

## CLINICAL VERIFICATION

### **Aegle marmelos**

*(Clinically verified symptoms)*

- Introduction** : Dr Pramada Prasanna Biswas of West Bengal conducted a short proving on a few provers and symptoms evolved are mentioned in Drugs of Hindoosthan<sup>2</sup>
- The CCRH undertook proving of Aegle marmelos at CRI, Kottayam and DPRU, Ghaziabad in the year 1987-88.
- Proving pathogenesis thus evolved was put to Clinical Verification.
- Botanical Name** : Aegle marmelos (Linn) Cor.<sup>5</sup>
- Family** : Rutaceae<sup>5</sup>
- Common Name** :
- Hindi – Bel, Bili, Siriphal, Bael, Sirphal<sup>5</sup>
  - English – Bael tree, Bengal quince<sup>5</sup>
  - Urdu – Bel<sup>5</sup>
  - Bengali – Bela, Bel, Vilva<sup>5</sup>
  - Sanskrit – Adhararuha, Asholam, Bilva<sup>5</sup>
- Habitat** : The tree is indigenous to India, growing wild throughout the deciduous forests of Central and Southern India, ascending to an altitude of 1,200 m in Western Himalayas and occurring in Andaman Islands and Myanmar. It is extensively planted near Hindu temples for its leaves and wood, which are used for worship and for its edible fruits, which are valued in indigenous medicine.<sup>5</sup>
- Part used for preparation of Homoeopathic Medicine** : Fresh pulp of unripe or half ripe fruit.<sup>5</sup>
- Description** : A moderate sized, slender, aromatic tree, 6.0-7.5 m in height and 90-120 cm in girth, with a somewhat fluted bole of 3.0-4.5 m. Branches armed with straight, sharp, auxiliary, 2.5 cm long spines; bark soft, corky, light grey, exfoliating in irregular flakes; wood strongly aromatic when fresh cut, no heartwood. Leaves alternate three foliolate but sometimes five foliolate. Flowers in short, greenish white, sweet, scented, about 2.5 cm across. Petals 4 or 5 imbricate. Stamens 40 to 60, filaments short. Fruit is berry, 7.5 to 20 cm in diameter, usually globose, smooth grey, yellow or greenish, rind woody, pulp sweet and aromatic.<sup>5</sup>
- Source of drug** : Hahnemann Publishing Company Pvt. Ltd., Kolkata
- Period of study** : April 1984 - March 2003
- Potencies used** : Q, 6, 30, 200
- Number of cases studied** : 3709



*Aegle marmelos*

**Clinical Verification conducted at:**

- A. Regional Research Institute (H), New Delhi
- B. Homoeopathic Research Institute, Lucknow (U.P.)
- 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 observed during the study:**

Location	Symptom	No. of patients prescribed	No. of patients relieved
Mind	Anxiety with tension <sup>N</sup>	4	3
	Weak memory in writing, makes mistakes in spelling <sup>1</sup>	2	2
Head	Vertigo <sup>N</sup>	132	108
	– tendency to fall <sup>P</sup>	125	91
	– forward <sup>3</sup>	5	4
	– on back <on closing eyes <sup>N</sup>	5	5
	– with giddiness in morning <sup>N</sup>	10	10
	– with heaviness in head <night <sup>N</sup>	7	7
	– <rising from sitting position <sup>N</sup>	5	5
	– <morning <sup>N</sup>	2	2
	– <standing, walking >lying down <sup>2,N</sup>	250	132
	Giddiness with darkness before eyes <sup>3</sup>	9	9
	Bursting pain in head >after eating <sup>1,3</sup>	3	3
	Headache with heaviness in abdomen with flatulence <sup>3</sup>	90	52
	– <talking loudly <sup>N</sup>	3	3
	Headache on vertex- throbbing pain with nausea <sup>3</sup>	4	2
Frontal headache with heaviness of head <evening <sup>3,4</sup>	30	15	
Eye	Redness in eyes <sup>3</sup>	50	37
	– with itching <sup>3</sup>	12	9
	– with itching and lachrymation <sup>3</sup>	19	14
	– with thick exudation <sup>N</sup>	3	2
	Swelling of eye lids with burning <sup>3</sup>	5	4
	Lachrymation <sup>3</sup>	15	11
	– > cold application <sup>3</sup>	6	5
	Pain in stye <from sun heat,> cold application <sup>3</sup>	70	57
	Blepharitis with itching <sup>N</sup>	1	1
	Burning pain in eyes >rest <sup>N</sup>	2	2

- Note: i) The symptoms superscribed with a particular number (1,2,3,4) are found in the literature, as well as clinically verified by CCRH.  
 ii) Symptoms superscribed with (P) are those of Drug pathogenesis verified clinically.  
 iii) Symptoms superscribed with (N) are those reported by patients but not mentioned in the literature.  
 iv) The figure 1,2,3 & 4 stand for the source literature referred.

