

## Drug Proving

### Alfalfa

(A compiled data of proving conducted under CCRH)

#### Introduction

Dr. Blackwood proved *Medicago sativa* and the Paper was presented to the Bureau of Materia Medica of American Institute of Homoeopathy at Chicago in 1915. The proving is reported in EP Anshutz's *New Old and Forgotten Remedies*. In this proving, the drug was used from Mother Tincture to 30X. However, it is mentioned that no definite symptoms were developed above 3X. All provers, except one, noted three things in particular, an increased appetite, an increase amount of urine and urea and general sense of well being. Because of this, Alfalfa became a drug of choice as an appetite booster by the Pharmacological Industry. In *Materia Medica*, Alfalfa is mentioned only in Boericke's *Pocket Manual of Homoeopathic Materia Medica*, however, no clear drug picture is brought forward. The CCRH made an attempt to reprove Alfalfa to reconfirm the previous proving and to come up with the drug picture if possible so that the drug can be used more effectively as its sphere of action can be elaborated. The symptoms observed during the course of proving, which were already ascribed to the drug and recorded in the above referred *Materia Medicas* are superscripted with numbers. These numbers refer to the references at the end of the proving report of CCRH.

<b>Botanical name:</b>	<i>Medicago sativa</i> Linn
<b>Family:</b>	Leguminosae
<b>Common name:</b>	
<b>Hindi :</b>	<i>Willayati gawath,</i> <i>Lasunghas</i>
<b>Description:</b>	An erect perennial herb with deep roots. Stem 30-60 cm. high. Leaves pinnately trifoliate, leaflets narrowly ovate, margin serrate, apex acute. Flowers violet, in axillary

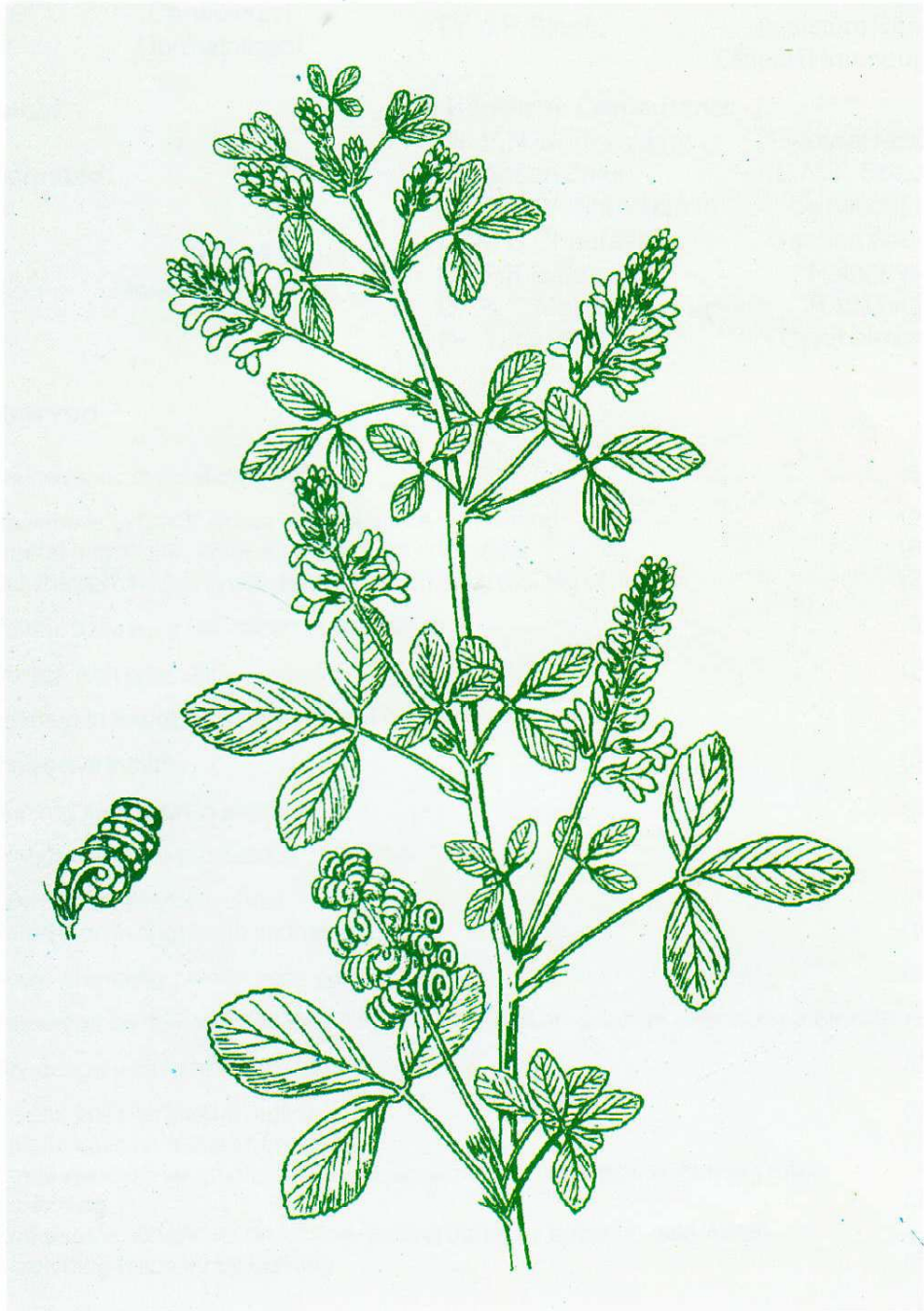
raceme of 7-10 flowers, 3-4 cm, long; calyx five-toothed; corolla papilionaceous; stamens 10, nine united and one free. Fruit spirally twisted legume with 2-3 turns.<sup>1</sup>

