

ARISTOLOCHIA CLEMATIS

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Aristolochia clematis presents a strong organo-tropic relation to the female sex organs, the urinary system, the kidneys, the venous system and the skin. The menses are very late, suppressed, weak and short. All complaints are aggravated before and after the menses with complete improvement during the menses. Also, other secretions, such as coryza and leucorrhoea, bring about an improvement of the general condition. Improvement through local warmth, aggravation through cold applies to the facial pain, toothache and cough and probably to all other organs in general. Only congestive headaches and coryza are improved through the open air. Most complaints are accompanied by a general chilliness. The limbs are cold and there is a tendency to numbness of the fingers and to chilblains. Motion improves the pains in the limbs by improving the circulation. The time of aggravation is 2-4 P.M., when sleep is interrupted and the cough is worse. The headaches and coryza are worse in the morning on rising.

Generalities.

Great tiredness, or an increased capacity for work. A sensation of an increase in weight. Vertigo and freezing and chilliness which can hardly be improved.

Mentals.

Depressed mood for weeks with a tendency to cry. A feeling of fear, so that she wants to be with people. Everything better after menses. This prover had lost her menses from a hysterectomy (but the cervix and one ovary were left in). While she usually is in a depressed mood generally and before the menses, this time she noted a good mood before it. After the menstruation she felt repressed and discouraged for months.

Sleep.

Usually poor and restless, particularly before the menses.

Several provers awoke at 2-3 A.M. and could not fall asleep before 4-5 A.M.

Head.

All sorts of headaches, better in the open air and from cool compresses; worse bending forward and after the menses. Improved as coryza gets under way.

Eyes.

A scratching sensation with burning and lachrymation, worse from reading and from bright light.

Ears.

Tinnitus with headaches and pain in the ears.

Nose.

Coryza with a stuffed nose and headache, better in the open air. Violent headache better with the beginning of coryza. Watery, profuse coryza with much sneezing, always better from 8-9 A.M.

Digestive Organs, Mouth and Teeth.

Cracked corners of the mouth and herpes labialis. Toothaches with swelling in the apical area, worse from cold food, better from warmth.

Throat and Tonsils.

Dry throat with pain in area of tonsils on swallowing. Yellowish coating on the tonsils, with fever and hoarseness.

Stomach and Intestines.

Ravenous or decreased appetite, worse if she does not eat. Nausea with vertigo so that she must lie down. Darkness before the eyes on trying to get up. Violent nausea with much chilliness so that a heating pad does not ameliorate. Sour and bitter vomiting after sauerkraut. Milk, which usually disagrees and causes diarrhea, this time does agree. Urging for stool without result. Diarrhea with sudden urging so that she barely reaches the toilet. Infectious diarrhea with much tenesmus. Passing of clear mucus without stool. Tenesmus is so strong that it leads to an anal prolapse. The urging is not improved even after passing mucus.

Chronic enteritis with constant urging and pushing in the large bowel, returning after evacuation and after every meal. Rectal inertia with much distension. Habitual constipation improved during the proving. Bleeding hemorrhoids. Affections of the stomach and intestines with violent pain and intense chilliness.

Urinary Organs.

Pain in the area of the bladder with frequent urging. Light pains in the urethra in passing urine. Marked frequency of urinary urging. Often has to urinate twice an hour, particularly at night. Sudden pains in the kidney area. Dribbling of urine following a war injury of the bladder is ameliorated. Slight albuminuria and whitish sedimentation.

Male Sex Organs.

No results.

Female Sex Organs.

Dysmenorrhea; abdominal pains before the menses. One prover with a heavy dysmenorrhea was relieved of it. Menses with long intervals during the menopause became again regular. One prover with only one ovary and a cervical stump reported menstrual bleeding which improved her mental depression. A 69-year-old prover developed a bloody discharge which improved the abdominal pains and the pains in the limbs and the hoarseness which came earlier in the proving. She also complained about a libidinous itching and watery eczema of the vulva. Generally the menses are increased, with big clots, but frequently they are shorter than usual. (According to my experience this latter symptom is the only one of therapeutic value, whereas already existing menorrhagias generally increase. However this is applicable for low potencies only, where one would normally get bleeding with their use, but not with high potencies.—Personal comment of Dr. Edward Whitmont). Discharge slimy and brownish. General conditions, local complaints and mental state aggravated before and after the menses. In other organs there is an improvement of related symptoms during the menses. The complaints in the lower abdomen are generally worse during the menses. Pain and a

sensation of hardness in the left breast. Before the menses the feet are swollen to the ankles.

Extremities.

Stitching and tearing pains in all joints ameliorated by the menses. Sewing and darning aggravated complaints in the arms. Increased circulation apparently does not improve them. The muscles of the upper arm are painful on pressure. The legs are heavy, like lumps of lead. The heaviness and swelling of the legs improves with the appearance of the menses. Tension in the varicose veins before the menses. One prover, who had suffered for 30 years with a swelling of the legs from extensive varicose veins, is freed of them permanently during the proving.

Skin.

Pimples and vesicles in various parts. Extensive eczema of the neck. Itching and burning eczema on the forearms, particularly the inner surfaces. Crusty eczema of the scalp and on the vulva with violent itching. Injuries to the skin heal poorly. Reddening and swelling of the thumb and little finger of the left hand, particularly under the nail of the thumb. Erysipelas-like rash of the whole trunk, less on the arms and legs.

Warmth Regulation.