Location	Symptom	No. of patients prescribed	No. of patients relieved	
Nose	Coryza with thin nasal discharge with sneezing <sup>3</sup>	119	105	
	– with backache <sup>3</sup>	20	20	
	– with stuffiness of nose <sup>3</sup>	4	2	
	– with dyspnoea <sup>N</sup>	6	4	
	– with fever & chill, <change of weather <sup>3</sup>	20	16	
	– with constipation -dry hard stool and unsatisfactory evacuation <sup>3</sup>	16	16	
Mouth	Aphthae with difficulty in eating <sup>3</sup>	95	62	
	Dryness of mouth with excessive thirst <sup>2</sup>	8	8	
	Bitter taste <sup>3</sup>	7	2	
Stomach	Loss of appetite <sup>3</sup>	651	514	
	Indigestion with sour eructation <sup>3</sup>	47	47	
	– with acidity & burning pain in chest <sup>3</sup>	275	151	
	– with pain in abdomen <sup>3</sup>	188	178	
	Pain in epigastrium & in left hypochondrium with sensation of a ball & sour eructations <sup>3</sup>	171	82	
	– with burning pain with flatulence <empty stomach <sup>1,3</sup>	4	4	
	– with increased thirst, sour eructation <sup>3</sup>	14	14	
	– <fried food <sup>N</sup>	14	14	
	– <eating after <sup>N</sup>	5	5	
	Heaviness of abdomen with anxiety & restlessness <sup>N</sup>	4	3	
	Eructations <empty stomach <sup>3</sup>	12	11	
	Flatulence <night, afternoon <sup>1,3</sup>	4	3	
	Heartburn with acidity <night <sup>1,3</sup>	4	4	
	– with eructations <spicy food <sup>3</sup>	6	3	
	Thirst increased <sup>3</sup>	11	9	
	Thirst decreased <sup>N</sup>	4	4	
	Burning in epigastrium with distension of abdomen with sour eructations <night <sup>3</sup>	78	74	
	Cutting pain in abdomen & in umbilical region <eating <sup>4</sup>	60	37	
	Nausea & vomiting <eating after <sup>N</sup>	36	36	
	Abdomen	Flatulence with heaviness in abdomen <afternoon & after food <sup>3,4</sup>	879	689
		– with pain in abdomen <before passing stool >after passing stool <sup>3,4</sup>	36	32
		– distension of abdomen >by passing flatus <sup>3,4</sup>	93	57
		– <eating after <sup>1,3</sup>	31	25
Cramping pain in abdomen at umbilical region <eating after >eructations after <sup>3,4</sup>		79	56	
Aching pain in abdomen <eating after <sup>3</sup>		230	158	
Pain in lower abdomen with leucorrhoea <sup>3</sup>		3	3	
Rumbling in abdomen with loose stool <sup>3</sup>		499	478	
Pain in abdomen with constipation <sup>2</sup>		140	136	
Tenesmus in abdomen <sup>4</sup>		106	104	

