

Clinical Verification

Juglans Regia

(Symptoms Clinically verified under CCRH)

Introduction

Botanical Name : *Juglans regia* Linn¹

Family : *Juglandaceae*¹

Common Names :

Hindi : *Akrot*¹

English : Nux Juglans, walnut¹

French : Noix Commune¹

Description

A large, deciduous, monoecious tree with tomentose shoots; bark gray, longitudinally fissured; leaves alternate, imparipinnate, 15.0 to 37.5 cm long; leaflets 12.3 to 32.5 cm, sub sessile, elliptic to oblong lanceolate, 7.5 to 20 cm x 3.5 to 10.0 cm, usually entire; flowers small yellowish green, male in pendulous slender catkins, 5.0 to 12.5 cm long, female is 1 to 4 flowered terminal catkins; Fruit a green drupe, 2-valved enclosing oily edible seed.¹

History

Clotar Muller was the first to prove *Juglans regia*. It produced this curious symptom: "Excited as if intoxicated, in the evening in bed, and feeling as if the head was floating in the air". Peevishness and mental indolence were other mental symptoms. The remarkable brain like appearance of the nut has given rise to the notion that it is a "brain food".¹

Part used in the preparation of Homoeopathic medicine: *Leaf and green unripe fruit*¹.

Source of Drug

Hahnemann Publishing Company Pvt. Ltd.,
Kolkata (West Bengal)

Period of study

April 1984 – March 2003

Potencies used

6, 30, 200

Number of cases studied

3,484

Study conducted at

- A. Regional Research Institute (H), New Delhi
- B. Homoeopathic Drug Research Institute, Lucknow(UP)
- C. Homoeopathic Research Institute, Jaipur(Rajasthan)
- D. Clinical Research Unit, Jammu (J&K)
- E. Clinical Verification Unit, Ghaziabad (U.P.)
- F. Clinical Verification Unit, Patna (Bihar)
- G. Clinical Verification Unit, Vrindavan (U.P.)

Clinically verified Symptoms obtained during the study:

Location	Symptom	No. of patients	
		prescribed	relieved
Mind	Confusion ^N	1	1
Head	Vertigo with darkness before the eyes, amel. by rest ^N	6	6
	Occipital sharp headache agg. in evening & after dinner ^{2,4}	373	347
	Falling of hair ^N	7	7
	Pain above the eyes agg. motion, shaking head, moving eyes ²	45	39
	Throbbing in temples amel. open air ²	5	5
Ear	Otorrhoea, yellowish pus like discharge with pain ²	80	56
	Pustular eruptions behind the ear with sticky discharge ⁴	348	328
Eyes	Stye with redness & swelling ⁴	592	489
	recurrent in nature ^N	553	470
	in upper eyelid ^N	6	6
	with itching, better by applying cold water ^N	2	2
	at lower right eyelid with tenderness ^N	16	5
Face	Excessive lachrymation ^N	8	8
	Pimples over face with itching ^{2,3,4}	485	349
	with redness ^{2,3,4}	450	334
	with recurrent in nature itching ^{2,3}	188	136
	with cheesy exudation itching ^{2,3}	20	12
	without itching itching ^{2,3}	10	9
	with induration itching ^{2,3,4}	2	2
	with blackish spots ^N	3	3
	on forehead & face ^N	3	3
	with itching agg. night ^N	1	1
	itching agg. cold application ^N	176	174
	Acne or pimples on forehead, face ⁴	1092	493
	Small red with suppuration with itching & pain ⁴	278	139
	oozing, pus like discharge ⁴	216	108
	painful to touch ⁴	13	13
	with itching ⁴	20	11
	agg. bathing ^N	4	3
	dark pigmentation after healing ^N	13	11
	agg. summer ^N	7	7
	Face oily ⁴	299	137
Face dry with black pigmentation, cracks on face ^{2,4}	221	92	
Acne on face with itching ²	746	692	
Mouth	Dryness of mouth after dinner with excessive thirst ²	135	96
	White coated tongue ²	73	44
Teeth	Pain in hollow teeth agg. in bed ²	109	73
Throat	Soreness of throat agg. cold drink ^N	4	4
Stomach	Appetite diminished ^N	32	32
	Thirst increased ²	16	8

^N(New Symptom)



JUGLANS REGIA LINN.

