

TAMARINDUS INDICUS* (PULP OF TAMARIND-FRUIT)

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Introduction

People in India use tamarind as a souring agent like vinegar. It is used in some common preparations like 'Dal', 'Vegetables' and 'Chutney'. It is also eaten as a fruit by children and those who have craving for sour things. It is commonly known that tamarind aggravates patients suffering from rheumatic problems. Ayurvedic physicians (Vaidyas) consider tamarind as giving rise to biliousness and relieving patients suffering from phlegm and flatulence. They advise the patients should not sleep under a tamarind tree and should not sit close to the tree as even the wind blowing from that direction is injurious to their health. In Sanskrit it is called "Amlika, Chukrika, Amlichuka, Dantashatha, Amla, Chinchika, Chinha, Tintidika" and "Tintidi". It was observed that many patients with rheumatic problems, hyperacidity, bronchial asthma etc. get aggravated by consuming tamarind. Workers in rayon industries are known to get bronchial asthma as an allergic manifestation to tamarind seeds used in this industry. It was decided to carry out a systematic proving of tamarind; and introduce the same to Homoeopathic materia medica.

Methods and Materials

The study was made in four Phases viz. 1) Observation of patients who got aggravated after eating Tamarind. Out of these some improved after discontinuing tamarind and some required medication. Six patients who were being treated in the in-patient department and were improving were made to eat tamarind. Symptoms produced by them were recorded. 2) Proving of raw fruit on 15 provers. Each prover was made to eat 6 pieces of tamarind per day for six consecutive days, and the symptoms produced by them were observed for a month. In some, when the symptoms relapsed they were observed for a longer time. Here double

blind method was not possible. 3) Proving was also conducted in 6x and 30x potency. 4) Some patients (especially fresh cases) were administered this remedy in 30x potency on the symptomatology obtained from above observations.

Symptoms found in more than three provers have been underlined. Symptoms which disappeared after the administration of potentised tamarind have been side-lined. The health of all the provers was checked and routine tests of blood, urine and stool were carried out before and after the proving. Homoeopathic preparation for the proving was made from the pulp of tamarind according to the Homoeopathic Pharmacopeia. Relationship of the remedy was judged from the patients and provers and when clinically using the remedy. Duration of action was judged from the time for which the symptoms persisted after discontinuation of the medicine and clinical cases.

12 patients with various problems were administered Tam-i, with benefit.

Observation

Four provers were given placebo instead of 6x or 30x preparation. Two of them did not report. One of the persons receiving placebo initially developed symptoms like drowsiness and lethargy (or reported) after seeing other provers. But these symptoms did not continue as long as they did in other provers receiving the preparation. The same prover was later on given the drug saying he was given higher potency for proving when he could distinctly observe the symptoms.

||*People consuming tobacco* in any form, chewing or smoking are *especially affected*. Right side of face, right nape of neck and *right side of throat* and left side of back are especially affected. It covers spotty pains and general *bodyache resembling influenza*. Provers who exerted (Physically) developed severe bodyache. The discharges may be sticky stringy, mucoid, whitish, albuminous or yellowish in nature.

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This remedy should also prove useful as *antihypertensive* as it is noted in proverbs as well as patients that their systolic as well as diastolic pressure went up.

It may be also useful to *give up the habit of tobacco chewing or smoking*. Proverbs addicted to tobacco developed some unbearable symptoms of tobacco e.g. vertigo. One proverb, a tobacco chewer, developed vertigo with vomiting and staggering gait, similar to the vertigo he used to get when he started chewing tobacco many years ago.

Mind

|| *Lethargy* – no desire to work even if it is important and requiring immediate attention. Disinterested. Indifference and irritability. Irritable at trifles. Anxiety. Some patients felt irritated whereas in some it was observed that normal irritability also disappeared, e.g., a woman would get annoyed when her husband is late. But she became quite *tolerant*. Angry on children – used to beat them, but now doesn't get angry. Irritability > open air. *Nervousness* and *fear* were observed in some proverbs – fears her own shadow. Gets easily startled, e.g., if train came from opposite direction. Lachrymose mood. Forgetful. Feels *confused and dull*. Concentration difficult. *Involuntary sighing*.