Chilliness through the whole body. Night sweats and chilliness during the menses. Fever with tonsillitis. (The 5th decimal was very active. Generally we use medium potencies).

Clinical Indication.

Frost bite, chillblains, ulcerated acne vulgaris, eczema of menopause. (In eczema and poorly healing wounds it is outstanding—superior to *Calendula* in this respect.—Personal note of Dr. Edward Whitmont).

Climacteric problems; arthritides; fluor albus; secondary amenorrhea; amenorrhea of lactation; amenorrhea of refugees; hypomenorrhea; delayed menses; dysmenorrhea; prostatitis; vesiculitis; epididymitis worse from cold; enuresis; cystitis; bladder irritation; pyelitis; enuresis from cold; gastritis.

Proving Data:

Proving were carried out on 18 persons with the tincture, the D 2, D 5, and a few dilutions of D 12. The duration of provings was generally 12 weeks.

Clinical Keynotes.

The main indication is an intensive involvement of the kidneys and urinary passages. (It is to be thought of *first* in any cystitis or bladder disability.—Personal note of Dr. Edward Whitmont). Parallel to this is stimulation of the ovarian function. This organotropic relation to the female sex organs is confirmed clinically by its use in secondary amenorrhea, oligomenorrhea, hypomenorrhea, delayed menses, menopausal arthropathy; complaints of pregnancy and in bringing about normal labor. *Aristolochia* means optimum labor.

One may very often replace the hormonal treatment of women with *Aristolochia*, or where there is disability from hormone treatment where women in the height of sexual activity after labor or similar situations lose their menses, *Aristolochia* is particularly indicated. (In fact, when you have amenorrhea, *Aristolochia* is equal to *Pulsatilla*.—Personal note of Dr. Edward Whitmont).

In arthropathies of the menopause; pregnancy with poor blood circulation or varicose veins; to prepare for normal labor.

Gastroenteritis with an increased affinity to the colon and rectum. Typical is much tenesmus with diarrhea which does not stop after the stool is passed (similar to *Mercury*).

In the male sex organs it has helped chronic epididymitis and prostatitis. Also there is a certain affinity to gonorrhoeal complaints. In the urinary organs there is a purulent cystitis and pyelitis. A very marked homœopathic aggravation is apparent, particularly with irritated bladders and cystitis from residual urine among soldiers as result of freezing in the Russian campaign. This is most annoying because of the continuous urinary urging which interrupts the sleep. Here *Aristolochia* appears to be particularly specific. Soldiers who had to urinate every $\frac{1}{4}$ to $\frac{1}{2}$ hr. during the night were soon freed of their trouble. From this it is only a small step to enuresis, particularly if it results from cold.

Old herbals mention *Aristolochia* as a vulnerary. This was investigated and followed up and it was noticed that blisters on the hands from heavy manual labor disappear overnight after the application of 10% *Aristolochia* ointment. Equally, a muscular strain from riding is cleared more quickly by *Aristolochia* ointment than by any other. A young artillery officer with sensitive skin which always was abraded when he rode a horse was able to ride without this difficulty after *Aristolochia*. It is a superior remedy against infected blisters from marching. It applies to all wounds from rubbing, pressure, contusion, crushing—any mechanical abrasion of the skin. The more secondary infection is present, the more one should use the diluted tincture rather than the salve. A more recent observation is that chronic ulcers and suppurations on the hands and feet, eczemas, crural ulcer, dermatitis, intertrigo, pruritis, phlegmenous inflammation and inflamed ulcers are all relieved by local application.

With fresh wounds *Aristolochia* prevents infections and stimulates healing. Painful contusions, tearing and crushing wounds and burns become painless soon and heal quickly. It seems to me that *Aristolochia* is a leader among the vulneraries and competes with *Arnica*.

We must not forget its relation to the venous system. Venous congestions with resulting limb pains; swelling of the leg; tensive pains in varicose veins, aggravated before the menses, improved with the beginning of the menses. With varicose ulcers we should always consider *Aristolochia* where the diluted tincture should be used.

In the skin we have blisters, pimples, a violently itching and burning eczema, particularly on the neck, the scalp, the forearm and the vulva with the formation of crusts. This is particularly the case during the menopause from ovarian insufficiency. Eczemas and dermatitis, particularly baker's eczema or from wetting.

There is a marked similarity to *Pulsatilla*, not only in terms of the female sex organs and the urinary system but also from the leading modalities. Both remedies are improved by discharges, motion and, particularly, in the open air, whereas local warmth improves both. *Aristolochia* like *Pulsatilla* is to be counted among the cold remedies. They have cold limbs and general chilliness,

but in relation to oligomenorrhea, hypomenorrhea, or amenorrhea it is far ahead of *Pulsatilla*. The mental depression is not of a benign, sweet type, easily soothed by consolation, as in *Pulsatilla*, but is more cross and angry.

There is a particular affinity to the large bowels and rectum.

After radical mastectomy and nasal operations it promotes a quick epithelialization of the grafts. After nasal polyps were first removed surgically, *Aristolochia* applied to the stumps produced rapid regression of the remaining tumors and granulation tissue. These did not recur and the sense of smell improved. Bronchial asthma, resulting from nasal secretion disappeared. Similarly, after a radical emptying of the maxillary and ethmoid sinuses further recurrences were avoided with *Aristolochia*. Also, one acute otitis media was cleared up with local application of *Aristolochia* tincture.

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