

CLINICAL VERIFICATION

Iris tenax - a multicentric clinical verification study

P.S.Chakraborty^{1,7}, A. Khurana⁸, A.K.N.Singh¹, A.K.Vichitra², Deepa Chakraborty¹, D.K.Singh⁶, Hari Singh², J.P.Singh¹, M.K.Rai¹, Mohan Singh⁵, M.N.Sinha⁶, Pramodji Singh⁷, Rajpal¹, R.K.Rai⁵, S.Prakash⁵, S.D.Pathak⁶, S.R.Bhagat⁴, Vikram Singh⁷, Vijay K. Paul², V.K.Singh⁶, V.A. Siddiqui¹ & Yogendar Rai^{1,5}

¹Homoeopathic Drug Research Institute, Lucknow (U.P.)

²Regional Research Institute (H), New Delhi

³Homoeopathic Research Institute, Jaipur, (Rajasthan)

⁴Clinical Research Unit, Jammu (J & K)

⁵Clinical Research Unit, Ghaziabad (U.P.)

⁶Clinical Verification Unit, Patna (Bihar)

⁷Clinical Verification Unit, Vrindaban (U.P.)

⁸Central Council for Research in Homoeopathy, (New Delhi)

Iris tenax is a lesser known drug which has been used in Homoeopathy for clinical conditions like appendicitis, fever, headache, home sickness, intermittents, mania, perityphilitis, stomatitis, sleeplessness and vomiting as mentioned in homoeopathic literature and most of these symptoms have been verified during the study. Besides these other clinical conditions in which it has been found useful are vertigo, bitter taste in mouth, aching and spasmodic pain in abdomen and distension of abdomen with flatulence. A total of 2279 patients were prescribed Iris tenax in this multicentric clinical verification trial at various Institutes/Units under Central Council for Research in Homoeopathy (CCRH) to confirm the symptoms of Iris tenax, as mentioned in the Homoeopathic Materia Medica. Action of the medicine on gastrointestinal symptoms has been verified.

Keywords: appendicitis; constipation; stomatitis; clinical verification; iris tenax; homoeopathy

Introduction

The clinical verification is one of the important step in homoeopathy for confirming the symptomatology of the drug produced during the proving of the drug on healthy human beings. The clinical confirmation of signs and symptoms, observed during proving is essential for validation of symptoms of the drug and its therapeutic application.

Iris tenax is a drug which has not been extensively used in homoeopathy due to the poor availability of literature. Proper proving of this drug has not yet been reported and its hidden treasure could not be exposed to the world especially to the homoeopathic fraternity. A few clinical conditions which were found to be relieved under the study are headache, stomatitis, vomiting of bile, abdominal pain especially in right iliac region, appendicitis, constipation, fever, vertigo etc.

Iris tenax was first proved by Dr. George Wigg of Portland, Oregon, in the latter part of 1885. The proving was published under the name *Iris minor*. Heath has shown it as a local name only and its true botanical name being *Iris tenax*. Symptoms generated through the proving of the drug conducted by Dr. Wigg has been mentioned in the Clarke's 'A Dictionary of Practical Materia Medica.'¹

Observations of Dr. Wigg following the proving, showed its action mainly on gastrointestinal tract followed by mental apathy. Beside this, it is found to be useful in appendicitis, fever, headache, home sickness, intermittents, mania, perityphilitis, stomatitis, sleeplessness, xerostoma and vomiting.¹ In Homoeopathy the whole plant is used for the preparation of mother tincture.²

The Plant

Iris tenax belongs to the family of Iridaceae.^{1,2} and synonymed as *Iris d' Amerique* in French.² The

* Address for Correspondence:

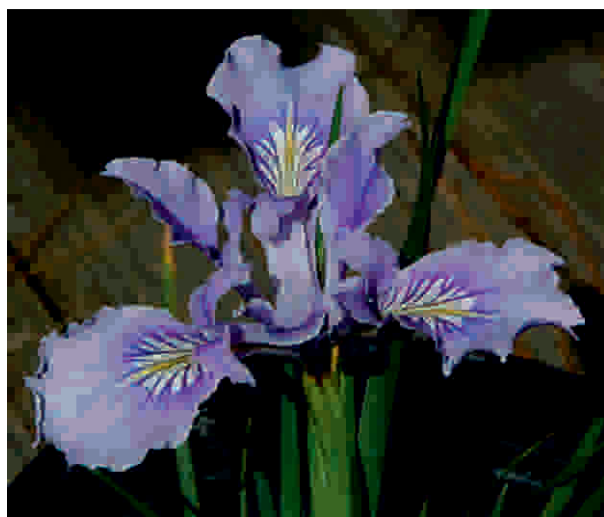
P.S. Chakraborty, Asstt. Director (H)

Central Council for Research in Homoeopathy

61-65, Institutional Area, Janakpuri, New Delhi- 110 058

Email: ccrhdp@yahoo.com

scientific name of this plant is *Iris tenax* Dougl and *Iris minor*.² It is a native to Southwestern Washington and Northwestern Oregon. It grows along roadsides and in grasslands and forest openings at low to middle elevations.³ It grows very luxuriantly in the clay ground and on the hillsides of Oregon.¹ Like most Iris plants it has large and showy flowers. The flowers bloom in mid to late spring and are usually lavender-blue to purple, but blooms in white, yellow, pink and orchid shades are known to occur sometimes.³ This is extensively cultivated for its beautiful flowers.² The plant is often mistaken for a type of grass when not blooming. Its rhizomes spread slowly, causing the plant to grow in tight clump.³ The fibre of the plant is so



Iris tenax

strong that it is used for making rope and weaving into bags¹ and stout fibrous leaves have been employed by the Indians in making fishnets and crude ropes.²

Macroscopical: It is a graceful, densely foliated perennial forming clump. The slender stem is 15 – 30 cm long. Most of the leaves are basal, 0.3 – 0.5 meter

long and about 6 mm wide; they are pale green in colour and laxly overtop the stems. The showy flowers vary in colour from dark purple, blotched, white, rough shades of blue, lavender, pink, apricot, cream colour and pure white. The fruits are oblong capsules upto 38 mm long.²

Methodology

Participants for the study were drawn from the OPDs of respective Institutes / Units of the Council. A detailed history was taken from the patients, who presented with the indications of the drug were enrolled. Symptoms and signs of the enrolled patients were recorded in the predefined case recording proforma. As per symptomatic indications *Iris tenax* 6c was prescribed to the patients. If there was no change in symptoms and signs for a significant period, next higher potencies like 30C, 200C were prescribed and in case no change was observed, even after change of potencies, the patient was referred to the OPD for treatment by other indicated medicines.

Study settings: The study has been carried out at Regional Research Institute (H), New Delhi; Homoeopathic Drug Research Institute, Lucknow (U.P.); Homoeopathic Research Institute, Jaipur (Rajasthan); Clinical Research Unit, Jammu (J & K); Clinical Research Unit, Ghaziabad (U.P.); Clinical Verification Unit, Patna (Bihar) and Clinical Verification Unit, Vrindaban (U.P.)

In this multicentric trial of the medicine, 2279 patients were prescribed *Iris tenax* as per symptom similarity during the period from April 1980 to March 2004. The medicine was procured from the licensed pharmacy in various potencies viz. 6C, 30C and 200C.

Table 1-Symptoms verified clinically during the study

Location	Symptom	Number of patients prescribed/relieved (percentage)
Head	Headache ¹	40/33 (82.50%)
	Dull aching pain in temples ¹	10/8 (80%)
Eye	Itching in both eyes with headache ¹	19/12 (63.15%)
Mouth	Stomatitis with dry mouth and burning hot sensation, better by sucking cold air ¹	65/63 (96.92%)

Cont. ...

