicinally, the fresh juice of the leaves is considered astringent and is used as a snuff in epistaxis The bruised grass is a popular

application to bleeding wounds. It seems probable that both for sacred as well as for medicinal purposes, this grass is often confused with *Eragrostis cynosuroides* or Kash. Both these grasses are used indiscriminately in compound prescriptions with more powerful drugs in cases of dysentery, menorrhagia, epistaxis, etc."

Sakharam Arjun has written .—

"A white variety which appears to be only a diseased state of the plant, is used medicinally by the native practitioners "

Rev. A. Campbell says .—"A preparation of the grass is applied in a parasitic disease which attacks the spaces between the toes. This may be the same as that which is common in the West Indies, caused by *Pulex penetrans*."

Civil Surgeon Dr. H. Thornton says :—"The expressed juice is astringent, is used as an application to fresh cuts and wounds. It is also diuretic and is used in cases of anasarca, also as an astringent in cases of chronic diarrhoea and dysentery "

Surgeon Major J. M. Houston, Durbar Physician, Travancore says —

"The juice of the green grass is useful in catarrhal ophthalmia as astringent and used also with much benefit in haematemesis,"

The late Dr. Doyal Ch. Shome of Calcutta "found the fresh juice to be a very valuable styptic in epistaxis."

Civil Surgeon Dr. John McConaghey, M. D. says .—"It is an anti-periodic and used as an application in scabies".

Surgeon-Major John North, I.M.S. says :—"The

decoction of the root is used in Mysore for secondary syphilis”.

The late Lt. Col. R. L. Dutt, I.M.S. says —“A cold infusion of Durba grass often stops bleeding from piles I generally give it with milk.”

Dr. T. Ruthnam says —“I use it with success in irritation of urinary organs”

Assistant Surgeon Dr Nabin Ch. Dutt, of Darbhanga says —“Expressed juice is used by the Hakims as an injection in nostrils for epistaxis The bruised grass has been used by the Hindus from very ancient times as a dressing for fresh wounds probably on account of its styptic properties”

Dr James McCloqhan of Poona, says —“The roots crushed and mixed with curds are used in cases of chronic gleet”.

Homœopathic Uses and Personal Observations.

I am not aware of any homoeopathic proving of Durba ; but tincture has been made and prepared from the entire herb of this grass and it is now being used by many homoeopaths all over our country in different ailments.

Nothing is useless in this vast universe ; every thing has got its own importance and usefulness if we be familiar with its uses.

Durba is, no doubt, a common grass growing in India ; although much neglected, it possesses so much of therapeutic properties that if Durba be timely administered it will be found to be of incalculable benefit to the suffering humanity.

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It is acidulous and is employed to stop vomiting in bilious complaints. We have all found it to be an excellent remedy in haematemesis, epistaxis, haemoptysis, menorrhagia, leucorrhoea, dysentery, bleeding due to cuts and wounds, scabies, retention or suppression of urine and catarrhal ophthalmia.

It is also administered in cases of chronic diarrhoea and in cases of dropsy and general anasarca

In the cure of vesical calculus and in secondary syphilis it has a place which is at once sure and pronounced.

In cuts and wounds and also in bleeding piles, it is used both internally and externally.

In dysuria, irritation of the urinary organs and also in gleet its efficacy will always be found.

It is an excellent remedy in catarrhal ophthalmia in which case it is used both internally and externally.

If a systematic homoeopathic proving of this herb be made by us, Durba will open up a vista of therapeutic sunshine before the homoeopathic fraternity of the universe

In any case, it has turned out to be an excellent homoeopathic remedy whose claims can not be questioned by us. I ask my colleagues to pay more attention to this drug than they have already done.

*Mode of Preparation.* The fresh juice of the entire grass and its root stalk is mixed with equal parts of alcohol (by weight).

*Dil.* ①, 1x, 3x.

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# Desmodium Gangeticum.

(Shalpani).

*Common Names.*—Beng.—Salpani, Hindi —Sarivan ;  
M.—Gitanaram ; Sans.—Salparni.

*Natural order.*—Leguminosae

*Description of the plant.*—It is a small tree growing in the forest and is found throughout the plains of India, also the lower Himalayan regions

*Constituents.* Its root is pregnant with resin, oil, an alkaloid and six per cent ash

## Ayurvedic Uses and Opinions.

The Hindu physicians have highly extolled it as an alterative, tonic, and bitter remedy. They have found it efficacious in vomiting, fevers, dropsy, ulcers, cough, respiratory troubles and affections due to worms. It is a bitter tonic and febrifuge, it is also digestive and anti-catarrhal. It is one of the principal ingredients of "*Dashamul*", an ayurvedic decoction of reputation successfully used in many diseases, namely typhoid fever, cough, asthma, pleurodynia

## Allopathic Opinions.

*Lt Col. R. N. Chopra, I.M.S. in his Indigenous Drugs of India, p, 480, says :—*

"It is good in fever, cough, vomiting, asthma, snake-bite and scorpion sting"



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**Homœopathic Proving and Materia Medica.***Proving.*

The late Dr. Aghore Ch Bhaduri, L.M.S. with his three pupils made a proving of this drug

The result of the proving is given below —

He felt pains all over the body—nervous pain, specially in the legs and neck

Burning sensation was felt in the hands and feet, sleepiness. Pains simulating rheumatism and neuralgia were felt in hands, feet, legs and the rest of the body.

Could not sit straight on account of spinal pain

Burning sensation was felt in the eyes, face, hands and feet and flushes of heat ignited from the face.

Neuralgic pain was felt in the stomach Pain was felt in knee-joint.

Headache associated with a sensation as if all sides of the head are bound up with a tape.

The above were the symptoms which were noticed by Dr. Bhaduri during the course of the proving.

**Personal Observations.**

*Desmodium gangeticum* can safely be used in typhoid fever and cerebro-spinal meningitis when the patient feels pain all over the body, there is sleepiness, or comatose sleep, headache is present, and there is a feeling as if the head is bound up with a tape or rope.

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In intermittent or remittent fevers of children it can be used when there are sleepiness or drowsiness and pains over the body

In this respect it bears a close resemblance to Gelsemium and in place of which it may be given

It may be employed in remittent and typhoid fevers and cerebro-spinal meningitis associated with pains over the whole body, specially over the spine, headache and sleepiness with a feeling as if a tape lie around the head. Here it can cope with Gelsemium

The fever comes on in the morning generally at 7 A M ; there is slight chilliness, lasting for two or three hours ; from the onset burning sensation is felt over the face and eyes and in the hands and feet ; flushes of heat come out of the face In this respect it can be compared with Azadirachta, Kalmegh, Rohitak, Sulphur, etc.

There is remission of fever with perspiration over forehead and backpart of the hands and in feet , the fever indicating this drug is quotidian in character, regularly returning daily , the pains all over the body and headache and other symptoms may also be present.

The above are the characteristic symptoms in which *Desmodium gangeticum* will be found an excellent remedy in intermittent fevers It is also a valuable remedy for wry-neck

*Dil.* 1x, 3x, 6x, 30 potencies are generally used.

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# Embelia Ribes.

(Biranga).

*Common Names*—*Sans*—Vidanga ; *Hindi*—*Baberang*, *Benq*—Biranga, *Pury*—Baburung, *Bom.*—*Karkannic*, *Tamil*—Vayu—Vilamgan

*Natural Order*—Myrsineae

It is also called Krimighna which literally means Killer of worms

*Constituents.*—Embelic acid, a volatile and fixed oil, colouring matter, tannin, a resinoid body and an alkaloid called christembine

*Actions and Uses*—The pulp is purgative, the fresh juice is cooling, diuretic and laxative. The fruit is carminative, anthelmintic, alterative and stimulant, it is employed in habitual constipation of children and in acute capillary bronchitis; as a carminative the fruit is given in dyspepsia and flatulence, as an alterative in skin diseases and rheumatism. If taken for a long time, it is found to turn the urine acid and red. (*Materia Medica of India* by R. N. Khory Vol. II. p. 426)

## Ayurvedic Uses.

*Charak*—It is a grand medicine to kill worms.

*Sushruta*—It is good for piles and worms. If it be regularly used in special seasons it will increase longevity.

*Allopathic Uses.*—The seeds of this plant are used as an anthelmintic. Powdered seeds in doses of one to two

drams are administered with sugar or honey in an empty stomach to expel tape worms. (Indigenous Drugs of India by R. N Chopra p 577)

*Proving No. 1.*

*Name of the Prover.*—Babu Sris Chandra Ghose, aged 28, of robust physique and of excellent health.

5th January, 1932 —The prover took three doses of this drug within 12 hours No symptoms were marked The dose was 2 grains at a time

6th January—He again took three doses of the drug today—Nothing untoward happened.

7th January—He again took four doses of this medicine in course of 18 hours.

8th January—The following symptoms appeared —

*Mind.*—Became morose

*Stomach*—There was distension of the stomach

*Stool*—Passed three undigested stools in quick succession , worms were expelled with the stools.

*Urine*—Urine became red-coloured and strong-smelling.

*Nose*—Itching sensation was felt in both the nostrils

*Rectum*—Itching sensation was felt in the rectum. Large number of worms came out of the rectum and was expelled with the stool

*Nervous symptoms*—The prover became fretful and irritable

This was the only proving that I could make of this drug. For the paucity of provers I could not proceed further

*Parts Used*—The medicine was prepared from the seeds

### **Materia Medica of Embelia Ribes.**

*Clinical*—It is very useful in diseases of children associated with or proceeding from worms. It is a grand medicine in diarrhoea, dyspepsia and flatulence owing to worms

If Nux Vomica, Cina, Santonine and other remedies for worms be ineffective, Embelia Ribes will be found to be a sovereign remedy in those complaints. In this new remedy, the urine becomes pungent and blood-coloured and this is one of the characteristic symptoms for the administration of this drug

Other symptoms are fretfulness, moroseness and irritability of the patient; grinding of the teeth; patient always picks his nose, tongue is dry, nausea exists, the abdomen gets distended, stools are undigested, urine is blood-coloured and pungent, patient shrieks during sleep, itching in the rectum, itching in the nose, and worms come out with the stool.

### **Clinical Verifications.**

#### *Case No. I*

The son of Babu Srish Ch Roy, B.A., was suffering from remittent fever. The fever continued with unabated fury for six days without any remission.

I was called in to treat the son, aged 6 years, on the 6th March, 1931. I continued to treat the boy with Gelsemium and Bryonia for four days, but unfortunately no improvement took place

10th March—I went to see the boy this morning and gathered the following symptoms —

*Mind*—The patient was morose and fretful.

*Nose*—Patient always picked his nose.

*Tongue*—Dry

*Nausea*—There was terrible nausea

*Abdomen*—Abdomen was greatly distended

*Stools*—Passed undigested stools

*Urine*—Urine red-coloured and pungent.

*Sleep*—The boy was found to shriek out during sleep.

*Fever*—In the morning it was found to be 101° and it generally rose up to 103° in the evening

I gave Cina 30 and 200 for two days on account of the predominance of worm symptoms Cina did no good

At last I gave him *Embelia Ribes 1x* thrice on the 12th March.

It acted very nicely to bring down the temperature to 99° in the morning next day.

13th March—At 11 A. M temperature rose, but again fell down to 99° at 4 P M on that day and complete remission took place at 11 P M.

14th March—There was no fever. Urine was clear, fretfulness was gone, there was no distension of abdomen, no loose stools passed and the patient was cured within 3

days. All along these days he took 2 doses of the new drug

And since that time the patient did not suffer from worm troubles any more

### *Case No II*

The daughter of Babu Ram Ratan Chatterjee, B.L., aged 4 years, suffered off and on from worm troubles. Ordinary homoeopathic remedies were given by a homoeopath, but there was no perceptible improvement. I was sent for on the 2nd Nov. 1932.

I marked the following symptoms :—

*Make-up*—The child was ill-humoured and restless

*Stomach*—There was great hunger soon after a meal

*Mind*—Could not be quieted by any persuasion.

*Nose*—The patient always bored his finger into the nose

*Abdomen*—The abdomen was distended.

*Sleep*—Always disturbed.

*Stool*—Loose stool with undigested particles of food

*Teeth*—Grinding of teeth

*Urine*—Blood-coloured.

As the above were clear-cut symptoms of the presence of worms in the system, I prescribed *Embelia Ribes 1x* twice daily. After using this remedy for a fortnight, the patient was perfectly cured.

I prescribed this new drug in 1x potency in several cases suffering from worm troubles and I am glad to say that all of those patients were radically cured.

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# Ficus Religiosa.

(Ashwathwa).

*Common Names* — Sans,—Pippala , Eng — Sacred fig , Hind.—Pipal , Beng —Ashwathwa , Guz —Jeri , Mal —Areyal , Tamil —Arshemaram.

*Habitat.*—India

*Natural order.*—Urticaceae

## Ayurvedic Uses of this Drug.

All the well-known Ayurvedic works mention that *Ficus Religiosa* possesses the virtue of stopping haemorrhage from the bowels, lungs, stomach, bladder and other parts of the body.

*Sabdwa Kalpadruma* edited by the late Raja Sir Radhu Kanta Deb. This book says that it has the virtue of stopping haemorrhage not only from the bowels and the lungs but also from the uterus and the bladder.

*Biswakosha*, another Encyclopaedia in Bengali, attributes the same virtue to *Ashwathwa*.

*Rajmrghanta*, *Vabaprakasha*, *Charaka* and *Sushruta* are the foremost Ayurvedic medical works and their names are known to all of us. In these great medical books we can easily find that *Ficus Religiosa* has been recommended as a remedy of great value for stopping haemorrhage from the bowels, lungs, uterus and bladder.



The above lines will conclusively prove that *Ficus Religiosa* possesses marvellous anti-haemorrhagic properties. With honey it is locally applied to aphthae and sore mouth. The powder is given internally in asthma. The medicated oil is used as an astringent injection in leucorrhoea, into the rectum in dysentery, as a wash for unhealthy ulcers and as a gurgle in salivation.

(Materia Medica of India, R. N. Khory, Part II p. 559)

*Charak.* It is useful in boils and haemorrhages.

*Chakradatta.* It is used in vomiting of blood and general vomiting, burns and bloody dysentery.

*Uses for medicinal purpose.* Leaves, bark and fruit.

*Constituents.* The bark contains tannin, caoutchouc and wax.

*Dose.*—Half an ounce decoction.

### Homœopathic Uses and Provings.

I shall now proceed to dwell upon the provings, references and therapeutic properties of *Ficus Religiosa* that has been discovered by me.

*Incident leading to the proving of this drug.* My late brother-in-law—Mr J. Mitter (sister's husband)—dabbled in Chemistry for sometime. In the year 1887 he had an attack of haematemesis all on a sudden. The attack was so very alarming that his condition was declared to be totally hopeless. The late Dr Mahendra Lal Sircar, M.D., D.L., C.I.E., began to treat him from the very commencement of the seizure, but unfortunately no medicine prescribed

by him could arrest the disease. One day a Sannyasi came to see him and asked us to procure a few fresh leaves of *Ashwathwa* tree and bring the leaves.

The leaves were brought and he instructed us to give the patient one dram of the extracted juice of the leaves of this plant after each spell of blood-vomiting. The effect of this juice was instantaneous and marvellous to stop the haemorrhage. This recipe completely cured him. I was only a student when this incident took place. Later on, this incident induced me to prove *Ficus Religiosa* in 1899. This medicine has been found to be of such wonderful efficacy that it has been highly extolled and appreciated by competent authorities at home and abroad. An account of this medicine was published in the Journal of the British Homoeo. Society in July, 1904, in the Medical Advance in August, 1904, in the Indian Homoeo Reporter in April and December, 1904 and in the Homoeo World of London in 1904. It has been incorporated as an official remedy in the well known monumental works of *Materia Medica* by Drs J. H. Clarke, W. Boericke and Blackwood, and also in Clarke's "Prescriber". Messrs Boericke and Tafel, E. Gould & son, Dr. Schwabe and Dr. Health took large quantities of this medicine from me.

*Parts Employed*—Fresh leaves

*Proving No. I.*

Prover —Sarat Chandra Ghose, M.D

Age —Twenty-six at time of proving

I was as healthy as could be expected. I took forty drops of the tincture of *Ficus Religiosa* in one dose. The

result was that I had a frequent desire to micturate. The urine contained blood in an abundant quantity. I had also an inclination to cough which caused me to spit blood. A slight, dull headache was present, giddiness and nausea troubled me, the sight appeared to be dim, I was very weak and restless. No other symptom appeared in my own case. I took the tincture three drops every two hours, and after the third dose, the symptoms vanished.

*Proving No. II.*

Prover:—My wife

Age —Seventeen

My wife took the tincture in twenty drop doses repeatedly throughout two days. On the third day dysentery and menorrhagia set in simultaneously, the blood was bright red, she had slight headache, very weak and restless, the sight was dim, burning at the top of the head appeared, the face became yellowish, difficulty in breathing existed, became sad and melancholy, with the profuse discharge of bright red blood. There were bearing-down pains in the lower part of the abdomen.

It is remarkable that the same treatment (minute doses of the same remedy) was effectual in arresting the effects of the drug.

*Proving No. III.*

Prover —A dog.

I gave the animal forty drops of the tincture one morning. The dog was perfectly healthy when the tincture was administered. No result followed that day and the

dose was repeated next morning, and the animal commenced and continued to vomit blood of a bright-red colour. It kept quiet and was very unwilling to move I gave it five drops of the tincture in one dose Two more doses were required to stop the vomiting.

### Leading Uses.

It is used with success in the following diseases .

- (a) Haematemesis
- (b) Haematuria.
- (c) Menorrhagia.
- (d) Metrorrhagia,
- (e) Haemoptysis.
- (f) Dysentery mixed with blood.
- (g) Bleeding piles.
- (h) Epistaxis

Let me now quote the following from Dr J H. Clarke's monumental work—"Dictionary of Materia Medica" (Vol. I. Page 779-780),

### Characteristics

"We owe this remedy to Dr. Sarat Chandra Ghosh, who made the first proving and thereby discovered its power to cause and cure haemorrhages of many kinds. Dr Ghose kindly sent me a supply of the remedy, and I have had very satisfactory results with the IX potency in controlling menorrhagia \* \* \* \* \* Dr Ghose relates some striking cases cured with the remedy—dysentery,

haematemesis, haemorrhage of typhoid, bleeding piles and epistaxis

Relations—Compare : Acalypha, Ipec., Arnica, Phos, Sanguinaria, Cactus, Ferrum, etc

### Symptoms.

*Mind*—Quiet and disinclined to move, sad and melancholy.

*Head*—Nausea, vertigo and slight headache (with haemorrhages) Burning at vertex.

*Eyes*—Sight dim.

*Nose*—Epistaxis

*Face*—Became yellowish

*Stomach*—Vomiting of bright red blood.

*Abdomen*—Bearing-down pains in lower part of abdomen

*Stools and Anus*—Dysentery, with menorrhagia, Dysentery, blood bright red.

*Urinary organs*—Frequent desire to micturate Urine contains much blood

*Female sexual organs*—Menorrhagia, bright red blood, bearing down pains in lower abdomen

*Respiratory organs*—Difficulty of breathing. Inclination to cough, causing him to spit blood,

*Generalities*—Very weak and restless.

These identical symptoms are recorded in Boerhaave's and Blackwood's *Materia Medica* and in Anshutz's "New, Old and Forgotten Remedies"

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**Clinical Cases.***Case No. 1.*

The eldest daughter of Babu Jamini K. Mukherjee, a police officer, was suffering from chronic dysentery from her very cradle. The stool contained blood. Not a single stool was without it. She was placed under the treatment of skilful physicians, but no perceptible improvement was wrought by their prescriptions. Her condition was indeed serious. She was reduced to a mere skeleton. What the feelings of the parents were under the load of this calamity that had suddenly fallen upon them can better be imagined than described. I took the girl under my treatment when her life was in a precarious condition. I gave her *Ficus Religiosa lx* in one drop dose every four hours. The result was beyond my expectation. The stools became normal within fourteen hours.

*Case No. 2.*

A friend of mine was suddenly attacked with a violent type of hæmatemesis. The vomiting of blood was generally preceded by coldness in the extremities, heat and heaviness at the epigastrium, pallor of the face, oppression, fainting, ringing in the ears, vertigo, loss of appetite and prostration. More often the vomiting occurred after intervals of several hours. I administered *Ficus Religiosa lx* to the patient. The medicine acted like magic to nip the malady in the bud and offered a cure as instantaneous as radical. The patient regained his former vigour and rose-bud of health within a short time.

*Case No 3.*

An old woman was attacked with typhoid fever. She was attacked with bronchitis while the fever was disappearing. Her weakness was so very great that she could not expectorate the mucus secreted. The stools contained much blood and spitting of blood was present. She was very sad and despondent. Dimness of sight was present. Difficulty of breathing existed. Burning sensation at the top of the head was felt. The face was very pale.

I prescribed *Ficus Religiosa* 1x in drop doses and to my great surprise all the sufferings vanished in an incredible short space of time.

*Case No 4.*

Babu Hira Lal Ghosh was suffering from long-standing dysentery. He was very sad and melancholy, there was vertigo, the breathing was difficult, the stools were full of blood and mucus. I prescribed *Ficus Religiosa* in drop dose every four hours. He was cured in a week's time.

The above cases are reproduced from my note-book and these cases were placed under my treatment while I was practising at Midnapore, Bengal.

*Case No. 5.*

Babu H N. Naug was suffering from epistaxis. Profuse epistaxis of bright-red-blood was present and the bleeding was preceded by nausea; the face was yellowish; the sight was dim; the breathing was difficult, the patient was very weak and restless.

I prescribed *Ficus Religiosa* 3x every four hours The patient was all right within fourteen hours

*Case No. 6.*

Babu N. C Roy was attacked with haematemesis all of a sudden Several allopathic doctors were called in, but nothing could arrest the disease The patient was placed under my treatment on the fifth day The following symptoms were prominently marked —

*Mind*—The patient could not endure the slightest noise , the patient was very quiet and sad.

*Head*—Headache was present with giddiness

*Eyes*—The sight was dim , the pupils were dilated.

*Ears*—Ringing in the ears was present.

*Face*—The face was yellowish.

*Mouth*—The tongue was white , copious secretion of saliva was present,

*Appetite*—Want of appetite, great repugnance and dislike to all food.

*Stomach*—Vomiting of bright-red blood, preceded by nausea ; horrible indescribable pain and sick feeling in the stomach

*Respiratory organs*—Difficulty of breathing; inclination to cough, causing him to vomit blood.

*Pulse*—Very weak pulse

I prescribed *Ficus Religiosa* 1x every hour until the vomiting of blood was stopped The patient came round within two days.



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*Case No. 7.*

The wife of Babu P. K. Banerjee was suffering from haemoptysis. Expectoration of blood-streaked mucus or spitting of bright-red-blood took place every now and then, preceded by nausea, headache and vertigo existed, sadness and despondency were present, burning at the top of the head, the breathing was difficult and oppressed, the face was pale, the pulse was slow and weak.

I prescribed *Ficus Religiosa* 1x every three hours. Only six doses were required to bring about a complete cure.

*Case No 8.*

*Wound*—The son of Babu Gispati Roy Chowdhury fell accidentally upon a sharp-cutting instrument and a wound was made upon his right thigh. The bleeding was very profuse. It was so profuse that no allopathic medicine could arrest the haemorrhage. I prescribed *Ficus Religiosa* to be applied externally and the haemorrhage disappeared within ten minutes.

*Case No 9,*

*Wound*.—The daughter of Mati Lal Ghose fell upon a sharp pointed instrument. The result was that a very deep wound was made upon her left hand. Blood began to flow as if from a hydrant. *Ficus Religiosa* was applied externally and the haemorrhage was arrested immediately.

*Case No. 10.*

*Cut*—My daughter had a cut on her left arm. I was not at home when the accident took place. An allopathic

physician was called in. He prescribed Tincture of Steel and other medicines and nothing was strong enough to stop the bleeding. I came back after four hours of the accident. I applied *Ficus Religiosa* externally and the bleeding was instantaneously stopped.

*Case No. 11.*

The wife of Rai Bahadur Mati Lal Ganguli suffered from uterine haemorrhage for more than 18 days. Two eminent homoeopaths treated her for 4 days, but to no effect. I was hurriedly sent for and marked the following symptoms present —

The discharge was very copious and bright-red, nausea was present, ringing in the ears existed, giddiness of head troubled her. I prescribed *Ficus Religiosa* IX every three hours. Four doses of the medicine stopped the haemorrhage altogether.

*Case No. 12*

A nephew of Khan Bahadur A Momen, M. L. C., Retired Commissioner, Chittagong Division, had an attack of epistaxis. There was no growth in the nostrils. The colour of the blood was very red and quantity copious. There were giddiness of head, nausea and disinclination to move about. Prescribed *Ficus Religiosa* IX every three hours. Three doses of the medicine checked the flow of blood to some extent and it was continued next day. On the 3rd day, the child was all right.

*Case No. 13.*

A maid servant at the house of Rai Saheb K M Das Gupta, Superintendent of Police, Rangpore, generally

suffered from copious uterine haemorrhage during the time of the menses. At one time, on the 2nd day of the menses, she had an attack of very profuse bleeding which confined her to bed. A relation of Das Gupta who happened to be a medical practitioner, prescribed Ipecac 3, Sabina 3 and Elaterium 6, but unfortunately none of those medicines could stop the haemorrhage

After my arrival at his house, I elicited the following symptoms from the patient —

The colour of the blood was bright-red, there was slight dimness of vision; very weak, somewhat restless, but disinclined to move, heat at the vertex.

I prescribed *Ficus Religiosa* IX to be given every three hours. After the administration of the 3rd dose, the blood was not so very copious as before and after the 5th dose, there was no more haemorrhage from the uterus

No more doses were necessary to complete the cure

These are oft verified facts which can be tested by any doctor in his practice if he has a mind to do so.

Its power to stop haemorrhage has been found to be so speedy and permanent that I am emboldened to call its action magical.

*Parts Used.* Fresh leaves.

*Mode of preparation* The tincture is prepared according to class I of the American Homoeopathic Pharmacopoeia,

*Dil.* 1x, 3x, 6, 30 potencies are generally used.

# Ficus Indica or Bengalensis.

(Bat).

*Common Names.*—*Sans.*—Vata; *Hind.*—Bor, Bar, Beng—Bat; *Tel.*—Mari

*Description of the plant*—The banyan tree is planted throughout India.

It grows to a height of about 100 feet and is a common road side tree

## Allopathic Uses and Opinions.

*Constituents*—The bark contains tannin, wax and caoutchoue.

*Actions and Uses.*—Tonic, and astringent, given in diabetes, dysentery and haemorrhagic fluxes, and in gonorrhoea and seminal weakness, locally the juice is applied as a remedy for toothache, and to the soles of the feet and palms of the hand when cracked (*Materia Medica of India, R. N. Khory. Vol II. p 557*)

*Lt Col. R. N. Chopra., I. M. S. in his Indigenous Drugs of India, p 578 says*—

“The milky juice that exudes from the tree is a valuable astringent in sores and ulcers Infusion of the young buds owing to the large per cent of tannin it contains, is useful in diarrhoea and dysentery. An infusion of the bark is said to have specific properties of reducing blood sugar in diabetis”

### Ayurvedic Uses and Opinions.

Like *Ficus Religiosa* the Hindu physicians have found it to be an efficient remedy in all kinds of haemorrhages. Some of them have found it to be a surer remedy in these complaints than *Ficus Religiosa*.

*Charak* has found it useful in haemoptysis, haematemesis, bloody dysentery, boils and leucorrhoea.

*Sushruta* has recommended it in haematemesis.

*Chakradatta* has highly prized its therapeutic virtues in dysentery, and spermatorrhea.

*Banjāsena* has also recommended it in boils and bloody leucorrhoea.

*Bhabrapakash* has found it useful in boils and skin affections

*Parts Used.*—Bark, buds

### Homoeopathic Uses.

No homoeopathic proving of the drug has yet been made, but it is being used by us successfully in all kinds of haemorrhages

It possesses greater anti-haemorrhagic properties than *Ficus Religiosa*.

In dysentery and piles mixed with blood and in other haemorrhages it exerts a powerful influence to arrest the progress of bleeding

If haemorrhage takes place from the throat or mouth due to any cause, it stops the bleeding; the colour of the blood is pure red.

If haemorrhage take place before any evacuation, it is a splendid remedy for that complaint.

It is an excellent remedy in controlling copious haemorrhages during menses and in bloody leucorrhoea

In acute or chronic bloody dysentery associated with great urging, colic and tenesmus, it has turned out to be an excellent medicine. In this respect it bears a close resemblance to Merc. Corr.

It is a good remedy in gonorrhoea and diabetes associated with burning sensation during urination and in haematuria.

In nervous weakness due to seminal discharges it may be used with benefit

The above are the symptoms in which it is being used by the homoeopaths successfully.

*Parts Used.*—The tincture has been prepared from the hanging roots and buds

*Dil.* 1x, 3x. 6 generally used

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# Gymnema Sylvestre.

(Gur-mar, Gumar or Mesha Sringi)

*Common Names* — Sans — Mesha-sringa (ram's horn) ;  
*Hindi and Beng* — Merasingi , *C'hota-dudhi*—lata ,  
*Tam* — Shiru-kuranja , *Bomb.*—Kavali

*Natural order.*—Asclepiadeae.

*Description of the plant* Gymnema Sylvestre is a stout, large, woody, climbing plant growing in abundance in Central and Southern India and can also be found in Tropical Africa. The Hindu physicians have mentioned it in their works on Materia Medica as an anti-periodic, stomachic and diuretic. Sushruta has mentioned it as a killer of Madhumeha (Glycosuria), and other urinary disorders. About a hundred years before, Edgeworth observed that when leaves of this plant were chewed the power of the tongue to feel the taste of sugar and all other saccharine substances was diminished.

Hooper also bore testimony to this phenomenon in later years and discovered that the leaf also possessed the valuable property of fully removing the taste of bitter articles such as quinine. The loss of these sensations last only for one to two hours and not for 24 hours as was mentioned by Edgeworth.

