

CLINICAL VERIFICATION

Amygdalus persica- Clinical Verification Study

Abstract

The present study was undertaken with an objective to verify the symptoms available in the literature to elaborate the drug picture and to explore the full potential of a lesser known and partially proved drug - Amygdalus persica. The study includes prescription of Amygdalus persica made on 341 patients during the period from April 1996 to March 2004. This study confirms that symptoms available in the literature are reliable indications of the drug. A number of clinical symptoms have also been observed during the trial to be relieved in patients and those symptoms have been mentioned as new symptoms of the drug.

Introduction

Clinical Verification in Homoeopathy forms the basis of evolution of reliable data from the pathogenesis generated during the proving of drugs on healthy human beings. It is as important as original proving and verified symptoms are often used as prescribing indications and form the basis of successful prescription. It is a sifting process, by virtue of which, reliable data is generated and a set of characteristic features of the drug are obtained. This is the first step towards evolving the picture of the drug, so very revered by the stalwarts of Homoeopathy. Demeurs first proved Amygdalus persica by pounding the flowers to form a tincture.¹ The proving of the drug now finds mention in various Homoeopathic literature sources.

Amygdalus persica, commonly known as *Aru* in Hindi and *Peach* in English, is found in Northern India and in other parts of the world. It is a perennial tree. The plant has spreading branches, broad leaves, lanceolate, coarsely serrate, the petiole usually gland bearing and 1.27cm or less long; flowers solitary pink appearing before the leaves; sepals more or less pubescent outside. Fruit is a drupe, like the plum, soft, pubescent at maturity, the stone deep pitted and very hard.⁴

Methodology

As a part of the Council's Clinical Verification Programme, the Researchers of CCRH clinically prescribed on the basis of the symptoms of *Amygdalus persica*, as given in the following literatures:

1. Allen T.F. Persica In The Encyclopedia of Pure Materia Medica. Volume VII. New Delhi: B. Jain Publishing Company, 1986: p303.
2. Boericke, William. Amygdalus persica In Pocket Manual of Homeopathic Materia Medica and Repertory, New Delhi: B. Jain Publishing Company, 1987: p47.
3. Clarke, J.H. Persica In A Dictionary of Practical Materia Medica. Volume 3, New Delhi: Jain Publishing Company, 1978: p739.

The study was conducted at the following Institutes/Units engaged in Clinical Verification Research Programme of the Council:

1. Homoeopathic Drug Research Institute, Lucknow. (U.P.)
2. Regional Research Institute (H), New Delhi.
3. Homoeopathic Research Institute, Jaipur, (Rajasthan)
4. Clinical Verification Unit, Ghaziabad (U.P.)
5. Clinical Verification Unit, Patna (Bihar)
6. Clinical Verification Unit, Vrindaban (U.P.)
7. Clinical Research Unit, Jammu (J & K)

The drug was procured from Hahnemann Publishing Company, Kolkata in Mother tincture, 6 and 30 potency. A total of 341 cases were studied from April 1996 to March 2004.

The cases for clinical trial under this assigned drug were selected at the OPD level and the drug was prescribed when it was found to be close to the symptomatology as recorded during case taking. During each visit of patient a detailed follow up of each symptom was recorded as to its frequency, degree and disappearance. At the end of the trial all the cases were collected, analyzed with respect to the response after prescription and follow up. Since lesser-known drugs are not very well proved, one may not achieve the status of cure, yet relief to a marked degree is sufficient to evaluate the efficacy of drug.

The verified symptoms of the literature are superscripted by the relevant number '1,2 or 3'.

During the Verification trials, symptoms not available in the literature of the drug also got relieved wholly or partially, along with the prescribing symptoms, were considered as 'New symptoms' of the drug. After subsequent confirmation these are included in the pathogenesis of the drug and are superscripted by 'N'.

Observations

Clinically Verified Symptoms observed during the study are presented below along with the number of patients to whom the drug was prescribed on the basis of these symptoms and consequent relief was obtained.