Location	Symptom	Number of patients prescribed/relieved (percentage)
	Dryness of mouth ^{1,4}	42/40 (95.23%)
	Burning in mouth and throat better by sucking cold air ¹	37/34 (91.89%)
Stomach	Nausea & vomiting of bile ¹	358/234 (65.36%)
	• <i>worse on movement</i>	39/26 (66.67%)
	• <i>worse after eating</i>	12/6 (50%)
Abdomen	Pain in abdomen ¹	67/46(67.10%)
	• spasmodic with vomiting and heaviness	3/3 (100%)
	Burning sensation in abdomen ¹ with • <i>stitching pain</i>	83/63 (75.90%)
	Cutting pain in abdomen ¹ <i>worse after eating</i>	10/4 (40%)
	Pain in right iliac region ^{1,4} <i>with excessive thirst</i>	640/535 (83.59%)
	• with dryness of mouth ^{1,4}	46/38 (82.60%)
	• <i>with restlessness</i>	9/5 (55.56%)
	• <i>with tenderness</i>	119/67 (56.30%)
	• with vomiting ¹	113/64 (56.63%)
	• <i>worse on coughing</i>	7/7 (100%)
	• <i>worse after eating</i>	5/5 (100%)
	• <i>worse after eating fried food</i>	2/2 (100%)
	• <i>worse on motion</i>	5/5 (100%)
	• <i>worse in empty stomach</i>	3/3 (100%)
	• <i>better by warmth</i>	6/3 (50%)
	Appendicitis ^{1,4}	38/27 (71.05%)
Rectum	Constipation ¹ <i>stool dry, hard</i>	225/203 (90.22%)
	• with pain in abdomen ¹	215/204 (94.88%)
Fever	Fever with chill and scanty perspiration ¹	22/12 (54.54%)
Sleep	Sleeplessness ¹	9/5 (55.55%)

Results

The data of all the cases were collected, compiled and analyzed. The clinically verified symptoms are given in Table 1 along with the number of patients prescribed on the basis of symptoms available in literature and also the number of patients who got relieved after administration of medicine. Numerical superscripted along with the symptoms denote the literature cited. Moreover during the study, part of the main symptom (character, modalities, concomitants etc.) have also been found to be relieved in patients which are not mentioned in the literature and have been kept along with the main symptom in italics. In the column

'Improvement observed' the first figure denotes the number of patients who had the symptom and to whom the medicine was prescribed and the second figure denotes the number of patients who got relief of the same symptom; this is followed by the percentage of improvement given in parenthesis.

During the study, a group of symptoms were also found to be relieved which are new and not found in the referred literature. These are the additional symptoms of the medicine that were relieved either fully or partially. These, therefore, emerged as clinical symptoms of *Iris tenax*.

Table 2-Clinical symptoms

Location	Symptom	Number of patients prescribed/ relieved (percentage)
Vertigo	Vertigo	33/33 (100%)
Mouth	Bitter taste in mouth	131/88 (67.17%)
	Apthae	50/43 (86%)
Stomach	Loss of appetite	46/46 (100%)
Abdomen	Distension of abdomen	17/17 (100%)
	• with flatulence and heaviness of abdomen	16/16 (100%)

Repertory

A concise repertory of the verified symptoms, according to the structure of Kent’s Repertory of the Homoeopathic Materia Medica has been compiled for the purpose of quick reference. Rubrics/sub rubrics in *italics* are new rubrics, i.e. not mentioned in above referred repertory while rubrics/sub rubrics in roman letters are existing rubrics of the said repertory which were reconfirmed through verification in this study.

VERTIGO

HEAD

PAIN, headache in general
dull pain

Temples

Itching in both eyes, with

EYES

ITCHING

pain in head, with

MOUTH

APHTHAE,

burning
cold air sucking, amel.

DRYNESS

cold air sucking, amel.

HEAT

cold air sucking, amel.

INFLAMMATION

PAIN

burning
cold air sucking, amel.