Head

|| *Headache* all over, occipital, frontal, temporal < in the morning. Sudden right sided temporal headache – may be because of disturbed sleep. Headache with cold > pressure > massaging with oil. Associated with nausea. Heaviness of head in the evening especially in frontal sinuses. Headache with pulling sensation in legs.

Eyes

Watering of eyes. When eating spicy food watering of the *left eye*. Burning pain and heat of eyes > cold washing. Heaviness and burning of eyes < morning *Bland discharge* from eyes. Photophobia. Lachrymation left eye < Sun.

Ears

Itching and heat of right ear. Mild pulsating pain in right ear for about 20 minutes while travelling by bus. Pain in right ear. Pain in left ear associated with toothache. Pain in left ear on swallowing < while yawning, and while blowing the nose. Crackling sound in left ear. Hears louder than before. Whitish stringy discharge-mixed with blood. Blocking of ears.

Nose

Catarrh and cold. Cold after drinking cold water

when overheated. Running of nose and sneezing > open air. Sneezing morning at 6 a.m. then at 3 p.m., with bodyache. Sneezing either immediately after waking or immediately after brushing the teeth. Burning and soreness of nostrils. *Discharge from nose corroding excoriating* < 7 to 10 a.m. < after sleep. Albuminous, stringy, discharge from right nostril, hanging down upto chin when laughing, eating (> after *Mangifera*). *Blocking of right nostril*, < 15 minutes after waking > lying down and sleep. Blocking of nose – first right side then *alternating* – with heaviness of head on the side of obstruction. On subsequent day blocking of both the sides. Scabs in the nose. Yellow nasal discharge. *Dripping from posterior nares has to swallow*.

Mouth

Greenish yellow coating on the tongue resembling the colour of raw tamarind. *Diagonal coating* right lower part not coated, left lower part coated, *starting* from the base of the tongue extending to the left side of the tongue or, vice versa, red tip. Sensation as if tongue is burnt. Burning on right lateral margin of tongue. Teeth on edge. || *Some Decayed teeth showed signs of suppuration*. *Dryness of mouth*. *Dryness of lips*. Sourness in mouth, teeth and throat. *Salivation increased specially* at night. || Stringy saliva, everytime Thin white full coating with posterior creamish coating on top.

Throat

Dryness of throat from base of tongue to the suprasternal notch with desire to drink ice cold water. Dryness in the middle of throat < bathing > hot tea. Dryness of throat at 12 noon. *Irritation, tickling in the throat*. Must clear the throat now and then. Scraping of throat must swallow. Rawness and soreness in throat. (Burning and Stitching) *Pain in one* or in two spots on the *right side of the cricoid cartilage* coming suddenly and going suddenly < empty swallowing cold air, fan, drinking cold water > hot drinks. Pain in throat right side < morning. Pain in throat in centre < talking with chilly feeling and *empty swallowing*. Hoarseness of voice whole day < talking, morning > evening.

Stomach

Appetite increased, Initially appetite increased later decreased. Easy satiety. Must eat. || *Substernal burning*, Nausea and vomiting. Thirst for large quantities of water (Ordinary). Heaviness of abdomen for 10 minutes after eating. Thirst increased when eating so drank more quantity of water than the amount of food eaten. Thirst increased 10-15 glasses/day. || *Thirst for ice cold*

water 2-3 glasses at a time at short intervals. Desire for tamarind in spite of the fact that it had produced some unbearable symptoms. Desire for tamarind during pregnancy. Desire for cold drinks—orange flavour. Desire for sour things decreased.

Desires ice-cream. Nausea with perspiration. < in-doors > Slowly moving in open air, vomiting. Generally better by eating. Desire for spicy food. Hyperacidity and substernal burning > drinking cold water.

Abdomen

Heaviness of abdomen after eating. Must sleep in the afternoon. Pain in abdomen. Before stool pain in abdomen and uneasiness < afternoon after lunch, empty swallowing, 5 p.m. Pain in right iliac fossa when passing stool, with giddiness. Pain in left inguina region, radiating to left side of chest. Gripping pain in abdomen, as if she is going to get her menses. Nausea after over-eating. Tenderness in epigastrium and left iliac fossa. Flatulence increased. Flatus passing increased. Distension, pain on pressing right iliac fossa. Pain > bending double.

