

## CORIANDRUM SATIVUM—AN EXPERIENCE

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### HOT LINES

1. Marked irritability and restlessness, always likes to move with a hope of getting relief—but without any avail.  
Easily gets irritated, angry and scolds everyone around him.
2. Wants to be away from home—frequent pleasure trips—yet affectionate to family members.
3. Suspicious of friends and relatives.
4. Profound tiredness and weakness with extreme irritability, restlessness and anxiety.
5. Vertigo and nausea, usually without vomiting.
6. Desires for hot drinks—which aggravate the complaints further.
7. Stomach—pressure in the stomach; immediately after eating with distension of abdomen, bloated abdomen, with suffocation dyspnoea.
8. Feels better when stomach is empty or on fast.
9. Everything and anything taken in seems to turn into wind thereby causing great distension of abdomen.
10. Loud rumbling and gurgling in abdomen constantly, which creates nuisance to those around him.
11. Intense, constant burning behind sternum immediately after eating or drinking, forcing him to rub over the sternum constantly.
12. Extreme weakness, palpitation and sweating.
13. Dreams that he is being physically attacked by friends and relatives.
14. > Fasting, cold applications, cold drinks, pressure, < hot drinks in morning and eating food.

### SIGNALS

*Mind*: Nervous temperament; irritable, anxiety and restlessness; gloomy on getting up from sleep (P).

Does not want to remain at home, always likes to be away from home; prefers frequent journeys and tours; likes pleasure trips frequently (C).

Never bothers about home and family members, but affectionate to them whenever he is at home (P).

Suspicious of friends and relatives but avoids confrontation; wants to be away from them; he is even suspicious of good comments and compliments from friends and relatives (P).

*Vertigo*: Giddiness with persistent nausea and heartburn; feels as if everything will be vomited out, but never vomits; with sweating, anxiety, palpitation, with rapid breath; distension of abdomen; irritable and restless (P).

Pulse—rapid, small.

Vertigo specially in morning after attending heavy late dinner (C); after too much alcohol (C).

Gets up in morning with vertigo; feels as if he is constantly circling in a boat; not relieved by walking (P).

*Eyes:* Burning in the eyes, with irritation and watering; redness, wants to rub the eyeball, without any relief; sensation as if dust particles are in the eyes, washing with ordinary tap water gives temporary relief (P).

*Mouth:* Burning in buccal cavity with profuse saliva and foul breath. Bad taste, constant spitting of saliva in morning, goes on spitting till he eats breakfast (P).

*Stomach:* Pressure in the stomach immediately after eating with distension of abdomen; bloated abdomen with suffocation and dyspnoea (P).

Great rumbling and gurgling (P).

Sensation of tightness around sternum (P).

Intense heartburn and water brash with constant rubbing over sternum, anxiety and restlessness; wants to move from place to place; frequent belching and foul breath (C).

Desires to have hot drinks which further worsen the condition (C); no relief for hours after meals even after passing large amount of offensive flatus (C).

Better only when the stomach is empty (C).

Belching frequent; foul breath, but not much relief (C).

Appetite—Does not want to eat due to fear of distension of abdomen and heartburn; likes to go without eating (C); fasting > all complaints (C).

*Abdomen:* Great distension of abdomen, flatulent colic, slow digestion, intense burning of entire alimentary canal with profuse flow of saliva (P).

Soreness and burning in upper abdomen, specially in epigastrium (P).

Flatulent colic—cutting, gripping with gurgling and rumbling in abdomen (C).

Awakens at night to pass wind; flatus sour, offensive with burning in anus (C).

Constant intense burning behind the sternum—in waves—from umbilicus to throat, with restlessness and sweating, lasts for hours (C).

> Temporarily by cold drinks even though he prefers hot drinks, which only aggravates; rubbing over the sternum constantly (C). Tendency for rubbing over the sternum constantly without much relief.

Burning very often accompanied by great rumbling in abdomen and followed by stool, dryness of mouth with foul breath (P).

Frequent urging for stool preceded by rumbling and gurgling in abdomen followed by distension of abdomen, palpitation and lies down wherever he is.

Even though he knows that everything taken in will worsen his condition, he cannot resist from drinking hot water in small quantity and as a result passes another stool immediately.

Everything taken in seems to turn into wind, even liquids (P). Disten-

sion of whole abdomen with rumbling and gurgling, frequent belching but without any relief whatsoever followed by foul breath, making a nuisance of himself to those around him (P).

Rapid breathing with restlessness, palpitation and anxiety, dyspnoea and sweating (P).

Moving constantly here and there for relief; calls for hot drinks (P) which further aggravate distension of abdomen (C).

*Rectum and anus:* Diarrhoea immediately after eating and drinking. Stool watery, with sour and offensive smell and frothy; intense burning in anus and the rest of the lower part of alimentary canal (C). Passes stool with profuse flatus, making loud noise which disturbs other inmates (P).

