

GLYCOSMIS PENTAPHYLLA (ATISTA INDICA) (Ash sheora)

Introduction

Glycosmis pentaphylla (*Atista indica*) is an indigenous drug and belongs to the family Rutaceae. In homoeopathy *Glycosmis pentaphylla* is used under the name of *Atista indica* and therefore it is known more by that name than its generic name. It is reported that this drug is used by Ayurvedic physicians in the conditions like amoebic dysentery, fevers, hepatic disorders and as a vermifugal. Fragmentary provings of this drug conducted earlier, have demonstrated its action in amoebiasis (Kali Kumar Bhattacharjee - 1917, Mahendra Lal Sarkar - 1973). But inspite of its reported therapeutic efficacy in number of diseases, it is not frequently used in Homoeopathy, may be because authentic clinically verified data of this drug is not available. It is because of the above fact that Council proved this drug through double blind technique and also verified its symptomatology under clinical verification programme. This drug has been found clinically useful in amoebiasis, dyspepsia, migraine and irritable bowel syndrome.

Description

A glabrous, evergreen, odorous shrub, 0.5-1.5cm high. Leaves alternate, compound, imparipinnate; leaflets usually penta-foliolate, sometimes 1 to 4, rarely 7-foliolate, dark green, glossy, polymorphous, usually elliptic-oblong. Inflorescence terminal or axillary panicle. Flowers small, white, 0.5 mm in diameter, mostly pentamerous; ovary ovoid to ovoid-cylindric, 2-2.5 mm, glabrous, rather coarsely pustular glandular, usually 5-celled, rarely 3-4 celled; style short, stout. Fruits sub-globose, fleshy or dry berries, pinkish-white, 1-1.4 cm in diameter, commonly 1 but sometimes 2-3 seeded. Seeds round, plano-convex, oblong.

Distribution

Common in waste places, villages, road sides, throughout the tropical and subtropical parts of India.

Clinically Verified Symptoms

Potency : Q, 6, 30

Location	Symptom	Source	No. of patients prescribed	No. of patients relieved
1	2	3	4	5
Mind	Irritable	7,8	05	5
Head	Vertigo (< on standing)	7	15	10

	Heaviness in the head	7,8	109	64
	Headache	7	26	19
	Pain in temples	7	185	159
	one sided	7	91	51
	Dull aching pain in temples	8	08	07
	- with giddiness	8	02	02
	- as if head would burst	8	01	01
	Pain in left temple, (throbbing hammering pain with vomiting which ameliorates)	7	14	11
	Dull aching pain in forehead & temples > by rest & light bandage	8	266	246
Eye	Heaviness in eyes < evening	8	05	05
Nose	Coryza with thin nasal discharge and sneezing < evening (< morning)	8	530 211	410 130
	Coryza with blockage of nose and frequent sneezing	8	05	05
	Dry coryza	7	04	02
	Coryza with thick nasal discharge	8	03	01
Mouth	Toothache - dull aching - with bleeding of gums (with offensive breath)	7 4,7	113 75	95 48
	Grinding of teeth	7	77	47
	Bitter taste	8	273	201
	Tongue coated white	8	01	01
Throat	Pain in throat	7	69	39
	Pain in throat > warm drinks	8	65	37
	Pain in throat following inflammation of tonsils, > taking liquids	4,8	34	18

	Pain with swelling of tonsils < swallowing , evening	7	502	361
	Difficulty in swallowing > warm drinks	8	3	2
Stomach	Loss of appetite	8	504	345
	Canine hunger	7,8	46	34
	Desire for sweets	8	1	1
	Thirst increased	8	96	54
	Hyperacidity with sour eructations	7,8	228	161
	Acidity and heartburn with sour eructations	7,8	111	70
	Empty eructations after eating	7	8	6
	Nausea < in the morning	7,8	27	27
	Nausea & sour vomiting	7	27	16
	Vomiting - greenish yellow with great weakness	8	142	114
	Heaviness	7	11	8
	Burning pain in epigastrium	8	53	31
	- < after eating	8	43	25
	- with nausea & vomiting < spicy food	8	70	37
	Throbbing pain in stomach	7	20	14
Abdomen	Flatulence relieved by eructations	7	90	61
	Flatulence with heaviness < after eating	4,7,8	541	367
	Pain around navel < after eating > passing flatus	7,8	641	344
			12	05
	Pain - umbilical region < after stool	8	229	143