Rectum

Constipation—long and hard stools more than 1 foot long and about 2 1/2" in diameter (Never had such a long and hard stool before). Constipation with unsatisfactory stools. Ineffectual urge. Time of evacuation changed. Pain < when passing stools, walking sitting > squatting. Only relieved when standing. Constipation giving rise to fissure in ano with severe burning pain before during and after stool. Warm water giving rise to throbbing, pulsating pains and cold water giving rise to pricking pains as if with thorns. Burning in anus with stool twice in a day. Weeps when she has to pass stools. Afraid to pass stools. Pain in the anal region < when passing flatus. Sensation of heat rises from anus to throat. Loose stools watery 3 times in the morning. Watery stool immediately after brushing. Cracks and fissures at anus. He was suffering from constipation. During proving it was relieved. Bleeding per ano, bright red blood in drops. Loose stools with mucus. O/E Fissure in ano.

Urine

Frequency of urination increased but not in proportion to intake of water. Frequency of urination decreased on one day. Burning before during and after urination. Must urinate after lunch. Large quantity of urine, with throbbing and pulsating pain in abdomen. Urine flow interrupted. Burning in morning, also at night. Urine yellow, strong smelling. O/E Tenderness in the left renal angle or right renal angle.

Male

Nocturnal seminal emissions with lascivious dreams. One prover had nocturnal emission without dreams once. Emissions during afternoon sleep. Sexual desire either increased or decreased.

Female

One prover became pregnant and had morning sickness nausea and vomiting at the sight and smell of food with loss of appetite (was relieved with Sepia). During pregnancy craving for tamarind continued. Developed pain, fissure, bleeding per anus (was relieved by Sanicula 6). She again ate tamarind and developed the same symptoms (Sanicula relieved her again). Leucorrhoea white, sticky, profuse, offensive, cream coloured < night.

Respiratory

|| Cough dry or productive, Expectoration yellow > hot tea, > pressure on trachea. Expectoration sticky whitish. Cough with greenish expectoration. Cough whole day > lying down. Hawking up mucus < talking. Cough in 2 to 3 paroxysms with raw sore feeling in chest < coughing or sneezing. After running a few yards starts panting.

Chest & C.V.S.

Palpitation < when startled. One prover whose B.P. used to remain low became normal. Systolic and diastolic pressure raised. Anxiety. Costochondritis more on left side associated with hyperacidity. Pulse rate increased.

Back and Neck

Backache < night, getting up in the morning. Backache stitching, throbbing pain walking stooped < rising from a seat > lying on left side. Cannot move the right arm up > pressure. Backache < getting up from sitting position. Pain in one spot under right scapula unable to sleep > support, when occupied < lying on right side, lying on back, bending backwards. Also slight dull pain below left scapula. Pain nape of neck more on right side < moving. Backache-lumbosacral region with feverish feeling < afternoon, bending forward, sitting for a long time > pressure, support. Pain comes suddenly goes gradually.

Extremities

Bodyache with pain in all joints, < Morning, night. No desire to get up. > temporarily by hot water bath. Body feels hot but no feverish feeling. Cramps in calf muscles especially left side. Pain at one spot under left patella > walking for 10-15 minutes. Pain in knees.

Itching of thighs during sleep. Heat of palms and soles as if packed with coals > cold water. Pain in triceps. Boil over right arm. Fine tremors of both hands. *Pain in small joints < fan, flexion, movement.*

Sleep

Sleeps late, wakes up unrefreshed. Sleepy all day, lethargic and weak in the morning. *Used to sleep in the afternoon, now does not feel like sleeping. Sleep increased.* Slept for 10 hrs. in 24 hrs. Sleep disturbed easily. Wakes up every half an hour, catnap. Restless and sleepy in the morning. Sleepy in afternoon. *Sleep disturbed due to itching slept between 1 & 4 a.m. Feels drowsy > Sleepless after 2 a.m.*

Dreams

Friends suffering from severe illness. Dreams of old forgotten girl friend whom he had met 6 yrs. back. Brother's marriage who is already married. Of her husband fighting with robbers and she has locked them, in the bathroom. Talking to her dead grandfathers. Close relative dying. Unremembered.