Clinically verified Symptoms observed during the study:

<i>Location</i>	<i>Symptom</i>	<i>No. of patients prescribed</i>	<i>No. of patients relieved</i>
Head	Headache- bursting, in frontal region agg. hot liquids ^N	10	6
Mouth	Bitter taste ^N	8	8
	Loss of taste ^{1, 2, 3}	1	1
Throat	Pain in throat with difficulty in swallowing ^N	8	5
Stomach	Constant vomiting ^{2,3}	34	22
	Vomitus - watery, mucoid ^N	10	10
	Morning sickness ²	19	18
	Constant Nausea ²	47	43
	- with scanty loose stool ^N	9	6
	- immediately after eating ^N	4	3
	- nausea and vomiting, vomitus - undigested food, watery and mucus ^N	5	5
	- vomiting after coughing ^N	6	5
	Appetite decreased ^N	2	2
	Acidity with heart burn and burning pain in epigastrium, agg. after eating ^N	2	2
	Burning pain in epigastrium, agg. after eating ^N	1	1
	Sour eructation in morning ^N	3	3
	- with painless loose stool and bodyache ^N	8	8
	Acidity with sour eructation, agg. fried food ^N	24	24
	- agg. after eating and in empty stomach ^N	3	3
Indigestion with sour eructation, agg. cold food ^N	6	5	
Gastric irritation in children ^{2,3}	27	23	
No form of food tolerated ²	11	11	

<i>Location</i>	<i>Symptom</i>	<i>No. of patients prescribed</i>	<i>No. of patients relieved</i>
Abdomen	Flatulence with indigestion, amel. by eructation ^N	6	3
Rectum	Constipation ^N	16	16
	Loose stool with indigestion ^N	26	21
	Loose stool with pain in abdomen ^N	29	25
Urinary Organs	Urine-scanty, drop by drop with burning ^N	4	2
Female Genitalia	Leucorrhoea with itching ^N	10	9
	- agg. before menses ^N	5	5
	thin, whitish, profuse discharge ^N	5	4
Cough	Cough with soreness in chest ^N	3	3

Discussion

The symptoms given below are those on the basis of which the drug was prescribed to more than 10 patients

- Headache-bursting, in frontal region, *agg.* hot liquids
- Constant nausea
- Constant vomiting
- Vomitus-watery, mucoid
- Morning sickness
- Acidity with sour eructations, *agg.* fried food
- Gastric irritation in children
- No form of food is tolerated
- Constipation
- Loose stool with indigestion
- Loose stool with pain in abdomen
- Leucorrhoea with itching

Based on the relief obtained to the patients to whom the drug was prescribed a set of symptoms can be isolated, which can act as a useful guide for prescribing the drug for future use:

- Constant nausea
- Constant vomiting
- Vomiting during pregnancy, particularly morning sickness
- No form of food is tolerated
- Watery, mucoid vomitus
- Acidity with sour eructations, *agg.* by fried food
- Gastric irritation in children
- Constipation
- Loose stool with indigestion
- Loose stool with pain in abdomen
- Leucorrhoea with itching

The clinical conditions where the drug was implicated were Irritation of eyes, Gastric irritation, Genital weakness, Sprains, Loss of smell, Affections of toe nails, Disordered vision, Affections of wrist.³ This study expands the pathogenetic role of *Amygdalus persica*, by indicating its usefulness in clinical conditions like in Morning sickness, Dyspepsia and Gastritis associated with Nausea and Vomiting. The success of the drug would depend on the symptom similarity of the disease picture and the drug picture.

The value of these additions to the drug needs to be determined by experience. With the passage of time and experience; this drug is likely to get its due place in the *Materia Medica*.

Bibliography

1. Allen T.F. *Persica* In The Encyclopedia of Pure *Materia Medica*. Volume VII. New Delhi: B. Jain Publishing Company, 1986: p303.
2. Boericke, William. *Amygdalus persica* In Pocket Manual of Homeopathic *Materia Medica* and Repertory, New Delhi: B. Jain Publishing Company, 1987: p47.
3. Clarke, J.H. *Persica* In A Dictionary of Practical *Materia Medica*. Volume 3, New Delhi: Jain Publishing Company, 1978:p739.
4. Encyclopedia of Homoeopathic Pharmacopoeia. Volume 1, 2002: p245.

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