Stool, semisolid, offensive, scanty with tenesmus and shivering; never satisfied of being finished; does not want to get up from stool for a long time and he is forced to get up due to extreme tiredness and weakness; prolapse and burning (C).

Burning in anus constant, continuous from one stool to another; relieved temporarily by cold application (P).

*Urinary Organs:* Pain and burning in urethra, during and after urination (P). Frequent urination (P).

Urine very hot, high coloured, sour smell, scanty, sensation as if boiled water is being passed (P).

*Chest:* Sudden, terrible pain in the chest radiating over the heart and left arm, with extreme restlessness and anxiety (P).

Constant heartburn and constant rubbing over the sternum (P).

Rapid and weak pulse.

Difficult breathing with fluttering of heart.

Distension of abdomen, rumbling and gurgling and foul breath. Attack usually comes after eating.

Common in persons who remain mostly away from home and like frequent pleasure trips (C).

*Back and Extremities:* Stiffness and pain in neck (P). Dull aching pain in neck, pain radiates to both shoulders; difficulty in bending forward and turning sides, which aggravates the pains (P). Pains in neck, in the morning (P).

Vertigo on turning the head to side, accompanied by palpitation (P). Giddiness and nausea by fast walking and passing flatus (P). Pain in big joints, relieved in morning after fast walking, running and jogging (P).

*Sleep and Dreams:* Disturbed sleep; frequently wakes up from sleep and passes offensive flatus with loud noise and immediately goes to sleep, only to wake up again (P).

Dreams of friends and relatives who suddenly became his enemies and are coming to attack him physically; wakes up frightened and exhausted (P).

Passes flatus with noise and goes to sleep again (P).

Disturbed sleep with terrifying dreams as if he is being beaten up by

his friends and relatives who suddenly became his enemies, all of them became dacoits (C).

Dreams as if he is being chased by wild animals (P).

*Skin*: Sudden itching all over the body with burning < by warmth and rubbing > cold application, cold drinks (P).

#### INFORMATIVE

Botanical Name: *Coriandrum sativum* Linn. Family: Umbelliferae.

Common Names: *Hindi*—Dhanya, Dhania; *English*—Coriander; *French*—Coriander cultivate; *German*—Gemeiner coriander; *Arabic*—Kusbara; *Persian*—Kishniz, Kushniz; *Burmese*—Nau-nau; *Turkish*—Dhanak—chi.

*Habitat*: The word *Coriandrum* is from Greek *Kosis*, a bedbug, and refers to the disagreeable odour of the young plant; *sativum* means sown or cultivated. Coriander was mentioned by early Sanskrit writers and in the Moses' books, *Exodus* and *Numbers*, and occurs in the papyrus of Ebers (1550 B.C.).

A native of the Mediterranean region and is extensively grown in India, Russia, Central Europe, Asia Minor and Morocco. In India, it is cultivated in all the States and is an important subsidiary crop in the black cotton soils of Deccan and South India and the rich silt loams of North India. In England it is often grown as a mixed crop with caraway.

*Description*: A glabrous erect, rarely procumbent annual herb, 15 to 45 cm high, emitting a very disagreeable odour when rubbed; leaves pinnately divided; segments of the lower leaf broad; flowers white; calyx unequal, acute; petal obovate emarginate, white or purplish, of the outer flowers unequal, often radiant; fruit subglobose, ridges not prominent, dorsal primary and adjacent secondary strongest, lateral primary and secondary obscure, vittae obscure, solitary under the secondary ridges; carpels slightly concave on the inner face, commissure distinctly 2 vittae; carpophore 2 partite; seed convexo-concave about thrice as broad as thick. Flowers May to October.

Part used: Fruit.

*Constituent*: The aromatic odour and taste of coriander fruits is due to an essential oil. The amount of oil varies 0.3% to 1.7% according to the source of the fruits. Coriander oil is a colourless, pale yellow liquid, having the characteristic odour and taste of coriander. The chief constituent of the oil is coriandrol ( $C_{10}H_{17}OH$ ), a terpene tertiary alcohol, the concentration of which varies in oils from different sources from 45% to 70%. The other minor constituents of the oil are X and B-pinene, p-cymene, dipentene, R-terpinene, phellandrene, terpinolene and traces of geraniol borneol, n-decylic aldehyde and esters of acetic and decylic acids. The oil causes irritation when in contact with skin for a long time.

The oil is used chiefly as a flavouring agent for spirituous liquors and in cocoa and chocolate industries. It is also employed in medicines as a carminative or as a flavouring agent to cover the taste or correct the nauseating or griping qualities of other medicines. It has the advantage of being more

stable and of retaining its agreeable odour longer than any other oil of its class.

Besides the essential oil, the seeds contain 19 to 21% of a fatty oil having a dark, brownish green colour and an odour similar to that of coriander oil.