Location	Symptom	No. of patients prescribed	No. of patients relieved
Rectum	Constipation <sup>3,4</sup>	797	621
	– with dry hard stool <sup>3,4</sup>	419	313
	– with scanty stool <sup>3,4</sup>	74	57
	– with pain in abdomen <sup>3,4</sup>	23	21
	– Stool with mucus <sup>N</sup>	30	30
	– with frequent desire for stool <sup>N</sup>	10	10
	– with loss of appetite <sup>N</sup>	1	1
	– stool passes with pressure <sup>N</sup>	6	6
	– with bleeding per anus <sup>N</sup>	2	2
	– unsatisfactory with stool hard <sup>3</sup>	24	19
	Loose stool <sup>4</sup>	590	502
	– mixed with mucus <sup>4</sup>	58	40
	– with pain in abdomen <sup>4</sup>	30	24
	– > after passing stool <sup>4</sup>	7	4
	– with headache <sup>N</sup>	1	1
	– mixed with blood and mucus <sup>4</sup>	328	320
	– with rumbling in abdomen <sup>N</sup>	1	1
	Piles, swollen & painful <sup>4</sup>	277	190
	–with itching <sup>N</sup>	2	2
	–with bleeding – bright red blood <sup>N</sup>	121	84
	–with burning pain in anus < during passing stool <sup>N</sup>	56	38
	–with constipation <sup>4</sup>	16	16
	Alternate constipation and diarrhoea <sup>4</sup>	372	323
Stools unsatisfactory -semi liquid – 2-3 times a day <sup>1,3</sup>	114	72	
Stools irregular, changeable, loose hard < eating after. <sup>3</sup>	29	25	
Urinary System	Scanty urination <sup>3</sup>	16	10
	– frequent with burning micturition <sup>N</sup>	16	10
	Burning urination at night <sup>N</sup>	34	25
	Urine reddish, burning & frequent <night <sup>3</sup>	10	4
Genitalia (Female)	Leucorrhoea- thick whitish discharge <sup>N</sup>	36	20
	– with thin whitish discharge <sup>N</sup>	2	2
Genitalia (Male)	Seminal emission with dream <during sleep <sup>1,2,3</sup>	87	62
	Premature ejaculation <sup>1,2,3</sup>	1	1
Extremities	Cramps in legs <at night <sup>3</sup>	28	18
	Pain in legs <night <sup>3</sup>	23	18
	Pain in knee joints <sup>3</sup>	6	6
	– < Movement <sup>N</sup>	6	6
	Pain in joints with stiffness <morning <sup>N</sup>	30	20
	Pain in right arm <sup>N</sup>	2	2
Back	Pain in shoulder joints <movement >rest <sup>N</sup>	3	3
	Backache – lumbo-sacral region <sitting, leaning forward, standing >by lying down <sup>3</sup>	48	25
	Pain at nape of neck <evening, bending forward <sup>3</sup>	3	3

Location	Symptom	No. of patients prescribed	No. of patients relieved
Respiratory System	Bronchitis <sup>3</sup>	21	15
	Dry cough <at night <sup>N</sup>	23	19
	– with dyspnoea <sup>N</sup>	7	7
	Cough – thick yellowish expectoration <sup>N</sup>	59	31
	Cough with thick nasal discharge follows dyspnoea <at night <sup>N</sup>	5	5
Chest	Chest pain with Dyspnoea <sup>3</sup>	19	13
	– <sitting, eating, night >passing flatus <sup>N</sup>	6	3
	Palpitation of heart & restlessness with hypertension <sup>N</sup>	7	7
Skin	Small dry reddish eruptions with itching <at night <sup>3</sup>	46	33
	– with irritability <sup>N</sup>	2	1
	Papular reddish, copper colored eruptions with itching <sup>3</sup>	29	24
	– itching <from Sun >washing with cold water <sup>3</sup>	3	3
	Scabies with itching & sticky discharge <sup>3</sup>	36	19
	– with suppuration <sup>3</sup>	7	4
	Pompholyx (Vesicular skin eruptions) with itching <sup>3</sup>	2	1
	Ringworm like eruptions with itching <sup>3</sup>	9	9
	Urticaria with itching <sup>3</sup>	11	8
	– <bathing with cold water <sup>N</sup>	1	1
Dry eczema with itching <sup>N</sup>	2	2	
Sleep	Sleeplessness <sup>3</sup>	8	4
Fever	Fever <sup>3</sup>	91	72
	– with constant drowsiness & vertigo <sup>3</sup>	9	6
	–with profuse thirst <sup>3</sup>	14	7
	– with flushes of heat <evening <sup>3</sup>	7	7
	–with burning sensation whole body <sup>N</sup>	2	2
	–with chill <sup>N</sup>	33	27
	–with thirstlessness <sup>N</sup>	4	4
	–<at night <sup>N</sup>	11	9
	–<at evening <sup>3</sup>	65	53
	– with coryza & bodyache <sup>3</sup>	3	2
	– with chill, headache & restlessness <sup>N</sup>	3	2
– with dry cough <evening <sup>3</sup>	9	8	
– with thick whitish expectoration <sup>3</sup>	5	4	
Generalities	Weakness <sup>N</sup>	20	14
	Flushes of heat from face, eyes & ears >by eating <sup>1</sup>	91	76
	Dropsical swelling over whole body <sup>N</sup>	3	3

#### Observation:

The picture, given below is drawn from the data obtained during the course of clinical verification study. To make the data more reliable, those

symptoms found relieved in more than 30 patients, after the use of the medicine, are only incorporated in the following drug picture.

