

CLINICALLY VERIFIED DATA OF SOME LESSER KNOWN DRUGS FOR COMMON DISEASES*

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In our materia medica there are so many drugs which are not well proved and are lesser known drugs e.g. Indian drugs. The pathogenesis of lesser known drugs whose complete picture is not available need to be clinically verified for finding out its validity and reliable indications for therapeutic use. Clinical verification of drugs helps in confirmation of the available data and also adds to the pathogenesis of the drug by providing additional data in the form of other clinical symptoms/signs relieved during the verification trial. This may be included in the materia medicas after subsequent verification.

The Central Council for Research in Homoeopathy has undertaken Clinical Verification Programme since 1979. This includes the verification of lesser known drugs as well as drugs proved under the Council. Presently data of 64 drugs is being verified clinically.

The patients for clinical trial under various assigned drugs are selected from the general OPD. Symptoms as available in the materia medica and proving data supplied by the Council Hqs. are taken as a guide or as reference for selection of the medicine for a particular patient. The history of patient is taken in detail on prescribed case taking proformae. All the points for disease diagnosis and patient diagnosis are collected and observed. Maximum similimum under assigned drug is made and relevant medicine is prescribed. It is also tried to support the data as much as possible by pathological findings. The patients are requested to report on 2nd, 4th or 7th day as per chronicity of symptoms. After the prescription of these drugs, the patients are relieved of their complaints quickly, thus confirming the available symptomatology. Some additional symptoms are also obtained. These are those symptoms which are relieved wholly or partially during the trial, for which the drug was not prescribed or are not available in the pathogenesis of drug. These symptoms

need reconfirmation and may be added in the literature after subsequent confirmation.

The reliable indications of some of the drugs whose data has been confirmed for certain common diseases are mentioned below:

Fevers

1. **Abroma augusta** : Fever, dry heat all over body. Fever with great thirst, dryness of the mouth and desire to take large quantity of cold water. Fever with sleeplessness. Heaviness of the head and bodyache. Watery discharge from nose, dryness of nose, frequent sneezing, stool hard, burning during micturition.
2. **Nyctanthes arbortristis** : Fever with chill, restlessness, bodyache, bitter taste in the mouth. Fever < night. Fever with vomiting. Fever with headache, heaviness, anorexia, thirst increased (unable to take water due to vomiting). Restlessness.
3. **Justicia adhadota** : Fever with chill, Pulse becomes quick. Fever with coryza, thin/thick nasal discharge, frequent sneezing < evening. Headache and heaviness, & aching, watering of eyes. Stuffiness and obstruction in nose.
4. **Caesalpinia bonducella** : Chronic fever with chill, white coating of tongue. Headache with fever > pressure. Liver and spleen enlarged. Pain in abdomen especially right hypochondrium. Extreme weakness. Fever with thirst < morning. Fever without thirst < afternoon. Stool hard.
5. **Azadirachta indica** : Fever with chill < evening and night, with throbbing headache, pressure on head < leaning, stooping. Sensitive to touch. Heat in eyes with redness, congestion in throat with pain on swallowing. Stool loose, watery, profuse 4-5 times a day. No thirst, < open air, cold sweat commences on forehead, no sweat in lower part, bitter taste in mouth.

* Compiled from the reports of Clinical Verification Unit, Ghaziabad.
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6. **Hygrophilla spinosa** : Urticaria with fever and bodyache < evening, heat, summer, > cold application.

7. **Amoora rohitaka** : Feverishness with headache, bodyache, flushes of heat from eyes, head, foot, palm etc. Heat comes out of mouth. Insipid taste of mouth.

8. **Atista indica** : Periodicity is well marked in this drug. Fever between 5-10 a.m. Chill without thirst, heat with intense thirst. Fever subsides between 3-4 p.m. Every alternate day or third day there is fever, bitter taste in mouth.

Cough and Coryza

1. **Justicia adhatoda** : Coryza, thin nasal discharge, sneezing frequent, watering of eyes, heaviness in the head, sensation of heat in eyes, cough with expectoration, sputum thick white/pale, cough with chest pain, tightness across the chest.

2. **Mentha piperata** : Coryza < cold, thin nasal discharge, sneezing, headache, heaviness, hoarseness of voice. Pain in throat, dry, spasmodic cough < cold, evening, talking, inspiring air into larynx (like Rumex), chest pain, ronchi.