	Tenesmus < during and after stool	8	06	05
	Biliary colic	7	05	04
	Pain in abdomen < after eating	7,8	05	03
	Gripping pain in abdomen	7	1425	933
	Distension of abdomen < after eating	7,8	188	98
	Colicky pain around navel	4,8,9	81	22
Rectum	Alternate constipation and diarrhoea	7	356	256
	Stool - loose, watery, burning	4,8,9	1427	969
	- mixed with mucus		396	233
	- bloody, semi - solid stools	7	75	13
	< after eating		18	08
	(Stool unsatisfactory)		333	177
	Stool - hard, constipated	8	203	175
	Worms come out in stool	7	79	64
Genitalia				
Male	Nocturnal emission	8	03	03
Female	Leucorrhoea - whitish, burning stains the linen, comes up to heel < movement	7	239	156
Chest	Palpitation	7	14	10
Back	Pain in back	7	47	27
	< bending forward,		13	6
	< morning		18	11
Extremities	Weakness of limbs	7	10	08
	Pain in calves with tiredness	-	29	22
	Cramping pain in legs especially in calf muscles	7	54	49
	> lying down			
	< while extending the legs			

	Numbness	7	04	04
	Pain in arms & legs < movement	8	36	23
Fever	Fever with chill and without thirst, but heat with intense thirst < in morning, comes on alternate days	8	149	139
	Fever < 11 A.M. to 4 P.M. with thirstlessness & headache worse straining the eye	8	364	229
	Fever with chill without thirst comes on alternate days	8	17 18	09 11
	Fever < morning and night	8	274	193
General	Debility	8	29	20

Additional symptoms

	No. of patients Relieved
Vomiting after taking milk	43
Bleeding piles with stitching pain in anus	25
Grinding of teeth at night	118
Dull aching pain with weakness in legs	10
Dry cough worse at night	325
Pimples on face	10
Profuse salivation	23
Stomatitis	57
Indigestion with sour eructations	32
Desire for salty food	115
Desire for undigested things	29
Difficulty in breathing	17
Nocturnal enuresis	85
Small grey eruptions on the body with itching	34
Susceptibility to cold	14
External piles	17

Discussion

Dr. Kali Kumar Bhattacharjee was the first to conduct proving of Ash sheora, who came out with good number of symptoms and found it efficacious in bilious complaints, dysentery and intermittent fever.

In the Council's proving many of the symptoms are similar to that of Dr. Bhattacharjee's proving. However, Dr. Bhattacharjee proved the drug in Q,3X, 3 and 6 while the Council proved it in Q,6,30, 200 potencies. These symptoms have since been repeatedly verified under the clinical verification programme.

Atista indica has a wide sphere of action in gastro-intestinal complaints from simple indigestion to chronic dysentery. It has a definite role in gastric complaints characterised by nausea, vomiting, bitter taste, heart-burn with desire for lime juice which ameliorates and aggravation by eating.

It may be used in biliary or gastric colic when there are symptoms of nausea and vomiting after eating with piercing type of pain in stomach which is ameliorated by hot formentation. Colicky pain around navel is the key note of this drug which has been repeatedly verified.

During proving worms were expelled out in provers who developed symptoms of pinching pain in umbilical region aggravated after eating and during stool, and ameliorated by drinking water associated with constipated hard stools. These too have been clinically verified.

It has been found effective in leucorrhoea which is whitish, burning and runs down to heels > lying down .

On the basis of marked periodicity of symptoms found during proving, this drug was prescribed in the cases of migraine presenting with throbbing type of pain in temples with vomiting followed by weakness, which have been verified subsequently .