TASTE, bitter

STOMACH

APPETITE, wanting

NAUSEA

VOMITING, bile
eating, after
motion, on

ABDOMEN

DISTENSION

flatulence with
heaviness with

INFLAMMATION

Appendicitis

PAIN

constipation, from
heaviness, with
vomiting, with

Iliac region

right
coughing on
eating after
fried food
motion, on
mouth, dryness of, with
restlessness, with
stomach empty, in
tenderness, with
thirst, excessive with
vomiting, with
warmth amel.

burning

cramping, gripping
heaviness with
vomiting with

cutting

eating after

stitching

RECTUM

CONSTIPATION

Pain in abdomen, with

STOOL

DRY

hard

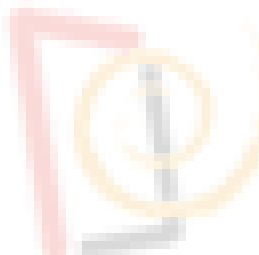
FEVER

CHILL, with

perspiration, scanty

SLEEP

SLEEPLESSNESS



Discussion

Iris tenax was found to be a very useful medicine for pain in right iliac region as mentioned in literature. 535 (75.90%) patients got relief from such complaints after being prescribed to 640 patients. The pain was marked with tenderness in the affected part with vomiting. 67 (56.30%) patients improved in tenderness out of 119 prescribed and 64 (56.63%) patients improved in complaints of vomiting out of 113 prescribed. Excessive thirst was accompanied in all the patients. Therefore, pain in right iliac region with excessive thirst comes out as the chief key note symptom of the drug.

The medicine showed marked action in relieving constipation in 203 patients among 225 (90.22%). Nearly all these patients were having pain in abdomen during constipation and all these are reconfirmation of the symptoms mentioned in literature.

Medicine was found to be useful in relieving nausea and vomiting of bile as mentioned in source literature. 234 such patients were relieved after being prescribed to 358 (65.36%) patients.

The use of *Iris tenax* for appendicitis, as mentioned in literature, has also been verified in this study. 27 patients of appendicitis were improved after being prescribed to 38 patients (71.05%).

In stomatitis its usefulness was marked with dryness of mouth and burning hot sensation where (96.92%) got improved when prescribed upon.

Burning sensation, whether in abdomen or inside mouth, is one of the prominent symptom of *Iris tenax*, as mentioned in literature and the same has been confirmed in the study.

Among the clinical symptoms bitter taste in mouth, vertigo, anorexia and aphthae inside mouth are the most prominent symptoms where its action have been repeatedly verified.

Gastrointestinal symptoms are aggravated from eating and other particular modalities aggravation on movement, standing and better by warmth are most important which need special mention.

Besides these, the medicine has also shown its usefulness in relieving vertigo, bitter taste in mouth, aching and spasmodic pain in abdomen and distension of abdomen with flatulence and heaviness which have emerged as clinical symptoms of the medicine during the study.

Conclusion

Results obtained show that *Iris tenax* can be considered as an important medicine for gastrointestinal conditions particularly appendicitis when the totality agrees. During the study, symptoms of the literature were verified and on the other hand some symptoms have emerged as clinical symptoms of the medicine which were not mentioned in the referred literature. This new information widens the scope of its therapeutic action. Hence there is a scope to conduct further controlled studies, so that the symptoms, especially the clinical ones, could be verified again. This will pave the way for ascertaining the reliable characteristic of *Iris tenax* so that this medicine could find its right place in the Homoeopathic Materia Medica.

Acknowledgements

- Dr. V.T. Augustine, Dr. D.P. Rastogi, Dr. S. P. Singh, former Directors of CCRH; Dr. R. Shaw, former Deputy Director, CCRH for supervising the study.
- Dr. V.M. Nagpaul, former Deputy Director, Dr. Krishna Singh, former Assistant Director.
- Dr. Chetna Deep Lamba, Research Officer (H), Dr. Syed Afsar Ali and Dr. Madhumita Sadhukhan, SRF (H), CCRH, New Delhi for helping in collecting data for the article.

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