The root of the plant is considered by the Hindu physicians to be an excellent remedy for Snake-bite. The root in a powdered form is externally used to the part bitten by the snake and a decoction is employed internally.

As it possesses the virtue of abolishing the taste of sugar it has been appropriately called "Gur-mar" thereby meaning "Sugar Killer", and the impression has become prevalent in some places that it might neutralise the abundance of sugar existing in the body in diabetes mellitus, In Bombay and Central India it is generally employed as a remedy to do away with this condition and very gratifying results have been claimed.

### **Allopathic Uses and Opinions.**

A full account of this plant has been given in the Indigenous Drugs of India by Brev. Col. R. N Chopra, M.D.; I.M.S.; C.I.E For the benefit and information of our readers and several enquirers, I reproduce, in full, all interesting informations regarding its Chemical Composition and Therapeutic Uses published in R N. Chopra's famous book.

*"Chemical Composition.* Hooper (1887) made the first systematic examination of the leaves. He isolated two resins, the resin insoluble in alcohol forming the larger proportion. The resin soluble in alcohol was said to leave a tingling sensation in the throat There was no tannin. He had also isolated an organic acid said to be a glucoside and to possess anti-saccharine property It was designated as gymnemic acid and the formula  $C_{82}H_{55}O_{12}$  was given to it. It was present to the extent of 6 per cent. A new bitter principle, some tartaric acid and calcium oxalate were also isolated."

"Power and Tutin (1904) next took up the subject and made a thorough investigation of the leaves. They



isolated hentriacontane  $C_{31}H_{64}$ , quercitol and gymnemic acid. The gymnemic acid was purified and analysed they showed that it did not possess any anti-saccharine properties and was not a glucoside "

"Chopra, Bose and Chatterjee (1928) prepared different fractions from the leaves, isolated the gymnemic acid and prepared a sodium salt of the acid for both pharmacological and clinical trials. They also isolated some enzymes and tested their sugar-hydrolysing action."

"Recently, Mhaskar and Caius (1930) have made a detailed chemical investigation of the leaves of *Gymnema Sylvestre*. The air-dried leaves yielded, after ignition, 11.45 per cent. of inorganic matter consisting of alkali, phosphoric acid, ferric oxide and manganese. Two hydrocarbons, hentriacontane and pentatriacontane, chlorophyll a and b, phytol, resins, tartaric acid, inositol, anthraquinone bodies and gymnemic acid were also identified. In the enzyme isolated from the leaves no such action was seen."

"The gymnemic acid was found to have neither hydrolytic nor oxidase action when mixed with cane sugar or glucose solution."

"The effect of the drug on the blood sugar was tested on rabbits. The animals used were carefully selected, were all over 10 kilogram in weight, and were of the albino Himalayan and the brown Belgian hare types. A quantitative estimation of the initial blood-sugar was made and then the drug was given by subcutaneous injection. Two hours after injection the blood-sugar was re-examined. Besides pure gymnemic acid, the

following fractions were tried and the effect on the blood-sugar in animals was recorded —(1) An aqueous extract of the powdered leaves, (2) an alcoholic extract using 95 per cent. alcohol, (3) an alcoholic extract using 70 per cent. alcohol, (4) Sodium Salt of gymnemic acid. In none of the animals to whom these fractions were given was there any reduction in the amount of sugar present in the blood. It may be argued that the non-reduction of blood-sugar in these rabbits after injection of the various preparations of *Gymnema Sylvestre* might be due to the excess of glycogen in the liver of these rabbits, which by being converted into sugar tends to prevent the fall in blood-sugar. They could not find any water-soluble or alcohol-soluble substance in the leaves which had the property of dissolving glucose in vitro, nor any chemical body resembling insulin.”

*Pharmacological Action* —“The action of the enzymes isolated from *Gymnema Sylvestre* was studied in vitro on both cane sugar and glucose. The sugar solutions were made up to a definite strength and then mixed with the powdered leaves of the plant and also with the enzyme isolated from the leaves. The mixtures were kept in an incubator at 37°C for 48 hours and estimations were made at regular intervals to see if any changes occurred. The following results were obtained —

(a) The reducing substance present in the leaves was found to be 0.37 per cent.

(b) In the cane sugar solution mixed with the powdered leaves, hydrolytic action commenced within two hours and was completed in 18 hours. The same

result was obtained in the cane sugar solution mixed with enzyme isolated from the leaves."

(c) "The powdered leaves of *Gymnema sylvestre* were found to have an oxidase action on glucose solution and glucolysis to prevent the fall in blood sugar. This may of course be possible in a well-fed animal but to obviate this fallacy the experimental animals were carefully starved from 24 to 36 hours before the test. According to Mhaskar and Caius (1930), however, the leaves cause hypoglycaemia in experimental animals which sets in soon after the administration either by mouth or by injection. This hypoglycaemia has been explained on the assumption that the drug acts indirectly through stimulation of insulin secretion of the pancreas as it has no direct action on the carbohydrate metabolism. These workers are also of opinion that the leaves stimulate the heart and circulatory system, increase urine secretion and activate the uterus."

*Therapeutic uses* — "The drug was tried in a number of cases of diabetes mellitus in order to see if it produced any reduction in the amount of sugar present in the blood or urine. All the patients were uncomplicated cases of diabetes and were kept in hospital under strict observation. They were all placed on a fixed diet which was strictly under control. The total quantity of urine passed in 24 hours was carefully collected, measured and a portion of it was examined every day for the quantity of sugar present. The sugar content of the blood was also estimated from time to time, the 'fasting level' of blood sugar being always recorded. The patients were regularly weighed during the course of treatment."

“Of the 6 cases treated, 4 were given finely powdered leaves of *Gymnema sylvestre* in doses of one drachm of the powder, three times a day. The total intake per day was thus 12 gm. or 180 grains of the powdered leaves. The drug produced no appreciable effect in reducing either the blood sugar or the total daily output of the urinary sugar. The total excretion of sugar became slightly less in some cases towards the end of the treatment, but such variations may be accounted for by the restricted diet alone. The slight variation in the blood sugar may be accounted for in the same way. Administration of insulin to all these cases rendered them sugar free. These findings, however, are not in accord with those of Mhaskar and Cairns (1930), who are of opinion that the leaves of *G. sylvestre* in daily doses of 30 to 60 grains (dry leaf) for a period of three months or more may reduce glycosuria, non-amenable to dieto-therapy. It is, however, too early to give any definite opinion and further work is necessary to estimate the real anti-diabetic property of the drug”

*Summary* :—“According to the findings of the workers of the School of Tropical Medicine the leaves of *Gymnema sylvestre* contain a substance which has a hydrolytic action on cane sugar. There is also an oxidase-like substance which produces glycolysis in a solution containing glucose. The extracts made from the leaves as well as gymnemic acid and its sodium salts have no effect on the blood sugar when given by subcutaneous injection to rabbits. Powdered leaves and alcoholic extracts prepared from the leaves of *Gymnema sylvestre* have no effect on the blood or urine

sugar of patients suffering from diabetes. According to Mhaskar and Caius, the drug appears to be useful in checking glycosuria, when administered in 2 to 4 gm dosage. Further work is necessary to find out the real value of the drug in diabetes." *Indigenous Drugs of India* by R. N. Chopra, p 319 to 322.

"It is astringent, stomachic, tonic, and refrigerant, given in fever, cough. The root powder mixed with castor-oil is applied externally like Ipecac to snake and insect bites. The leaves are applied like varalians to enlarged liver or spleen, the leaves when chewed benumb for a time the taste for sweets and bitters such as sugar and quinine (*R. N. Khory—Vol. 11, p. 399*).

### **Ayurvedic Uses and Opinions.**

*Sushruta* has found it useful in poisonous styes and headache due to catarrh and also in glycosuria.

*Baghatta* has recommended it in piles.

No mention of its therapeutics in curing diabetes or reducing the amount of sugar found in the urine has sufficiently been made in any Ayurvedic work.

*Parts used.*—Root bark.

*Dose* —Powder  $\frac{1}{2}$  to 2 annas.

### **Homœopathic Uses and Personal Observations.**

Several foreign colleagues, notably Dr. Guy B. Stearns, M.D. of New York and Dr. Edgar C. Dunning M.D. of

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Detroit, Michigan, wrote to me and made enquiries about the plant Gumar a few months ago, but as I was then quite ignorant of the identity of the plant, I could not give them any positive information about this plant. Later on, I wrote to Dr Govinda Rama Sharma, Rawalpindi who, I heard, was experimenting with this drug. At last, I found a description of the plant which is botanically called as *Gymnema Sylvestre* in Dr R N Chopra's *Indigenous Drugs of India*. A full account of the plant, its chemical composition and therapeutic uses have been reproduced *in extenso* in this article from R. N. Chopra's monumental book. The readers will thus have an insight and knowledge of the plant and its therapeutic uses observed by several eminent allopathic researchers.

I have received a letter from Dr. Govinda Rama Sharma who is dealing with the plant homoeopathically and I proceed to reproduce it below which will speak for itself —

“Dear Dr. Ghose,

I wish to inform you about Gumar. It is a plant that grows over the lofty peaks of the Himalayas, hundreds of miles away from Kashmir. Gumar is almost specific for Diabetes mellitus from the crude drug to the high potencies. It covers all sorts of symptoms of this dreaded disease from an acute condition to a chronic one. You need not bother yourself about its proving, but give it with eyes closed and watch the marked improvement in the patient in a short time.

It diminishes the sugar in the urine in no time, the patient puts on flesh and weight and his appetite

improves, the countenance assumes the healthy look, it improves him sexually, mentally and physically, he is able to work hard and does not find himself exhausted after a little exertion as before, it prolongs diabetic patient's life. It is a great boon for them. None of the ordinary known diabetic remedies have given me so much satisfaction in reducing the quantity of sugar in the urine as *Gumar*. In my five years' experience with this drug I have never seen a single failure. A fortnight's use of this drug will convince any man of its wonderful action and control over the disease."

With these highly eulogistic words Dr. Sharma has extolled the healing properties of this drug. Dr. Sharma has also sent me copies of several letters that he had received from my eminent colleague, Dr. Stearns. It appears that Dr. Stearns has also found it very efficacious in diabetes.

Dr Stearns' letter is given below —

Dear Dr. Sharma,

2.10.1933.

"Gumar in potencies is a wonderful remedy for Diabetes. We have had opportunities to test it in three cases with excellent results"

In another letter dated the 19. 12 1933 he informed Dr. Sharma that he had already sent potencies of Gumar to be tested by Drs. Boyd and MacCrae in England.

I also received a letter from Dr. Guy Beckley Stearns, M.D. dated the 15th June 1934 which is reproduced below —

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"Dear Dr Ghose,

I have read with great interest your description of *Cephalandra Indica* (Telakucha) and will be pleased to receive from you some of the tincture, which I will have potentised on this side

Dr. Govinda Ram Sharma, Bhabrabazar, Rawalpindi, N. W. P sent me a tincture as well as the dried leaves of a plant called "Gumar", saying that it has the reputation of curing diabetes. We have it potentised and find that it has a remarkable effect on certain cases of diabetes. It appears to be curative in high potencies. We have no symptomatology, but are using it whenever it appears indicated through tests with which we are experimenting. I commend it to your attention, both for experimentation and for identification. When the leaves are chewed, it so affects the sense of taste that one cannot detect the sweet taste of sugar."

The homoeopaths of India and other continents do not know anything of this wonderful plant whose claims and therapeutic properties in curing diabetes have been substantiated and extolled by no less a personage and researcher than Dr. Stearns. We can, therefore, confidently accept it as a sovereign remedy for diabetes. I have a mind to prove it systematically and to test clinically as soon as I get a supply of the remedy from Dr Sharma

### **Symptoms Given by Dr. Sharma.**

*Mind.*—Despondent



*Muscles.*—Relaxation of the muscles, but the patient is hopeful of his recovery even on the death-bed

*Urine.*—Urine is loaded with sugar, after passing urine, the patient exclaims, "this passing of urine in large quantities has made me very weak"

The colour of the urine is white, its quantity is copious, passes several times in a day and night, specific gravity is high, large amount of sugar is found in urine.

*Skin* —There is burning all over the body ; boils and carbuncles burn, diabetic carbuncle may appear anywhere on the body

*Thirst.*—Drinks water often in copious quantities.

*Weakness.*—The patient feels his growing weakness

*Aggravation.*—Sexual intercourse increases flow of urine and sugar

*Sexual power.* Almost gone or lost

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# **Glycosmis Pentaphylla.**

or

## **Atista Indica.**

**(Ash-Shaura).**

*Common Names. Sans.*—Vanamenibuka *Hind.*—  
Bannimbu, *Beng.*—Ash-Shaura; *Bom.*—Keimira

*Natural order* —Rutaceae

*Description of the plant.*—It is a small plant growing wild in India

### **Ayurvedic Uses and Opinions.**

In the opinion of Hindu Physicians it causes rheumatism and is a useful medicine in bilious complaints, cough, worms, jaundice, fever, and chlorosis.

### **Allopathic Uses.**

Lt. Col. R. N. Chopra in his *Indigenous Drugs of India* p. 493, has written that its "root is used in snake-bite."

### **Proving and Homœopathic Materia Medica.**

*Precursory Incident leading to its Proving.*

In the month of March, 1917, a peculiar fever appearing every alternate day or every third day, broke out at Gouripore in Assam

The fever was of malarial origin. Dr Kali Kumar Bhattacharjee, a homœopath, practised there at that time

He was sitting one day in his house when an up-country servant came to his house brushing his teeth with a little stick of "Ash-Shaura" plant for taking him to his master's house, as almost all the members of his family had fallen victims to this fever. The servant informed him that, with the exception of his own self, all the members of his master's family had been attacked with "Palazar" i.e. fever appearing every alternate day.

On enquiry Dr. Bhattacharjee came to learn that no up-country man had an attack of this fever and as all of them were using "Ash-Shaura" branch for cleansing their teeth, he arrived at the conclusion that this plant had some medicinal virtues which resisted the onslaught of this fever.

This impression gained ground in his mind and eventually he prepared a tincture of the plant and proved the drug.

After the proving, his impressions were found to be quite correct. Let me now dwell upon the symptoms and its *Materia Medica*.

### **Materia Medica.**

*Mind.*—Memory weak, vigourless, indifferent mood.

*Sensorium.*—Vertigo generally in the morning. Feels that all things around are moving in a circle. Sudden shivering throughout the body even when there is no paroxysm of fever.

*Head.*—Gnawing pain in the temple generally on one side, when one side is affected, the other is relieved.

*Eye.*—Burning, photophobia When opening eyes light trembles before him for a few seconds, obliging him to shut his eyes.

*Ear.*—Power of hearing unusually increased , humming in both ears

*Nose.*—Dry coryza, nose-bleed, anaemia.

*Face.*—Pale, yellowish countenance.

*Teeth.*—Bleeding from the gums , dull pain at the root of the teeth.

*Tongue.*—While eating, foul smell and bitter taste in the mouth after the paroxysm of fever is over

*Mouth.*—Dryness, unbearable thirst during hot stage. Spasms of facial muscles.

*Throat*—Tonsils swollen, pain and inflammation persist for a few weeks after the fever is over.

*Desire, Aversion*—Canine hunger, aversion to liquid food and strong desire for lime juice

*Nausea*—Constant spitting in the morning, occasional belching of salt water, frequent eructations after meal, heart burnings after three or four hours of taking food Sour waterbrash.

*Stomach.*—Throbbing at the pit of the stomach, heaviness in the stomach after meal. Flatulence relieved for the time being by eructations.

*Hypochondria*—Burning in the region of spleen and liver, aggravation in the evening,

*Abdomen.*—Flatulence, colicky pain, griping pain round the navel; rumbling in the intestines, unbearable pain in the umbilicus making the patient senseless

*Stool.*—Constipation or watery diarrhoea during the whole period of fever, pale earthy stool, bloody mucous stool with or without force. Tenesmus and drawing pain in the renal region.

*Male Sexual Organ.*—Sexual desire almost nil, erections at night without any lascivious talk prior to it, nor any such dream. During the third week of proving, a peculiar electric throbbing sensation in the urethra, coming suddenly and lasting for a few seconds and then disappearing suddenly, this symptom persisted for a few weeks after the fever and all other ailments worn off.

*Heart and Pulse.*—Palpitation during fever. Pulse full, hard and quick during fever, but very weak and slow after the remission

*Neck, Back*—Pain in the neck and under scapula, pain in the small of the back, stiffness while stooping

*Upper limbs.*—Weakness in the limbs, limbs heavy

*Lower limbs.*—Weakness in the muscles of the legs, legs 'go to sleep,' they seem to give way at every step, cramping while getting straight

*Sleep.*—Transient, un-refreshing sleep, trembling light before eyes while opening them after sleep, sense returns after a few seconds

*Fever*—Periodicity not marked. Fever generally comes at 5—10 A. M. Chill without thirst. Heat with

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intense thirst. Fever subsides generally at 3 or 4 P M. apyrexia after 4 to 6 hours. Every alternate day fever  
Every third day fever,

*Antidote.*—Lime juice, Nux Vomica, Camphor, Belladonna.

### Personal Observations.

*Atista Indica* has turned out to be an excellent remedy in breaking and stopping fevers which appear on alternate days or on every third day with or without malarial infection. The periodicity of fever is not marked. The fever generally comes on at 5 to 10 A M ; there is chill without any thirst ; during the stage of heat there is extreme thirst , there is remission of fever usually at 3 or 4 P M.

It is good for fevers which appear during autumn

It is a grand remedy for all sorts of worm complaints ; there is colicky pain felt around the navel associated with nausea or vomiting.

In the diseases of children where there exist unmistakable signs and symptoms of the predominance of worms, or where there is convulsion due to worms and the child keeps quiet with closed eyes, *Atista Indica* may be used with great efficacy.

It is also useful in biliary colic or gastric colic ; there are symptoms of indigestion, flatulence, distension of abdomen. Sour vomiting and sour eructations and vomiting take place immediately after eating and worm symptoms predominate. In these complaints it may be found to be an excellent substitute for Nux Vomica and Lycopodium.

In all sorts of dysentery, either white or bloody, either simple or malignant, it exerts an unfailing influence over them. There may be white mucus or it may be mixed with blood or pure blood may come out, and associated with these complaints, intense colicky pains are felt around the navel, "colicky pain around the navel" is the keynote symptom of its use. The attacks generally come on in the autumn and the pains of *Atista Indica* are felt and continue before, during and after the stool. Dysentery of any type, either amaebic or bacillary, is controlled by this drug.

If any gastric disturbance or diarrhoea with the above mentioned symptoms turns into cholera, *Atista Indica* is employed with considerable benefit.

In Bengal, fevers appearing on alternate days or on every third day are cured by mere smelling of *Atista Indica* for 3 or 5 hours before the seizure and in innumerable cases its efficacy in these fevers has been verified by many individuals.

*Atista Indica* is a common wild plant in our country, but there is no doubt that in the complaints enumerated above it has been able to make an effective headway in our estimation as a febrile remedy pregnant with great potentialities.

*Parts Used.*—Leaves

*Mode of preparation.*—Juice of fresh leaves is mixed with equal parts of alcohol.

*Dil.*  $\Phi$ , 1x, 3x, 6 potencies are used.

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# Atista Radix.

(Root of Ash-Shaura).

It is prepared from the roots of *Atista Indica*.

It is more usefully used in those cases of dysentery, either simple or malignant or either white or bloody, in which *Atista Indica* is generally used or *Atista* fails to cure.

In short, *Atista Radix* possesses more powerful therapeutic virtues than *Atista Indica*.

The special indication of its employment is an acute pain felt around the navel

It is also used with great efficacy where the patient passes only pure blood with his stool associated with intense pain around the navel.

It is more useful in dysentery appearing in the autumn.

All worm complaints, specially colicky pains, diarrhoea, dysentery and cholerae due to worms or with the predominance of worm symptoms, are controlled by this drug. In flatulent and biliary colic its usefulness and efficacy can be perceived by any body and every body

*Dil.* 1x, 3x, 12, 30 potencies are used

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# Hydrocotyle Asiatica.

(Thankuni or Tholkuri.)

*Common Names* —*Sans* —Mandukaparni : *Hind* — Brahma manduki , *Beng.* —Tholkuri or thankuni , *Bom.* — Kurivana , *Tam* —Valla-rai , *Tel* —Manduka-bramha Kuraku ; *Eng* —Indian Pennywort.

*Natural order* —Umbelliferae.

*Description of the plant* —It is a weed generally found all over India and in South Africa

## Allopathic Uses and Opinions.

*Constituents.*—It is an oleoginous substance vellarin, having the odour and bitter persistent taste of the fresh plant, resin and some fatty aromatic body, gum, sugar, albuminous matter, salts mostly alkaline, sulphates and tannin

*Actions and Uses* —It is an alterative, tonic, diuretic and local stimulant. It has a special influence on the urino-genital tract. It sets up urinary and ovarine irritation and itching over the whole body. The root is given with milk and liquorice, in fever and dysentery. As a stimulant and alterative the powder is given in chronic skin diseases, such as eczema, lupus, psoriasis, secondary syphilitic sores or skin eruptions ; also in anesthetic leprosy, elephantiasis and scrofula. As a snuff, it is used in ozaena. The poultice or cataplasm is applied in syphilitic and other forms of ulcerations. The powder is dusted over ulcers

(*R. N. Khory, Part II, p. 298*).

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R N Chopra in his *Indigeneous Drugs of India*, page 582, has written :—

“For a long time it has been used by the Indian Physicians as a remedy for various skin diseases. The leaves are only recognised in the *Pharmacopoeia Indica*, but many investigators have advocated the use of the entire plant, root, twigs, leaves and seeds in medicine, especially the first named which contains the major portion of the active volatile principle ‘Vellarin’. The leaves are dried in the shade so that no active principle is lost, powdered and kept in well stoppered bottle. The powder is used as a remedy for eczema, leprosy, secondary syphilitic ulcers, either as an ointment with Vaseline or as a dusting powder. Internally, it has been used as an alterative and tonic and can be administered in the powdered form in 5—10 grains doses, three times daily. A decoction of the entire plant, one ounce in a pint, boiled for about 15 minutes is an elegant preparation in doses of 1 to 2 ounces.”

Daruty Dymock has written —

“The administration of this drug to lepers causes at first a sensation of warmth and pricking in the skin, specially of the hands and feet, this is followed after a few days by a general sensation of warmth, sometimes almost intolerable, the capillary circulation is accelerated and after about a week the appetite improves, and in time the skin becomes softer, throws off the thickened epidermis and recovers its transpiratory function.”

Nadkarni has written that in India, it is generally prescribed with some other ingredients for insanity and hypochondriasis and as a nervine tonic.

### Ayurvedic Uses and Opinions.

Hydrocotyle has been acknowledged by all eminent Hindu Physicians to be an excellent medicine in jaundice, leprosy, skin-diseases, eczema, syphilis, gonorrhoea, leucorrhoea, dropsy, fever, psoriasis and elephantiasis. They regard it as an diuretic, aperient and tonic and they have found it to be efficacious in nervous debility and seminal weakness.

*Charak* has recommended it for gangrenous ulcers, and all disorders of the stomach.

*Sushruta* has found it useful in increasing memory and longevity.

*Parts Used* — Juice and powdered root.

*Dose.*— Juice, two tolas, powdered root,  $\frac{1}{2}$  anna to 2 annas.

### Homœopathic Proving and Materia Medica.

Dr. Boileau experimented with the drug and brought its therapeutic properties to our notice. He was the first to use it in leprosy.

### Materia Medica of Hydrocotyle Asiatica.

1. *Mind* — Gloomy thoughts. Misanthropy. Inclination for solitude. Indifference. Gaiety (reaction). Loquacity (reaction).

2. *Head.*—Vertigo, with torpor. Congestion of blood to the head, heaviness. Painful drawing in almost all cranial nerves. Neuralgic pain in external frontal nerve. Intense pain with some swelling in posterior part.

of skull. Occiput acutely sensitive, esp to touch, Constriction of back part of skull and integuments.

3. *Eyes*.—Eyes look unsteady. Injection of palpebral conjunctiva. Pricking in eyes. Vision dim, dazzling.

4 *Ears*.—Pain in left internal meatus auditorius Throbbing in right ear, ringing in left, with stoppage Confused noise in left, blowing sound

5. *Nose*.—Swelling of nose Tickling, < left nostrils. Feeling as before bleeding Stoppage of nose. Coryza; dry. Bleeding (Lupus exedens of nose.)

6 *Face*.—Intoxicated expression Intermittent pain in left cheek-bone.

8. *Mouth*. Whitish spots in left upper and under sides of tongue. Impediment in speech. Redness of Velum Palati, with pain on swallowing, < by food. Hyperaemia of buccal mucous membrane. Saliva increased. Taste insipid or bitter, unpleasant in morning.

9. *Throat*.—Tonsils red. Pricking in pharynx Disorder of constrictor muscles of pharynx. Oesophagus dry and rough, burning and pricking in oesophagus

11, *Stomach*—Loathing of food. Anorexia; then strong appetite Aversion to tobacco smoking. Eructations frequent; acid. Nausea. Swelling of stomach, Contraction, cramp-like pain. Sensation as if gases collected into a ball. Anxiety in region of stomach Heat in stomach region spreading out like a bar.

12. *Abdomen*.—Barborygmi in different parts Flatus. Violent contractions of intestines Pain, every five minutes,

< Transverse colon Constriction Sensation as if all organs were in motion Pain in upper part of liver. Obstruction in hepatic region Heat in hypogastrium.

13. *Stool and Anus.*—Weight in rectum Burning in anus. Itching in anus Ineffectual desire for stool. Stools dry, dark. Stools increased Stools easier

14 *Urinary Organs*—Slight formication in kidney. Irritation of neck of bladder Constriction of bladder Frequent desire to urinate Irritation of urethra. Urine increased Urine becomes brown on cooling, Urine turbid with sediment

15 *Male Sexual Organs.*—Drawing in spermatic cords. < left scrotum relaxed. Impotence. Indifference to intercourse. Feeling of weight in prostrate gland.

16. *Female Sexual Organs.*—Vulva, vagina and cervix red. Heat in bottom of vagina ; Pricking and itching at its orifice Leucorrhoea increased Pain in ovarian region. Weight in uterus Pain in whole uterus, especially left side Severe labour-like pain in uterus and appendages

17, 18 *Respiratory Organs and Chest*—Pricking in vicinity of glottis. Dryness of windpipe, of ventricles of larynx Voice weak Speaking soon fatigues. Irritation of air passages. Difficult expectoration of bronchial mucus. Breath short. Oppression of chest, which suddenly ceases and then returns at longer and shorter intervals

19. *Heart and Pulse*—Cardiac spasm. Constriction of heart, with quiet and regular pulse, or with a few separate beats in certain arteries, or with hot flushes in different parts to the face Irregular beating of heart. Pulse stronger and fuller

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20 *Neck and Back*.—Renewal of old rheumatic pain in left rhomboid, < pressure Bruised pain in loins Obstruction in region of kidneys, with heaviness

21 *Limbs*.—Contractions of forearms and legs. Irresistible inclination to stretch Pain in all joints, < left, pain in all muscles. Sensation as if hot water ran through marrow of bones

22. *Upper Limbs*.—Weariness in all muscles of shoulders. Crampy numbness of right forearm, hand and fingers. Pain in finger-joints.

23 *Lower Limbs*.—Gait unsteady. Inability to stand Sharp pains in hips Weariness in muscles of thighs, with crampy movement in calves.

24 *Generalities*.—Bruised feeling in all muscles; on waking. Wandering pains in muscles of chest and legs. Drawing in several muscles, Malaise Weariness (with depression, heaviness, and dulness), dull feeling throughout the system generally; and unfitness for everything

25. *Skin*.—Spots almost circular, with raised scaly edges Yellowish spots on legs. Erysipelatous redness. Red points on eyelids, left side of neck and both hands Red spots, covered with whitish scales, on left side of neck Lilac coloured spot, shaped like an ear, on sole, the skin over it is depressed, and walking is painful. Erythema on face, neck, back, chest, arms, and thighs, with much itching; with copious sweat. Miliary eruptions on neck, back and chest. Sudamina on abdomen. Papules on face Pustules on chest Pricking on different parts. Itching in several places, itching at tip of nose (in one who had chilblain there every year).

26 *Sleep*.—Yawning and stretching. Sleepiness, in the day time. Heavy, dreamless sleep. Persistent dreaming all the time he was asleep, mouth in unpleasant state in the morning

27 *Fever*—Shivering in afternoon. Cold hands and feet, with general condition resembling precursory stage of fever, without alteration of pulse. Sensation of coldness in forearm, hand, left foot, and leg, > by rubbing, but returning when the rubbing ceased. Febrile movements. Heat, of skin, in bones of leg, in left tibia in face in flushes; in different parts of face in flushes, esp, temporal regions. Profuse sweat.

### Personal Observations.

*Hydrocotyle Asiatica* has been known to be a remedy of great repute by the Hindu Physicians from ancient times

Its long range of remedial virtues has been freely acknowledged by them. They found it extremely useful in white and bloody dysentery of both adults and children, Jaundice, Gonorrhoea, Dropsy, Fevers, Leprosy, Secondary Syphilis, Elephantiasis Arabum, Gangrene after amputation, Acne Rosacea, Gout, Leucorrhoea, Lupus, all skin affections, follicular inflammation of uterus, pruritis of vagina, and some other affections.

We, homoeopaths, have also found it efficacious in these identical diseases.

Boileau was the first to employ it as a medicine in leprosy. It has been tested, both pathogenetically and clinically, and its symptoms have been sufficiently outlined. The skin and the female generative organs are the chief

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centres of its attack. It also exerts a powerful influence upon the liver, the nerves, and the mucous membranes which do not escape from its action.

There is multiplicity of skin affections in which it is applicable—acne, eczema, pemphigus, lupus, copper-coloured eruptions, papular eruption on the face, unbearable itching in various places.