3. **Kali muriaticum** : Coryza, catarrh, thick white nasal discharge. Headache with vomiting. Rattling chest, sputum thick white cough leading to vomiting, Expectoration difficult.

4. **Bacillinum** : Coryza, thin nasal discharge or thick nasal discharge, sneezing, headache. Cough with dyspnoea, with sputum, muco-purulent expectoration, thick pale sputum. Chest full of rales.

5. **Abroma augusta** : Thin nasal discharge, sneezing frequent, dryness, purulent sputum with chest pain, thick white/pale sputum, cough < cold air, evening, night. Dryness of mouth with increased thirst.

6. **Saraca indica** : Profuse watery nasal discharge, sneezing, obstruction of nose. Difficult breathing < walking, afternoon, evening. Accumulation of mucus in throat, hawking of mucus in the throat, hawking cough.

7. **Blatta orientalis** : Cough with dyspnoea. Asthmatic bronchitis or bronchitis, cough with sputum. Thick, white or pus-like sputum < morning, evening.

8. **Cassia sophera** : Cough with dyspnoea. Dyspnoea < exertion, morning. Cough with chest pain. Thick pale sputum < morning, evening.

9. **Cuprum aceticum** : Short difficult cough with spasmodic constriction of chest. Dyspnoea with paroxysmal cough. Occasional scanty, tough, mucus with fear of suffocation.

10. **Acalypha indica** : Dry cough, followed by bleeding. Pure blood in the morning and dark lumps of clotted blood in the evening, cough violent at night.

11. **Fagopyrum** : Nose, sore, red, inflamed. Fluent coryza with sneezing. Acrid thick yellow nasal discharge. Dryness and crust formation. Acrid and offensive excretions.

Renal calculi

1. **Sarsaparilla** : Right sided renal calculi and dysuria. Pain from right kidney and downwards. Tenesmus of bladder, urine scanty, bloody gravel. Severe pain at conclusion of urine. Urine dribbles while sitting, urine passes drop by drop, thin feeble stream, pain at meatus.

2. **Hygrophilla spinosa** : Used as a diuretic, for ureteric calculus.

3. **Berberis vulgaris** : Pain in the left loin, left renal colic, pain radiates downwards to the testicles, vulva etc. Pain in region of left kidney radiating around abdomen, to hip and groins. Tearing pain making rising difficult. Urine with thick mucus and bright red blood. Bubbling sensation in the region of kidney. Pain in loin and thighs while passing urine, burning pain in urethra.

Diabetes

1. **Cephalandra indica** : Urine - large quantity, which exhausts greatly, weakness after urination. Dryness of mouth and throat, loss of appetite, thirst increased, loss of weight. Burning sensation all over body > cold. Giddiness < urination. Chronic ulcers, abscesses, and carbuncles. Morose, frightful, disinclined to do any work, oversensitive.

2. **Syzygium jambolanum** : Urine - profuse and frequent day & night, specific gravity low, general complaints > after urination. Increased appetite, thirst in-

creased, weakness and emaciation, prickly heat and chronic ulcers.

3. **Gymnema sylvestre** : Copious urine, several times at night, specific gravity high, frequent urination makes the patient very weak. Thirst increased, growing weakness. Boils, carbuncles with burning pain.

4. **Abroma augusta** : Profuse urine day & night, frequent urination, exhaustion after urination. Desire to drink after urination which relieves. Appetite - unnatural, increased. Thirst increased. Debility, skin dry burning & itching < summer. Dryness of mouth, burning in urethra, burning during micturition. Irritable, ill humour, forgetfulness, depression.

Headache

1. **Justicia adhatoda** : Headache with coryza. Heaviness in forehead, fullness of head, pulsation in the temples > pressure.

2. **Nyctanthes arbortristis** : Headache in whole head, dullness, heaviness, restlessness with fever and chill, > pressure.

3. **Saraca indica** : Unilateral headache, forehead or whole head with uterine troubles, with photophobia, with coryza, headache > in open air, by free menstrual flow.

4. **Cuprum aceticum** : Headache forehead, violent throbbing, lancinating pain with vertigo, feels as if the surroundings are moving.

5. **Abroma augusta** : Headache, heaviness with giddiness, empty feeling with dryness of mouth and increased thirst, headache < movement.