Skin

Perspiration decreased. Perspiration < lying down, in sleep. Perspiration on palms. Itching all over the body, without eruption, voluptuous itching not > with hot or > cold water > cold application < 4 a.m. < 8-9 p.m. < night, lying in bed. Itching changes site. Sleep disturbed due to itching. Scratches till it bleeds. Dryness of skin and lips. Painful pimples on face, forehead. *Pimples on right side of cheek, painless with redness.* Boil on right chin. Boil on right shoulder (previously treated) recurred and took long time to disappear. Felt hot at night and perspired. Developed a corn on ring finger of left hand about a month after he took tamarind. The callosity disappeared only after taking Tamarind 6x.

Fever

Fever with drowsiness with bodyache. Feels cold with increased thirst. Fever like influenza after strenuous physical exertion. (> with Bellis per.)

Generalities

Whole body aching, feels that let the head remain but the body must be changed. Chilly feeling. Tired feeling. Obesity.

Addiction

One prover who had stopped smoking one year back, developed increased desire for smoking again and now he is not able to give it up.

Modalities

< Morning.

Antidote: Phos, Nux-v, Manqi, Sanic, Dulc.

Duration of Action: 6-10 days (10 provers) 18 days in (2 provers).

In some provers symptoms relapsed to a lesser degree after 20 to 30 days.

O/E Head hot Abdomen tympanitic. H.B.P.

A Case of Anxiety-neurosis Treated with Tam-i.

Mrs. S. C. aged 38 years; consulted me for anxiety, palpitation and substernal burning for 9 months. She was restless. The condition used to get aggravated at night. She would suddenly wake up from sleep either at 12 mid-night or at 2 a.m. with substernal burning which would be temporarily > by drinking cold water. She would feel breathless, would perspire and wanted fan. Accompanying this was a fleeting chest pain. Her E.C.G. and other tests were normal. It started all off a sudden when a lady attendant vomited, started gasping and died in her lap. She had recovered from this shock a little when her father died 2 months back and the condition got aggravated again. The peculiar feature was not sadness about what had happened but anxiety about her own health and a feeling that she was suffering from an incurable condition. She felt insecure and was afraid to stay alone. The attending physicians had opined that either she should consult a psychiatrist or a psychoanalyst.

Aco. and Mimulus would help her temporarily but she was not getting cured. She had desire for food but it used to aggravate.

The symptoms were similar to Ph-ac. and Phos. but not clear cut of either of them. It started with grief but now there was anxiety and fear about her own health. There was thirst for ice-cold water which relieved. Inability to concentrate on any work and lethargy. There was drowsiness during the day and inability to sleep at night. She did not have craving for salt and bleeding tendency and thunderstorm aggravation of Phos. She did not have the desire for juicy fruits which would be in favour of Ph-ac.

O/E Her Pulse rate was 118/min. and B.P. was 130/90 mm. of Hg. Some costochondral joints on left side were tender and tenderness of some cervical muscles. Tongue was dry with white coating and when she opened her mouth stringy saliva was visible.

She was given Tam-i. 30X I. The very next day she reported improvement in her condition over the phone.

When she came after 4 days tenderness of costochondral junctions and cervical muscles was no longer there. Pulse and B.P. were normal. Stringy saliva was not visible. After 10 days she again C/O hyperacidity and restlessness the day before after some spicy food. She was given placebo. She reported complete relief after 4 days.

Conclusion

The study of tamarind brings forth some unknown and new possibilities of treating the patients.

1. Tamarind is daily used in a number of dietary items in India. It may be aggravating some disease conditions and may be producing some new symptoms which patients may regard as symptoms of the disease e.g. a patient of cerebrovascular accident with right sided hemiplegia developed drowsiness, hypertension, bodyache and pain in his right frozen shoulder got aggravated.
2. The study of Ayurvedic books explain the effect of tamarind. Tamarind would be a good polychrest as it affects various parts of the body.

3. It should prove as a veritable boon in the hands of homoeopathic physicians as we come across many patients addicted to tobacco. As it aggravates the effect of tobacco it should also be able to antidote the bad effects of tobacco. Further, it should be also useful in giving up the habit of tobacco.
4. It resembles remedies like Phos, Phos-ac. Mangi, Sulph. etc. It should be differentiated from these remedies especially the first two as now we have a remedy which can cover some symptoms of Phos. and some of Phos.-ac.

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"The more we exploit nature, the more our options are reduced, until we have only one: to fight for survival"

Morris K. Udall