### Drug picture:

- Vertigo <sup>N</sup> tendency to fall <sup>N</sup><standing, walking >lying down<sup>2</sup>
- Headache with heaviness in abdomen with flatulence<sup>P</sup>
- Frontal headache with heaviness of head <evening<sup>P,4</sup>
- Redness in eyes <sup>P</sup>
- Stye painful <from sun heat,> cold application<sup>#,P</sup>
- Coryza with thin nasal discharge with sneezing<sup>3</sup>
- Aphthae with difficulty in eating<sup>3</sup>
- Loss of appetite<sup>3</sup>
- Indigestion with sour eructation<sup>3</sup>, with acidity & burning pain in chest<sup>3</sup>, with pain in abdomen<sup>3</sup>
- Pain in epigastrium & in left hypochondrium with sensation of a ball & sour eructation<sup>P</sup>
- Burning in epigastrium with distension of abdomen with sour eructation <night <sup>P</sup>
- Cutting pain in abdomen & in umbilical region <eating <sup>4</sup>
- Nausea & vomiting <eating after <sup>N</sup>
- Flatulence with heaviness in abdomen <afternoon & after food<sup>P,4</sup>
- – with pain in abdomen <before passing stool >after passing stool <sup>P,4</sup>
- – distension of abdomen >by passing flatus <sup>P,4</sup>
- – <eating after<sup>1,P</sup>
- Cramping pain in abdomen at umbilical region <eating after >eructations after<sup>P,4</sup>
- Aching pain in abdomen <eating after <sup>P</sup>
- Rumbling in abdomen with loose stool <sup>3</sup>
- Pain in abdomen with constipation<sup>2</sup>
- Tenesmus in abdomen<sup>4</sup>
- Constipation<sup>3,4</sup> – stool dry, hard, scanty<sup>3,4</sup>. Stool with mucus<sup>N</sup>
- Loose stool <sup>4</sup>, mixed with blood & mucus <sup>4</sup>, with pain in abdomen <sup>4</sup>
- Piles, swollen & painful <sup>4</sup> with bleeding – bright red blood <sup>N</sup> & burning pain in anus < during stool<sup>N</sup>
- Alternate constipation and diarrhoea<sup>4</sup>
- Stools unsatisfactory -semi liquid – 2-3 times a day<sup>1,P</sup>
- Burning urination at night<sup>N</sup>
- Leucorrhoea with thick whitish discharge<sup>N</sup>
- Seminal emission with dream <during sleep<sup>1,2,3</sup>
- Pain in joints with stiffness <morning<sup>N</sup>
- Backache – lumbo-sacral region <sitting, leaning forward, standing >by lying down<sup>P</sup>

- Bronchitis P-Cough with thick yellowish expectoration <sup>N</sup>
- Small dry reddish eruptions with itching <at night<sup>3</sup>
- Scabies with itching with sticky discharge <sup>P</sup>
- Sleeplessness <sup>P</sup>
- Fever <sup>3</sup>,with chill <sup>N</sup> <at evening<sup>3</sup>, flushes of heat from face, eyes & ears >by eating<sup>1</sup>

### Conclusions:

#### Clinical conditions:

Vertigo, Headache, Stye, Coryza, Anorexia, Indigestion, Constipation, Diarrhoea, Dysentery, Hemorrhoids, Backache, Fever

#### Prescribing Symptoms

- Vertigo with tendency to fall
- giddiness in morning <standing, walking >lying down
- Stye painful <from Sun heat,> cold application
- Coryza with thin nasal discharge & sneezing
- Loss of appetite
- Burning in epigastrium with distension of abdomen & sour eructations <night
- Indigestion with sour eructation, acidity & burning pain in chest
- Flatulence with heaviness in abdomen <afternoon & after food
- Flatulence with pain in abdomen <before passing stool >after passing stool <eating after
- Alternate constipation and diarrhoea
- Rumbling and tenesmus in abdomen with loose stool
- Constipation stool -dry hard scanty with pain in abdomen
- – Loose, mixed with blood and mucus
- Fever <at evening, Flushes of heat from face, eyes & ears >by eating

#### Reference:

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5. *Homoeopathic Pharmacopoeia of India: Vol-6: 1990: pp 4*