Its therapeutic virtues are observed in the disorders that exhibit intestinal inflammation and cellular proliferation in any part. There are also hypertrophy and induration of connective tissue.

It has a great repute in curing the ulceration of the womb.

In all skin diseases in which it is employed with benefit, we find that there is extreme thickening of the epidermoid layer and exfoliation of scales, there is circular spots associated with scaly edges; there is intolerable itching, specially of soles; elephantiasis, syphilitic affections, there is copious perspiration, psoriasis in trunk, extremities, palms and soles, pustules on chest, acne; leprosy.

It has a decided action upon stomatitis, either aphthous or syphilitic. In bladder affections, there is irritability found in the neck of the bladder, with increased secretion of urine.

There are heat and itching in the vagina; weight felt in uterus.

There is granular ulceration and difficulty in maintaining the upright position. It is also useful in gout and rheumatism. Affections of the trigeminus nerve are benefited by its employment; there is bruised sensation in all the muscles.

In neuralgia orbitalis it has been used with efficacy.



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# Hygrophila Spinosa.

(Kule Khara).

*Common Names* —*Sans.*—Ikshugandha, Kokilaksha, *Hind.*—Talmakhana, Gokshura, *Beng.*—Kule Khara; *Bom* —TalimKhana, *Tel* —Nirguviveru, *Santal.*—Gokhula janum.

*Natural order.* Acanthaceae

*Description of the plant* It is a spiny bush and is common throughout India

## Allopathic Uses and Opinions.

*Constituents.*—The seeds contain mucilage, albuminoids, traces of an alkaloid and a yellow fixed oil. The root and stem exhausted with alcohol deposit red shaped crystals. (*Materia Medica of India*—*R. N. Khory, Part II, p 465*)

*Actions and uses* —The root is demulcent, diuretic, and given in dropsy, gonorrhoea, hepatic obstruction, rheumatism, and in urinary affections. The seeds are used as aphrodisiac; a paste of the seeds is applied to rheumatic joints. (*Materia Medica of India*—*R. N. Khory, Part II, p. 466*).

“In the Pharmacopoeia of India several European contributors bear testimony to the diuretic properties of the plant, but no mention is made of the use of the seeds as an aphrodisiac and diuretic.” (*Dymock—Part III, p. 87*).

"The whole plant has been used medicinally, specially the root and the leaves. A decoction of the root is useful in hepatic derangement and genito-urinary disease as a diuretic. About 2 ounces of the root is boiled in a pint of water for 20 minutes to half an hour in a closed vessel. Dose of the preparation should be one to two ounces, two or three times daily. All parts of the plant have similar medicinal properties and can be bought almost in every important bazar of India (*R. N. Chopra—Indigenous Drugs of India—p. 582*).

### Ayurvedic Uses and Opinions.

*Charaka* has found it useful in stone, gravel and calculus in the bladder and strangury.

*Sushruta* has recommended it as a great sexual tonic.

*Baghatta* has recommended it for all skin diseases due to impurities of blood.

*Chakradatta* is of opinion that it can be effectively used in dropsy.

*Banqasena* has acknowledged its efficacy in effecting safe delivery.

*Harit* has recommended it for sleeplessness. He has also said that it can produce sound sleep if its root be placed on the head.

*Parts used.*—Root, fruit and leaves

*Dose.*—Decoction, 5 to 10 tolas ; powdered fruit, 1 to 2 tolas.

### Homoeopathic Uses and Personal Observations.

No systematic proving of the plant has been made. But a tincture has been prepared and is now being used by some of us in urticaria which generally appears in summer and its symptoms get worse from heat or warmth.

The plant is full of thorns and if any body be pricked with its sharp points, intolerable burning ensues and the flesh becomes swollen and red.

It produces small red pimples and eruptions which look like measles and eruptions due to prickly heat.

In this affection *Hygrophyla Spinosa* is more efficacious than *Apis Mel* or *Rhus Tox.*

In malarial attacks associated with urticaria it is used with great benefit. These fevers appear in the morning, there is no chill or thirst, urticaria-like eruptions come on along with the rise of temperature and there is intense itching which is relieved by cold applications.

In some skin diseases, which is worse from heat and better from cold, its efficacy is surely found.

In all ulcers due to impurities of blood it can be safely used with benefit.

It is an excellent medicine in dropsy, gonorrhoea, hepatic obstruction, rheumatism and urinary affections.

In stone or calculus it has been used with success.

It has a wonderful action over insomnia ; it is a sure and unfailing remedy to produce sleep.

The Mahomedan physicians have found it beneficial in impotency and leucorrhoea.

It exerts a powerful influence over the genito-urinary tract and all complaints proceeding from it are cured by its employment.

These are the symptoms for which we have found it efficacious. However, the medicine deserves our attention in the future and more clinical experiences should be forthcoming,

*Preparation.*—The entire fresh plant with its roots is macerated with two parts by weight of alcohol.

*Dil.*—3x, 6x, 30 generally used.

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# Justicia Adhatoda.

(Basaka).

*Common Names.* Beng—Basaka ; Eng—Malabar nut ; Hind.—Arusha , Sans.—Baidyamata , Tamil—Adhatodai

*Natural order.* Acanthaceae

*Description of the plant.* This is a small tree or large shrub found in India. It flowers in the cold season. Its leaves are broad—lanceolar. The spikes are found to be short, long-peduncled, and the corolla ringent, upper lip vaulted, emerginate. The trunk is straight, and the bark is somewhat smooth and ash-coloured. The branches are sub-erect, with bark resembling that of the trunk, but smoother. The leaves are opposite, short-petioled, broad, lanceolar, long, taper-pointed, smooth on both sides, about five or six inches long and one and a half broad. The spikes from the exterior axils are solitary, long-peduncled, the whole end of the branchlet forming a fleapy panicle, flower-bearing point short and enveloped with large bracts. The flowers are opposite, large with small ferruginous dots ; the lower part of both lips is streaked with purple. The bracts are three fold, opposite, one flowered. Exterior one of the three, large, ovate, obscurely five nerved. Interior pair, much smaller, end sub-lanceolate ; all are permanent. Calyx five-parted to the base, divisions nearly equal. Corolla ringent. Tube short ; throat ample ; upper lip vaulted, emerginate, lower lip broad and deeply three parted ; both streaked

with purple. Filaments long, resting under the vault of the upper lip. Anthers twin.

### **Allopathic Uses and Opinions.**

*Constituents*—An odorous principle, fat, resin, a bitter alkaloid vasicine, an organic acid, adhatodic acid, sugar, gum, colouring matter, salts.

*Actions and uses.*—Expectorant, anti-spasmodic, and alterative ; the flowers and roots with ginger and sitab are given in ague, rheumatism, constipation, asthma, chronic bronchitis and other chest affections, the root is a fair substitute for Senega. Leaves are often smoked in asthma (Materia Medica of India—R. N Khory—Vol. 11, p 464 )

“Strong testimony in favour of the remedial properties of the drug was furnished to the authors of the Pharmacopoeia of India by Drs Jackson and Dutta, who employed it with marked success in bronchitis, asthma, and other pulmonary and catarrhal affections. Cases illustrative of its effects in catarrh, bronchitis and phthisis have been published by Mr. O C Dutt (Indian Annals of Med. Science, 1865, Vol. X., p. 156) In Bengal the leaves are smoked in asthma ; good evidence of their value when thus used has been collected by Dr. G. Watt in the “Dict of the Economic Products of India”. Dr. Watt has also brought to notice the use of Adhatoda leaves in rice cultivation in the Sutej valley. The fresh leaves are scattered over recently flooded fields prepared for the rice crop, and the native cultivators say that they not only act as a manure but also as a

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poison to kill the aquatic weeds that otherwise would injure the rice. Experiments conducted by us show that the infusion acts upon the cells of those plants in the same manner as certain chemical reagents, by contracting their contents and causing their disintegration, it also proves poisonous to any animalcules, frogs, leeches &c, present in the water; on the higher animals the leaves do not have this effect" (Pharmacographia Indica—Dymock—III p 54).

Dr. Watt has also said that it can be used with benefit to destroy the germs of diseases from drinking water

Lt. Col R N Chopra I M S has written the following about this drug in his Indigenous Drugs of India, p. 265 .—

*Chemical composition* —“As long ago as 1888, Hooper published details of chemical analysis of the drug carried out by himself. He found that an odorous volatile principle probably of the nature of an essential oil and a non-volatile body of the nature of an alkaloid called vasicine were present. Hooper's work was confirmed by Booraswa of Java, who further investigated the alkaloid and tested its physiological properties but it has not been possible to find any record of this work. A thorough analysis of the drug was made and sufficient quantities of the alkaloid were obtained to determine its pharmacological action. We could not, however, collect a sufficient quantity of the essential oil to test its physical, chemical and physiological properties.”

“The alkaloid is found in the leaves to the extent of 0.25 per cent. The base occurs as needle-shaped crystals



and has melting point of 182°C. It is easily soluble in alcohol, is slightly soluble in cold water but more so in hot water. A 2.0 per cent solution in chloroform is optically inactive. Vasicine hydrochloride occurs in light, cream coloured crystals, has a melting point of 180°C and is very soluble in water. Vasicine tartarate was also prepared and is a soluble salt. The molecular weight of vasicine was determined and found to be 188 which agrees with the empirical formula  $C_{11} H_{12} N_2 O$  found by analysis."

*Pharmacology of Vasicine.*—"The alkaloid vasicine and its salts are not very toxic to undifferentiated protoplasm. They have little or no effect on the free living protozoa such as *Paramecium caudatum* nor have they any toxic or inhibitory effect on the cultures and growth of streptococci, staphylococci, *B. Coli*, *B. diphtheriae* or *B. tuberculosis*. It is possible that the antiseptic properties of the leaves recorded by previous observers may be due to the volatile principle. Solutions of concentrations of 1 to 5 per cent are not irritant to the mucous membrane. The alkaloid has a bitter taste but has no marked effect on the movements of the alimentary canal. In high concentrations (1 in 20,000) the peristaltic movements of the isolated gut are inhibited, probably owing to depression of the vagal endings. Intravenous injections in animals produce a slight fall of blood pressure due partly to direct depressing effect on the cardiac muscle and partly to depression of the terminations of the vagi in the heart. There is no effect on the blood vessels.

In the lungs of experimental animals the alkaloid, when given intravenously, produces a slight but a persistent

broncho-dilatation. This action is in all probability due to depression of the vagal terminals in the bronchi as it is absent with small doses of pilocarpine. After administration of atropine, the broncho-dilatory effect is more pronounced. The drug has a well-marked expectorant action and it is possible that the essential oil plays an important part in this direction "

*Therapeutic Uses.*—“Clinically, an alcoholic extract made from fresh and dry *Adhatoda* leaves was given an extensive trial in the Carmichael Hospital for Tropical Diseases.

Previously a tincture made from the leaves was tried in various civil hospitals and dispensaries in different parts of India at the instance of the Indigenous Drugs Committee. Most of the evidence produced showed that the drug has a definite expectorant action. In acute bronchitis it was found always to afford relief, especially where the sputum was thick and tenacious, acting in very much the same way as *Ipecacuanha*. In chronic bronchitis the cough is relieved and the sputum is liquified so that it is brought up more easily. The depression of the vagal terminations further relieves irritation and spasm of the bronchioles. The extract was also tried in a number of cases of bronchial asthma but relief afforded by it was not marked. As the animal experiments pointed to synergistic action of atropine and vasicine a combination of the extract with belladonna preparations was tried in cases of asthma of vagotonic origin but the results were not very satisfactory.”

“As regards the effect of the drug in tuberculosis of the lungs the author's conclusions are also in accord with

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those of the Indigenous Drugs Committee. The drug is absolutely useless in curing or preventing the progress of this disease in experimental animals or human beings. There is no doubt, however, that it relieves the irritable cough by its soothing action on the nerves and by liquifying the sputum which makes expectoration easy."

*Summary.*—Chemical analysis of *Adhatoda vasica* shows the presence of two active principles—(a) an alkaloid vasicine whose empirical formula we have found to be  $C_{11}H_{12}N_2O$  of molecular weight 188, (b) traces of a volatile principle of the nature of an essential oil. Vasicine has no marked action on the alimentary canal or on the circulation. It produces slight but persistent broncho-dilatation in experimental animals and this effect is considerably increased after administration of atropine. The essential oil present in the leaves appears to be chiefly responsible for the expectorant action of the drug. Clinically, the fluid extract prepared from the leaves has well marked expectorant properties, it relieves cough, liquifies sputum which is then coughed up more readily. It is not effective in relieving attack of bronchial asthma. In pulmonary tuberculosis it has no action whatever."

### **Ayurvedic Uses and Opinions.**

*Justicia Adhatoda* is a wellknown remedy for all sorts of cough and cold amongst the Ayurvedic physicians in India. The Ayurvedic physicians prize it very much. They are so very sure of its efficacy that they call it *Bardyamata* i. e. *mother of physicians*.

There is a common stanza in support of this impression which runs thus :—

“कसायं विद्यमानाशामाशयं जीवितञ्च च ।  
रक्तपित्ती, क्करी कासी किमर्थमवसीदति ॥”

The meaning of the above sloka is that as long as *Vasaka* will remain, patients suffering from spitting of blood, phthisis and common cough and cold need not despair. These physicians confidently proclaim that no death can take place from cough of any kind if *Vasaka* can play its role and find time to display its healing properties.

Let us now see what the great authors of Ayurveda have said relating to this drug.

*Charak.* It is used in spitting of blood with great success.

*Sushruta.* It is an excellent remedy in phthisis, violent cough, respiratory troubles, and jaundice. It is also used in spitting of blood.

*Vabaprakash.* It is used in fevers associated with bilious and respiratory troubles. It is a good remedy for bad smell of the body.

*Chakradatta.* It is an excellent remedy in chronic or slow fevers and also in leprosy. The root of this plant is used to effect an easy and safe delivery.

*Bangasena.* In piles its efficacy can be perceived

In short, in all well-known Ayurvedic works the efficacy of *Vasaka* has been freely acknowledged

*Uses as a remedy.* Bark, leaves, flowers and root.

*Dose.* Decoction of the bark—5 to 10 tolas ; fresh leaves, 1 to 2 tolas , root bark powder, 1 to 4 annas.

### Homoeopathic Uses and Proving.

#### *Proving No I.*

*Name of the prover* —Bama Charan Roy, aged 32. On May 10, 1903, at 8 A M , I gave him three drops of *Justicia adhatoda*. He took four doses that day No symptom of poisoning was marked.

May 11.—He commenced to take *Justicia* in three drop doses from 8 A M this day also

He had an attack of a mild catarrh at 4 P.M this day , there was tickling sensation at the root of the nose

No more doses of *Justicia* were given

May 12 At 8 A. M. a dose of three drops of the tincture was given

At 10 A. M —Another dose was given.

The catarrh became very fluent and profuse this time , there was also sneezing present

At 4 P M —Another dose was given.

No new symptom was marked.

At 10 P M —Another dose was administered

No more doses were given this night

May 13.—At 8 A M a dose of three drops was given

At 10 A. M.—Another dose was taken.

At 11 A. M.—There was perceptible aggravation of the symptoms.

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At 1 P M.—The following violent symptoms were marked by me personally.

*Mind* He grew anxious and discouraged ; he felt a decided aversion to conversation and was inclined to be angry.

*Head.* The head appeared to be full and heavy with pressure towards the forehead , he experienced heat of the head , there was pulsation in both sides of the forehead.

*Eyes*—There was watering from the eyes ; burning pain in the eyes existed , eyes seemed to be confused and swimming in tears.

*Ears.*—All noises were unbearable to the ears.

*Nose.* There was fluent and profuse coryza from the nose, with constant sneezing , there was swelling of the nose, with painful sensibility to touch and obstruction of the nose ; the fluent coryza was accompanied by shooting and aching in the forehead , the nostrils were ulcerated ; there was loss of smell and of taste ; there was sometimes dryness of the nose and when this dryness was experienced, obstruction of the nose was the result

*Face.* The face was red and burning, and was hot. There were gnawing pains in the face, mitigated by external pressure

*Teeth.*—There were shooting pains in the teeth which extended to the cheek.

*Mouth.* There was dryness of the mouth with thirst , the mouth, throat and tongue were all dry ; the tongue was enveloped with a white coating

*Throat* There was a sensation of dryness in the throat ; there was pain, as of excoriation in the throat, during empty deglutition , there was tenacious mucus in the throat, which could not be detached without repeated coughing.

*Appetite.* There was total loss of appetite ; the taste was insipid and putrid , there was repugnance and disgust for food.

*Nausea and vomiting.* There was nausea ; vomiting took place while coughing ; there was vomiting of mucus ; there was exhaustion and paleness of face after vomiting

*Abdomen.* Pains were felt in the hepatic region, mostly shooting and gnawing pains . there was abundant production of flatus, with gurgling , there was sometimes escape of flatus

*Stool.* There were loose evacuations, mixed with mucus and slight colic, ameliorated after stool.

*Respiratory Organs.* There were hoarseness, cough and rattling in the chest ; there was painful tenderness of the larynx when touched , there were frequent fits of coughing, associated with suffocative obstruction of respiration ; sometimes vomiting took place while coughing ; the cough was accompanied by sneezing, stitches in the chest and red face , there were some paroxysms of cough, with expectoration of bloody, slimy matter, or of tough yellowish mucus ; there was a marked aggravation of these coughing fits at night.

*Generalities.* There was a marked over-sensitiveness to external impressions

*Fever.* The pulse became quick and hard, the temperature of the body was  $102.2^{\circ}$ , he felt chilly every now and then.

*Proving No. II.*

*Prover.* Durga Pada Mukherjee, a Homoeopathic practitioner

*Age.* 27 years.

On the 12th of June, 1903, he took three drops of the tincture of *Justicia* at 10 a. m. Another dose was taken by him at 1 p. m. The third dose was administered to him at 3 p. m., and the fourth dose at 8 p. m. He did not feel any discomfort that day.

June 13, 10 A. M. He took three drops of the tincture.

At 1 P. M.—He took another dose.

At 4 P. M.—He took a third dose

At 8 P. M.—He took another dose.

At 10 P. M.—He experienced a tickling sensation in the nostrils, there was also burning sensation in the nostrils.

At 10-30 P. M.—Premonitory indications of coryza were marked.

At 11 P. M.—The catarrh grew very profuse and fluent, there was also sneezing present; there was watering from the eyes.

At 5 A. M.—Another dose was taken.

June 14, at 7 A. M.—The head seemed to be heavy; there were burning pains in the eyes; there was fluent coryza which streamed down the cheek, accompanied by



violent almost constant sneezing, there was total loss of smell and appetite, there was dryness of the mouth, with thirst, there was white coating on the tongue; there were hoarseness and cough, with rattling in the chest, frequent paroxysms of cough came on, with sneezing and obstruction of the nose, there was cough, with expectoration of tough, yellowish mucus which could be expelled after repeated hawking; the pulse became quick and full, he felt chilly and feverish, but there was no rising of temperature. I had a mind to give two or three doses more; but he was very unwilling to take any more. I believe that the rest of the symptoms marked in the first proving would have surely appeared if he could have taken a few more doses of *Justicia*.

These two provings will, however, suffice to demonstrate that *Justicia* will turn out a grand homoeopathic remedy in coryza, cough, bronchitis, etc.

*Proving No. III.*

*Name of the prover* Srish Chandra Ghose. Aged 32 years.

On the 10th of August, 1903, he took 3 (three) drops of *Justicia adhatoda* at 10 A. M. The second dose was given at 4 P. M., and the 3rd dose at 10 P. M.

He did not feel any uneasiness that day.

11th August at 8 A. M. He took 3 drops of *Justicia*.

12 O'clock noon. He took another dose of 3 drops

5 P. M.—He took another dose.

6 P. M.—He experienced a tickling sensation in the nostrils.

10 P. M —There were well marked symptom of coryza ; there was watering from the eyes , there was also sneezing present.

12th August.—Two more doses of *Justicia* were taken in three drop doses at 8 A. M. and 11 A. M

The following symptoms were marked :—

*Head* Dull headache was present with fulness and pressure towards the forehead

*Eyes.* There was watering from the eyes , burning sensation in the eyes was also present

*Nose.* There was fluent and profuse coryza from the nose, with constant sneezing , there was also swelling of the nose ; there was total loss of smell and of taste

*Face.* The face was puffy.

*Teeth.* There existed shooting pains in the teeth which extended to the cheek

*Mouth.* Dryness of the mouth was present with thirst ; the mouth, throat and tongue were all dry

*Throat.* The throat seemed to be dry and it was very sore ; there was pain, as of excoriation in the throat.

*Appetite.* The appetite was totally lost ; the taste was putrid.

*Respiratory Organs.* There were some paroxysms of cough with stitches in the chest.

*Generalities.* There was a well developed symptom of over-sensitiveness to external impressions.

*Pulse* The pulse was found to be quick and accelerated, the temperature was 100 2°, creeping sensation of chilliness was present

*Proving No IV.*

Mr J. D. W. C., of Richmond, Va published an accidental proving of *Justicia Adhatoda* in the Homoeopathic Recorder, of 15th July, 1905

As the article seems to be very interesting, I cannot but quote and publish it

"I expect Dr S C Ghose, of Calcutta, India, would be delighted to learn that this P M—about 1—2 O'clock, I had a first class sneezing fit and a genuine coryza, with other suffusions and troubles succeeding, until now—about 6 p m—I am very glad business matters are dismissed and I get a chance to sit down and meditate.

How all this and much more came about it is somewhat as follows —

Yesterday, March 25th, A. D., I undertook to search out some of the things relating to "*Justicia Adhatoda*"—(I shall now be at a loss as to the orthography of the word "*Adhatoda*"—for one of its syllables, "*tod*"—means, in German language, nightmare, death !)

In the May issue of that interesting repository—the Homoeopathic Recorder—I read and re-read the doctor's account of that East Indian plant, *Justicia Adhatoda*. and as I and some other members of our family had "disturbances" that seemed to harmonize with doctor's exhibit, it was simple matter and a good time to taste the thing—so out of a handful of cut loaf sugar cubes I selected

six, about uniform dimensions, and as nearly as I could control matters put about three drops of mother tincture (B and T. brand) of the aforesaid plant on each cube, and from 1 to 4 o'clock P. M., the entire 6 cubes, were devoured, one by one with about half-hour intervals, so as to give myself a chance to cut off the experiment in case some of those occult, East Indian vagaries should develop. But every thing was quiet and tranquil up to about 7 P. M. of the same 25th, when I had ceased to have expectations and sat down to a small bowl of soup and rye bread, the first spoonful of which caused the silent remark—"what under the sun can be the matter with my throat?" In as much as I live entirely solitaire I had to discuss the matter as best I could in monologue and in silence, but went on with the frugal evening meal, and was glad to drop into bed about 8 P. M. with a sore throat, suffused eyes, stuffy, stupid-feeling head, and this morning (May 26th 1905) got up about 7 A. M. with all those symptoms in good working order, supplemented by a very queer sort of headache, the erect position, when the brain seemed to flop over into its normal position. And now, about 7 P. M., May 26th, my throat is still sore, head and eyes suffused, hands puffy and swollen, feet and legs swollen and quite puffy and I hope very soon to be in bed."

These four provings will, however, suffice to demonstrate that *Justicia Adhatoda* has turned out to be an excellent Homoeopathic remedy of our Materia Medica

#### Symptoms.

*Mind* The patient is despondent and anxious, has no desire to talk and is in an angry mood, irritable, sensitive to external impressions.

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*Head.* The head is hot, full and heavy, hot sensation in the head, throbbing pains over both temples.

*Eyes* Lachrymation with coryza, profuse, fluent, with constant sneezing; burning of eyes, dimness of vision.

*Ears.* Sound intolerable.

*Nose* Profuse coryza with sneezing, pain and swelling of nose associated with snuffle, acute aching pain in the forehead associated with watery, mucous discharges, soreness in the nostrils, loss of smell and taste; sometimes there is dryness of nose, or sometimes its stoppage.

*Mouth.* Pricking sensation in the teeth, which extends up to the mouth, mouth is dry, there is thirst, mouth and tongue are dry, there is white coating of the tongue.

*Throat* Dryness of throat, pain during empty swallowing, tenacious mucus in the throat which cannot be raised by coughing

*Appetite* Total loss of appetite; bad taste in the mouth, putrid taste, no desire to eat anything.

*Nausea and Vomiting* Nausea exists, vomiting while coughing, vomiting of mucus, paleness of face and weakness after vomiting

*Abdomen* Gnawing pain in the hepatic region; excessive gurgling in the abdomen and passing of wind; abdomen distended.

*Stools.* Loose stools mixed with mucus, slight pain in the abdomen, better after eating

*Respiratory organs.* Dry cough from sternal region all over chest, hoarseness, larynx painful; paroxysmal cough, with suffocative obstruction of respiration; cough

with sneezing; severe dyspnoea with cough, tightness across chest; asthmatic attacks, patient cannot endure a close, warm room, whooping cough, vomiting while coughing; the expectorated phlegm is either yellowish or mixed with blood, cough with wheezing sound in the throat. Larynx painful, even to touch.

*Fever* The pulse is rapid, hard; temperature 102°, sometimes there is chilliness.

*Modalities.* There is an aggravation of cough at night, patient feels uncomfortable from external noise.

### Personal Observations.

It is a new homoeopathic remedy which has been introduced by me and prepared from an indigenous plant of India. It is a well-known new homoeopathic remedy.

An article dealing with the provings and clinical verifications of *Justicia Adhatoda* was written by me and published in the *Homoeopathic Recorder*, of Philadelphia in May, 1905. Other papers upon this drug from my pen were published in *Revue Homoeopathique Francaise* of April, 1907, *Journal Belge d' Homoeopathie*, of February, 1907 and in *Progress* of July and August, 1907. A Synopsis of the article on *Justicia* was published editorially in the *Journal of the British Homoeopathic Society* of July, 1905 and in *Allegemeine Homoeopathie Zeitung* of 20th July, 1905.

Dr. E. P. Anshutz has published my article dealing with this drug in his wellknown work—"New, Old and Forgotten Remedies" published by Boericke and Tafel. Also an article from my pen on this drug was published

in the Transactions of the Eighth Quinquennial Homoeo. International Congress which was held in London in 1911.

This drug can also be found in the Materia Medica of Boericke as well as Blackwood

It is cooling, destroyer of hoarseness, and a strong arrester of blood. It is highly efficacious in cold, coryza, cough, bronchitis, pneumonia, phthisis, spitting of blood, fever, jaundice, vomiting, thirst, loss of appetite and constipation. *Justicia* plays an important part in the disorders of the respiratory system. In coryza it is highly curative where sneezing troubles the patient. In whooping cough I have the greatest confidence in it as long as or whenever catarrhal symptoms are noticed. The cough of *Justicia* is incessant and severe. The chest seems pregnant with phlegm and there is audible rattling of mucus, but very little is expectorated or it is loosened only with repeated hawking. The expectoration consists of tough, yellowish mucus. The cough of it is sometimes dry, spasmodic, constricted. There is a violent degree of dyspnoea associated with the cough, so much so that there is great fear of threatened suffocation. In whooping cough the child loses breath, turns pale, stiff and blue and there is rigidity of the body. There is usually vomiting with the cough and no food or drink is retained by the stomach. It has also great loss of appetite and there is also obstinate constipation in the bargain. *Justicia* has some influence upon the hepatic system. In functional derangement of the liver it is certainly an excellent remedy.

In the first stage of phthisis it will surely be found to be a valuable remedy. In this complaint there is usually spitting of blood. The mucus membranes are dry,

specially those of the mouth and throat and tongue is dry and there is thirst present

The characteristic mental symptom of this drug is irritability. The patient is easily angered. He is not in good humour and is very averse to holding any conversation. There is accumulation of gas in the abdomen and gurgling sound can be heard there

*Justicia Adhatoda* has been tried by numerous homoeopathic physicians of our country and they have found it to be uniformly efficacious in the complaints mentioned above. The medicine needs no pleading from me

### **Clinical Verifications.**

#### *Case No. 1. Whooping Cough*

The youngest son of Rai Bahadur D. N. Chakrabarti, M.A., B.L., Zeminder and Ex-Judge, Calcutta High Court, had been suffering from a severe attack of Whooping Cough for more than two months

He was placed under my treatment on Aug 9th 1911, when I marked the following symptoms :—

The whooping cough returned periodically in spasms which lasted for a long time and produced extreme exhaustion; the boy held each hypochondrium during cough; there was yellow expectoration which the boy had to swallow. The cough induced the vomiting of food and the boy threw off everything as soon as it was taken; the patient was very restless and totally sleepless; there were sometimes paroxysms of severe spasmodic cough which continued with uninterrupted crowing inspira-



tions till the boy grew purple and blue in face and was quite exhausted, the patient was worse in the latter part of the night, the bowels had not moved for the last two days. I, at first, prescribed *Drosera* 6x, and afterwards *Corallium rub* 30; but none of them could do any good. I then gave him *Justicia adhatoda* mother tincture, one drop, every three hours

August 11th—I saw the patient at about 9 A. M. when I was astonished at hearing that a violent aggravation had taken place as soon as the third dose of my remedy was administered. I thought that this aggravation was due to the strength of the dose and so I gave him *Justicia* in 1x potency and ordered that one dose of it should be given after each fit of coughing

August 12th—I went to see the boy at 8 A. M., I was glad to hear that the boy was somewhat better than before; the bowels moved this morning; the boy slept for nearly five hours last night, there was only one fit of coughing during last night, the boy vomited up to 11 p. m. but since then no vomiting took place although the patient had barley water four times. The news made me very happy and I prescribed *Justicia* 3x to be given every four hours.

Suffice it to say that *Justicia* alone cured the patient perfectly within a short period of five days.