Location	Symptom	No. of patients	
		prescribed	relieved
Abdomen	Burning in epigastrium agg. drinking tea amel. drinking cold water ² 14	14	12
	with distension of abdomen ^{2,4}	6	6
	Desire for sweets ²	86	44
Rectum	Flatulence with heaviness in abdomen agg. eating after amel. by passing flatus ²	9	5
Rectum	Constipation- hard difficult scanty stool ²	142	65
	Loose watery yellowish stool ^N	1	1
	stools soon after eating ^N	1	1
	Bleeding piles ²	105	74
Extremities	Obstinate constipation, soreness in anus with itching after stool ²	242	165
	Pain & numbness in wrist joint ^N	1	1
	Leg pain ^N	2	2
Back	Pain in joints agg. movement ^N	3	3
	Pain nape of neck ^N	2	2
Genital (female)	Skin eruptions – acne over back with itching ^N	3	3
	Leucorrhoea with thick white discharge ^N	7	7
Respiration	Dry cough agg. from cold & at night ^N	12	12
	Cough with white expectoration agg. morning ^N	3	3
Chest	Vesicular eruption at upper part of chest with itching agg. night ^N	422	407
Fever	Recurrent fever agg. night, with perspiration ^N	2	2
Urinary system	Frequent micturation day & night, yellowish urine ^N	31	22
	Burning while passing urine ^N	7	7
Sleep	Restless sleep with frightful dream ²	10	10
Skin	Ring worm like eruptions with itching ²	4	4
	with sticky discharge ^N	1	1
	Small reddish papular eruption with itching ^{2,4}	882	834
	on scalp ⁴	436	412
	agg. changing clothes ^N	427	409
	Eruptions with itching & sticky exudation ^N	19	17
	itching agg. at night ^N	11	10
	recurrent in nature ^N	2	2
	on scalp ^N	5	4
	with crust formation ^N	1	1
	Eczematous eruptions with itching ^N	436	412
	on scalp ^N	3	2
	Hyperpigmented patches on skin with out itching ^N	4	4
	Crusta lactea ⁴	3	3
	Axillary glands swollen, painful, indurated, suppurated ^{2,4}	220	226
Black head ^N	16	7	
Generalities	Agg. warm (Hot patient) ^N	4	4
	Weakness ^N	2	2
	Oedematous swelling whole body ^N	1	1
	Easily susceptible to cold ^N	3	3

Observations

- The drug picture, given below, is drawn from the data obtained during the course of clinical verification study. The symptoms observed in less than 30 patients have been excluded.
- The symptoms are also grouped, with a view to segregate more significant symptoms from trivial symptoms as:
 - (i) symptoms superscribed with the number(s) denote the source of particular reference book and are found both in the literature and also verified clinically by CCRH, and
 - (ii) symptoms superscribed with the alphabet 'N' are those observed in the course of clinical verification only.

Drug picture

- Occipital sharp headache <in evening & after dinner^{2,4}
- Pain above the eyes <motion, shaking head, moving eyes²
- Otorrhoea, yellowish pus like discharge with pain²
- Pustular eruptions behind the ear with sticky discharge⁴
- Stye with redness & swelling⁴, recurrent^N
- Pimples over face with itching^{2,3,4}
- with redness^{2,3,4}, recurrent in nature^{2,3}
- Acne or pimples on forehead, face⁴
- Small red with suppuration with itching & pain⁴ oozing, pus like discharge⁴
- Face oily⁴
- Face dry with black pigmentation, cracks on face^{2,4}
- Acne on face with itching²
- Pimples with itching <cold application^N
- Dryness of mouth after dinner with excessive thirst²

- White coated tongue²
- Pain in hollow teeth <in bed²
- Appetite diminished^N
- Desire for sweet²
- Constipation- hard difficult scanty stool²
- Bleeding piles²
- Obstinate constipation, soreness in anus with itching after stool²
- Vesicular eruptions on upper part of chest with itching <night^N
- Frequent micturation day & night, yellowish urine^N
- Small reddish papular eruption with itching <changing clothes^N
- Eczematous eruptions with itching^N
- Small reddish papular eruptions, with itching^{2,4}
- on scalp⁴
- Axillary glands swollen, painful, indurated, suppurated^{2,4}

Conclusion

Clinical conditions: Headache, Stye, Acne, Toothache, Constipation, Bleeding piles, Eczema.

Prescribing Symptoms:

- *Occipital sharp headache, agg. in evening & after dinner*
- *Pain above the eyes, agg. motion, shaking head, moving eyes*
- *Pustular eruptions behind the ear with sticky discharge*
- *Stye with redness & swelling, recurrent in nature*
- *Acne on face with itching*
- *Pimples on forehead and face with itching, agg. cold application*
- *Axillary glands swollen, painful, indurated, suppurated*

- *Small reddish papular eruptions with itching on scalp, agg. changing clothes*
- *Vesicular eruption on upper part of chest with itching, agg. night*
- *Eczematous eruptions with itching*

References

1. *Homoeopathic Pharmacopoeia of India*. Vol.4, 1983:p.p.62
2. Clarke J.H. *Dictionary of Practical Materia Medica*. B. Jain Publishers Pvt. Ltd., New Delhi, Vol. 2: pp 74.
3. Allen T.F. *The Encyclopedia of pure Materia Medica*. B. Jain Publishers Pvt. Ltd., New Delhi Vol. 4: pp 197.
4. William Boericke. *Pocket Manual of Homoeopathic Materia Medica & Repertory*. B. Jain Publishers Pvt. Ltd., New Delhi, 1991: pp 369.