Analysis of fruits gave the following values in percentage: moisture 11.2, protein 14.1, fat (ether extract) 16.1, carbohydrate 21.6, fibre 32.6, mineral matter 4.4, calcium 0.63, and phosphorus 0.37; iron 17.9 mg/100 g and of carotene (5,200 Iug/100 g).

Action: Antibilious, antipyretic, stimulant, aphrodisiac, aromatic, carminative, cooling, digestive, diuretic, expectorant, pectoral, refrigerant, stomachic, tonic and sedative.

Fruit is generally used by all classes as a condiment and forms one of the ingredients in curry, and by some along with betel leaves; used to flavour purgatives and to prevent griping.

The oil is used in confectionery, for flavouring spirits, for its griping qualities and to cover bad taste of medicines. Dymock writes: "A cooling drink is prepared from the fruit pounded with fennel fruit, poppy seed, kanchan flowers, rosebuds, cardamoms, cubebs, almonds and a little black pepper; it is sweetened with sugar. The stems, leaves and fruits have a pleasant aromatic odour. The entire plant, when young, is used in preparing chutneys and sauces, and the leaves are used for flavouring curries and soups. The fruits are extensively employed as condiment in the preparation of curry powder, pickling spices, sausages and seasonings. They are used for flavouring pastry, cookies, buns and cakes and tobacco products. In the United States of America and in Europe, coriander is employed for flavouring liquors, particularly, gin.

*Medical uses:* In *Ayurveda*, oil is used in flatulent colic, rheumatism, neuralgia etc.; minimum dose is 1 to 4 minims in sugar or in emulsion; the dried fruit has also similar effect; it is generally used in infusion or decoction in sore-throat, flatulence, indigestion, vomiting, other intestinal disorders, common catarrh and bilious complaints. In combination with cardamom and caraway it forms a good carminative. An eye-wash is prepared by Mohammedans by decocting the fruits for preserving the eye-sight in smallpox; it is also useful in chronic conjunctivitis. Roasted seeds are useful in dyspepsia in doses of  $\frac{1}{2}$  to 1 drachm. They are made into a paste and applied to relieve pain in cephalalgia and coughs; as a gargle they are useful in thrush and as a poultice with barley meal added applied to chronic ulcers and carbuncles. Juice of the fresh plant is applied in erythema. A strong decoction in milk (1 to 40) with sugar added to taste is given in cases of bleeding piles, as well as in dyspepsia, indigestion and flatulence; cold infusion of seeds or powder of fried seeds with a little sugar is very useful in colics of children; also relieves internal heat and thirst. Coriander is considered to lessen the intoxicating effects of spirituous liquors, and is used as a carminative in convalescence after diarrhoea. In mixture, coriander water (aqua coriandari) is

pleasant and is useful in indigestion and other bowel complaints.

In *Unani* system of medicine this is known as kishneez and the therapeutic uses are as follows: As anti-inflammatory, in scrofula, as brain tonic, for removal of the yellowishness of eyes, in epistaxis, stomatitis, as sedative and styptic, in cough, bronchitis and palpitation, as digestive and stomachic.

Useful in coryza and catarrh as analgesic, cardiac tonic. Exhilarant. Useful in amnesia, hoarseness and insomnia.

Method of preparation

(a) Mother tincture — Drug strength 1/10  
 Coriandrum sativum, in coarse powder — 100 g  
 Strong alcohol in sufficient quantity to make  
 one thousand ml of mother tincture.

(b) Potencies: 2x and higher with dispensing alcohol.

The medicines used both in proving and clinical trials were manufactured by two firms, one of Delhi and the other of Haryana.

Recommended potency: Sixth potency in repeated doses.

Please do not forget to try once in the clinical conditions such as peptic ulcer, indigestion, dyspepsia, pseudo angina, angina pectoris, dysentery, diarrhoea, cervical spondylitis, anaemia, hypertension, conjunctivitis, anxiety neurosis, rheumatism, skin allergies and liver disorders.

In proving, five provers participated. All were male between 25 and 40 years and all of them were reasonably healthy. Coriandrum sativum was given in mother tincture ( $\phi$ ) and 6x potency. Placebo was given either before starting the real drug or in between, to record only genuine symptoms of provers. As soon as symptoms appeared in a prover, the drug was stopped and was not used till the symptoms stopped appearing. The name of the drug and its potencies were not known to the provers. The proving continued for two months from November 1976 to January 1977. The letter (P) after the symptoms denotes the 'proving symptoms' and (C) the 'clinical symptoms'. All doubtful symptoms have been omitted from this report. Only those symptoms have been reported here which were confirmed on more than one hundred occasions.

I assure that Coriandrum sativum in 6x potency will be a faithful companion of those persons who are virtually living on antacids and other similar preparations and that the majority of peptic ulcer patients registered with each one of you will be grateful after administration of this medicine, and also that the privileged executive class and the rich will find an effective permanent substitute in Coriandrum sat. 6x for their antacids.

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