#### *Case No. 2. Whooping Cough.*

A grandson of Desbandhu C. R. Das, the leader of the Swarajya Party in Bengal, was suffering from whooping cough. Whooping Cough, was at that time, raging epidemically.

cally in that locality Two deaths occurred in the family a few days before I was called in to see the patient on Sept 10th, 1931. The boy had been under the treatment of a homoeopathic practitioner of the locality I marked the following symptoms when the boy was placed under my treatment :—

The boy coughed immediately after eating and drinking, and vomited what he had eaten, convulsions appeared during the course of cough Spasms of flexors predominated, the paroxysms of cough went on without any interruption for a long time and which lingered till the breath was nearly exhausted, the boy became stiff and rigid, there was rattling of mucus in the chest, the cough became sometimes dry and sometimes moist, any change of air produced the fit of coughing, the fits were marked to appear every thirty or forty minutes; there was no appetite, tough, ropy mucus came out with vomiting, there was obstinate constipation and the bowels did not move for the last five days. I heard that the physician in attendance had given him *Cuprum*, *Corallium rubr*, *Drosera*, *Bryonia*, but nothing had been found efficacious.

I prescribed my new remedy, *Justicia adhatoda* 1x every hour.

Sept. 11th I went to see him at 10 A M. I heard that the boy was somewhat better than before He passed almost a quiet night. There was only one fit of coughing last night, which lasted for only 10 minutes, but there was no convulsion, I also heard that there was a motion in the morning at 8 A. M., which consisted of

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hard, dry balls mixed with ropy mucus I gave the patient one ounce of barley water in my presence, but he did not throw it off.

I prescribed *Justicia adhatoda* 3x to be given every two hours.

Sept 12th —I saw the boy at about 11 A. M The bowels were moving regularly, there was no rattling of mucus in the chest, there was no coughing-fit last night, the patient had appetite now, the boy appeared to be cheerful

I prescribed *Justicia* 3x every four hours, the boy took this medicine for four days more and regained his former vigour and strength within a week

#### *Case No 3 Broncho-Pneumonia.*

A grandson of late Sir Ashutosh Mukherji, KT, EX-Judge, Calcutta High-Court, aged three years, had an attack of cold on Nov 20th, 1930 and this attack brought on broncho-pneumonia later on I saw the boy on the 24th Nov 1930 The following symptoms were visible.— The mucous rales were heard distinctly over the chest; there was great difficulty in breathing; there was considerable rattling of mucus and the chest was full of mucus, but the boy was not at all able to bring it up, there was rapid, short, difficult breathing and the patient seemed, as if he would die of suffocation, the eyes were congested, staring, dull, the face was pale and somewhat bloated, the tongue was dry and brown; excessive thirst was present, there was slight drowsiness prevailing, the tempertaure was found to be 103'4° Antim Tart. in

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both 6th and 30th potency was given, but unfortunately it did not bring any good at all.

I prescribed *Justicia Adhatoda 3x* every two hours according to the emergency of the case.

25th Nov The oppression of breathing was almost gone ; bronchial tubes were almost clear, the coughing fits were still present, but not so troublesome as before ; the tongue was moist ; the temperature was found to be 101 4° at 9 30 A M

The same medicine was repeated every four hours

26th Nov I saw the patient at 9 A. M this morning. The coughing fits were less frequent ; the bronchial tubes were now clear and there was no rattling of mucus , the patient had two motions last night which were mixed with mucus ; the temperature was 100° in the morning. The same medicine was continued.

Dec. 1. The temperature was normal ; the bowels were now moving regularly ; the boy had a sound sleep last night

The same medicine was given every six hours.

Dec. 2 I found the boy to be very cheerful this morning. No other complaints could be marked , some solid food was given

The boy was quite all right within 3 days more

#### *Case No. 4. Phthisis (Incipient Stage).*

Late Babu Lal Mohan Das, M.A , B.L., Ex-judge of the Calcutta High Court, called me to see a relative of his, aged 31 years who was suffering from the first stage of

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Phthisis. The patient had an attack of pleurisy six months before and since that time he had been suffering from bronchitis. He did not care to take proper medicine for his cough, but when the attending physician diagnosed the disease as nothing but phthisis he grew very anxious.

I saw the patient on November 12th, 1930. The following symptoms were marked —

*Mind*—Lowness of spirits, he was oversensitive to external impressions.

*Head*.—Burning sensation on the forehead.

*Face*—The face was very pale, there were blue rings around eyes.

*Mouth*—The tongue was very dry, and there was excessive thirst for cold water.

*Abdomen*.—There was obstinate constipation.

*Respiratory system*.—There was constrictive pain in the lungs, there was also tightness across the chest; the whole body was seen to tremble while coughing, there was frequent fits of coughing with haemoptysis after which severe dyspnoea and short breathing appeared; the expectoration was dry, rusty, blood-coloured; the patient grew worse while lying on the left side.

*Fever*.—The patient felt chilly every evening, there were also night sweats.

I prescribed *Justicia adhatoda* 3x to be given every four hours.

November 14th. I heard a good report of the patient this morning; the bowels moved last night; the cough

was still present, but the expectoration was moist and easy, and there was no spitting of blood since yesterday

November 16th—A decided improvement was wrought by *Justicia*. There was no fever last evening, the cough did not trouble the patient every now and then. there was no spitting of blood, there was no difficulty in breathing. The patient was experiencing greater relief than before. The same medicine was continued

November 20th—The paleness of the face was nearly gone, there was great appetite for food, there were only three or four negligible attacks of cough during twenty four hours; there was no fever, no night sweat appeared, and the bowels were moving freely and regularly.

The patient was fully cured of this dreadful disease by taking *Justicia* alone for a month more.

The success of this typical case will forcibly and conclusively illustrate the usefulness and curative virtues of this drug. It is my firm conviction that it will be recognized as a valuable homoeopathic drug in the near future. This drug is producing magical results in the hands of our Indian Ayurvedic practitioners, and I do not know why it will not do the same service as a homoeopathic remedy

#### *Case No. 5. Whooping Cough.*

The second daughter of Roy Jatindra Nath Chowdhury, Zeminder of Nakipur, who was three years of age, had an attack of whooping cough and had been suffering from this obstinate malady for more than one month. The girl was, from the beginning of the attack, placed under the treatment of several eminent homoeopathic practitioners

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of Calcutta, and they did their utmost to arrest the further progress of the disease, but in spite of their endeavours the disease was seen to increase by leaps and bounds and to catch hold of the girl with firm grasp

The homoeopaths treated the girl for eleven days and then the girl was treated by some allopaths, who were equally unsuccessful in curing, or rather mitigating the sufferings of the girl. On the nineteenth day of their treatment the condition of the girl grew very serious and created serious misgivings as to the result of the case.

On the 2nd November, 1930 the girl had some coughing fits which appeared to last longer than before. At 10 A. M. of that day the girl had a fit which lingered for more than twenty minutes, after which the little patient became stiff, and there was not the least sign of animation. The relatives of the girl thought her to be dying and began to cry, but the attending physician sent a messenger in hot haste to me. I went there at 11-40 A.M. and examined the girl minutely. There was still no animation. However, I gathered the following information from the physician in charge. The girl had an obstinate constipation and the bowels did not move until mechanical measures were taken, the fits of cough were very violent and appeared almost hourly, extreme prostration came on after the fits, there was generally vomiting while coughing, there was rattling of mucus in the chest and fine rales were audible, there was no fever; the girl was very restless and always crying, there was no appetite and she was very unwilling to take even the mother's milk; cough was seen to be worse after crying

These particulars led me to prescribe three small

globules medicated with *Justicia* 1x I watched the effect of this remedy and waited for ten minutes I gave the second dose after ten minutes and yet another dose was given The girl, to my intense joy and utter amazement of the spectators, displayed unmistakable signs of vitality with sharp cries, but there was no cough This was, no doubt, a hopeful indication of its action

I left three powders of *Justicia* 1x and instructed the attending physician to give one powder every three hours.

I went to see the girl again at 11 P. M. that night The father of the girl thanked me very much for the medicine which had, no doubt, done yeomen's service in the mitigation of the disease so long resisting almost every kind of medicine I heard a good report of the girl. The bowels moved at 3 P. M. naturally for the first time and the stool consisted of hard dry balls, mixed with tough and purulent mucus, and she was given two ounces of milk which she took eagerly, but there was no vomiting at all *Justicia* 3x was given every 5 hours.

November 4 There was more improvement this day The bowels had been moving naturally and there were only five fits of coughing during twenty-four hours The girl had been drinking milk with an amount of eagerness which could not be found a month before. The same medicine was continued.

November 6. The cough had totally disappeared and the girl appeared to be jolly.

The same medicine was given every six hours. The girl regained her former vigour and strength within a fortnight.

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# Leucus Aspera.

(Drone.)

*Common Names.*—*Sans.*—Drona pushpi; *Punj.*—*Guldera Beng.*—Dandakalasa; *Guz.*—Kulannaphul, *Tel.* Kumki

*Natural order.*—Labiatae

*Description of Shrub.*—It is a small shrub which grows and is found in India. It has long leaves and when expressed a peculiar strong odor is emitted from the juice. It bears white flowers.

## Allopathic opinions.

*Constituents.*—There is a small quantity of essential oil and an alkaloid.

*Action and Uses.*—It is stimulant, expectorant and aperient. given in jaundice, cough, nasal and intestinal catarrh. It is also externally applied in skin eruption.

(*R. N. Khory. Part II, p. 485.*)

R. N. Chopra says:—Insecticide; used in cold, scabies and snake-bite.

## Ayurvedic Uses and Opinions.

The Hindu physicians have found it useful in cough, dysentery, mucous complaints, jaundice, anasarca, and worm complaints.

They have also praised its therapeutic virtues in laryngeal coughs and colds, intestinal catarrh, amenorrhoea, bilious derangements, intermittent fevers associated with the enlargement of liver and spleen, loss of appetite, skin affections, bite of snakes and insects

*Bhabaprukash* has recommended its usefulness in intermittent fevers and jaundice.

*Parts Used.*—Leaves and flowers

*Dose* —Juice,  $\frac{1}{2}$  to 2 tolas.

### Homœopathic Uses.

No proving of this drug has been made up to this time, but some homœopaths of our country have prepared its tincture and are using this drug in the complaints in which the Hindu physicians have spoken highly of it

Two homœopaths of our country have found it successful in two cases of snake-bite.

In snake-bite the mother tincture is to be applied over the part bitten externally, and internally it should be given 10 to 15 drops per dose, every 15 to 20 minutes until the patient feels better.

In scorpion-bites its action has been witnessed by some of us. By the administration of this tincture, both internally and externally, burning pains disappear within a very short time.

They have also successfully used it in intermittent fevers, asthma, nasal catarrh, scabies and all complaints due to bilious disorders.

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# **Luffa Amara.**

**(Titpolla).**

*Common Names.*—*Sans* —Dhamarjab, *Beng* —Titpolla  
*Natural order* —Cucurbitaceae

*Description of the plant* —The fruit juice, seeds and leaves of the plant are extremely bitter

*Actions and Uses* —It is generally used as a tonic, it is also used in splenic enlargement and in fevers associated with the enlargement of spleen.

It causes diarrhoea and vomiting

It is an excellent remedy for the irritation and inflammation of gastric mucous membrane. It is also used in hepatic congestion and enlargement. It is emetic, purgative, diuretic, bitter, and tonic.

## **Cases of Poisoning.**

### *Case No. I.*

Babu Bamapada Jana, of Midnapore, suffered from chronic fever for some time. He got cured of the disease, but grew very weak.

He consulted a Sannyasi who advised him to take the juice of Titpolla every day at least for a fortnight for his weakness.

It was very unfortunate that Bamapada Babu did not ask the Sannyasi how much quantity of the juice he would take every day.

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He took one ounce of the juice at a time and this was taken on the 6th June, 1900

He took another ounce of the juice on the 7th June at 7 A M From 8 A M of that day he began to pass loose stools and to vomit every fifteen or twenty minutes. The character of the stool was watery, some times like rice-water and some times mixed with mucus He vomited bile and water There was no pain associated with stool or vomiting and latterly stool and vomiting occurred simultaneously The face was pale, the extremities were cold and covered with clammy perspiration. The pulse was very feeble He felt some pain in the region of spleen and liver as well

At this stage I arrived on the spot and undertook his treatment

With the administration of Ricinus Communis 6 he was cured.

#### *Case No. II.*

Another case of a similar nature happened at Midnapore in 1899. A full report of the poisoning, together with its cure, was published by me in the North American Journal of Homoeopathy of New York, edited by late Dr Eugene H. Porter, M D. It is very unfortunate that I have lost the Volume in which the article dealing with the case of poisoning was published in the North A. J. of Homoeopathy

#### *Case No. III.*

Babu Srish Ch. Ganguly, of Khulna, was advised to take Titpolla juice, one ounce at a time, every day in the

morning, as a tonic He took one ounce of the juice as advised on the 2nd February, 1928

One hour after this, the following symptoms of poisoning appeared —

*Stools and Vomiting* — He began to pass loose stools which gradually became watery, and like rice-water every twenty or thirty minutes, no pain was associated with purging Vomiting of water and bile and sometimes of mucus appeared every half an hour Sometimes both vomiting and purging took place simultaneously

*Thirst* Considerable thirst was present

*Mouth.* Mouth was dry

*Sensation* Burning sensation was present all over the body, sometimes he felt chilliness

*Region of Liver and spleen* Some pain was felt in these regions, relieved by pressure.

*Taste* — Taste was bitter

*Mind.* Dejected and anxious

I was called in to treat this case as well I prescribed Ricinus 6 which cured the patient of all his complaints

### Clinical Verifications.

I prepared a tincture from Luffa Amara Fruit juice according to Formula No. 1 and used it in three cases of cholera with remarkable success

#### Case No, I

My 2nd son Dr Santosh Kumar Ghose began to pass loose stools from the morning of 5th Nov, 1928 The

stools became watery at about 10 A M and he began to vomit. There were no cramps and no pains with the stools, but there were dryness of mouth with extreme thirst, giddiness of head, ringing in the ears and exhaustion. The urine was stopped and the pulse was weak.

I prescribed *Luffa Amara* 6 one dose at 11 A M and another dose at 11-30 A M when he passed stool. These two doses arrested the progress of the disease. He passed urine at 2 P M.

### *Case No. II*

The second son of Mr. Romjan Shaikh had an attack of diarrhoea on the 3rd March 1930 which gradually turned into Cholera with the following symptoms.—

*Stools*—The loose stools gradually became watery and like rice-water. He began to pass stools every thirty minutes and there was no pain.

*Vomiting*.—Vomiting took place every half-an-hour or later.

*Pulse*—Pulse was perceptible, but very feeble.

*Thirst*—Excessive thirst was present with dryness of tongue.

*Sensation*.—Burning sensation all over the body was present.

*Body and extremities*.—Cold with perspiration.

I prescribed *Luffa Amara* 6, one dose after each spell of vomiting or purging.

It acted like a magic to cut short the disease in a very short time.

*Case No III.*

Babu Charu Ch Bose of Tullygunge had an attack of diarrhoea all on a sudden on 8th March 1930 at 6 A M He began to pass yellowish loose stools every hour At 11 A M the stools became purely watery and vomiting appeared. There was no pain before or during stools Vomiting sometimes came on along with the passage of stools Thirst was present, he experienced giddiness of head and became anxious and restless I prescribed *Luffa Amara* 6 to be given after every stool. Three doses of this medicine were enough to stop the purging and vomiting altogether

*Remarks.*

The previous cases of poisoning are tantamount to provings, pure and simple, and the symptoms elicited thereupon can, for all practical purposes, be regarded as sure indications how and when to employ this drug. The juice of the fruit brought on diarrhoea and vomiting without any pain whatever. It is the characteristic of the diarrhoeic variety of Cholera that it sets in with a slow and insidious march It comes on with an attack of diarrhoea for hours as the case may be, either gradually turning into choleraic evacuations or all on a sudden bursting forth with an unexpected spell of purging or vomiting No cramps are visible, hardly any colicky pain before, during or after the passage of stool. In this type of diarrhoea, *Luffa Amara*, like *Ricinus Communis*, will play its role in checking and curing it The principal symptoms for which it may be employed are the following :—Profuse painless evacuations, the stools may



be watery, like rice-water or watery, mixed with mucus, there may be suppression of urine or none, considerable thirst exists, vomiting every now and then of water, bile or mucus, simultaneous vomiting and purging, forehead is bathed with perspiration, pulse is feeble and extremely weak or it may be imperceptible, whole body or extremities appear to be cold. From the symptoms adduced before, I am firmly of opinion that *Luffa Amara* will prove to be a valuable remedy for diarrhoeic variety of Cholera or acute diarrhoea associated with the symptoms cited above.

*Mode of Preparation* — The tincture is prepared according to Formula 1 of the A. H. P.

*Dilution* — 1x, 3x, 6 potencies are generally used

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# Luffa Bindal

(Ghosalata).

*Common Names.*—Suns —Debdali, Koshatakı

*Natural order* —Cucurbitaceae

*Description of the plant.* It is a common plant in India and is one of the varieties of Jhingha. Its fruits are small having a resemblance to the fruits of *Cephalandra Indica*. Every part of the plant, leaves, fruits, stems, etc. are bitter.

## Allopathic Uses and Opinions.

*R. N. Khory in his Materia Medica of India, Part II, p 312 writes —*

“Every part of the plant is bitter, tonic and diuretic and, combined with nitrohydrochloric acid, is given in dropsy and in enlargement of the liver and spleen due to malarial poison. The juice of the leaves is applied to sores and to the bites of venomous animals. The pulp is emetic and cathartic. The infusion of ripe seeds is used as a purgative and emetic. The dried fruit is powdered and used as a snuff in jaundice.”

The late Dr Hem Ch Sen, M.D. of Calcutta who was famous as an investigator relating to the actions and uses of many indigenous drugs of India, wrote the following about this plant —

“I have been using *Luffa Bindal* or the stems and the fruits of Ghosalata for a long time in the Campbell

Hospital and in private practice. From prolonged use, I have come to the conclusion that the fruits or even stems, if used as a tincture or hot or cold infusion, are superior to many remedies that I have used in the treatment of ascites and enlarged liver and spleen. I make the tincture with rectified spirit. The strength I generally use is 1 in 20. The usual dose is 10 to 20 minims or more. The cold infusion is made by infusing two bruised fruits in a pint of water. In obstinate cases the dose is to be increased gradually. I have used it in larger doses to get the desired effect. Externally, I have used the cold infusion as a stimulating and antiseptic lotion in carbuncles and other unhealthy ulcers. The result is very promising. I can strongly recommend this drug to the medical world in the treatment of foul ulcers after a prolonged use of many years, both in hospital and outside. In congestion of the brain causing intense headache and in jaundice I have used this infusion as an errhine. It is a very efficient errhine remedy. Profuse discharge is noticed under its influence from the nasal mucous membrane. In 10 to 15 minim doses the tincture acts as a purgative. In cases of enlarged liver and spleen I have found this drug to be very useful. It is to be stopped when it produces diarrhoea. In chronic cases I generally use iodide of potassium and arsenic with tincture or infusion of Luffa. If used carelessly, it may produce diarrhoea. The dose is to be regulated according to the effect produced. In infantile cirrhosis of the liver I have used the tincture as a purgative and diuretic. It is very useful in commencing cirrhosis. It is a very useful diuretic in dropsy of hepatic origin. Owing to its diuretic and drastic purgative properties, I have used it in many cases of ascites with highly satisfactory results.

I have used many diuretics in ascites, but very few of them appear to me to be so efficient as *Luffa Bindal*. Often in a fortnight many ascites cases improve considerably. It is to be used in gradually increasing doses until the desired diuretic and purgative effect is obtained (H. C. Sen—Original Researches in the Treatment of Tropical Diseases with Indigenous Drugs, pp. 97—98).

### **Ayurvedic Uses and Opinions.**

The Hindu physicians have recommended its use in worms, cough, colicky pains, piles and flatulence, scrofula and leprosy.

*Charak* has found it useful in leprosy, piles, jaundice, and scrofula.

*Parts used.* The whole plant and the ripe fruit

*Dose* —Decoction of fruits and leaves, 5 to 10 tolas

### **Homoeopathic Uses of this Drug.**

No proving of this drug has yet been made, but its tincture is being used by a few of us with considerable benefit. The homoeopaths are using it in cases of enlarged spleen and in this respect it has supplanted *Ceanothus Americanus* admirably well.

In gallstone colic and various troubles arising out of the disorders of liver its action as a homoeopathic remedy has been verified by us.

In chronic malarial fevers associated with dropsical swellings and enlargement of the liver and spleen, it can safely be tried.

It controls piles satisfactorily and can be used externally over the piles with success. Acute and chronic nasal catarrh is cured by its employment, those who are very susceptible to cold or changes of weather or those who are attacked with catarrh off and on, and suffer from it for a long time, are specially benefited by this drug.

*Mode of Preparation.*—In the preparation of the tincture Formula 1 of the A. H. P. is adopted.

*Dil.* 1x, 3x and 6x potencies are generally used.

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# Menispermum.

## (Rakta Kanthalia)

It is a small shrub growing in India

No proving of this drug has yet been made, but a tincture has been made and it is being used by some homoeopaths of our country in menorrhagia with great success

The following symptoms will guide us in the selection of this medicine —

The colour of the blood is red and it is clotted and liquid The patient becomes awfully weak—giddines of head and ringing in the ears are present

The blood oozes out of the uterus constantly which is aggravated by movement

The mind becomes despondent The patient passes undigested stools associated with thirst and want of hunger

It is generally used in copious bleeding during the time of the menses or in any uterine haemorrhage The patient becomes extremely weak on account of excessive bleeding; the blood oozes out of the uterus and the haemorrhage gets worse during or from movement These are the guiding symptoms of this drug.

It is also employed successfully in menstrual or uterine haemorrhage where there is pain in the lower abdomen and blood is bright red or is mixed with clots and copious It is also useful in those cases where the patients suffer from excessive haemorrhage after delivery.

*Mode of Preparation.*—Formula No. 1 of the A H P. is adopted

*Dil* 1x, 3x, 6x potencies generally used.

# Nyctanthes Arbor-Tristis.

(Shephalika).

*Nyctanthes Arbor-tristis* is now a listed homoeopathic remedy of our Materia Medica. It has been prepared from fresh leaves of *Shephalika* (*Sruli*). This new homoeopathic remedy was proved by me and it has now turned out to be a valuable homoeopathic remedy.

A short Materia Medica concerning *Nyctanthes* was written by me and published in the *Homoeopathic World* of January, 1901. Another article relating to this drug was contributed by me to the *North American Journal of Homœopathy* of June, 1901. I was requested by the eminent French Homœopath, Dr Leon Simon, of Paris, to write an article on this drug for the French Homœopathic Medical Society and I complied with his kind request. That article was translated by Dr Simon and presented to their Society and subsequently published in the *Revue Homœopathie Française* of July, August and September, 1902. Another contribution from my pen regarding this drug was published in the *Cleveland Medical and Surgical Reporter* of July, 1903. A full account of the proving and clinical verifications of this drug was published in the *Homœopathic Recorder* of April, 1904. The Editors of *Allgemeine Homœopathische Zeitung* translated my article dealing with *Nyctanthes* and published it in June 2, 1904.

The eminent British homœopath, the late Dr. John H. Clarke, M. D. was so very pleased with its efficacy

that he has incorporated it in his "*Prescriber*" and his monumental work—*Dictionary of Practical Materia Medica*

The late Dr W Boericke, M D. and Dr Blackwood of America have published it in their well-known works on Homoeopathic Materia Medica. My original article dealing with this new drug has been published in "*New, Old and Forgotten Remedies*" written by Dr E P Anshutz and published by Boericke & Tafel of U S A.

*Common Names of the plant* In sanskrit it is called Shephalika, in Bengali, Siuli, in Hindi, Harsinghar, in Tamil, Paghala—Malli

*Natural order* Jasmisnaceae

*Parts Employed.* Fresh leaves

*Time of collecting.* March to April.

### **Ayurvedic Uses.**

*Chakradatta.* (1) It is used in all kinds of fever.  
(2) It is useful in sciatica.

### **Allopathic Opinion.**

*Constituents* Resin colouring matter, and alkaloid (Nyctanthine) and an oily principle, similar to the oil of peppermint. (R. N. Khory, Vol II, P. 436).

*Actions and uses.* As antiperiodic, the fresh leaves are bruised and given with sugar or fresh ginger, in obstinate intermittent fevers. The powdered seeds are used locally to remove the scurf from the head. The decoction or the infusion is used as an alterative in obstinate cases of



sciatica and rheumatism (R N Khory, Vol II, p 436)  
About 5 grains of the bark are eaten with Betelnut and leaf to promote the expectoration of thick phlegm. (Dymock, Vol II, p 376).

**Homœopathic Uses and Materia Medica.** Boericke says in his Materia Medica, 9th Edition, page 479 —

“Bilious and obstinate remittent fever , sciatica , rheumatism , constipation of children

*Head* Anxious and restless , dull headache ; tongue coated

*Stomach.* Burning sensation, better from cold application, thirst, bitter vomiting

*Abdomen.* Tenderness of liver, profuse bilious stool with nausea, constipation

*Fever.* Thirst, before and during chill and heat , bitter vomiting at close of chill , sweat not marked

*Dose.* Tincture, drop doses.

*Leading uses* It is an expectorant, bitter and tonic, febrifuge, and mild purgative It is used in bilious and obstinate remittent fever, sciatica and rheumatism It is also very useful in constipation of children.

*Characteristics.* The following lines are reproduced from Dr J H Clarke’s Dictionary of Practical Materia Medica (Vol II, Part I, pages 631-632) :—

“Nyctanthes is a small tree of the Jasmine family, having brilliant, highly fragrant, flowers, white and yellow, which do not expand till evening and which fall off about sunrise. Thus during the day the plant loses all its

brightness, and hence is called 'The sad Tree' (Arbor-tristis). "Nyctanthes' means 'Night flowering'

S. C Ghosh has given an account of the medicinal properties of this plant (Homoeopathic World, xxvi, 24) He has used it extensively in cases of bilious and remittent fevers, rheumatism and sciatica, and the constipation of children. It is bitter, tonic and expectorant and a mild purgative In the fever there is thirst before and during chills and bitter vomiting at close of chill Not much sweat Ghosh compares it with Eupat. Perf He has made a short proving of it "

#### **Symptoms for its Administration.**

*Mind.*—The patient is very anxious and restless.

*Head.*—Dull headache exists

*Mouth*—The tongue is enveloped with a thick, whitish or yellowish fur.

*Stomach*—Great burning sensation is experienced in the stomach, relieved by cold application

*Abdomen.*—There is tenderness of the liver; stitches are felt in the hepatic region, which is very sensitive to touch

*Nausea and Vomiting*—Bilious vomiting comes on at every draught

*Urine.*—The urine is high-coloured.

*Fever*—It is very efficacious in all fevers, with predominance of bilious symptoms Insatiable thirst exists before and during chill and heat, bitter vomiting appears at the close of chill, constant nausea may or may not be

present; drinking causes vomiting, the patient is very restless, constipation or bilious stools, perspiration is not generally marked.

*Proving No. 1.*

*Prover.*—Sarat Chandra Ghosh, M.D. Age 28. On January 28, 1900, at 8 A.M. I took five drops of the tincture of *Nyctanthes*. Immediately afterwards burning sensation and uneasiness were felt in the stomach.

At 2 P.M. I took another dose of five drops. No other new symptom was experienced.

At 6 P.M. I took the third dose. Tasteless eructations were prominently marked and nauseating tendency was present.

On January, 29th, 1900 I took seven times of the tincture in five-drop doses and the following symptoms appeared —

*Nervous system.*—I became very feverish, anxious and restless.

*Head* —Dull headache was present.

*Abdomen.*—Tenderness of the liver, stitches were felt in the hepatic region which was very sensitive to touch.

*Stomach.*—Great burning sensation and uneasiness were felt in the stomach, better from cold application.

*Stools.*—Profuse bilious stools came on which were accompanied by nausea.

*Nausea and vomiting.*—Distressing nausea was present and vomiting appeared at every draught.

*Tongue* —It was coated with a thick whitish fur.

*Mouth.*—The mouth was intensely dry and great thirst for cold water was present

*Urine.*—The urine became high-coloured

*Temperature*—The temperature of the body was found to be 100°.

*Proving No. 2*

*Prover.*—My wife, Aged 19

She took the tincture of *Nyctanthes* in ten (10) drop doses four times daily and continued the medicine for two days. She was in good health when the proving was made upon her. In her case the following symptoms appeared.

*Mind.*—She grew restless.

*Head.*—Slight headache appeared.

*Abdomen.*—Tenderness of the liver was felt

*Stomach.*—Severe burning and uneasiness were experienced in the stomach, better from cold application.

*Stools*—She passed purely bilious stools every now and then and nausea was present

*Mouth.*—The mouth was dry and intense thirst for cold water was present; but the drinking of water induced vomiting,

*Tongue.*—The tongue was enveloped with a yellowish fur.

*Urine.*—The urine became high-coloured

*Fever*—The temperature of the body was seen to rise above the normal standard and it gradually rose to 101° within four hours.

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**Clinical Cases.***Case No. 1.*

A lady at the house of Babu I C Chakraverty, B A, Head Master, Town School, Midnapore, was suffering from a complicated attack of intermittent fever. No medicine could give her any relief. I marked the following symptoms when I took her under my treatment.

*Mind*—The patient was very anxious and restless.

*Eyes*.—Violent burning in the eyes was present.

*Stomach*.—Great uneasiness was experienced about the epigastric region.

*Hypochondria*—Enlargement of the spleen and liver was present, filling in nearly half of the abdominal cavity, the patient experienced pain in the region of the liver, increased on pressure.

*Stools*—Her bowels did not move for ten days; there was no desire for it, constipation was present with pain in the bowels.

*Urine*—The urine was very scanty and high-coloured.

*Limbs*—Slight dropsical swelling of the hands and feet appeared.

*Tongue*.—The tongue was enveloped with a whitish fur, the taste was bitter.

*Pulse*—The pulse was very weak and small.

*Fever*—The fever was double quotidian in type and appeared irregularly.