6. **Aegle marmelos** : Headache < 4-8 p.m., heat on vertex, heaviness with flatulence, with distension of abdomen.

7. **Amoora rohitaka** : Heat on vertex with giddiness. Pain temples associated with heat > cold air, > cold application with nausea and vomiting.

8. **Jaborandi** : Headache with pain in eyes with eye strain. Weakness in eyes, < reading, watching T.V., < eye strain. Smarting pain in eyes < reading, eye strain. Heaviness in the head < extreme use of eye for fine work.

9. **Calotropis gigantia** : Occipital headache, dull throbbing, bursting with confusion, giddiness, nausea and vomiting < noise, > pressure.

10. **Azadirachta indica** : Headache throbbing, forehead with throbbing carotid, sensation as if head would burst with giddiness, redness of eyes < open air, stooping, touch.

Skin Disorders

1. **Juglans regia** : Acne on face, small red pimples with suppuration. Tender to touch. Small red pustules. Scalp red and red vesicles. Itching < night.

2. **Mentha piperata** : Every scratch becomes a sore. Itching of arms and hands when writing. Vaginal pruritus. Herpes zoster.

3. **Hygrophilla spinosa** : Skin troubles worse from heat and better from cold. Prickly heat, small red eruptions < heat, night. Urticaria with fever. Itching < evening, night. Small red eruption with dark pigmentation on healing, bleeds on scratching, burning after scratching, itches violently < heat and night.

4. **Achyranthes aspera** : Boils, carbuncles, poisonous ulcers, red spots on skin, boils leads to ulceration, watery discharge, burning pain.

5. **Anthrakokali** : Scabies, small vesicular. Eruptions on hands between fingers or all over body with oozing of watery discharge. Itching violently. Chronic herpes, cracks and ulcerations. Papular eruptions with vesicles especially on scrotum also on hands, tibia, shoulders and dorsum of foot.

6. **Fagopyrum** : Itching > by cold water, < scratching, touch. Sore red blotches, boils, itching on hands with vesicular, pustular eruptions. Skin hot, cracks on fingers tips with watery or pus like discharge. Good for tichen planus on palms and soles.

7. **Tarentula cubensis** : Red spots and pimples, carbuncles, burning stinging pain. Gangrene, abscess vesicles with watery discharge with itching and burning, < evening and heat, scratching causes heat, Itching > morning, eruptions red dry with itching.

8. **Hydrocotyle asiatica** : Dry eruptions. Great thickening of skin in affected area, for removal of scales. Pso-

riasis on trunk and extremities, palms and soles. Pustule on chest. Intolerable itching, acne.

9. **Abroma augusta** : Dryness of skin, scratching of skin, burning sensation, restlessness due to itching at night, small boils < during summer.

10. **Azadirachta indica** : Itching in various parts of the body without eruptions < open air and afternoon. Scabies.

Female Disorders

1. **Saraca indica** : Menses suppressed and irregular, scanty flow of menses with headache and pain all over the lower part of abdomen. Backache. Pain in thighs. Menstrual colic. Menses scanty, pale, watery. Amenorrhoea with headache, palpitation, loss of appetite, constipation. Backache & pain in abdomen (ovaries) > after appearance of menses. Leucorrhoea instead of

menses (from delayed menses), leucorrhoea of children, leucorrhoea mixed with blood.

2. **Damiana** : Leucorrhoea, irregular menstrual flow, menses delayed scanty/profuse, frigidity of females, sexual desire decreased or absent.

3. **Abroma augusta** : Irregular menses, catamania, blood dark clotted, profuse or scanty & pale, too long lasting. Spasmodic pain in abdomen < before menses. It is useful in dysmenorrhoea and amenorrhoea. Leucorrhoea profuse whitish, thin or watery discharge.

4. **Fagopyrum** : Leucorrhoea thick yellow, acrid < rest Burning pain in abdomen. (right side). Pruritus vulvae.

5. **Kali muriaticum** : Leucorrhoea, discharge of milky white mucus, thick, non-irritating, bland. Menses too late or suppressed. Excessive discharges, dark clotted, tough, black blood like tar.

Mill, in his Treatise on Logic, says : "A general truth is but an aggregate of particular truths; a comprehensive expression by which an indefinite number of individual facts are affirmed or denied at once".

The Genius of Homoeopathy, Lectures and
Essays on Homoeopathic Philosophy p.259
by Stuart Close
