

## HEDERA HELIX

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The outstanding symptoms of hyperthyroidism made me suspect that the *Hedera* contained iodine. The tincture was found to have an iodine content of 1.9 mgm. per 100 gms. of tincture. Hence we find that, although the iodine content of *Hedera* was not known, it was expected from the provings.

In popular medicine, *Hedera* was used against rickets and gall bladder disease. Generally speaking, the indications for *Hedera* are comparable to *Iodium* and *Kali iodaum*. Also, the modalities, particularly aggravation from warmth, are similar to those of *Iodine*. It is, however, most urgent that the action of *Hedera* be modified by other elements, particularly by the saponins, in respect to its action on the mucous membrane.

The provings were done by seventeen persons, using the tincture, the first decimal dilution and, later, the sixth decimal dilution. Certain provers used the fifteenth dilution. Duration of the provings was, for the majority, twelve weeks. Basic effects were catarrhal symptoms upon the mucous membranes of the nose, eyes, throat, bronchigastro-intestinal tract (with a clear bronchitis) and upon the vagina. The effect upon the gall bladder and the liver was particularly outstanding, with pains in the stomach and gall bladder, loss of appetite and a nervous hunger which urgently demanded satisfaction. Urination was profuse, with polyuria, Menstruation was weakened and delayed, with leucorrhea before the period. The thyroid swelled in those provers who already had goitres and feelings of tension. With particularly predisposed persons, there were attacks of fear, violent palpitations, even exophthalmos. The relationship to external temperature was clearly demonstrated by improvement in the open air and by external coolness. There were pimples on the skin, the face and the body. In the locomotor system there were rheumatic and neuralgic pains, especially at night, lasting until morning, or just in the morning, improving at these times and partly improved by motion. As

regards time, morning and evening were stressed, particularly towards morning. On the whole, improvement occurred in the afternoon and evening.

#### *Clinical Indications*

There were all sorts of thyroid diseases, such as colloid goitre (similar to *Spongia*). With hyperthyroidism, high potencies were of good effect. Exudative diatheses and scrofulosis, swelled well. Bronchial asthma of children was one of the leading indications and was most successfully treated by me. Heart disease, particularly old age hearts, anginoid complaints and myocarditis responded well, with symptoms similar to *Spongia*. Chronic articular rheumatism, arthrosis deformans (especially primary chronic arthritis), and tuberculosis of joints all responded well. Here, the leading symptom was improvement through eating. In cirrhosis of the liver, *Hedera* proved very promising, in particular with cirrhosis secondary to cardiac decompensation, gastritis and duodenitis.

#### *Modalities*

Headache, coryza and cough improved in the open air and after cold bathing. Complaints went from left to right. There was aggravation at night, towards the morning and in the morning. There was improvement in the evening, after eating (like *Iodine*), particularly so in gall bladder and stomach symptoms. Great tiredness and exhaustion was noted, better in the open air and by physical activity.

#### *Head*

Vertigo occurred after bending and quick motion of the Headache was most frequent in the left forehead and in the neck. There were sinus headaches and headaches related to the trigeminal nerve which usually improved in the open air.

#### *Eyes*

There was a feeling like sand in the eyes, with a glimmering sensation.

#### *Ears*

Pains in the ears and tinnitus occurred.

*Thyroid*

An increase of swelling was noted, sometimes very sudden and marked, with a feeling of drawing and tension in the neck. The thyroid was enlarged, along with increased attacks of palpitation and a feeling of narrowness in the throat.

*Nose*

There was running coryza, particularly on entering a warm room, with a frontal headache progressing into a pharyngitis and bronchitis.

*Chest*

There was bronchitis, a cough with coryza, starting with a pharyngitis, worse in warmth and upon speaking, associated with a yellow expectoration.

*Heart*

Stitching pains, constriction of the heart and anxiety were noted. Needle-like stitches occurred suddenly, for instance, during a conversation. There was wakefulness during the night and pulsation in the chest and neck. Palpitation and anxiety with great fear accompanied the swollen thyroid.

*Mouth*

There were labial herpes and toothaches from both heat and cold.

*Throat*

There was pain upon swallowing as well as tonsillitis.

*Stomach*

Loss of appetite was noted, but there was also a great increase of hunger. Nausea, vomiting, pressure, and spastic pains in the stomach showed improvement through eating. There was painful inflammation of the gall bladder as well as pain in the stomach area, and sensitivity to pressure.

*Stool*

Stools were more voluminous than usual, Diarrhea and constipation were noted.

*Urine*

Frequent and profuse urination occurred.

*Genitals*

Periods were delayed, were weaker and shorter than usual, and leucorrhœa occurred before the period. There was pain in the area of the uterus and in the left ovary. (*Lachesis*). There was, however, less than normal tiredness during the period.

*Extremities*

Heavy pains in the arms, legs, back and sacrum were partly improved, partly aggravated by motion. Formication and tingling were noted in the small and large joints and along the nerves and muscles. The limbs were stiff and became worse during the night and morning.

*Temperature*

Fever and chills were followed by heavy perspiration.

*Skin*

Small red pimples appeared on the face and body.

*Clinical*

The medicine was of value in coronary sclerosis, goitre, hyperthyroidism, exophthalmic goitre, cholelithiasis, cholecystitis, non-reacting old cases of cirrhosis, hypertrophy of prostate, subacute and chronic articular rheumatism, arthritis deformans, tuberculosis, acute and chronic rhinitis, bronchitis, emphysema and bronchial asthma.

—*Jourl. of the Am. Inst. of Homœopathy, May-June, 1958.*

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