*Before attack*.—Slight thirst and yawning appeared.

*Stage of chill*—Chill came on with great thirst for cold water, accompanied by pains in the stomach

*Stage of heat*—Heat with thirst was present, vomiting of bile during heat, fever-blisters around lips were noticed

*Stage of sweat.*—Sweat was absent

*Stage of Apyrexia.*—Apyrexia was never clear, emaciation and debility were present

I prescribed *Nyctanthes*  $\Phi$  in five drop doses, to be repeated every three hours and took leave, requesting to be informed by the evening if the bowels did not move I came to learn the following morning that the patient had a motion the previous evening This medicine was persistently used and at the end of four days the dropsical swellings of the hands and feet vanished After a week the tongue became clean, the bowels began to move regularly, appetite was restored and the fever disappeared

#### *Case No 2.*

A boy, aged 7, was suffering from intermittent fever for sometime. The fever came on every evening at 7 P.M. Violent thirst was present during chill and fever Bilious vomiting was present Bowels were constipated I prescribed *Nyctanthes*  $\Phi$  in five drop doses thrice daily. The boy was cured within three days

#### *Case No. 3.*

A woman, aged 68, was suffering from remittent fever for ten days. I took her under my treatment on the eleventh day. The following symptoms were most prominently marked:—

*Nervous System.*—The patient was very anxious and restless.

*Tongue.*—The tongue was coated with a whitish fur

*Head.*—Intense headache was present

*Abdomen*—Stitches were felt in the hepatic region which was very sensitive to touch

*Nausea and Vomiting*—Bilious vomiting came on after drinking

*Stomach.*—Great burning sensation was felt in the stomach, better from cold application

*Stools.*—Profuse bilious stools, with nausea.

*Fever.*—Chilliness was followed by burning fever. At first I thought of prescribing Eupat. perf. but I gave *Nyctanthes*  $\phi$  in order to examine its therapeutic properties. The next morning I found the temperature to be normal. Vomiting and purging disappeared as soon as the third dose was administered. The patient was cured by this medicine

#### Case No. 4.

The son of Babu Sarada Kanto Chatterjee was suffering from a malignant type of ague with great constipation. He was treated by some Allopaths and native Kavirajes for nearly five months, but no perceptible improvement was wrought by the administration of their remedies. He was eventually placed under my treatment. I made a thorough examination which revealed the following symptoms —

*Mind.*—Weakness of memory, dread of death when alone, great fear and restlessness were present; the

patient could not find rest anywhere, and changed place continually

*Eyes.*—Burning in eyes was present.

*Face* —The swelling of the face appeared.

*Lower face.*—Sore lips and ulcers in the mouth were seen

*Stomach* —Great anxiety about the epigastric region was present

*Hypochondria* —There was perceptible enlargement of the liver and spleen

*Stools* —The bowels did not move for six days

*Urine.*—The urine was scanty and high-coloured

*Tongue.*—The tongue was white, the taste was bitter

*Fever.*—The fever appeared generally in the morning, chill appeared with thirst

*Heat stage.*—Heat with thirst, vomiting of bile during heat.

*Sweating stage* —No sweat.

*Apyrexia* —There was clear intermission every day at 10 or 11 P.M. Paroxysms were marked by the controlling influence of chilliness.

I prescribed *Nyctanthes* @ in two-drop doses every four hours. This medicine moved the bowels freely. After a week's treatment the tongue became clear, the appetite was restored and the fever left the patient.



*Case No. 5.*

The son of Mr M N Roy, Deputy Magistrate and Collector of Midnapur, was suffering from remittent fever, associated with bilious symptoms for five days. On the sixth day the boy was placed under my treatment. I marked the following symptoms —

*Mind.*—The patient was somewhat restless.

*Tongue.*—The tongue was enveloped with a whitish fur

*Nausea and Vomiting*—Distressing nausea and bilious vomiting were troubling the patient.

*Stomach.*—Great oppression at the pit of the stomach was felt.

*Stools.*—Profuse bilious stools were present

*Mouth.*—The mouth was dry and great thirst was present

*Chest.*—Dry cough came on when the fever began to rise

I prescribed *Nyctanthes*  $\phi$  in three-drop doses every three hours. The next morning I found the temperature to be normal. Vomiting and purging vanished as soon as the third dose was administered

*Case No 6.*

The son of Mr. G C Dutt, Deputy Magistrate of Midnapur, was suffering from an attack of intermittent fever for some time. The fever came on every morning at about 7 A.M. Violent thirst was present during all

the stages. Bilious vomiting came on in the heat stage  
The bowels were constipated

I prescribed *Nyctanthes*  $\phi$  in three-drop doses The boy was all right within three days.

*Case No 7*

Mr R L Maitra, M A, Principal, Midnapur College, was attacked with fever The following symptoms troubled the patient.

*Mind* —He was very restless.

*Tongue* —The tongue was coated with a whitish fur.

*Nausea and vomiting.*—Nausea came on from the commencement of the fever Vomiting appeared subsequently

*Stools.*—The bowels were constipated

*Temperature* —The temperature of the body was 105°. I prescribed *Nyctanthes*  $\phi$  in three-drop doses He was all right within three days.

*Case No. 8*

The second daughter of Mr S C. Majumder, Deputy Magistrate and Collector, was suffering from intermittent fever She was placed under my treatment from the fifth day. A careful examination revealed the following symptoms —

*Nervous system.*—Capricious humor, great anxiety and restlessness existed

*Brain* —Giddiness was present, headache with drawing pain in temples.

*Eyes* —Heaviness of the eyes, with pain in the temples

*Mouth* —Dryness of the mouth, offensive odour and profuse salivation.

*Throat.*—Dryness of the throat

*Stomach.*—Great burning sensation was felt in the stomach, better from cold application

*Stools* —Watery, bilious stools appeared when the fever began to rise

*Nausea and vomiting.*—Vomiting came on at every draught

*Urine* —The urine was scanty and high-coloured,

*Fever.*—The fever appeared to rise every day in the morning There was no full intermission.

*External surface* —Dry heat was present No perspiration existed

I prescribed *Nyctanthes*  $\Phi$  and copious perspiration set in as soon as the fourth dose was given. On the third day of my treatment I found a full remission of fever The fever did not rise since that time Only *Nyctanthes* cured the patient.

#### *Case No 9.*

The son of Babu Panchanon Majumder was suffering from intermittent fever with bilious symptoms. The following symptoms were notably marked

*Mind* —The patient was morose and taciturn

*Prodrome.*—Great thirst existed, yawning and stretching.

*Chill.*—Great thirst, but drinking induced nausea and vomiting of watery, bilious substances, great chilliness

*Heat.*—Vomiting still existed, the patient could not bear water

*Sweat.*—There was sweat.

*Tongue* —The tongue was coated white, the taste was bitter, food had no taste,

*Apyrexia* —Imperfect.

*Stomach.*—There was burning sensation in the stomach during the cold and hot stage, better from cold application

*Time.*—The fever appeared generally in the morning I prescribed *Nyctanthes Ix* every four hours and the patient was all right within a week

#### Case No. 10.

Babu Ramgati Roy of Kalighat had been suffering from chronic malarious fever for more than 3 months

The allopaths treated him for a month and lastly a wellknown Kaviraj treated him for 14 days But unfortunately their medicines could not stop the fever

At last I was called in to see and treat the patient on the 20th April, 1934

The following symptoms were marked by me —

*Treatment.*—The patient was nervous

*Mind.*—Morose

*Brain.*—Headache generally at the height of the temperature.

*Nausea and Vomiting*—During the febrile stage bilious vomiting took place, specially after drinking

*Urine*.—The urine was scanty and high-coloured

*Mouth*.—Dryness of mouth was present along with thirst

*Liver*.—The liver was congested and pain was felt on pressure.

*Eyes*—The eyes were jaundiced.

*Sweat*—Sweat was not present.

*Fever*.—The fever appeared at 10 or 11 A.M. in the morning and gradually rose up to 102° or 103° at 2 P.M. every day. The fever declined without any sweat at 7 P.M. in the evening. Burning sensation was felt over the eyes, palms of hands and soles of feet. In fact, there was predominance of bilious symptoms.

I prescribed *Nyctanthes 3x* to be administered twice daily during remission

22nd April I got the report that the temperature began to rise at 4 P.M. instead of 11 A.M. and rose up to 99.2° only. The same medicine was continued.

23rd April I saw the patient in the morning and heard that there was no rise of temperature yesterday. All other complaints have disappeared

No medicine was given. The fever did not appear since that time.

The above cases will throw a clear light on the fact that *Nyctanthes Arbortristis* has proved an excellent remedy for fevers with predominance of bilious symptoms. I treated more than 140 cases of bilious remittent and

intermittent fevers with the help of this remedy and all of them were cured.

I take this opportunity of thanking the American and British homoeopaths who used it in their practice and who promulgated the cause of this remedy

*Case No 11*

SUPPLIED BY DR. S K GHOSE, H M B , JESSORE.

The second son of Babu J C Ghose of Basuary, aged 7 years, had been suffering from simple continued fever associated with bilious symptoms for more than 6 days

The father of the boy placed him under allopathic treatment for 6 days , but unfortunately no improvement was noticed

I undertook his treatment on the 6th Sept 1933 I saw and examined the boy at 9 A M on that day The following symptoms were detected —

*Mind*—The patient was very restless.

*Head*—Slight headache was present.

*Mouth*—The tongue was enveloped with a whitish fur

*Stomach*—There was intolerable burning in stomach, generally ameliorated from cold application , frequent bilious vomiting took place every now and then and after a drink

*Liver*—Liver was found to be very tender.

*Stool*—Bilious stools with nausea were present

*Urine*—Urine high-coloured.

*Fever*—The temperature was found to be 102.8° at 8 A.M., it generally rose up to 104° or 105° in the afternoon

The fever rose every day with chilliness, there was great thirst during chill and heat, no perfect remission appeared in the morning

I prescribed *Nyctanthes* 3i to be repeated every three or four hours and left the place

*7th Sept.*—I saw the patient again this morning. The temperature was found to be 99.2° in my presence. I heard that there was no bilious vomiting yesterday and that the patient did not pass any loose stool. In short, the patient passed a quiet day as the temperature rose up to 101.2° only yesterday

The same prescription was repeated at longer intervals.

*8th Sept*—There was no fever this morning; the temperature rose up to 100° yesterday without any bilious symptoms

Placebo was given. No more doses were wanted and only *Nyctanthes* cured the patient

The symptoms present in this case were the identical symptoms mentioned in the Dictionary of Materia Medica by Dr. J. H. Clarke, pages 631—32, Vol II and Boericke's Materia Medica

I have cured several cases of malarial fever associated with bilious symptoms by the employment of *Nyctanthes* alone. I practise in a malaria-stricken place and so my experience may be of some service to the readers of our Journal

*Case No 12.*

SUPPLIED BY DR. S K. GHOSE, H M B, JESSORE

The second daughter of Babu Lal Mohan Ghose had been suffering from intermittent fever for more than 27 days. The patient, aged 10 years, contracted malaria while she went to her maternal uncle's place at Maheswarpasha, Khulna. The allopathic doctor who treated her before, gave her Quinine in massive doses, but unfortunately the fever went on unabated.

I saw her on the 8th June, 1933 at 9 A M I marked the following symptoms —

The fever generally appeared with shivering between 8 and 9 A M every day. During this stage and heat stage there appeared frequent vomiting of water and sometimes of bile. Considerable restlessness was marked Burning sensation all over the body was present, thirst existed. Like *Eupatorium Perfoliatum*, there was no bone pains, sweat was not marked Complete remission took place generally after 8 or 9 P M. On these symptoms of this drug found in Dr Clarke's Dictionary of Materia Medica, I prescribed *Nyctanthes Arbortristis* ʒx to be administered, two doses within 24 hours, during the period of remission only

*9th June*—I saw the patient again at 11 A.M. this morning I was glad to find that the fever did not rise up to that time 2 doses of Placebo were left.

*10th June.*—This morning I heard that there was slight rise of temperature at 5 P M yesterday and it rose upto 100·2° only and complete remission took place at



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10 P.M. I left 2 doses of *Nyctanthes 3x* to be given as ordered on the first day.

11th June.—There was no more rise of temperature yesterday and the fever was totally stopped. Only *Nyctanthes* cured the patient

*Case No 13.*

SUPPLIED BY DR. S. K. GHOSE, H.M.B., JESSORE

Babu Ramlal Ghose, aged 46, had an attack of Malarial fever on the 6th February, 1933, and this continued for 16 days.

The fever came on with chill, the stage of heat persisted generally for 5 or 6 hours, the temperature rose up to 104.4° and it came to the normal point at about 10 P.M. at night. The usual time of the appearance of chill was 9 or 10 A.M. in the morning. At first he was treated by a native Kaviraj but no improvement was made by his medicines. Ram Babu sent for me on the 23rd February, 1933. After my arrival I found the following symptoms:—  
At 11 A.M.—Temperature was 103.4°, there was persistent vomiting of bile and water, aggravated after drinking, burning sensation in stomach, thirst was present; liver was tender to touch. I heard that the patient passed loose bilious stools during febrile stage.

I left 4 powders of *Nyctanthes Arbostristis 3x* and asked the patient to take one of them every three hours.

24th February—I saw the patient at 2 P.M. today. As soon as the second dose of my medicine was given, the patient had a sound sleep, no vomiting or loose stools

appeared and there was complete remission of fever at 4 P.M. yesterday

The patient was quite free from fever today as there was no rise of temperature. No more doses were required to arrest the fever.

The characteristic symptoms of this new drug are the following —

*Head* —Anxious and restless, dull headache.

*Tongue*.—Coated.

*Stomach*.—Burning sensation, better from cold application

*Liver*.—Tenderness in the hepatic region; profuse bilious stools.

*Fever*.—Associated with bilious vomiting, worse after drinking.

*Sweat*.—Not marked

The above are the genuine clear-cut symptoms of this drug which should be remembered by us and which should guide us in the selection of *Nyctanthes*.

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# Justicia Rubrum.

(Rakta Vasaka).

*Description of the plant.*—It is not so commonly found in our country as *Justicia Adhatoda*. It is more largely found in Cooch Behar and Darjeeling.

Its flowers are of deep red colour; leaves are comparatively thicker, longer and of more deep green colour than the other variety.

*Justicia Rubrum* is used in all those complaints and ailments in which *Justicia Adhatoda* is generally used. But its usefulness and efficacy are more sure and certain where there is more blood with the cough and where there is more bloody expectoration or bloody vomiting in tuberculosis.

In haemoptysis it is a grand remedy. In this respect it can be compared with *Acalypha Indica*, *Ficus Religiosa*, *Millefolium*, *Ipecac* and other analogous remedies.

*Mode of Preparation.*—As *Justicia Adhatoda*.

*Dil.* Like *Justicia Adhatoda*.

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# Ocimum Gratissimum.

(Ram tulasi).

*Description of the plant*—Its leaves are larger than the leaves of other varieties

There is an impression gaining ground amongst us that the American *Ocimum Canum* is nothing but *Ocimum Gratissimum* of our country

The therapeutic properties that have been attributed to *Ocimum Sanctum* are present in this variety also.

It is generally used in costiveness and also in costiveness of children with nasal catarrh, cough and fevers

It is generally employed in gonorrhoea where there is difficulty in urination, when the patient suffers from burning sensation while passing urine and where there is pus mixed with urine.

*Mode of Preparation.*—As *Ocimum Sanctum*.

*Dil.* 1x, 3x, 30 generally used.

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# Ocimum Sanctum.

(Tulasi).

*Synonyms.* *Sanskrit*—Bishnu-priya ; Tulasi , Divya ; Bharati ; Krishna-mul. *English*—Holy Basil. *Hindi*—Kala-Tulasi *Bengali*—Tulasi *Bombay, Telegu, Tam.* and *Mah.*—Tulasi. *Mal*—Shiva-Tulasi

## Description of the plant.

*Ocimum Sanctum* or the Holy Basil is a wellknown small herb in India. It is a highly sweet-scented plant and is considered by the natives of India to be of great value.

Its greatest importance to the Hindus is felt in connection with all their religious ceremonies. Every Hindu house in India possesses at least one plant which is looked upon by the Hindu population as one of their domestic deities. The leaves of this herb form one of the principal ingredients of every kind of offering and worship. The wood is also used for all religious purposes.

It is a strongly scented herb, under-shrub or shrub, about 1—3 feet long, erect containing opposite leaves, oval and narrowed at lower end, flowers whorled, tips of pedicles re-curved, base woody, root vertical and fibrous.

There is a story current in the Hindu mythology that Bindu, wife of Sankhachura, was favoured by Krishna and transformed into this herb. It is, therefore, regarded

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by all Hindus, specially by those belonging to the Vaishnava sect and cult, to be a very sacred plant.

The inhabitants of Malaya Peninsula are used to strow its leaves over the graves of their dead persons for the peace and benefit of departed souls.

The herb can be found in abundance all over India and no less than half a dozen varieties are found. The black and the white varieties possess the identical qualities.

If it be distilled, it yields a yellowish green volatile oil, lighter than water, which solidifies in time into a crystalline camphor isometric with that of Turpentine. The leaves, when rubbed, give off a peculiar strong odour. It is acrid, sweet-scented and calorific.

#### **Allopathic Uses.**

R. N. Khory in his wellknown *Materia Medica of India* (Part II, pages 490—3) has written the following pertaining to the uses of *Ocimum Sanctum* —

“It is demulcent, expectorant, and anti-periodic ; with *Kalamiri* it is given in catarrhal affection of the lungs and cough. The powder of dry leaves is used by the natives as snuff in ozaena and for destroying maggots. The paste of the leaves with *Suntha* and *Saphedamiri* is given in intermittent and remittent fevers. The medicated oil is used as drops into the ears in ear-ache and in purulent discharges and into the nose in ozaena. With lime-juice the leaves are rubbed over ring-worm. The seeds are mucilaginous and used as a diuretic in scanty urine and cough”.

Lt. Col. R. N. Chopra, I M S. in his *Indigenous Drugs of India*, page 588, says.—“The leaves are expectorant, in chronic cough especially in children are given sweetened with honey”.

*Ayurvedic uses.* Charak, Harit, Chakradatta, Bangasena, and others have found *Ocimum Sanctum* very efficacious in cough, cold, catarrh, nose affections, ozaena, scorpion-bites, remittent and intermittent fevers and constipation.

From antiquity the expressed juice of the herb is administered with very gratifying and beneficial results to the children who are attacked with catarrh and cough and with fever and constipation

### **Homœo. Provings and Therapeutic Uses.**

#### *Provings.*

*Ocimum Canum* is a species of this shrub which grows abundantly in Brazil. Dr Mure has proven and introduced this remedy into homœopathy. Dr Mure tells us that it is largely used in Brazil “as a specific for diseases of the kidneys, bladder, and urethra” He has given a short list of nineteen symptoms which are partly clinical and partly pathogenetic

Dr. Mure’s experience was several times verified by several noted homœopaths.

Some writers are of opinion that *Ocimum Sanctum* and *Ocimum Canum* are same ; but Mr Prain has shown in his “*Bengal Plants*” that they are not identical plants Mr Hooker has also written in his “*Flora of British*



Indica" that *Ocimum Sanctum* is a different variety of *Ocimum*

In the opinion of Roxburgh, the white variety of *Ocimum* is the *Ocimum Canum* or *Album*.

*Ocimum Sanctum*, of which I am writing, is the black variety of the herb. The former is pregnant with a pungent odour while the latter is full of sweet odour.

Drs. Pramada Prasanna Biswas of Pabna, Bengal, N Sinha and N. C Ghosh have made provings of this drug

I have culled the important symptoms of this drug from their oft-repeated writings into a short compass and publish the following for my readers —

*Mind* — Forgetfulness ; cannot devote attention and mind to any subject. Very much disturbed, difficulty to concentrate it on any subject , there may be irregular delirium , child is peevish and cries, does not like to lie in bed ; prostration and drowsiness exist ; patient falls asleep while answering questions

*Head* — Headache , heavy, throbbing pain as if thousand nails were being driven into it, relieved by pressure ; giddiness of head, worse while walking, likes to keep quiet, feels relieved by wrapping up the head ; heat on the vertex , feels relieved by pouring cold water on the head or by fanning

*Eyes* — Eyes red , pain in the eyes, lachrymation, eye complaints due to nasal catarrh It is a good remedy in ophthalmia. Mist before eyes, especially when fixing them on something.

*Ears* — Noises in the ears, loud sound appears to be very painful , watery secretion from the ear , offensive

pus from the ears , shortness of hearing ; hot flushes come out from the ears , ears painful due to nasal catarrh

*Nose.*—It is an excellent remedy in nasal catarrh associated with frequent sneezing, secretions being white or yellow.

Watery discharges from the nose , nostrils ulcerated , bleeding from the nose

*Face and mouth.*—Face red or pale with reddish hue and lips bright red , watery salivation or spitting from the mouth , putrid and bitter taste in mouth , ulcer in the mouth , aphthae in mouth ; ulcer in mouth and tongue of children , the whole tongue is bright red or its edges and sides are red and the middle portion is deeply coated ; lips dry and black as if burnt

*Throat*—Pain is felt in the throat, pain and difficulty in deglutition, pain felt in the throat while walking or during coughing , the redness exists inside of the throat , ulceration of throat, glairy phlegm , enlargement of both tonsils, voice gets changed, hoarseness

*Stomach and abdomen.*—Abdomen distended , eructations, want of appetite, hiccough ; gurgling sound is felt in abdomen ; heaviness in abdomen ; heaviness of abdomen does not disappear in spite of frequent passage of stools ; pain in the abdomen, may be griping ; pain is felt over the region of liver and spleen ; hepatic pain, pain in the right iliac region, gurgling sound can be felt on pressure.

*Stools.*—Stools liquid, copious, watery, very offensive ; yellowish or greenish liquid stools , mucous or bloody or streaked with blood , involuntary stools during high

fever; abdominal distension is not lessened inspite of frequent stools, distension is felt less after stool, but again returns after a few minutes; diarrhoea during rainy season and autumn

*Urine.*—Involuntary urination of the children; burning in the urethra while urinating; discharge of mucus with urine, desire to urinate off and on.

*Female discharges and discharges after delivery.*—Discharge of lochia is very offensive and lasts for a long period, profuse bloody discharges after delivery; leucorrhoea.

*Chest*—Pains are felt on both sides of the chest, worse while coughing or sneezing; patient cannot lie quiet in bed, pleuritic pains in the chest; asthmatic attack, wheezing and rattling sound is felt in the chest (very useful in asthma of infants and children); pain is felt in the middle of sternum.

*Skin*—It is very useful in skin diseases.

### Personal Observations.

*Ocimum Sanctum* has turned out to be an excellent remedy of our *Materia Medica*.

Forgetfulness is a special key-note symptom of this drug; the patient forgets to perform his usual duties, and commits mistakes in talking. Irregular delirium appears. The children become awfully peevish, always cry, become quiet while they are being carried. In this symptom it bears a close resemblance to *Chamomilla*. Its symptoms tally with those of *Cina*. In remittent fevers

of children, fever during dentition period, diarrhoea and worm affections, *Ocimum Sanctum* is found to be very efficacious.

It has an assured place in the treatment of influenza and in common nasal catarrh

If the remittent fever be associated with cough, cold or diarrhoea, pneumonia, broncho-pneumonia, bronchitis, and asthma, its efficacy is generally marked.

In worm complaints of children, when they are fretful and peevish, start from sleep, and do not allow the physician to examine them, its efficacy is very great.

It is more especially indicated if diarrhoea and cough and cold be present with fever. The peevishness of children is very easily removed by the administration of this remedy

When in typhoid fever or fever associated with delirium, the patient lies in a comatose condition, is prostrated, and falls into slumber or drowsiness while answering questions, *Ocimum Sanctum* plays its part very well and in this respect it can be closely compared with *Baptisia*

There is a terrible headache in *Ocimum* ; headache is due to congestion, common cold or influenza and headache due to other fevers

The characteristic symptoms of headache are that it is relieved by application of cold water on the head or by fanning the head ; if the patient keeps quiet or the head be wrapped up with a cloth, considerable relief is experienced, headache is worse while walking or by motion, the

eyes get congested, eyes become red and there is lachrymation from the eyes. If these symptoms be present in common cold, *Ocimum* is used with benefit.

In *Ocimum* the face is flushed and hot, lips are red and parched, eyes are drowsy, tongue is red or reddish and shining at the edges with yellow or brown coating in the middle. In these symptoms it may be compared with *Baptisia*.

In eye complaints it has a decided action, in ophthalmia its action is felt, eyes are red, watery discharges take place and sticky discharges manifest themselves.

In ophthalmia neonatorum, *Ocimum* is a curative remedy. In ear-ache and purulent discharges from the ear and shortness of hearing, *Ocimum* is employed with great benefit.

In aphthae it is an excellent remedy. The lips are red, face is red and flushed, salivation takes place from the mouth and putrid ulcer is found in the mouth and teeth.

There is pain felt in the throat, pain is felt while swallowing, pain is felt while coughing and sneezing; there is redness inside the throat, both the tonsils are enlarged. In gastric and intestinal catarrh it is used when inflammation of the intestinal mucous membranes is present along with fever and diarrhoea.

There is pain in the region of liver and spleen, after gurgling in the stomach, copious watery and offensive stools appear; stools may be involuntary, abdomen distended, distension does not abate inspite of stools passed. If this kind of diarrhoea be associated with fever and in cold,

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cough, pneumonia, broncho-pneumonia and bronchitis, Ocimum is used with an appreciable benefit

In asthma, its action is marked; the patient cannot lie on the back and if he does, difficulty of respiration is aggravated. In asthma of children it is also an excellent remedy.

It eases difficult respiration and has been found to be effective in cases of asthma if the patient bend forward and support the head with the hands, the elbows resting on the knees or by leaning forward and putting the head on the hands lain flat on a table or some such support. It yields good results even when *Aralia Racemosa*, *Lobelia* and *Blatta Orientalis* fail to do any good.

In toothache it is a grand remedy. The pains are terrible, the pains are worse at night; on touch and from cold, offensive smell comes out of the mouth and offensive salivation is present.

In female diseases its action is felt. After delivery, lochia is terribly offensive, is of unnatural colour and lasts long. The discharge is mixed with mucus, is puslike and like washing of fish. The menses are irregular, and the discharges continue for a long time.

Its action is decided in leucorrhoea and uterine complications are avoided if it be used after delivery.

*Fever* Ocimum is an excellent remedy in influenza and in fevers associated with cough, acute pains in the body, bone pains, soreness of the muscles, and terrible headache. In this respect it resembles *Eupatorium Perfoliatum* admirably well. In conjunction with the above mentioned symptoms if the key-note symptoms of the

tongue or lips exist, *Ocimum* will have an instantaneous influence over the complaints for the removal of which it will be administered

I have mentioned before that it is used in the fevers of children associated with cough, cold and diarrhoea. It has a wonderful action in checking the attacks of intermittent fever. The fever comes on in the after-noon with extreme chilliness, there may be shivering present. The hands and the feet become cold and do not become warm easily, numbness and tingling sensation are felt there and chilliness does not disappear even when exposed to the sun's rays. There may be thirst or absence of thirst.

Aching pains are felt in the feet and legs, pains are felt all over the body. During hot stage extreme heat and flushes of heat are felt over the face and eyes. Burning sensation is felt in the palms of hands and soles of feet, feels relieved by cold breeze, and by placing cold water on the head. Along with heat, sweat breaks out. Heat and sweat and chilliness and heat may appear alternately.

It is used in fevers prevalent in rainy season, winter or spring or in other seasons. In typhoid fever, it is very useful. There may be chilliness, there may be heat, there may be burning sensation felt over the body, there may be sweat, delirium, drowsiness or comatose condition or other symptoms present.

These are the symptoms and diseased conditions for which *Ocimum* is generally used with excellent results. In short, it has turned out to be an excellent homoeopathic remedy. Many cases have been improved and benefited by

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its timely use. It is not possible for me to dwell upon those cases in this article Suffice it to say that *Ocimum* has come to stay and it will stay as long as Homoeopathy will last.

Now-a-days, the Allopathic doctors prescribe lotions prepared with the corrosive sublimate to disinfect the bodies of persons who died of infectious diseases, such as typhoid fever, small-pox, etc so that no other person can be contaminated and infected with the bacilli of these contagious and infectious maladies.

In our country when persons are about to die or they have actually died, they are brought near Tulası herbs and their branches are kept near their heads.

There is a scientific explanation attached to this religious observance Our Rishis of antiquity preached hygienic doctrines through the channel of religion, so that the instructions promulgated by them will have an abiding place in the imagination of the people of India

It will, therefore, be abundantly clear to all that the leaves of *Ocimum Sanctum* will be found to be a potent medicine to destroy and remove bad and filthy odour, to arrest the progress of putrefaction and to kill all kinds of bacteria and bacilli which generate contagious and infectious diseases.

*Ocimum Sanctum* is considered by the Hindu population of India to be the most sacred plant It is dedicated to Vishnu It is supposed to drive away mosquitoes and so if it be cultivated in or near the house, it may prevent malarial fevers.



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Many are the cases that have been published by several Indian Homoeopaths in the pages of our Homoeopathic Journals from time to time to prove the efficacy of *Ocimum Sanctum* in the ailments mentioned above. However, I refrain from reproducing them in this book.

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# Oldenlandia Herbacea.

(Khetpapra).

*Common Names.* Sans.—Kshetra-patpata, Eng.—Two flowered Indian Madder; Hind —Daman-papar; Tel—Vero rela Vemu, Nepal.—Poriengo, Goa.—Kazuri, Beng—Khetpapra

*Natural Order.*—Rubiaceae.

*Description of the plant*—This plant is commonly found in India

The herb grows in marshy lands, sprouts and germinates by the end of rainy season, grows in autumn and is dried up by the heat of summer

## Ayurvedic Uses and Opinions.

The Hindu physicians of India have acknowledged its efficacy in all sorts of fevers with predominance of bilious symptoms

*Charak* has found it very useful in haematemesis, diarrhoea and delirium tremens

*Chakradatta* has recommended it in bilious fevers, ordinary fevers and vomiting.

