

CASSIA SOPHERA (Kasunda)

Introduction

Cassia sophera, an indigenous plant, commonly known as Kasunda or Baner in Hindi has been frequently used by ancient Indian physicians for its efficacy in respiratory disorders. Homœopathic physicians have also been using *Cassia sophera*, mostly in physiological doses, in the treatment of bronchial asthma, bronchitis etc., inspite of unavailability of its detailed pathogenesis. Therefore, two symptomatic provings of this drug were conducted by CCRIMH (parent organisation of CCRH) to evolve a comprehensive and complete pathogenesis. The provings and clinical confirmation of many of the symptoms elicited during the provings confirm its sphere of action not only on respiratory organs, but on other parts of the body as well especially mind, skin, joints, genitalia etc.

Description

A diffuse shrub with yellow flowers, 1-3 to 3.4m. high; Leaves 18-23 cm. long, rachis grooved, glabrous or nearly so, with a solitary conical gland near the base. Leaflets 6-12 pairs acute or acuminate mostly 2.5-7.5 cm. long, cuneate at the base. Flowers in short axillary and terminal panicles. Pods 7.5-10 cm. long, slightly falcate somewhat turgid, transversely septate between the seeds. Seeds 30-40, broadly ovoid, compressed dark brown.

Distribution

The plant is found throughout India and in most tropical countries. It is common in wastelands, on roadsides and in forests.

Clinically Verified Symptoms

Potency : Q, 6, 30

Location	Symptom	Source	No. of patients prescribed	No. of patients relieved
1	2	3	4	5
Head	Frontal headache < sunlight	8	789	648
	> pressure	8	615	380
	Pain in occiput > lying down	8	51	39
Vertigo	Vertigo with sensation of falling < on standing, lying down	8	485	266
Eye	Eyes red inflamed with itching	8	07	07
	with lachrymation	8	06	06

Nose	Coryza with profuse bland discharge	8	1002	854
	Nasal obstruction < night	8	360	226
	Sneezing	8	112	61
Mouth	Toothache < after eating	8	83	62
	Bleeding from gums < after brushing, morning	8	120	96
	Dryness of mouth with increased thirst	8	18	14
Stomach	Loss of appetite	8	61	54
	Flatulence	8	593	360
Abdomen	Cramping pain in abdomen < bending forward, > passing stool & flatus	8	53	19
Rectum	Stool - dry, hard constipated	8	722	496
Genitalia Female	Leucorrhoea - scanty, before menses (thick whitish discharge)	8	93	68
	Menses - early, dark profuse with clotted blood	8	07	05
Respiratory System	Cough with difficulty in breathing (< lying down) (> movement)	8	637	471
			258	169
			57	50
	Cough dry > night < morning	8	1125	802
		8	981	569
	Cough with thick yellowish expectoration (white)	8	50	29
			535	336
Dyspnoea < moving	8	835	504	
Pain in the chest while coughing < inspiration	8	255	156	
Back	Backache < movement > pressure	8	780	463
		8	382	274

	Pain in neck > pressure	8	73	47
	Pain in lumbar region < bending forward, > pressure	8	353 153	221 102
Extremities	Pain in joints < movement	8	774	488
	< rising from seat	8	208	147
	Pain in knee joint < first movement > continuous movement	8	581	372
Skin	Urticaria < warmth (worse after bathing)	8	42	29
Fever	Fever with chill, with thirst for large quantity of water	8	58	29

Additional symptoms

	No. of Patients Relieved
Burning in palms and soles > by cold	16
Cough with expectoration, thin watery	09
Pain in heels < movement	04
Dyspnoea agg. winters	76
< from exposure to dust	76
< change of weather	76
< cold drinks	76
< smoke	76
< slight exertion; morning	76

Discussion

The provings and later clinical confirmation of many of the symptoms elicited during the provings ensure the sphere of the action of *Cassia sophera* not only on respiratory organs but also on nose, joints, back etc. In rheumatic disorders its symptomatic picture is identical to that of *Rhus toxicaria*. It has been found effective in catarrhal type of asthma and asthma complicated with bronchitis. Modalities of asthma are found additionally during the treatment and have been repeatedly verified. It has relieved urticarial rash when aggravated both from warmth & bathing. Modality of amelioration by pressure is observed in many symptoms especially in pain in joints and similarly aggravation from movement is also observed in several symptoms which are characteristics of the drug.