<b>Proving conducted at:</b>	A. Drug Proving Research Unit, Midnapore (DPRU), (West Bengal) B. Homoeopathic Drug Research Institute (HDRI), Lucknow. (U.P.)
<b>Period of Proving:</b>	1998-99
<b>Method of Proving:</b>	<i>Drysdale Double Blind Technique</i>
<b>Potencies Proved:</b>	6, 30, 200 (in descending order)
<b>Source of Drug:</b>	Hahnemann Publishing Company, Kolkata (West Bengal)

#### A. DPRU, Midnapore

<b>1. Provers participated:</b>	
Number	12
Age group	20 – 30 years
Sex differentiation	Male
<b>2. Investigators:</b>	
Dr. P.C.Mal	Research Officer (Homoeopathy)
Dr. A.K.Bhakat	Assistant Research Officer (Homoeopathy)
<b>3. Honorary Consultants</b>	
Dr. R. Patra,	General Physician





ALFALFA (*Medicago sativa* Linn.)

Dr. Ashok Acharya	Psychiatrist
Dr. M.M.Mondal	Ophthalmologist
Dr. Sumitra Saha	E.N.T. Specialist
Dr. S.K.Biswas	Cardiologist
Dr. M.M. Dey	Dermatologist

## 2. Investigators:

Dr. R.D. Jyant,	Research Officer (Homoeopathy)
Dr. J.P.Singh,	Assistant Research Officer (Homoeopathy)

## B. HDRI, Lucknow

### 1. Provers participated:

Number	13
Age group	18 – 33 years
Sex differentiation	Males 10, Females 03

### 3. Honorary Consultants

Dr. V.N. Shrivastava,	General Medicine
Dr. Ahsan Zaidi,	E.N.T. Specialist
Dr. (Ms) V. Shrivastava	Gynaecologist
Dr. C.B.Chaurasia,	Cardiac Specialist
Dr. S.K.Birju,	Pathologist
Dr. K.C.Mathur,	Radiologist
Dr. Tahir Zaidi,	Ophthalmologist

## Symptoms observed

Mind	Sadness, no inclination to work	(6/1)
Head	Heaviness in head <sup>2</sup> worse at night, amel. in morning	(200/1)
	Frontal headache, amel. washing from cold water	(6/1)
	Dull frontal headache with heaviness amel. by moving of head	(200/1)
Mouth	Painful boils near left corner of the mouth.	(30/1)
Nose	Coryza with sneezing	(200/1)
Throat	Irritation in throat, amel. by tea and hot drinks	(200/1)
Stomach	Excessive thirst <sup>3</sup>	(6/1)
Rectum	Burning sensation in anus	(6/1)
Stool	Frequent urge to pass stool	
Chest	Discomfort feeling in chest	(30/1)
	Palpitation in chest with sadness	(6/1)
Neck	Acute cramping pain in neck agg. morning	(30/1)
Back	Sensation as if something crawling in back, amel. in open air after putting off shirt	(6/1)
Cough	Dry cough with irritation in throat	(200/1)
Extremities	Painful boils on gluteal region	(30/1)
	Painful boils on middle of right leg	(30/1)
	Small vesicular eruptions on hands, scratching relives itching, burning after scratching	(30/1)
	Red papular eruptions on left leg. Itching better by applying cold water. Scratching followed by burning	(30/1)

In the parenthesis **numerator** denotes potency of the drug proved & **denominator** denotes number of provers on which the symptoms observed.



<b>Sleep</b>	Disturbed sleep, sleepy and lethargic feeling	(6/1)
	Sleepiness in the morning and day time	(6/1)
	Desire to sleep with weakness	(6/1)
<b>General</b>	Weakness with headache	(6/1)
	Lethargic feeling	(6/1)
	Dull aching pain in whole body	(200/1)

### References

1. *Homoeopathic Pharmacopoea of India*, Govt. of India, Vol no II, p 18
2. Edward Pollock Anshutz, *New, Old And Forgotten Remedies*, Jain publishing company, New Delhi, p 18-23
3. William Boericke, *Pocket Manual of Homoeopathic, Materia Media & Repertory*, Jain publishing company, New Delhi, 1987, p 26-27



HYGROPHILA SPINOSA