*Sushruta* has acknowledged its efficacy in diarrhoea and dysentery

In short, the Ayurvedic physicians have found it extremely useful in bilious affections, impurities of blood,

forgetfulness, thirst, cough and fevers. They have written that khetpapa is bitter and astringent, and allays burning sensations

*Parts Used* —The whole plant

*Dose* —Decoction, 5 to 10 tolas

### Allopathic Uses and Opinions.

*Chemical Composition.* A watery extract of this plant gave coloured precipitate with alkalies, a green reaction with ferric chloride, none with gelatin or acids, an abundant cream coloured precipitate with lead acetate, and afforded indications of an alkaloid. A watery solution of an alcoholic extract had similar properties; it was mawkish and saline to the taste, and when evaporated to dryness it forms a mass of cubical deliquescent crystals. A portion of this extract being ignited left a saline residue consisting of potassium, sodium, and a small quantity of calcium, mostly existing as chlorides. No ammonia was detected in the herb and the alkaloid was shaken out of an alkaline solution with ether but had no very characteristic reaction. The value of the plant as a cooling medicine no doubt is due to the inorganic salts present. The dried herb left an unusually large incombustible residue amounting to 22 p. c ; very soluble in water.

(*Pharmacographia Indica*. Vol II, p. 129).

A decoction of the whole plant, the root, the stem, and the leaf is used in liver complaints. In chronic malaria, the decoction is said to be a good febrifuge.

(R N Chopra, in his *Indigenous Drugs of India*. p. 588).

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Used in gastric irritation, nervous depression and remittent fever.

(*R. N. Chopra, Indigenous Drugs of India, p 511*)

### **Homoeopathic Provings and Symptoms.**

#### *Proving*

Dr. Pramada Prasanno Biswas, of Pabna, Bengal made short provings of the drug with three persons

The following symptoms were noticed by them —

All of them had the rise of temperature denoting the appearance of fever, they had chill, thirst, headache, burning sensation all over the feet, legs, eyes and face. Vomiting consisting of bile took place, bilious loose stools appeared, fever appeared with greater intensity one day and on the next day it was found to be of a milder character, fever generally came on in the morning or early morning.

No more provings were pushed on, but the little that was made conclusively proved that it would turn out to be an excellent remedy in fevers, either remittent or intermittent, co-mingled with bilious symptoms

### **Personal Observations.**

Khetpapra is a highly excellent remedy in fevers, specially in low fevers with predominance of bilious symptoms associated with burning sensations felt all over the body, there is gastric irritability in the bargain, with bilious vomiting or purging. It is also useful in jaundice and it increases the flow of urine, other febrile symptoms of the drug have been enumerated before which will help the attending

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physicians to prescribe it. It is a valuable medicine in nervous depression. Both the Hindu and Allopathic physicians have borne testimony to its excellent therapeutic properties in fevers with bilious symptoms. Our own School of Medicine is of the same opinion with regard to its curative virtues. However, the drug requires more extended trials.

*Mode of preparation* — The fresh plant is macerated with two parts by weight of alcohol.

*Dil.* 1x, 3x, 6x, 30 generally used

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# Saraca Indica or Jonosia Asoka.

(The Asoka Tree).

*Common Names Sans.*—Asoka, Kankeli; *Hind. Beng and Bombay*—Asok, *Uriya*—Asoka, *Guj*—Ashopalava

*Natural order*—Leguminosae •

*Description of the plant.*—*Saraca Indica* (Asok) is regarded by the natives of India as one of the sacred plants of the Hindus and is found in abundance along the road side in Eastern Bengal which is probably its ancient home. It grows plentifully in South India, Aracan and Tenasserim. In the United Provinces close to Kumaon, the tree grows up to an altitude of 2,000 feet. The people cultivate it in many parts of the country on account of its beautiful flowers.

The tree flowers in spring and its flowers are red and look very handsome. The married Hindu females worship this plant and the festivity for worshipping it falls in spring when the new blossoms of the plant which are used on the festive occasion generally grow. If the term Asoka be literally translated it will mean the “remover of all ailments”. The Rishis of ancient times have written the following about this plant —

“Whoever (a female) after having an ablution, with a pure body and mind, takes eight new buds of Asoka on the festive day fixed and recommended, gets rid of all ailments proceeding from menstrual disorders and the

despondency of such a woman from sterility soon disappears as her craving for motherhood is generally fulfilled ”

### **Allopathic Uses and Opinions.**

*Constituents* —Tannin and Catechin

*Chemical Composition* —The chemistry of the bark has not been marked out satisfactorily Abbott (1887) stated that it contained haematoxylin Hooper (Pharm Indica) recorded the presence of a fair amount of tannin. The dry powdered bark was extracted with different solvents in the Department of Chemistry of the School of Tropical Medicine with the following results —petroleum ether extract 0.307 per cent , ether extract 0.235 per cent ; and absolute alcoholic extract 14.2 per cent

The alcoholic extract, which was mostly soluble in hot water showed the presence of a fair amount of tannin and probably an organic substance containing iron No active principles of the nature of alkaloid, essential oil etc ; were found Further investigations are being carried on (Indigenous drugs of India by R. N. Chopra, p 377)

### **Pharmaceutical Actions and Therapeutic Uses.**

Various fractions isolated from the bark were tried on the isolated uterus and uterus *in situ* but no marked action was produced The drug does not appear to have marked therapeutic effects, though many clinicians appear to vouch for its efficacy in menorrhagia and other uterine disorders

(*Indigenous Drugs of India by R. N. Chopra, p. 377*).

*Actions and Uses.*—Astringent, the decoction with a number of aromatics is given in uterine affections, chiefly in menorrhagia (*Materia Medica of India* by R. N. Khory, Part II, p 217)

*Parts Used.*—Decoction is made from the bark.

### **Ayurvedic Uses and Opinions.**

*Chakradatta* has recommended the bark of Asoka in bloody leucorrhoea and also in the suppression and retention of urine.

In *Charaka*, *Sushruta* and *Rajnrghanta* no mention has been made of the therapeutic properties of Asoka in curing leucorrhoea, *Charaka* has, however, placed it in the list of anodyne remedies. In any case, the Ayurvedic physicians along with some allopaths had used and have been using it in all sorts of menstrual troubles and uterine disorders with great success and efficacy for a long time.

The Indian market now bristles and seethes with many indigenous preparations pregnant with Asoka, such as Asoka Cordial, Asoka Gritha, Asokarista and similar other preparations which are in constant demand amongst the suffering humanity for all sorts of female complaints and this fact alone bears eloquent testimony to its usefulness and worth.

In an ordinary leucorrhoea or leucorrhoea mixed with blood or bloody discharge, the physicians have uniformly and universally found it to be a sovereign remedy

*Parts used for medicinal purposes.*—Bark and fruit



### Homoeopathic Proving and Uses.

The late lamented Dr. D N Ray, M D of Calcutta made a short proving of the drug. Though the proving was of a fragmentary character, it could not be called problematic. It was an open secret that the late Dr. D. N. Roy was very fond of indigenous drugs. In fact, he prepared tinctures from several indigenous plants and kept them always with him for use in times of emergency.

During his life time he had used *Saraca Indica* extensively in all sorts of uterine troubles and met with uniform success. Some cases cited by him in support of his contention were simply miraculous. From my own personal knowledge, I can vouch for the authenticity of those brilliant cures and no body can doubt its efficacy as a splendid uterine remedy.

It will be superfluous on my part to reproduce the cases of cure cited by Dr. Roy, as I have no intention of increasing the bulk of my book.

I shall now proceed to give *in toto* the symptoms which were observed by Dr. Roy during the time of its proving.

#### Symptoms as observed and recorded by Dr. D. N. Roy, of Calcutta.

*Mental Symptoms* — Good natured, affectionate, absent-minded, timid, easily weeping, easily excitable, easily fatigued, disinclination to work, not very imaginative, changeable thoughts, satisfied with small things, slow to understand, disposition to take cold easily, feels better in the open air, impatient, cannot bear the suffering, hysterical, exaggerates sufferings.

*Head*—Stupefying headache, frontal headache, worse sometimes on right temple and sometimes on the left, unilateral headache, reflex uterine congestive headache, with scanty menstrual discharge relieved by free flow, nausea, vertigo, disinclination for food or drink, periodical headache, better after bathing, sweat of forehead, relieved of all symptoms in the open air, heaviness of the whole head

*Eyes*.—Pain in the eyeballs, redness of the conjunctiva, burning and itching sensation, styes on upper lids, profuse lachrymation, short-sightedness, great sensibility of eyes to light, supra-orbital pains on one or both sides, great photophobia, tired feeling in the eyes with least exertion, such as reading and staring at an object

*Ears*—Pains in ear, hardness of hearing especially after catarrhal or severe cold

*Nose*.—Nasal catarrh, sneezing, profuse watery discharge from the nose, nostrils sore, obstruction of the nose, loss of sense of smell, ulceration of the nostrils, profuse bleeding from the nose of red colour

*Face*—Paleness of the face, alternately with heat and redness of the cheeks, pimples on the face

*Mouth*.—Dryness of the mouth, excessive thirst, drinks large quantities of water at a time, tongue coated with thick, white or brown coating, bleeding of the gums, toothache.

*Throat*—Redness of the throat, tonsils and uvula, sore throat, easily takes cold, troublesome throat cough.

*Appetite*.—Desire for sweets, disinclined to take milk, which when taken agrees well, want of appetite and

dislike for food, desire for acid and sour things, drinks large quantities of water

*Stomach.*—Excessive nausea, sometimes vomiting, vomiting of bile, biliousness, pain in epigastrium, colicky pain, no desire for food, eats little

*Abdomen* —Hard distended abdomen, pain on pressure, passage of foul-smelling wind, eructation, flatulent colic, worse in the evening, soreness in lower abdomen or pelvis.

*Stools* —Obstinate constipation, faeces are hard, large and passed every third or fourth day, evacuation difficult, pain before stools, stools are covered with slime or mucus, pains on the back, soreness in anus, blind or bleeding piles, protrusion of haemorrhoids with itching, smarting and pain.

*Urinary Organs.*—Urine scanty, bloody, passes frequently, tenderness of bladder, involuntary micturition at night in bed, profuse emission of watery urine, pain in loin.

*Male Sexual Organs.*—Testicles swollen, drawing pain in the spermatic cords, itching in the scrotum, discharge of prostatic fluid, emission at night with or without dreams.

*Female Sexual Organs.*—Menses suppressed and irregular, headache due to suppression of menses, severe headache due to scanty flow of menses with severe pain all over the lower parts of the abdomen, pain in back and thighs, menstrual colic, delayed and irregular menses; menstrual discharge scanty, pale and watery, sometimes bad odour and blackish, slightly clotted and painful. Amenorrhoea at puberty with headache, palpitation, hysteria, loss of appetite, constipation, pain in ovarian region, congestive feelings in pelvic organs as before menses, pain

in both ovarian regions, pain in the sacral region, better on the appearance of menses with free flow, bladder irritable, desire for frequent passage of urine. The drug is principally used by the native physicians of this country for menorrhagia, metrorrhagia, leucorrhoea from delayed menses or in the place of menses, infantile leucorrhoea, child getting thin and emaciated inspite of getting usual nourishment

*Respiratory Organs.*—Respiration hurried, difficulty in breathing when walking, worse in the afternoon and evening, hacking throat cough

*Heart.*—Pain in the region of the heart, pulse, quick, full and hard, accentuated first sound, palpitation of the heart, worse on movement or walking or bending forward, tight feeling across the chest

*Neck and Back*—Pain at the nape of the neck along the spine, pain in sacrum and in back radiates on both sides of the abdomen and down the thighs.

*Limbs.*—Weakness in limbs, shifting pain from place to place, pains in small joints, numbness of the limbs; pain along the thighs

*Sleep*—Disturbed sleep, sleeplessness, fearful dreams, dreams of travelling.

*Fever.*—Chilliness without thirst, dry heat with restlessness, redness of cheeks, flushed face, running from the nose, catarrhal symptoms.

### **Personal Observations.**

*Asoka* is a noted plant in our country and its therapeutic properties in curing and alleviating all sorts of menstrual

troubles and uterine disorders date back from hoary-headed antiquities. Long lasting costiveness, occasional headache and vertigo associated with uterine derangements are some of the marked symptoms of the drug. It is a sovereign remedy for amenorrhoea or scanty menses with intolerable pain and burning sensation during the passage of urine. In dysmenorrhoea its efficacy has been verified by several homoeopaths of our country. The Ayurvedic physicians prize it as an uterine tonic. It imparts a healthy tone and an all round strength to the uterus which has been weakened by long lasting disorders of the uterus. In the cure of leucorrhoea its action can never be questioned and upon bloody leucorrhoea, whether acute or chronic, it exerts an exhilarating and permanent curative action which sometimes appears to be a miracle. It removes weakness and physical emaciation of the females suffering from long lasting uterine complaints, or due to those causes.

It is generally considered to be an astringent medicine and uterine sedative. It is said to possess a stimulating effect on the endometrium and on the ovarian tissue.

It is extensively employed in uterine ailments especially menorrhagia which is the outcome of uterine fibroids and other causes. In cases of bloody leucorrhoea its efficacy is sure and pronounced; menstrual flow appears too soon, is copious and lasts long and this sort of flow makes the female very weak, anaemic and bloodless, she experiences burning sensation all over the face and eyes, suffers from pain in the lumbar region and constipation. *Asoka* is considered by competent authorities to be an excellent remedy for the eradication of the above complaints. *Asoka*

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will be found to be a grand medicine if the menstrual flow be stopped for any cause and for which colicky abdominal pains supervene.

It has been found to be an excellent medicine for the complaints appearing at the time of menopause For barrenness it is generally used with success

In bleeding piles its efficacy has been verified by us. In bleeding piles, the colour of the blood is red, the patient experiences severe pain and stiff feeling in the back and suffers from constipation, there is burning sensation while passing urine, and there is also burning of the hands, feet and eyes in the evening The patients of *Asoka* are generally affectionate, nervous, sentimental, gloomy and religious.

The above is a true picture of the therapeutic properties of *Asoka* for which it stands prominently before us

*Mode of preparation.*—The mother tincture is prepared from the dried bark according to class IV of the American Homeo. Pharmacopoeia

*Parts used.*—Dried bark

*Dil* —Mother tincture, 1x and 3x are generally used.

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# Solanum Xanthocarpus.

(Kantikari).

*Common Names.* Sans—Kantikari, Nidigdhika, Hind Katele, Beng—Kantikari, Bom—Bhuringni, Punj—Warumlea, Tam—Kandan-Kattiri, Tel.—Pinna mulaka

*Natural order*—Solanaceae

*Description of the plant.*—It is generally found in India. There are two varieties of the plant, the white variety is very rare and cannot be easily procured, but the ordinary variety is generally found and used for medicinal purposes.

The tree germinates in the winter season, its flowers and fruits grow in the summer and during rainy season it dries up. Its stems, branches and leaves are all full of thorns which are very sharp pointed.

## Ayurvedic Uses and Opinions.

*Charak* has recommended it in piles, cough, delirium tremens, urinary difficulties, stone and calculus.

*Shushruta* has found it efficacious in ophthalmia, respiratory troubles, cough, urinary difficulties and troubles and stricture.

*Chakradatta* says that it is useful in cough, stricture, and urinary troubles.

*Bangasena* has recommended it in the cough of children.

In short, the Hindu physicians prize it as an excellent remedy for cough, respiratory troubles, cough associated with hoarseness, ophthalmia, stone or calculus, stricture, retention or suppression of urine, and some other ailments.

It is used by them separately or as a principal ingredient in their compound medicines for the above mentioned complaints

*Parts used* —Root bark, fruit and flowers

*Dose.*—Decoction, 5 to 10 tolas , juice 1 to 2 tolas , powder, 4 to 8 annas

### **Allopathic Uses and Opinions**

*Constituents* —The fruit contains fatty acids, wax and an alkaloid. The dried leaves contain an alkaloid and an organic acid (Materia Medica of India—R N Khory, Part II, p 450)

*Actions and uses* —Aperient, carminative, expectorant, and diuretic. The confection (Kantakaryavaleha) is given in asthma, cough, catarrhal affections of the lungs, fever, flatulence and pain in the chest , as a diuretic, the decoction is given in dysuria, cystitis, calculi and dropsy , also given in costiveness A paste of the seeds is locally applied to promote suppuration of boils, buboes, and other indolent chronic abscesses. Fumigation of the fruit is largely used by the natives as sialogogue and applied for the relief of pain in carious teeth (Materia Medica of India—R. N Khory, Part II , p 450).



Lt. Col R. N Chopra in his Indigenous Drugs of India page 596 has written —

“The root is one of the important medicinal ingredients of the Hindu physicians and has been recognised for a long time as an effective diuretic, expectorant and febrifuge. A decoction of the root with that of *Tinospora cordifolia* is said to be a tonic in fever and cough”

### **Homoeopathic Uses and Personal Observations.**

No proving of the drug worth mentioning has yet been made by any of us. But a homoeopathic tincture has been made and some of us have found it efficacious in the ailments mentioned above.

The opinion of all schools of medicine conclusively prove and bear testimony to the fact that it is an excellent remedy in hoarseness associated with cough, in bronchitis, pneumonia or broncho-pneumonia associated with loss of voice, it has also a decided action to do away with the complaint. It is also a sovereign remedy in asthma

It is also useful in general hoarseness due to any cause. It may be used with advantage when and where *Causticum*, *Phosphorus* and *Selenium* fail to do any good.

It has turned out to be a very good medicine in fevers associated with thirst, vomiting, aversion to food, burning sensation felt over the body and pains felt over the collective body of the ribs.

It is unquestionably a grand medicine in stricture, suppression or retention of urine and stone. In the cure

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of these maladies it can be compared with *Berberis Vulgaris*, *Cantharis*, *Sarsaparilla* and *Lycopodium*

The above are the complaints which are generally benefited by Kanti Kari. Of course more clinical trials are necessary to find out the finer phases of its therapeutic properties

It is also a sure preventive against smallpox. The Hindu physicians also use it against smallpox, dose being  $\frac{1}{8}$  tola of its root (white variety) to be given in the morning in empty stomach

*Mode of preparation.* The fresh plant including root is macerated with two parts by weight of alcohol

*Dil*  $\Phi$ , 1x, 3x, potencies generally used

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# **Syzygium Jambolanum or Eugenia Jambolana.**

*Common Names.* *Sans.*—Nilaphala; *Eng.*—Jambul, the black plum, *Hindi*—Jaman, *Beng*—Kala Jam, *Guz.*—Jambudo, *Tel*—Nacraedu, *Tamil.*—Nagum, Navil, *Mal*—Naval, *Can*—Naeralu, *Duk.*—Sittalchini

*Natural order.*—Myrtaceae.

*Parts Used*—Dried seeds (fruit-stones).

*Description of the plant.*—*Syzygium Jambolanum* or Kala Jam of Bengal, is a common plant of Bengal and is known to every one of us. It is a large tree and can be found all over India. Its fruits are very sweet, appetising to all taste and soothing

## **Ayurvedic Uses.**

*Charak says* —Its powdered seeds are very efficacious in boils and ulcers. It is also an excellent remedy in bilious vomiting

*Chakradatta writes* —It is a sovereign remedy in bloody dysentery or diarrhoea associated with blood. In diarrhoea of children it is used with goat's milk with excellent results.

It has been mentioned in Charak that it has a decided action in checking and curing Diabetes Mellitus.

*Parts Used.*—Leaves, bark and seeds.

*Dose.*—Bark and juice of leaves—1 to 2 tolas; powdered seeds— $\frac{1}{2}$  to 3 annas; bark—4 to 8 annas

### Allopathic Uses and Opinions.

*Constituents.*—The seed contains jambulin, a glucoside; also a trace of essential oil, chlorophyll, fat, resin, gallic acid, albumen etc. The bark contains tannin 12 p c. and a kino-like gum.

*Actions and Uses.*—The juice of the ripe fruit or syrup is stomachic, astringent, and diuretic and given in scanty urine. The decoction of bark is astringent and used in diarrhoea of children, in chronic dysentery, as a gurgle mixed with Dhumaso for the relief of spongy gums, and sore, cracked or irritable tongue. A paste of the leaves is used to promote healthy discharges from indolent sores or from unhealthy ulcers. The extract of the powdered seeds and dried fruits is used in diabetes. It checks diastatic conversion of starch into sugar in cases depending on increased production of glucose (Materia Medica of India—R. N. Khory, Part II, P. 269).

“A wine and syrup of the fruit has been shown to us by Mr. M, C. Pareira, of Bombay, they much resemble in flavour similar preparation made with red currants, and appear to have stomachic and astringent properties. Some years ago at Monghyr, in Bengal, excellent brandy was prepared from the fermented fruit. Of late years the seeds of this tree have been recommended as a remedy for diabetes”.

Dr. C Graeser, of Bonn, has published in the Centralblatt fur Klinische Medicine a highly interesting account of a

series of experiments with the extract of the fruit of *Syzygium jambolanum* on dogs, which had previously been made diabetic by the administration of phloridzin.

Dr Graeser thought that the best way of studying the physiological and therapeutic action of the new drug was to administer it to dogs which had artificially been made diabetic by a method introduced by V. Mehring, who found that artificial diabetes can at any moment be produced in dogs by the administration of phloridzin.

A young dog of 2,700 to 4,800 grammes body weight, to which 25 to 48 grammes of phloridzin (1 gramme to 1 kilo body weight) have been given, in the course of a day, will show an excretion of sugar, lasting for twenty four to thirty hours, and amounting to 5·89 to 12·45 grammes. Graeser first gave the daily dose of phloridzin but later on he split the quantity into doses of 1 gramme, given every two to three hours. In both cases the excretion of sugar was the same. Diarrhoea was caused by phloridzin in three cases. After Graeser had experimented for sometime with phloridzin alone he began to administer simultaneously phloridzin and extract of *Syzygium jambolanum*.

The latter was given before, along with, or after phloridzin, and invariably had the effect of reducing the expected excretion of sugar most considerably. This reduction amounted to at least half, in some cases even to nine-tenths, of the quantity of sugar which would have resulted had phloridzin alone been given. At the same time the duration of the diabetes was shortened. Dogs which under phloridzin alone had excreted 5·89 to

12.45 grammes of sugar, showed under the jambul treatment a maximum excretion of 2.906 grammes of sugar and a minimum excretion of 1.5 gramme

As jambul showed such a powerful effect on the artificially produced diabetes, it may be anticipated that when given in proper time and in a large dose it will entirely prevent the excretion of sugar

It is not yet known how jambul given in large doses acts on the pathological diabetes mellitus of man. But it is well worth trying. The experiments on man are all the more justified as no ill effect has ever yet been produced by the new drug. A favourable effect of such experiments would prove that phloridzin diabetes and pathological diabetes are of a similar nature.

In all the animals on which Graeser experimented no signs of any secondary effects of jambul extract were observed, not even after doses of 18 grammes. In one case diarrhoea set in, which, as further experiments proved, was caused by phloridzin and not by jambul.

All the experiments were made with extract of jambul prepared by Mr R. H. Davies, F.I.C., Chemist to the Society of Apothecaries, London, from seeds which the author had himself brought over to Europe. As the fruit contains great quantity of starch, it was thought advisable to eliminate this as much as possible in preparing the extract. Several extracts were prepared out of the whole fruit, or solely out of the kernel or solely out of the pericarp; 100 grammes of the fruit gave  $16\frac{1}{3}$  grammes Kernel extract, and  $11\frac{2}{3}$  grammes pericarp extract. The quantity given in one single dose was 6 grammes, the maximum daily dose 18 grammes.

Whether the active principle is contained in the pericarp or Kernel cannot as yet be decided to a certainty. Probably it is contained in both, but to a great extent in the pericarp,

From the long series of experiments which he has made, Graeser draws the following conclusions :—

1 Phloridzin diabetes is considerably lessened by jambul extract

2 Jambul extract is non-poisonous, and does not cause any ill effect.

3 The active principle contained in jambul is not yet known. It will have to be determined by careful analysis and further experiments (*Chemists and Druggists, 1889*).

With reference to Graeser's experiments, G. I. Laveine (*Vrat Ch., 1889, P. 1029*) records having obtained negative results with the seeds in three cases of diabetes in which the urine contained from 6 to 7 per cent of sugar. In these cases the powdered seeds were given in doses of one gramme 4 to 6 times a day. (*Dymock—Part II., pp. 26—29*)

*Lt. Col. R. N. Chopra, I. M. S.* writes in his *Indigenous Drugs of India*, page 577.—

“The seeds are considered astringent in diarrhoea and dysentery preferably in combination with the seeds of *Mangifera Indica* (Mango). Powdered seeds are said to diminish the quantity of sugar in urine in diabetes. A decoction of the bark has also been used in

cases of dysentery in combination with cardamom and cinnamon”

### Homoeopathic Uses.

The Homoeopaths use it in Diabetes Mellitus and Insipidus with marked benefit. Dr Dudgeon employed *Syzygium* in the lower homoeopathic attenuations with gratifying results. Many others of our own school of therapeutics have experienced the same results in their practice.

Hansen has mentioned that “old ulcers of skin, probably of a diabetic foundation” have been cured with *Syzygium*. Dudgeon in *Homoeopathic World*, Vol XXIV, Page 540 relates this case —

“A scientific man, 56, complained of “prickly heat” all over upper part of body and arms. The skin was covered with small red papules, which itched so intensely as he could get no rest. He felt very weak, which was perhaps due to his having abstained from all animal food, and confined himself to bread, farinaceous food, vegetables and fruits. There was much thirst, and great flow of urine, which he was obliged to pass every two hours, night and day, mouth very dry. Urine 1036, very saccharine. He was ordered chiefly animal diet, very little bread and no sugar. *Syzygium*  $\Phi$ , mixed with three times the quantity of Alcohol, was given; of this two drops every three hours.

The specific gravity of the urine steadily declined, sugar disappeared, and all the symptoms passed off, and this in spite of the fact that the dietetic rules were relaxed”.



Boericke in his *Materia Medica* 9th Edition page 629, has written the following :—

“It has an immediate effect of increasing the blood sugar, glycosuria results.

It is a most powerful remedy in Diabetes mellitus. *No other remedy causes in so marked degree the diminution and disappearance of sugar in the urine Prickly heat in upper part of the body*, small red pimples itch violently. Great thirst, weakness, emaciation Very large amount of urine, specific gravity high. Old ulcers of skin. Diabetic ulceration The powdered seeds, ten grains three times a day ; also, the tincture”,

I have carefully ransacked all available Homoeopathic Journals in order to unearth the experiences, observations and researches of the Homoeopaths pertaining to this drug and the only interesting paper found by me was contributed by no less a personage than the late eminent French Homoeopath Dr G Seiffert, M D. of Paris in the *Revue Homœopathique Française* on this drug. I reproduce that paper *in toto* which was translated in English and published in the North American Journal of Homoeopathy in May, 1904, pages, 331—32.

*Dr. Seiffert on Syzygium writes.*—“Theoretically, we know little about this drug, whose pathogenesis has not yet been established The plant is also known under the names of myrtus jambosa and jambul. It grows in the west Indies, the Antilles, Reunion Island, and New Caledonia, and belongs to the family of myrtaceae, all the representatives of which contain tannin, fixed and volatile oils, free acids, a mucous liquid and sugar.

In the West Indies, the fruit and bark of the plant are employed Allopathically as astringents in dysentery, blennorrhagia and leucorrhoea. The juice expressed from the leaves is equally efficacious in dysentery.

M. Gerrad has extracted from *Syzygium* a crystalline substance to which he has given the name of Jambosine and suggested as a formula  $C_{10}HNO_3$ . The crystals, white, tasteless, melting at 77 degrees C, are soluble in ether, alcohol and chloroform, insoluble in cold water and slightly soluble in hot water. The active principle of *myrtus jambosa*, however, is not jambosine, but lies in a resin still to be found, which, according to Lyons, exists in combination with an alkaloid and a certain acid.

M. Beneha recommends *Syzygium* for diabetes, the sugar disappears in forty eight hours, and so long as the drug is used, an amylaceous diet can be used with impunity. It is stomachic, carminative and astringent. M. Scott says that its presence in the stomach retards and lessens the saccharifying action of the saliva and pancreatic juice. Dr Rosenblatt, of Vilua, and Dr. Zevaskar have used Jambul both as a powder and as a fluid extract, they have cured more than ten cases in diabetes, and they attribute their success to this drug. The usual dose was 30 cgm of the pulverized fruit, three times a day.

Homoeopaths have made a tincture from the pulverized fruit and used it in diabetes. The pulverized fruit itself has also been used, as mentioned above.

Dr Dudgeon and others used successfully in diabetes low liquid attenuations. Dr. Hansen reports the cure of

some inveterate cutaneous ulcers, probably due to diabetes

I tried this treatment in my practice; but I must confess it was with mediocre success, so much so that I was on the point of giving up the use of *Syzygium*. Just at this time I suffered from diabetes myself with violent thirst, marked wasting away, dryness of the mouth, complete repugnance to smoking, 20 grammes of sugar per litre of urine. The daily quantity of urine was ordinary, about 1400 grammes.

I had read in the *Manuel* of Pahlmanu "A new remedy, recommended particularly by American homoeopaths, is *Syzygium jambolanum*. It is said that true sugar diabetes can be cured by this drug in six weeks, if, during this period, the patient will confine himself to a diet of skim milk. Alcoholic tinctures extracted from the seeds according to homoeopathic methods do not act so decidedly. It is necessary to use four teaspoonfuls a day of an infusion prepared as follows

|                                   |                    |
|-----------------------------------|--------------------|
| R.                                |                    |
| Semin <i>Syzygii jamb</i> pulv.   | 25 grammes.        |
| Inf. et mac. cum Aq coct. Colat , | added 250 grammes. |
| Per horas 11. Glycerini           | 25 grammes.        |

I prepared the drug in this manner, and took four teaspoonfuls a day, without submitting myself to a strictly dietic regime. I omitted, however, all alcoholic liquors, and all sugar and amylaceous food.

