

ON THE MEDICAL PICTURE OF THE BROOM

MARTIN STUBLER

A medical proving of the Broom (*Sarothamnus scoparius*) was performed from May 1951 to September 1952 at the Robert-Bosch Hospital in Stuttgart . . . 28 protocols were obtained from 4 women. The proving was conducted in two groups. The first group was from May to December 1951, with the D4, placebo, D2 and the tincture. The second group was from July to September 1952 with placebo and the tincture, 5 drops taken three times daily, and the tincture, 15 drops in the morning

MENTALS, SLEEP AND DREAMS

The basic mood is partly tired, apathetic, partly irritable and excitable. Ready to be annoyed for the most trivial reasons. General indifference and inertia. Inability to read literature. In particular, difficulty in concentration. Devoid of initiative and tends to avoid effort and exertion. Only one prover found that she was particularly alert physically and mentally. Toward the evening frequent restlessness, and later on difficulty falling asleep. She lay awake in the evenings with a strong flow of ideas and thoughts. (This was described by several provers). After 3-4 hours she finally took two doses of 0.25 mgm Evipan. After 5 days she had to stop the proving because she was completely unable to work because of five days without sleep. Only one prover found her sleep to be particularly good.

Three provers reported joyful dreams, like color films, similar to those which come after drinking black tea. Dreams of self-aggrandizement. Equally frequent were reports of very profound, exciting dreams, three times of murders and once of dead people.

HEART, CIRCULATION AND THYROID

Three provers of Hinsdale's reported in 1918 a regular slowing of the pulse. Our provers frequently showed an increase of the pulse and a palpitation at rest as well as during walking and at night, with waking at 3 A.M. They want to open the windows wide, which are never closed as a result. Asthmatic dyspnea, for example, each day, when climbing the 100 steps to her apartment.

Subjectively, there is the sensation of constriction of the heart, particularly while lying on her side and at night between 3-4 A.M. Also, pressure, stitching and a wounded feeling in the heart area. Extra-systoles occurred four times and one prover with a history of extra systoles reported their disappearance during the proving.

Two female provers described a particular course of the cardiac symptoms, prover 9 in the direction of hyperthyroid symptoms and prover 18 in the direction of myocarditis. Prover 9, a 26 year old female physician, had suffered thyrotoxicosis at 20 and had frequent palpitations radiating into the finger tips and the sensation of a ball in the throat. At the beginning of the proving she was in good health but had a tendency to hyperthyroidism. She took 5 drops of the D4, three times a day and reported the following symptoms:

- Day 3—Disturbance of sleep and motion.
- 6—White pupils in the A.M. Retching.
- 7—Restlessness throughout the day. Feels palpitations of the heart throughout the body.
- 8—Restless, irritable mood. Pulse over 80. Appetite decreasing. Stools hard.
- 9—Pulse 86. Desires to move the hands constantly. Stools thin, foul.
- 11—Diarrhea. Morning nausea. Pulse 90. Perspiring hands as before. Proving is being stopped. Aggravated by the predominant, muggy, stormy weather.
- 18—Marked enlargement of the thyroid gland. A ball sensation in the throat. Weight loss of 3 pounds.
- 22—Tiredness. Pulse 80. Sleep is better. Heat flashes.
- 49—Under *Chinin. arsen.* D6, one knife-point 3 times, all the symptoms have gone.

Prover 18 was a 41-year-old female physician who had never been seriously ill in her life. However, she did suffer from vasolability, marked dermatographia, hay fever, fearfulness, heart palpitations from sudden noises and low blood pressure. Inability to fall asleep on the left side caused heart palpitations. She received the D4, 5 drops t.i.d.

- Day 3—Great thirst. Difficulty falling asleep.
- 7—Constipation. Bleeding hemorrhoids, bright red.

- 8—Heart symptoms for the first time. Wounded feeling. Cannot breathe. Extra systoles. Increased pulse from 84-90. Anxiety as if before an expected catastrophe.
- 10—Pulse 114. Pain in the heart on walking. Discontinued the remedy.
- 14—Improvement. Remedy started again.
- 17—Pulse 122. Extra systoles. Discontinued the medicine. Heart palpitations. Has almost a failure of the heart. Drum-like heart beats shaking the whole body.
- 23—Three decayed teeth had to be extracted. Chills, fever, perspiration, generally feeling miserable. Suppuration from the extraction cavity and the right maxillary sinus. (This is a communication by letter). Then gradual improvement.
- 30—The same heart symptoms appear after 5 drops of placebo. Pulse barely below 102. *Naja* D12, 5 drops for two doses brings marked improvement.
- 62—A few more marked heart beats. For some time has been able to lie on the left side.

All these changes also showed in EKG controls.

KIDNEYS AND BLADDER

The controversial increase in urination from Spartein occurs only in toxic doses. . . . In the proving there were kidney and bladder symptoms in three provers, only after the D4. Moreover, those symptoms were a long time appearing with most provers—sometimes 2-4 weeks. The increased urination was constant with all provers at night, not during the day. Prover 6 constantly observed a strong desire for urination between 4:30-5:30 A.M. which woke her, and was followed by profuse urination. The D2 did not cause any urination, however the tincture did constantly. Prover 2 reminds one of the description of Matthiolus, "The sea drives the urine and crushes the stone in the kidney and the bladder." Also, she had much nocturnal urination with frequent desire following the D4. The tincture caused drawing in both the kidney areas, right worse than left; with colicky pains in the right kidney area. Increased urination and drawing sensation from the left kidney to the left leg. . . .

GASTRO-INTESTINAL SYMPTOMS

Next to the heart and circulation systems, the GI symptoms play the largest part. Also, they can be readily compared to the effect of Spartein and Isospartein. The proving shows, however, a richer picture particularly in respect to polarity. Diarrhea and spastic constipation, partly with different and partly with the same provers, one after the other.

The most frequent syndrome was the increased stool with 3-6 evacuations (13 times reported). At the same time frequent profuse meteorism (6 times) with tenesmus during and after the stools (8 times). Stool yellow, thin, pappy, in small pieces (7 times) with perceptible intestinal peristalsis, accompanied by mucous and blood (2 times), rumbling in the abdomen (3 times). Five provers noticed a change from diarrhea to constipation during the same evacuation. Prover 15 described a few hard, fecal balls and, later on, offensive diarrhea after cherries and beer. The next day hard, mucous-covered fecal balls mixed in with diarrheic, foamy masses. Not infrequently there are colicky pains. Three times the picture reminds one almost of a sub-ileus. The third prover observed a 10 minute, lower abdominal colic after taking the tincture. Lower abdomen tense and distended, ameliorated by flatus. Frequent vain desire for stool and then diarrhea. After the stool, a splinter-like pain in the rectum. The sub-ileus symptoms also appeared in the proving of 1896. Six times there were constipation-like, fecal, sheep balls, but, as we said before, five provers had diarrhea and constipation unchanged. Twice there were hemorrhoids. Prover 13 writes "I had external hemorrhoids which I had never had before. Once they bled." At the same time, splinter-like pains in the rectum, ineffectual desire, tenesmus after stool, sensation of incomplete evacuation. One prover feels better with dark, foamy stools. Two provers say they are better with yellow diarrhea.

In addition to these areas there are symptoms on the skin, on the spinal column, joints, neck and throat. Markedly few results were obtained on the genitals, although they were expected from effects of *Spartein* and *Isospartein*, *Oxytyramine* and *Tyramine* on the uterus. However, there were no pregnant provers, so the proving may be lacking in respect to this area.

—*Jourl. of the Am. Inst. of Homœopathy, Sept.-Oct., '60*