After eight days the sugar had fallen from 20 grammes to 8, and after another eight days all traces of sugar had gone. The violent thirst and dryness of the mouth

had disappeared, my former delight in smoking had come back

I considered myself cured, more particularly because my diabetes was of rheumatic origin I returned to my former manner of life, and kept free for a year, when suddenly the diabetes reappeared

This time symptoms were extremely sudden and violent; there were distaste for tobacco, wasting, gastric symptoms, impotency, dryness of the mouth with slight ulcerations of the buccal mucous membrane, 30 grammes of sugar per litre; no thirst, no excessive urination

I used the remedy employed before, followed a very mild diet, and a week later, after an abundant perspiration, all symptoms had disappeared, since then there has been no recurrence.

In my practice I have tried the same treatment and found a favourable result in a lady of seventy years of age. She complained of excessive thirst, great feebleness, and had a number of cutaneous ulcers on the legs, which, so far had resisted all external medication. Urinalysis showed 35 grammes of sugar per litre while S. G 1028 It was a very characteristic case

I used uranium nitricum, phloridzinum, aqua creseotata, etc., without success Finally I resorted to syzygium. In 15 days the ulcers on the leg had disappeared, never returning The violent itching which provoked the scratching that had led to the ulcers disappeared also. The sugar diminished progressively to 5 cgm.; more thirst But the patient was obliged to take the medicine constantly. As soon as the treatment was interrupted the

sugar increased in quantity."—*Revue Homoeopathique Francaise.*

### Personal Observations.

*Syzygium* possesses great astringent properties and so the tincture prepared from its tender leaves is used with great success in cases of dysentery. The juice in combination with goat's milk is generally used by our Native Kavirajes in all sorts of dysentery even when associated with blood. In chronic diarrhoea and dysentery its action is always perceived. In cases of sore throat and spongy gums, its bark in decoction is used as a gurgle. The dried seed of the fruit is highly efficacious in curing diabetes; it lessens sugar and reduces the specific gravity of the urine.

In diabetes there is excessive thirst the patient passes large and enormous quantity of urine at a time, the urine is found to be of high specific gravity. These are the characteristic symptoms of diabetic patients in which *Syzygium* has potent influence in checking and curing it. I used it in three bad cases of diabetes with the above mentioned symptoms and all of them were cured.

It is specially suited to those patients who suffer from chronic dyspepsia. If long standing dyspeptic troubles be present along with diabetic symptoms, *Syzygium* will be found to be a sovereign remedy.

### Clinical Verifications.

#### *Case No. I.*

Babu Bistupada Ghose, a merchant aged 48, had been suffering from diabetes mellitus for more than three years.

He took several Allopathic and Homoeopathic remedies prescribed by some well-known medical practitioners, but unfortunately he did not get any relief

At last he was placed under my treatment.

I found the following symptoms —

His urine was examined, there were 28 grains of sugar per ounce, the urine was of high specific gravity, he passed large quantities of urine day and night, the patient was a chronic dyspeptic patient and excessive thirst existed

I prescribed *Syzygium Jambolanum* 1x four times daily. He was cured of this disease within 2 months

#### *Case No. II.*

Shaik Abdul Bari, a teacher aged 52, suffered from diabetes. He was found to pass copious quantity of urine at a time which caused great weakness, excessive thirst existed. Urine was of high specific gravity and the quantity of sugar was 12 grains per ounce. *Syzygium* 1x thrice daily was prescribed and he was cured

#### *Case No III.*

Babu Rabindra Nath Ghose M.A. suffered from diabetes. His urine was examined, and there were 32 grains of sugar per ounce, specific gravity was high, excessive thirst was present, weakness and exhaustion were felt after urination, chronic dyspeptic troubles tormented the patient, there was prickly heat in the upper part of his body, small, red pimples were found there which itched terribly

Relying upon these symptoms I prescribed *Syzygium* 1x and it did not fail in bringing about an instantaneous mitigation of his sufferings

From the 4th day, he began to perceive great improvement

On the 12th day his urine was again examined and it was found to be of normal specific gravity i. e. 1012, his urine did not contain any sugar and his other symptoms almost disappeared. Only *Syzygium* cured him.

*Mode of Preparation*—The tincture is prepared from dried seeds according to Formula IV of the A. H. P.

*Dil.*  $\Phi$ , 1x, 3x, generally used.

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# Swertia Chirata.

## (Chirata)

*Common Names.* Eng—Chirata, Sans.—Kirata tikla, Beng—Chirata, Tel—Nela verun

*Natural order.*—Gentianaceae

*Description of the plant.*—The herb grows in abundance in Bhutan and Khasia Range between 4,000 to 10,000 feet above the sea level.

## Ayurvedic Uses and Opinions.

*Charak* has recommended it in haematemesis and dropsy

*Harit* has found it efficacious in vomiting of pregnancy.

All Ayurvedic physicians have extolled its therapeutic virtues in typhoid and intermittent fevers, malarial fever, respiratory troubles, bilious troubles, impurities of blood, burning, cough, dropsy, thirst, leprosy, boils and worms. In fact, it is a wellknown and welltried febrifuge amongst these practitioners and they very often use it in all sorts of fevers. All dispensaries are now filled with its syrup or decoction or tincture. It has been in constant demand amongst the Kavirajes of India.

*Parts Used.*—Whole plant.

*Dose.*—Powder 1 to 4 annas, decoction 5 to 10 tolas.



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### Allopathic Uses and Opinions.

*Constituents.*—Ophelic acid, an amorphous bitter principle, chiratin, a yellow bitter glucoside, resin gum. Carbonates and phosphates of potash, lime and magnesia, ash 4—6 p c, no tannin

### Actions and Uses.

Like Cinchona and other bitter tonics it is bitter, stomachic, laxative, anthelmintic and febrifuge. It excites the appetite, strengthens digestion, but does not constipate; it diminishes flatulence and hyperacidity; removes biliousness, given in atonic dyspepsia, liver troubles, acidity of the stomach and flatulence, gout, intermittent and other fevers. In combination with acids, alkalis and aromatics, it is given in bilious affections and burning heat of the body. The compound powder—"sudarsana churna" is a popular native remedy for chronic fevers; as a laxative and alterative it is given in scrofula and general malaise (R. N. Khory, Part 11, page 413).

Lt Col. R. N. Chopra, I.M.S has written the following about this herb in his work—*Indigenous drugs of India*, p. 251.—

"Swertia chirata has long been used by Hindu physicians as a bitter tonic, stomachic, febrifuge and anthelmintic. An infusion of the drug is generally employed, but it forms part of many compound preparations.

The Mohammedan physicians also use it extensively. The European practitioners in India in the early days appreciated the value of Chirata and very frequently

prescribed it in place of the official gentian. The report of Fleming (quoted in Watt's *Dictionary of the Economic Products of India*) will bear testimony to the high reputation the drug enjoyed in those days. According to him chirata possesses all the stomachic, tonic, febrifuge and anti-diarrhoeric virtues which are ascribed to gentian and in a greater degree than they are generally found in it in the state in which it comes to us from Europe"

Experiments carried out in the School of Tropical Medicine regarding the chemical composition of *Swertia Chirata* also show that it can effectively replace the gentian of the pharmacopoeia. The common variety of chirata as obtained from the Indian bazar was assayed for the contents of its bitter principle by the method suggested by Zellner

By the method the percentage of bitter principle was found to vary from 1.42 to 1.52. This compares favourably with the bitter principle existing in *Gentian Kurroo* and there is no reason why more attention should not be paid to this drug.

There are several spurious kinds of chirata in the market as well which are not bitter at all and are, therefore, devoid of therapeutic activity.

True Chirata, viz *Swertia Chirata* has now been recognised in the British and the United States pharmacopoeias".

### **Homoeopathic Proving and Materia Medica.**

Dr. Kali Kumar Bhattacharjya, of Gouripore, Assam, made a short proving of this drug. An account of the

proving thus made and the symptoms developed therein were published in the "Hahnemann" of Falgoon, 1332 B. S. Dr. Bhattacharjea prepared a tincture from the flowers and leaves of the plant. The symptoms observed by him are given below —

*Mind* —Dulness of mind, laziness, desire to lie down always,

*Head.*—Dull pain is felt over both the temples at first, gradually extending to the whole of the head ; coldness is felt over the head

*Nose and Eyes* —Severe burning sensation is felt in the eyes and flushes of heat comes out of the nostrils

*Ears.*—Hissing sound is felt in the ears.

*Mouth* —Bad taste in the mouth is felt in the morning and offensive odour comes out of the mouth.

*Tongue.*—Heaviness of the tongue is felt ; difficulty in speech is felt, the middle of the tongue is enveloped with a thick yellowish coating.

*Throat.*—In the morning and evening pain is felt in the throat which is relieved by hot drinks.

*Respiratory organs.*—During fever hurried respiration ensues ; dry cough is felt in the bronchial region with dry mucus for which the patient suffers from dry hacking cough

*Liver and Spleen.*—There is enlargement of both liver and spleen associated with pain

*Abdomen.*—Accumulation of wind in the abdomen.

*Kidney.*—Dull pain is present in the kidney, especially on the right side.

*Urine.*—Urine is of high red colour and there is burning while urinating

*Male Sexual Organ.*—Weakness of the male sexual organ, slight discharge of semen.

*Extremities.*—Aching pains are felt in the hands and feet; weakness of the legs, difficulty is felt in walking

*Desires.*—Desire for bitter substances and meat

*Fever.*—The stage of coldness lasts long, but there is no desire for drinking. There is desire for hot water.

The hot stage generally lasts for three hours and afterwards sweating stage appears; but sweat does not break out over the whole body, only chest, axilla and thigh are covered with little perspiration. In the cold stage nausea and bilious vomiting take place. In the hot stage there is slight thirst. There is no fixity of the appearance of fever—it may appear at any time. Burning sensation in the eyes is felt from the onset of fever and lasts as long as it persists

The above are the few symptoms experienced by the prover.

### Personal Observations.

*Gentiana Chirata* is a noted febrifuge. Every body has highly prized it as a fever killer. In homoeopathy, we have found it to be a very useful remedy in both acute and chronic malarial fevers. The fever of *Chirata* may come on at any time of the day and night; but in chronic cases the fever appears usually in the afternoon

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In the morning attacks cold stage lasts for a long time, there is no appreciable thirst in this stage and if there be any, it is generally relieved by hot drinks.

The hot stage lasts for 3 to 4 hours and there is slight thirst. Before the appearance of hot stage, nausea and bilious vomiting trouble the patient.

It is a keynote symptom of the drug that severe burning sensation is felt in the eyes and this symptom appears immediately after the onset of the fever and continues as long as fever is present

Other symptoms of the drug have been out-lined before. If the long lasting malarial fevers turn into Kala-azar associated with enlarged spleen and liver, it may be used with advantage

It is an excellent remedy in chronic fevers and liver troubles after fever has stopped particularly because it does not bring on constipation.

It is also used with great advantage in warding off debility after fevers. In indigestion, atonic dyspepsia, flatulence, loss of appetite and in troubles arising out of worms it has a distinct place which cannot be questioned by any of us.

Its therapeutic properties can be perceived also in catarrhs, leprosy and some skin diseases.

In short, Hindu and Mohammedan physicians and physicians of the Dominant School of Medicine have uniformly recognised its therapeutic activities in the ailments mentioned above. It is gratifying to note that all their finding and opinions handsomely tally with those observed by the homoeopaths of our country.

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The drug certainly deserves our attention and trial in times of emergency. It is my firm conviction that it will fall nothing short of our expectations and will, no doubt, come out with flying colours

*Mode of preparation.*—The tincture is prepared by two parts of alcohol added to three parts of the entire plant

*Dil.*— $\phi$ , 1x, 3x generally used.

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## Terminalia Arjuna.

*Vernacular.* Sans—Arjuna ; *Hindi.*—Arjuna ; *Bengali.*—Arjuna , *Bombay.*—Arjuna ; *Tamil.*—Vellamaruda-marum ; *Mahrathi.*—Shardul , *Guzrati.*—Sajadan

*Natural order.*—Combrataceae.

*Habitat.*—It is found in Lower Himalaya, Bengal, Burma, Central and Southern India and Ceylon.

*Description of the plant.*—*Terminalia Arjuna* is a large, deciduous tree measuring a height of 60 to 80 feet. The bark is found by the Sanskrit writers to be a cardiac tonic Bagbhatta was the first to prescribe the bark of "Arjuna" in heart diseases

### Opinions and Uses by the Ayurvedic Physicians.

*Charaka.*—(1) In haematemesis the bark of Arjuna is used with excellent results, In this affection prescribe its bark with equal quantity of pulverised red sandalwood, sugar and rice water, (2) Its leaves are used in boils

*Sushruta.*—In spermatorrhoea decoction of Arjuna bark with equal quantity of white sandalwood is used with benefit

*Bagbhatta.*—(1) Has recommended its decoction in suppression and retention of urine. (2) Has also recommended an ointment prepared of its bark and honey in acne.

*Chakradatta.*—Has found it eminently useful in bloody dysentery and in cardiac affections. He has also recommended it in fractures.

*Bhabprakash.*—Recommended it for tuberculosis of the lungs and for suppression and retention of urine

*Hart.*—Has found it useful in gonorrhoea

*Bangasena.*—Has recommended it in chronic diarrhoea and dysentery

### Opinions of Western Physicians.

R. N Khory in his *Materia Medica of India*, part II, pages 258, has written the following about Arjuna :—

Astringent and tonic given in heart diseases. Locally used as a wash for wounds, ulcers, contusions and specially used in promoting union of fractures and dispersion of ecchymosis, internally, largely used by the natives in haemorrhagic and other fluxes and as a lithontriptic."

*Nadkarni says.*—It is written in *Bhabaprakasha* that powdered Arjuna Bark soaked and dried seven times successively in the leaf juice of *Adhatoda Basaka* is administered as a linctus well mixed with honey, sugarcandy and cow's ghee in case of phthisis. It stops the blood in the sputum and cures the disease, this mixture is employed by Kavirajes as an *anupana* (component part of the medicine) in the treatment of consumption along with reduced minerals, such as pearls, coral, gold, lead and mica. In many cases the effect is said to be very encouraging."



I shall now proceed to reproduce the following from the wellknown work of Lt Col R. N Chopra, I.M.S (Indigenous Drugs of India) which will describe the conclusions of Western physicians regarding this indigenous Drug

*Chemical Composition.*—A reference to the literature shows that this drug has interested many previous investigators According to *Hooper* (1891) the bark yields 34 per cent of ash consisting almost entirely of pure calcium carbonate; the watery extract contains as much as 23 per cent of calcium salts and 16 per cent. of tannins Very little colouring matter besides the tannin is extracted by alcohol *Ghosal* (1909) made a detailed chemical and pharmacological study of the bark. He found it to contain the following substances —(1) sugar, (2) tannin, (3) colouring matter, (4) a body of the nature of a glucoside and (5) carbonates of calcium and sodium and traces of chlorides of alkali metals. He also found that the total tannin content amounted to 12 per cent and the content of ash to 30 per cent. The author and his co-workers obtained good specimens of the bark and made a careful analysis with a view to finding out the active principles which might be responsible for the alleged stimulant action of the drug on the heart. As the drug is said to contain glucosides, a very careful search was made for their presence. Neither alkaloid nor glucoside could be found in the bark and there was no substance of the nature of an essential oil. The bark contains the following substances —

(1) Unusually large quantities of calcium salts with small amounts of aluminium and magnesium salts

(2) About 12 per cent of tannins, consisting mainly of pyrocatechol tannins

(3) An organic acid with a high melting point and a phytosterol

(4) An organic ester easily hydrolysed by mineral acids

(5) Some colouring matters, sugars, etc

It will be seen that the analysis of the bark of *Terminalia Arjuna* does not reveal the presence of active principles which could account for its cardiac tonic effects so widely believed in this country. The different fractions obtained from petroleum, ether, alcoholic and aqueous extracts during analysis were carefully tested but, with the exception of calcium compound, no other constituent producing any effect on the heart or on any of the other tissues were detected. The colouring matter was separated and tested with the same result. Recently, *Carus, Mhashkar and Isaac* (1930) have studied in details the chemical composition of the common Indian species of the genus *Terminalia*. They were unable to find any active constituent of the nature of an alkaloid or glucoside or an essential oil. All the fifteen specimens of barks examined gave when incinerated a white, soft, odourless and tasteless ash. Except for the presence of iron in *T. pyrifolia* and *T. travancorensis* the composition of the ash is fairly constant.

### Therapeutic Uses.

*Koman* (1919-20) administered a decoction of the bark in 20 cases of valvular diseases of heart and came to the

conclusion that the drug was not useful. An alcoholic extract prepared from the bark was carefully tested at the School of Tropical Medicine in a number of patients suffering from failure of cardiac compensation with or without dropsy. In none of the patients did the drug produce any marked effects such as are produced by drugs of the digitalis or caffeine groups.

The frequency and force of the heart beat and the blood pressure remained appreciably unaltered. The secretion of urine was not markedly affected in those cases. Any therapeutic effects attributed to the drug may be accounted for by the high calcium content to which reference has already been made.

*Caus, Mhaskar and Isaac* (1930) have, however, reported that the dried barks of the Indian species of genus *Terminalia* exhibit a very great variability of forms. There are as many as 15 different varieties.

The barks of these varieties of *Terminalia* are so very similar in appearance that there is very great likelihood of their being mistaken for one another. In India, practically no distinction is made by the drug-sellers between these varieties and all of them are being constantly exhibited and sold indiscriminately as 'Arjuna'. These workers have studied the pharmacological actions of all the barks separately, using hot infusion, decoction and alcoholic extracts of the dried and cleaned bark. The conclusions are given below. The pharmacodynamically active barks of the commoner Indian species of *Terminalia* are either (i) mild diuretics, *T. arjuna*, *T. belenica*, *T. pallida*, or (ii) fairly potent cardiac stimulants, *T. bialata*, *T. coria-*

cea, *T. pyrifolia*, or (iii) both diuretic and cardiotoxic, *T. catappa*, *T. chebula*, *T. citrina*, *T. myriocarpa*, *T. oliveri*, *T. paniculata*, *T. tomentosa*

The conclusions are different from those reported from the Calcutta School of Tropical Medicine. As no active constituent has so far been isolated and as there is practically no change in the chemical compositions of the different barks referred to by *Carrus* and his co-worker it is difficult to conceive how the different varieties reveal quite different pharmacological and therapeutic effects. The use of alcoholic extracts in pharmacological experiments brings in a lot of abnormal factors which are likely to vitiate the results. Further study is necessary to confirm the findings already recorded".

### Homoeopathic Uses and Proving.

#### *Proving.*

*Terminalia Arjuna* has not yet been sufficiently proved by us. Only one or two fragmentary provings were made. I tried to prove it in the month of January, 1934. The record of that proving is given below —

*Name of the prover.* Babu Hari Charan Roy, a youngman of 35 years of age and good physique.

4th January, 1934. He took 5 drops of the mother tincture at 10 A.M., another dose of the same at 2 P.M. and a third one at 8 P.M. on that day.

Nothing untoward was experienced on that day.

5th January, 1934.—He took three doses of the mother tincture at different times, dose being 8 drops at a time.

No symptoms were noticed.

6th Jany, 1934—He took one dram of the mother tincture at 8 A M and another dram of the same at 11 A M, 2 P M. He felt the following symptoms —

*Mind.*—Nervousness came on.

*Head.*—Giddiness of head was present

*Ear.*—Ringing in the ears were present

*Eyes.*—Eyes were hot

*Mouth* —Dryness and bitter taste in the mouth.

*Urine* —Scanty urination and flow was insufficient.

*Heart.*—Palpitation and beating of the heart came on. Sudden jerking pains in the heart.

It was very unfortunate that the youngman was suddenly called away from Calcutta After that time no new prover could be had to prove it.

*Personal observations* —The Ayurvedic physicians (Kavirajes) of our country have been using this drug independently or as one of the ingredients in all sorts of heart diseases with marked success for a long time. They use it in both functional and organic diseases of the heart—angina pectoris, palpitation of the heart, pain in the heart, weakness of the heart. In fractures, pains all over the body owing to a fall and all sorts of ecchymosis, the action of this drug is supreme. For the eradication of these complaints it is used both internally and externally. In haemorrhages, in spermatorrhoea, and in gonorrhoea it is used by them.

It is a wellknown cardiac remedy amongst our native Kavirajes, but Lt. Col R N Chopra and his co-workers have tried it in those complaints and found it to be quite ineffective.

I also tried it in a few functional and organic disorders of the heart and it was very unfortunate that I did not get any benefit from its use

In my opinion its claims should be methodically investigated and examined by all of us

*Mode of preparation.*—The tincture is prepared according to Class IV of the A. H P

*Dil.* 1x, 3x generally used

*Parts used.* Bark.

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# Terminalia Chebula.

## (Haritaki)

*Common Names.* Sans.—Haritaki, Abhaya, Pathya, *Hind.*—Har, Harara, *Beng*—Haritaki, *Punj*—Harrar, Har, *Bom*—Hirda, Harda, *Tam*—Kada Kai, Kadut-Kay (tree), Kadut-Kaypinji (fruit), *Tel.*—Karaka, Kurka (tree),

*Description of the plant.*—It is a common plant in India and largely used by Indian physicians. The myrobalans found in the market have a pale buff colour, are oval in shape and possess longitudinal ridges on the surface. The taste is astringent.

## Allopathic Uses and Opinions.

*Constituents.* Myrobalans possess astringent principles—tannic acid (45 p c) and gallic acid, mucilage and a brownish yellow colouring matter; chebulic myrobalans also contain an organic acid named chebulinic acid which when heated in water, splits up into tannic and gallic acids

*R. N. Khory, Vol. II., p. 260, says.*—“Purgative, astringent and alterative. The ripe fruits are generally purgative and the unripe ones astringent and aperient.”

*Lt. Col. R. N. Chopra, I.M.S. writes in his book “Indigenous Drugs of India,” p. 532 :—*“It is astringent, laxative, alterative; used in scorpion sting.”

Also in page 599 says :—Myrobalans are mild and efficient laxative. The following preparation is generally

used as a household remedy —bruised myrobalans 6 in number, cloves, 1 dram and water 10 oz, boiled for 10 minutes and strained. The dose should be administered early in the morning. Owing to the large amount of gallic acid the myrobalans contain, they can be used externally as a local application in chronic ulcers and wounds or as a gurgle in stomatitis."

"Ainslie notices their use as an application to aphthae. In the Pharmacopoeia of India, Dr. Waring mentions his having found six of the mature fruit an efficient and safe purgative producing four or five copious stools unattended by griping, nausea or other ill effects, probably those used by him were not of the largest kind. Twining (Diseases of Bengal, Vol 1., p. 407) speaks very favourably of the immature fruit (Halileh-i-zangi) as a tonic and aperient in enlargement of the abdominal viscera. We found them a useful medicine in diarrhoea and dysentery, given in doses of a dram twice a day. Recently, M. P. Apery has brought to the notice of the profession in Europe the value of these black myrobalans in dysentery, choleric diarrhoea and chronic diarrhoea; he administers them in pills of 25 Centigrams each, the dose being from 4 to 12 pills or even more in the 24 hours." (Dymock, Vol II, p. 3).

### **Ayurvedic Uses and Opinions.**

The Hindu and Unani physicians of India largely use this drug in their prescriptions.

*Charak* has found it useful in bleeding piles, diseases of the stomach, chronic dysentery, jaundice due to cough, cold and catarrhs, and vomiting



*Sushruta* has recommended it in rheumatism, blind piles, elephantiasis, chronic enlargement of the spleen and glandular enlargement of the abdomen and hiccough

*Baqbhatta* has prized it as an excellent remedy for piles, stone and calculus and throat affections and as a tonic. *Harit* has recommended it in haemorrhages of the stomach and lungs, and *delirium tremens*

*Chakradatta* has found it useful in rheumatism, dropsy and of several affections of the eye.

*Bhabaprasad* has recommended it in typhoid fever, chronic diarrhoea and dysentery and biliary colic.

*Bangasena* says that it is an excellent remedy in diarrhoea associated with colicky pains and also in whitlow.

*Parts used.*—Fruits and seeds.

Dose—from 4 to 6 annas.

### Proving and Materia Medica of Haritaki.

#### *Proving.*

Dr Byom Kesh Datta of 5, Bhur Lane, Calcutta assisted by Mr. Anupam Ch. Roy made a proving of this drug. He supplied me with all the data in connection with his proving.

I give them below and arrange the symptoms as noticed by the prover.

#### Materia Medica of Haritaki.

*Mind.*—Mind indifferent; single-mindedness. Easily indisposed and constant yawning

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*Head*—Intense vertigo begins in occiput and spreads to the whole right side of the head (right temporal region to right frontal region). Vertigo remains all the day and night for hours. Stitching pain in the right temporal region and occipital suture. Slight headache in occiput and right cranium with intense vertigo.

Vertigo is aggravated by hot sun's rays, hard pressure and motion and it is ameliorated by cold bathing, evening dry cold air and during sleep and eating.

*Mouth*.—Profuse salivation with intense thirst for drinking cold water. Sensation of dryness in upper jaw. Gums of teeth swollen and hard. Fetid odor in mouth and fetid eructation. In the morning constant acid, empty eructation.

*Tongue*.—Flabby, dry, brown coating on tip of tongue. Sore and raw tongue.

*Stomach*—Sensation of fulness in stomach and slight distension of stomach. Downward pain in stomach and epigastrium. Rumbling and gurgling sound in stomach. Pain in right lower abdomen.

*Back*.—Intense pain in back loin (right lumbar region and lower spinal column). Sitting is painful due to pain often at intervals. Pain slightly increased while sitting straight, and decreased altogether while lying on bed and during sleep.

*Neck, Chest and Liver*.—Pain in back of neck. Intense pressive pain in right chest. Slight pain in the region of liver (large lobe). Pain ameliorated temporarily by external pressure. Pressive pain in region of heart.

*Stool.*—Frequent ineffectual desire for passing stool, but passes very small quantity of faeces with great force or sometimes with ineffectual action to pass stool. After much trying a little faeces comes out with great force

Sweat during passing stool. Pressive itching and full sensation in rectum. In constipation, stool hard, of small quantity, and slightly yellowish.

In diarrhoea, stool is liquid, and small in quantity, faeces mixed with some mucus, flatulence associated with burning sensation in the stomach

*Urine.*—Quantity of urine is slightly diminished. Frequency of urination is increased at night

*Extremities.*—Muscular pain in right upper hand in the region of deltoid muscle. Itching pains relieved by scratching.

*Pulse and Heart-beats*—Normal number of beats. Pulse is accelerated and quick in motion, irregular. Pulse for some moments is rapid, hard and for some moments is weak simultaneously. Some heart beats are feeble or of low sound, some normal and some of loud sound, everything in successive order

*Temperature.*—Normal

*Respiration.*—Hot deep breathing

*Male and Female Genital Organs.*—No abnormal symptoms. This drug has no special action upon the genitals.

Modalities — *Aggravation* .—Every complaint is aggravated by hot sun's rays, motion, hard pressure and often some exertion due to works.

*Amelioration*.—Every complaint is ameliorated by cold bathing, evening dry cold air, during sleep and eating, by closing the eyes, and during complete rest of mind and body.

### Personal Observations.

Every body of our country is familiar with Haritaki. Haritaki is used in all religious ceremonies observed by the Hindu population of India.

The Hindu physicians and the public of our country use it as a mild laxative.

Its therapeutic action to make the bowels clear can not be questioned by any body. It is an excellent medicine in piles, constipation, chronic dysentery, dropsy, chronic diarrhoea, and in some skin diseases.

In vertigo it is a good medicine, vertigo is relieved by cold bathing; there is profuse salivation with great thirst which accompanies all affections, offensive odour comes out of the mouth; tongue is flabby, dry, and covered with a brown coating on tip of the tongue, there is frequent ineffectual desire to pass stools, but the patient passes only small quantity of faeces with great force. Sweat breaks out during stool.

These symptoms and also the symptoms recorded in the portion of *Materia Medica* will help us to prescribe

it correctly and properly in those cases where its symptoms will tally with the cases under treatment. In my opinion it will turn out to be a good homoeopathic remedy in future.

*Mode of Preparation.*—The medicine is prepared from the outer covering of the fruits and seeds according to Class IV of the A. H. P.

*Dil.* 1x, 3x, 6x, 30 potencies are generally used.

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# Tinospora Cordifolia.

(Gulanča).

*Common Names Sans*—Ninjara, Guluchee ;  
*Hindi*—Guruchi, Gulanča , *Beng*—Gulanča , *Punj*—  
Gilo, Gularich , *Bomb*—Gulwail, Gharol , *Mar*—Gula-  
Veli , *Tam.*—Shindil, Kodi , *Tel*—Tippa-tige, Guluchi ,  
*Goa.*—Amritvel , *Eng*—Heart leaved Moon-seed ,

*Natural order.*—Menispermaceae.

*Description of the plant*—It is generally known in the market as “Gulanča”, The stem and root are used medicinally which possess a bitter taste

## Ayurvedic Uses and Opinions.

The Hindu physicians use it as an excellent febrifuge and have named it as “Indian quinine”

*Churak* has recommended it in chronic fevers, jaundice, bilious vomiting and some other diseases

He has found it useful to purify the breast-milk after delivery.

*Baghatta* has spoken highly of it as an excellent remedy in gonorrhoea.

*Bhabaprakash* says.—Gulanča is an excellent tonic, and is generally used in chronic fevers and jaundice

*Chakradatta*—It is an excellent remedy in urticaria, fevers, leprosy, and elephantiasis.

*Bangasena* has recommended it in vomiting and flatulence associated with extreme palpitation of the heart

In short, the Hindu physicians have found it to be bitter, tonic and strength-giving. It destroys wind, bile and phlegm. It is good for thirst, burning sensation, gonorrhoea, cough, jaundice, torpidity of the liver, splenic affections, leprosy, rheumatism, acute and chronic fevers, worms, vomiting, piles, dysuria, flatulence and palpitation of the heart.

### **Allopathic Uses and Opinions.**

*Constituents* —The root and stem contain starchy extract, bitter principle and a trace of berberine.

### **Actions and Uses.**

Fresh stem is more efficacious than the dry one and is a good substitute for Calumbu. It is stomachic, bitter, tonic, alterative, aphrodisiac, anti-periodic, and demulcent, given in dyspepsia and in debility caused by repeated attacks of fever. Like peruvian barks it is a good febrifuge, used in enlarged spleen. As an alterative it is given in secondary syphilis, rheumatism, leprosy, skin diseases, such as impetigo, and in jaundice. As a diuretic and demulcent it is given in dysuria, in scanty, high-coloured urine due to catarrh of the bladder. The juice of the stem combined with Pakanbhed and honey, is given in gonorrhoea. The starchy extract is nutritious, largely used in native practice in cold fevers and seminal weakness, also in urinary affections.

(*Materia Medica of India*, R. N. Khory, Part II p. 81)

Favourably spoken of by those who have tried it as a tonic, anti-periodic and diuretic (*Dymock*—Part I, p 55).

“It is useful in general and seminal debility, fever, jaundice, torpidity of the liver, skin diseases, secondary syphilis, rheumatism, acidity of urine and urinary diseases, some forms of dyspepsia, splenic affections, chronic gonorrhoea, leucorrhoea, etc.

It is used as a febrifuge and tonic in gout; combined with extract of Chirata, Vasaka, Myrobalan, Neem. Pyerorrhiza (Kutki), parpata (*Oldenlandia herbacea*), all together being equal in weight to that of Gulancha, it is said to make a very useful compound liquid extract in various kinds of fever.

In malaria it is sometimes more efficacious than quinine” (Nadkarni).

“An infusion is prepared from the stem and root which is a valuable tonic in debilitating diseases, intermittent fever and dyspepsia”

*R. N. Chopra in his Indigenous Drugs of India, page 599.*)

### Homoeopathic Proving and Uses.

No proving of this drug has been made by any body up to this time, but many Indian homoeopaths have been clinically using it with excellent results for a few years

### Personal Observations.

*Gulancha* has turned out to be an excellent remedy in homoeopathic practice It has been found by competent



authorities to be an excellent remedy in intermittent fevers, jaundice, torpidity of the liver, debility, skin diseases, leprosy, secondary syphilis, rheumatism, acidity of urine, splenic affections, urinary diseases such as gonorrhoea and dysuria.

It is an excellent remedy in acute and chronic malarial fevers, the temperature generally rises in the afternoon with chilliness or shaking chill, there is bilious vomiting associated with thirst and headache. The fevers associated with these symptoms are generally benefited by this drug

In chronic slow fevers, its action is sure and certain in cases where there is a history of gonorrhoea and weakness due to seminal emissions. Due to an excessive use or maladministration of quinine, if the fever continue, if burning sensation is felt in face, hands and feet, if there be enlargement of the liver and spleen, jaundice with yellow colour of the eyes, no desire for food, and headache, *Gulancha* may be safely given.

It is given in various kinds of vomiting, specially bilious vomiting, with efficacy. It exerts a powerful action on the urinary tract; the patient passes only a small quantity of urine at a time, passes it frequently and there is burning while urinating and the urine is mixed with pus-like discharges. In this sort of gonorrhoea, it is a sovereign remedy.

In rheumatism, leprosy and skin diseases, it has a decided action. In the secondary syphilis, it is largely used with considerable benefit.

As a tonic it is pronounced to be an excellent remedy. It is widely used as a "pick-me-up" remedy where

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the patient has become extremely weak owing to repeated attacks of fever and also to exhausting seminal emissions.

It is a very good medicine in excessive palpitation of the heart due to awful weakness or excessive seminal emissions. In short, *Gulanha* possesses a wide range of therapeutic virtues in multifarious diseases which have been highly extolled by all Schools of Medicine. The above are the diseases in which *Gulanha* will be found very useful. I can not speak on this drug more than I have done as no proving has yet been undertaken. However, clinically it is used by us and cures many cases which generally resist the Allopathic and Ayurvedic treatments.

*Mode of preparation* — Tincture is prepared according to Class IV of the A H P

*Dil.* 0, 1x, 3x, 6x generally used.

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# Trichosanthes Dioica.

(Patal).

*Common Names* — Sans.—Patola, *Hind.*—Parvar.  
*Eng* —Wild Snakegourd, *Beng* —Patol, *Punj.*—Palwal,  
*Tamil* —Kombu-pudalai, *Tel.*—Komum-polta.

*Natural order.*—Cucurbitaceae

*Description of the plant* —It belongs to the order of Cucurbitaceae, is a creeper and its flowers grow in all seasons, but principally in the season of spring. The flowers are dioecious and white in colour, its fruits are very smooth outside and lanceolated and scarcely globose. It possesses numerous seeds and grows and thrives well on somewhat elevated lands. In summer after a good shower, its roots are planted in the nicely ploughed ground and the herb begins to grow very shortly and runs diffusely.

It climbs up if a support is arranged. Its fruits grow in the summer months, but they grow more profusely during the rainy season. It is extensively cultivated all over Bengal and form one of the favourite vegetables of the natives. Fruits are generally used in preparing curry, etc. The wild variety has a very bitter taste and possesses more valuable medicinal properties than the sweet one. The root contains very highly poisonous properties.

## Ayurvedic Uses.

The Ayurvedic physicians of India have found this drug to be of great use in multifarious complaints.

*Charak* has found it to be a sovereign remedy in cases of dropsy, anasarca, bilious and catarrhal fevers, slow chronic fevers associated with haemoptysis and also in synovitis

*Chakradatta* recommends it in bilious and catarrhal fevers, bilious fevers, and rheumatism.

*Shusruta* has found it efficacious in haemoptysis and bilious fever.

*Bhabaprakash* has recommended its use in small-pox with predominance of bilious symptoms. In the opinion of some other Ayurvedic physicians it is an excellent remedy in small-pox and chicken-pox. These native Hindu physicians prescribe it as an auxiliary material to many of their well-known metallic preparations

*Parts used.*—Roots and leaves

*Dose*—Decoction, 5 to 10 tolas

*Juice*—1 to 2 tolas.

### Opinion of Allopathic Physicians.

Lt. Col. R. N. Chopra, I. M. S. says in his *Indigenous Drugs of India*, p 534 and p 600 :—

“The leaves of “*Trichosanthes Dioica*” are tonic, febrifuge, fruits of the bitter variety are used in scorpion-sting. The fruit is described by the sanskrit writers as febrifuge, laxative and antibilious. In Bengal it is considered to be the “patola” of the Hindu physicians. The juice of the leaves and the fruit are mentioned as cholagogue and aperient. The root is a drastic purgative.”

*Parts used.*—Roots and leaves

## Homoeopathic Proving and Therapeutic Uses of *Trichosanthes Dioica*.

### *Proving.*

In the Bengali year 1324, Dr. Pramada Prasanna Biswas, of Pabna, Bengal, made a short proving of this drug. Dr N Sinha made a "fragmentary proving of this drug in 1932 and Dr H L Saha, of Pabna, Bengal published an article dealing with this drug in the Homoeopathic Recorder in 1893."

Although these provings are of fragmentary nature, they are not hypothetical. The symptoms elicited from these provings exactly tallied with the physiological actions of the drug observed and mentioned by both the Eastern and Western physicians

I shall now proceed to dwell upon the symptoms observed by the provers during the time of proving this drug

### **Symptomatology Derived from the Proving.**

*Mind* —Despondency exists.

*Head.*—Giddiness while lying in bed, thinks that the head is rolling along with the bed , headache during fever , slight perspiration over head ; terrible headache during fever

*Eyes.*—The eyes are of yellow colour , pupils are dilated ; in chronic fevers the eyes become yellow along with the enlargement of spleen and liver

*Mouth.*—Thirst, mouth and throat become dry, slimy salivation, taste becomes insipid and bad, constant water-brash from the mouth

*Throat* —The throat burns while vomiting, sore feeling in the throat.

*Vomiting, Eructations, Hiccough, Etc* —Nausea, waterbrash from the mouth, along with the distension of abdomen, nausea from the smell of medicine, vomiting, vomited matter consists of stringy mucus, may be streaked with blood, vomiting of blood, eructations

*Hunger.*—Extreme hunger, eats with great relish, is obliged to eat something in the morning for hunger, great desire to eat cold things

*Burning sensation* —Burning sensation is felt over the whole body associated with thirst, desire for cold things.

*Abdomen.*—Empty feeling in abdomen, distension of abdomen, uneasiness in abdomen, hot feeling in abdomen at 11 A M, pains are felt there; gurgling in the abdomen

*Liver and Spleen.*—Pains are felt in the hepatic region owing to its enlargement, worse from sneezing, coughing and movement

*Stools and Anus* —Copious, green yellow, bilious, liquid stools appear, stools are mixed with bile and mucus, bloody stool, patient becomes exhausted and weak owing to frequent passage of stools

Painless liquid stool or it is bloody and mucous associated with pain and urging, smarting pains are felt in anus.

*Urine and bladder*—Urine is red and is of very small quantity, suppression or retention of urine along with vomiting and purging.

*Lower Extremities*.—Swelling of lower extremities, hepatic disorders and jaundice along with swelling.

*Fever*.—Fever comes on at 11 or 12 A.M. with chilliness, during fever there is burning sensation felt over the body, headache is experienced and thirst appears; after fever a slight headache continues, in chronic fevers there is enlargement of the liver and spleen with yellow eyes, in chronic fevers with hepatic disorders and jaundice it is exceedingly useful in all sorts of chronic malarial fevers and Kala-azar

It is useful in acute fevers associated with vomiting, nausea and constant waterbrash from the mouth and in this respect it may be an excellent substitute for Ipecac. The fever is of short duration one day and of greater intensity next day. With the increase of temperature headache gets worse and with the decline of temperature headache decreases. There is constant waterbrash from the mouth with bitter taste, there is great thirst; during fever, vomiting takes place after drinking of water and watery, offensive, yellow stools with rumbling in the abdomen appear, after fever, hunger is felt

*General symptoms*.—There is yawning with stretching of limbs; there may be only stretching, no desire to cover the body with any covering, desire to have a bath, extreme weakness is felt, restlessness, burning sensation of the whole body, sleepiness and weakness exist, waterbrash from the mouth after getting out of bed in the

morning ; pains in the lumber region and weakness while walking

*Pulse*—Almost imperceptible, with vomiting and purging, pulse very feeble, weak, thread-like, excitable and a little accelerated, after evening pulse becomes quick.

### Personal Observations.

The root-bark of *Trichosanthes Dioica* possesses highly purgative properties. It causes purging to such a great extent that a little over-dose may cause death.

At first the stool appears to be loose, gradually the patient passes bilious and mucous stools and lastly bloody stools and vomiting of blood appear producing the stage of collapse. If we analyse the symptoms of its provings, it will be apparent to all that this drug has turned out to be an excellent remedy in diarrhoea, dysentery, cholera and cholerae.

It bears a close resemblance to Podophyllum and it may be safely used in those cases where Podophyllum is indicated or where Podophyllum fails to do any good. It is used with benefit in acute, chronic and malarial fevers and also in kala-azar.

It is a characteristic symptom of this drug that the patient passes copious loose stools, they are of green or yellow colour, may be mixed with bile or bile and mucus. Bloody stools appear without cessation and cause profound prostration and exhaustion.

The stools may be mixed with particles of mucus. Frothy stool, during its passage no pain or uneasiness



is felt, after stool, urging and straining continue for a long time, prolapsus of rectum, burning in anus; pain, and gurgling in stomach exist, smarting pain after stool is a keynote symptom of its application. Passage of involuntary and bloody stool.

It is used in Cholera where there are copious stools and vomiting associated with restlessness, thirst, burning, sweat, extreme weakness, coldness of extremities, pulselessness and other symptoms.

It is used in vomiting. There is nausea before vomiting, waterbrash and rumbling in abdomen. The vomited matter consists of copious stringy mucus which may be blood-streaked. Vomiting of bile.

In acute or chronic malarial fever and kala-azar it is used with gratifying results. The fever comes on at 11 or 12 A.M. with chilliness, and thirst and headache exist. After this stage headache continues, but it increases with the rise of temperature. The fever may be of short duration one day and of longer duration the next day. Nausea and vomiting are its characteristic symptoms.

Vomiting takes place after drinking of water, sometimes copious yellow stools with gurgling in abdomen appear and constant waterbrash exists. In fever it may be used in place of Ipecac or when Ipecac is found to be impotent to do any good.

In chronic fevers there is enlargement of the liver and spleen; symptoms of jaundice may be present. The eyes are of yellow colour and swelling (dropsy) appears. It is used with marked benefit in chronic fevers and kala-azar associated with the foregoing symptoms.

It is also used in all kinds of fevers with the predominance of bilious symptoms. Headache, waterbrash and nausea are keynote symptoms of its administration. It is used with greater benefit if the fever be associated with bilious diarrhoea.

*Trichosanthes Dioica* may be a grand substitute for Ipecac and Podophyllum or it may be employed where these two medicines fail to do any good.

*Parts Used for Homœopathic purpose* —Roots

*Mode of Preparation* —One part of the substance is macerated with two parts by weight of alcohol according to Class III of the A. H. P.

*Dilution.*—3x, 6x, 30 potencies are generally used

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# Wrightia Tinctoria and Holarrhena Antidysenterica.

(Kurchi).

*Natural order.*—Apocynaceae.

*Common Names* — Sans — Kutaji, Kaluoga, Indrayava. Beng. and Hindi — Kurchi Guz — Indrajavaru Bombay — Pandrakura. Eng — The Kurchi conessi or Tellicherry Bark.

*Varieties* — There are two varieties of the plant, one is white and the other is black. The white one is more commonly used for medicinal purposes. The difference between *Holarrhena antidysenterica* and *Wrightia tinctoria* is that the former has yellow white bark, while the latter has black bark, the seeds of the former are bitter, while the latter has sweet seeds, the flowers of the former are white, the latter has white and sweet-scented flowers.

In fact, *Holarrhena antidysenterica* is of white variety and *Wrightia tinctoria* is of black variety. The former is also of the masculine class and the latter belongs to the feminine class.

Praiseworthy researches have been systematically made by several eminent pharmacologists of the Dominant School of Medicine in order to find out the therapeutic properties of both the varieties of *Kurchi* and their findings have conclusively proven that, of the two, only *Holarrhena antidysenterica* possesses the curative virtues for which

it has won universal reputation as a great antidyenteric remedy.

*Description of the Plant*—It is a small deciduous plant with white flowers. It generally grows in the tropical Himalayan region, but now is common in the forests of India, even as far as Travancore. It is also found in Assam and in the United Provinces. The seeds are called "indrayava" or "Indra's seeds" in Sanskrit.

### Ayurvedic Uses and Opinions.

It is extensively used by the Ayurvedic physicians in bloody dysentery, especially when the malady has assumed a chronic character.

*Charaka* has found it useful in haematemesis, leprosy, dysentery of tuberculous patients, bleeding piles, and bilious diarrhoea.

*Sushruta* has recommended it in piles, and bloody dysentery.

*Bhabaprakash* has recommended it in diabetes.

*Parts Used*—Fresh bark and seeds.

*Dose*—Decoction of bark and seeds, 5 to 10 tolas, powdered seeds,  $\frac{1}{2}$  to 1 anna.

### Allopathic Uses and Opinions.

*Actions and Uses of H. antidysenterica.*—The barks and seeds are anti-periodic, similar to cinchona alkaloids, but do not produce nausea, vomiting or headache. They are given in fever, chronic diarrhoea, dysentery, worms, internal haemorrhages, also in chronic Chest diseases,

asthma, renal colic, and to allay the vomiting in cholera. They are used after delivery to give tone to the genital soft parts (Vagina) It is seldom given alone, generally in combination with a number of aromatics and astringents. (*Materia Medica of India.*—R. N. Khory.—*Part II*, page 387)

*Action and Uses of W. tinctoria.*—It is stomachic, tonic, febrifuge in combination with other vegetable bitters, given in bowel complaints and during convalescence from fever and other acute diseases The seeds are tonic and given in seminal weakness Leaves when chewed relieve toothache. (*Materia Medica of India.*—R. N. Khory.—*Part II*, page 392).

Lt Col. R N. Chopra, I.M.S., C.I.E has extensively dealt with this plant in his *Indigenous Drugs of India*, p 327 and I now proceed to reproduce the same from his book for the information of my readers.

“This plant is fabled to have sprung from the drops of “amrita” or water of life which fell to the ground from the bodies of Rama’s monkeys which were restored to life by the God Indra. This plant has been confused with another of the same family called *Wrightia tinctoria* which is medically inert. Linnaeus was originally responsible for this confusion but it was rectified by Brown (1809), who revised the whole of the Apocynaceae family Although differentiation between *Holarrhena antidysenterica* and *Wrightia tinctoria* has thus been made for nearly a hundred years, yet they are often mistaken for one another and this fact probably accounts for the drug having fallen into disrepute. *Wrightia tinctoria*,

however, has white Jasmine-like flowers with a fragrant odour, while the flowers of *Holarrhena* are odorless. Further the *Wrightia tinctoria* bark can be easily identified from its reddish brown colour and its smooth appearance as compared with the *Holarrhena* bark, which is thicker and is of a dirty white or buff colour and has a markedly bitter taste. The seeds of *Holarrhena* resemble oats; they are very bitter and are contained in long follicles about the thickness of a quill. They have a tuft of hairs on the end most remote from the foot stalk, whilst in the *Wrightia* seeds the tuft is on the end next to the foot-stalk."

*"Therapeutic Uses"* —Bark and Seeds

"The seeds are considered to be serviceable in dysentery, diarrhoea, fevers, flatulence, bilious affections, etc. In the treatment of haemorrhoids, they are given in the form of a decoction made with milk and are regarded as very efficacious. "Indrayava", powdered or infused in warm water, has been found very useful in mild forms of dysentery complicated with worms in children. The bark, however, has enjoyed much more reputation than the seeds. That it is really a valuable remedy in dysenteric affections has been borne out by the statements of many medical practitioners both Indian and European. As early as 1881 R. C. Dutt recorded clinical cure of several cases of acute and chronic dysentery by the administration of extract made from the bark. Tull Walsh (1891) referred to the use of the bark with satisfactory results. Kanai Lal Dey (1896) was so convinced of its therapeutic value that he advocated its inclusion in the British Pharmacopoeia."

“Waring said that it is almost a specific in chronic dysentery and all varieties, whether acute or chronic and whether complicated with fever or uncomplicated, are benefited by it ”

“Besides the antidyseric properties of *Holarrhena* a firm belief exists in the United Provinces that the bark has very good antimalarial properties ”

“The author, as the result of his researches from pharmacological point of view, commenced using the total alkaloids of *Holarrhena antidysenterica* in the treatment of acute amoebic infections by intramuscular injections The results were very gratifying and showed that in acute cases, the total kurchi alkaloids were as powerful as emetine in their immediate effect on the symptoms as well as in their curative value, in such doses as 1 grain daily The intramuscular injections produced inflammation and swelling of the parts and were accompanied by considerable pain in some cases They did not, however, produce any of the general toxic effects usually met with when emetine injections are given, especially for prolonged period ”

“The depressing, emetic or intestinal irritation that is usually produced by emetine was not observed No cumulative effects are produced as are observed in the case of emetine It is hoped that the advent of this drug marks a definite advance in the treatment of amoebic infections of the bowel in this country ”

### **Homoeopathic Proving and Materia Medica.**

A proving of *Kurchi* was undertaken under the personal care and supervision of no less a person than

the late revered and renowned Dr Mahendra Lal Sircar. The proving was done in March, 1873 and the name of the prover was Babu Dinabandhu Mukherji of Sibpore, Howrah. Dinabandhu Babu was a young man at that time and was an apt student and disciple of Dr Sircar. He was an "intelligent young man, remarkable for his zeal, bordering upon enthusiasm, for the cause of homoeopathy, and in later years Dinabandhu Babu became an eminent homeopathic practitioner in Calcutta. He died the other day"

*Proving 1*

*"Name of the Prover* —Babu Dinabandhu Mukherji, aged 23, dark complexioned, of bilious temperament, not subject to any particular disorder and is in good health

March 5, 1873 Took 5 drops, slight burning in the umbilical region for about 5 minutes.

16th March, 20 drops Slight burning as usual

18th—60 drops Thirst rather urgent. Drowsiness at 3 P.M. Giddiness The head feels hot when lying down. Sensation of rush of blood to the head, although this was not marked. Vertigo, worse in a recumbent posture relieved by sitting up

19th—2 drachms Nothing worth noting except slight heaviness in the abdomen

20th—About 2 drachms Desire to go to stool, but not very urgent; something like relief is experienced during straining, although the stools are normal. Confusion of ideas. Cannot fix the attention when reading. Thought



concerning distant objects crowd upon the imagination, when reading a book Crowding of ideas, causing great absence of mind

28th —Morning 6 A M —About 4 drachms. Half an hour afterwards a griping pain in umbilical region was perceived, but this went off immediately as the attention was diverted At 9 A M, 3 or 4 hours after taking the drug, a severe griping pain was felt in the region of the navel. The pain radiated upwards The pain, although, not very distressing, lasted for about one quarter of an hour. 2 P M. —spasmodic gripings of a remittent type. The remissions induced drowsiness and desire to lie down 6 P M.—Sensation in the abdomen as if diarrhoea would come on Grunting in the abdomen. Constant urging to go to stool Urging to evacuate followed by stinging pain in the rectum while the stool consisted of small hard faeces. Violent stinging pain of an excruciating nature in the rectum, preventing defecation Had to lie down in consequence of the pain, which was followed by burning in the rectum Afterwards soreness in the rectum Chilliness at midnight (this was a summer night), Pulse normal. Temperature as usual

29th —6 drachms Inclination to evacuate the bowels after half an hour. Pinching pain in the stomach. Desire to lie down. Great reluctance to labour of any sort Short lasting griping in the stomach Desire to sleep to avoid the troublesome sensation of heaviness in the rectum Constant desire to evacuate. Relief on straining during stool, although only small faeces are voided, constant tenesmus.

31st —One ounce in empty stomach, half an hour after a slimy stool. Tenesmus, with relief during stool. A

very slight burning in the urethra whilst passing water The penis seems clogged, although there is no actual obstruction in passing the urine Slight giddiness at 11 A M, constant urging to stool with bearing down pain at the anus.

1st.—April, morning one ounce, 10 minutes after, a small stool followed by little mucus Appetite unimpaired Slight vertigo at about 3 P M ameliorated by walking, great reluctance to labour at night 7 P M—a second dose of one ounce. This was immediately followed by an urging to evacuate. Passed a small stool after severe tenesmus, and griping in the stomach during an after-meal

2nd—8 AM  $\frac{1}{2}$  ounce. Urging to stool after an hour with pinching pain around the navel Stool normal. Bearing down during evacuation, the straining is attended with relief.

The pinching pain lasted more or less during the whole day

3rd and 4th—Pinching pain continues unabated, bearing down gradually disappearing Bowels constipated. Narrow, moulded stools of a reddish colour

5th—6 AM—One ounce Vertigo after 5 minutes, obliging me to lie down Rushing of blood to the head relieved by pressing a pillow against the abdominal walls This sensation lasted about a quarter of an hour. Constant pinching from 2 to 6 P M The pain seems to spread transversely in the stomach Hard stool at 4 P M. with slight proctalgia during evacuation.

7th, 8th and 9th—No medicine All the other symptoms are relieved. But the bowels are still costive. Pin-

ching pain continues more or less during the whole day, although slight aggravation takes place at 3 P M when the bowels become empty.

11th—8 A M.—2 oz with 2 oz of water Immediately after taking the medicine, a severe burning was felt in the centre of the epigastrium This sensation lasted nearly three quarters of an hour The vertigo was instantaneous and so severe that I could hardly stand up without a support The raising of the head caused everything look dark, and as if everything were turning in a circle. Very scanty stool after one hour, The proctalgia was so severe that it prevented defecation Constant desire to strain, which was attended with drowsiness and desire to sleep even during an evacuation The bitterness of the mouth did not subside even after taking the meal Severe thirst during the whole day Urine, however, was too scanty.

12th—Bowels remained unmoved in the morning Appetite markedly diminished Bitter taste in the mouth. Nothing but sour things are palatable. Pinching pain at 2 A M obliging me to press a pillow against the walls of the abdomen, but this relieved the pain only for a short period. 6 P M, a scanty hard stool with severe pain all over the stomach and abdomen.

13th and 14th—Bowels still costive. Appetite impaired. Pinching continues but less severe

15th to 18th—Nothing worthy of note, except the constipation which is continuing

19th—7 A M —2½ oz with an ounce of water. Empty eructations smelling of spirit immediately after,

whilst going downstairs I was seized with such a severe giddiness that I had to sit upon the stairs and narrowly escaped a fall. With great difficulty I rose with the assistance of a friend who took me to bed. What next ensued within nearly three hours I recollect but fairly.

At 10 A M—No appetite. Took a nominal meal, consisting of milk and rice

19th—11 A M—Scanty diarrhoeic stool with pinching all over belly

—5 P M No appetite even now Pinching continues every now and then.

20th—Sleep in the latter part of the night was disturbed by dreams of having poisoned myself. From this I woke up unrefreshed. On stooping a soreness was perceived in the stomach. Passed a scanty reddish, soft stool covered with slime. Urine scanty and of deep yellow colour. Appetite not at all normal. Insipid test in the mouth. Tongue covered with a thin, tenacious mucus

21st—Absence of mind Indisposition to all sorts of work Constant desire to scrape the tongue with a knife to clear off the mucus which seemed to have accumulated there. Pulse rather full, but not at all accelerated.

Soreness deep in the umbilical region produced by pressing Stool soft and covered with slime. Urine scanty and deep coloured, although unattended with any pain in voiding Appetite still bad. Even a small meal produces a feeling of satiety

At 3 P M the pinching was felt rather severely, but it was after 10 or 12 minutes Thirst continues unabated.

22nd—Severe bearing down during an evacuation, although a small stool is voided, with desire for more Pinching pain in the stomach after an evacuation Thirst early in the morning, obliging me to drink large quantities. Drinking, however, brings on a feeling of repletion in the stomach Diminished secretion of urine even after drinking large quantities of water Pulse normal Mind undisturbed.

30th—The constipation and the pinching pains were continuing for ten days unabated, after which the symptoms were relieved by Nux Vom 6 It must be noted that the system gradually becomes blunt to the action of Kurchi, so that larger quantities could be taken at last with less difficulty than at the commencement of the proving.

*Proving No. 2.*

The other proving conducted by Babu Ajodhya Nath Bhattacharjee, Babu Dinabandhu's friend, was still more meagre, owing to the fact of his having taken the drug only for 2 days, and in all but 2 ounces.

The following symptoms were recorded —

- 1 Immediately after taking it, eructations with smelling of the drug
- 2 Sensation of heaviness in the belly.
- 3 Scanty, hard stool with much tenesmus
- 4 Occasional gripings in the intestines.
5. Impaired appetite.

- 
6. Itching all over the body, especially in the thighs.
  7. Urine more frequent, copious and watery than usual
  8. Feverishness, with aching of the limbs on the 4th day which compelled him to discontinue the proving

*Proving No 3.*

Dr. Kali Kumar Bhattacharjea of Gouripore, Assam, made another proving of *Kurchu* in 1935 the result of which was published in the Bengali Homoeopathic Journal "Hahnemann" in its 12th issue of 1336 B S

The following symptoms were observed by Dr Bhattacharjea —

*Mind* — Full of anxiety, apprehended that some accident would happen very soon

*Head.*—There were aching pains and it appeared hot sometimes.

*Chest* — Uneasiness was felt which could not be expressed, relieved after stool

*Sleep* — Want of it

*Eyes.*—Burning, lachrymations sometimes

*Nose* — Feeling of dryness inside.

*Mouth* — Feeling of dryness inside the mouth and on the lips The tongue was also slightly enveloped with white coating

*Limbs.*—Aching in hands and feet during fever ; feeling of weakness in the legs.

*Abdomen* —Squeezing pain around the navel at intervals, relieved after passing of blood and mucus during stool ; aggravated lying on the right side

*Rectum* —Sore pain around the anus during stool.

### Personal observations.

*Kurchi* is a favourite medicine amongst the native physicians of our country According to the common notion, the root-bark is more powerful, but this belief has not been substantiated by any practical proofs in the field of action It has a great reputation as an anti-dysenteric remedy As far as our experience goes, we can testify to its remarkable efficacy in innumerable instances But it should not be regarded as a panacea for all cases of dysentery as it has limits of its range of specificity

The bark of *kurchi* has been found out to be an excellent remedy for both acute and chronic dysentery and this fact has been recognised by both Allopathic and Ayurvedic physicians of present and remote times. The homoeopaths can also testify to the authenticity of this observation. The homoeopaths use it in acute dysentery with great success where the quantity of mucus is large, where there is excessive blood with mucus and where there is colicky pain associated with the stool. In chronic cases of dysentery associated with the above symptoms or when the quantity of mucus and blood has decreased, but the colicky pains and tenesmus still continue, *Kurchi* may be used with great advantage. It is also used with great efficacy in chronic cases of dysentery which are associated with weakness, emaciation, loss of appetite and aversion for food.

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The colicky pains are generally felt around the navel with copious bloody mucous stools and the pain is aggravated by lying on the right side, and relieved by lying on the left side *Kurchi* bears a close resemblance to *Atista Indica* and *Radix, Merc sol,* and *Merc cor*

It has also played its part very successfully in amoebic dysentery associated with the symptoms enumerated above.

*Mode of preparation.*—The tincture is prepared with one part of powdered bark with five parts by weight of alcohol (Class 4, A H P)

*Dil.*— $\Phi$ , 1x, 3x, 6x generally used.

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