

MANDRAGORA OFFICINALIS E RADICE

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We made provings on thirty persons. Eight were women of whom seven were of a mature age.

Twenty-two were, disregarding small deviations in the physiological balance of their functions, adequate to the requirements which were necessary for a healthy pharmacological prover. Most of the provers began the provings with the D4; a smaller group with the D6. These potencies were taken for fourteen days, five drops three times daily. Then a placebo of 45% alcohol was taken for fourteen days and after that the D2 was taken for fourteen days.

INTELLECT AND EMOTIONS

These were characterized by apathy, irritability, loss of interest in work, mental fatigue, poor concentration and loss of memory; or the nervous irritability was expressed primarily by hypersensitivity to noises. In contrast to this depression, euphoria with a love of work occurred before the depression. After the depression, enuresis occurred. Some of the provers were tired during the day despite a good night's sleep, and also noted vertigo. Some of the provers had disturbing dreams and woke between 3:00 and 5:00 A.M. One prover felt as though he had had scopolamine and noted numbness of the hands from D4. One prover noticed anaesthesia of the mouth and stomatitis. He also lost tactile sensation. In contrast to this feeling of anaesthesia, another prover noted hypersensitivity of the skin to touch and to pressure.

EYES

No changes in the pupils were noted with the second potency. However, after placing a decoction of mandragora into the lachrymal sac, there occurred a strong, even a maximal, dilation of the pupil on that side. One prover who took, in all, forty-one drops of the D1 over a period of six days,

noticed darkening of the visual field and for several weeks saw only stripes. On the outer rim of the eye were styes. Also conjunctival irritation was noted.

EARS

One prover noted noises in the ear during the whole proving period and even after it was finished.

LUNGS

Catarrh of the nose occurred with frequent sneezing, associated with a dry, raw throat; also a cough from tickling in the throat followed by frequent mucous expectoration and rales and hoarseness.

HEART AND BLOOD CIRCULATION

At least nine out of twenty-nine provers noted heart trouble with palpitation. The heart pains increased in intensity, becoming pinching pains in the chest during the day, extending to the left shoulder at night, causing wakefulness. Anxiety was associated with the anginal pains in the chest, as well as a sensation in the heart as though an iron ring were contracting around it. Movement and stress aggravated the complaints but rest, warmth and lying down ameliorated them. The reactive phase was recognized by symptoms of collapse, such as blanching of the face, loss of the peripheral pulse, cold sweat on the forehead and a feeling of pressure on the heart.

In one of the provers one had the impression that gastric symptoms underlay the heart symptoms. For instance, the heart symptoms improved after diarrhoea and the distension associated with the heart trouble improved after motion, which caused expulsion of gas, with relief.

The action in the head is characterized by congestion of blood in the head causing a facial congestion obvious to the observer, similar to that of *Belladonna* but without hallucinations or delirium. These effects lasted a long time, even several weeks after the proving was finished. One prover noticed pains in the head associated with noises in the ears during the

proving period and for several weeks thereafter. The headache was characterized by heat and fullness relieved by cold applications. It was aggravated by stooping forward, from alcohol, tobacco, sunbathing and physical activities. A light touch was disagreeable but a strong touch brought relief. The site of the headache was in the forehead, the temples and the occiput radiating forwards. Associated with the headache were cold hands and feet, even in a warm room, the hands being so cold that they became white and contracted, the blanching extending up the arms to the axilla. This was associated with abdominal fullness increased by digestion and by gas. The female noted before her period a foul discharge, with increased flow during the period. Both men and women noted congestion of haemorrhoids and varices in the legs.

DIGESTIVE SYSTEM

Some provers noted inflammation in the mouth and burns on the tongue as if burned with hot water or pepper, as well as apthae on the tongue and on the lining of the mouth. Also the tongue has a whitish-yellow coat. One of the provers, who was particularly sensitive, noted stomatitis of the mouth with edematous swelling and a furlike feeling in the whole mouth. The feeling of dryness in the mouth was not as strong as that experienced under *Belladonna*, *Hyoscyamus* and *Stramonium*. Sometimes they also noticed excessive salivation. The feeling of burning is typical of *Mandragora* and is similar to that of *Capsicum*.

In the region of the pharynx one noticed an increased tendency to a rasp and to dryness in the mouth and throat. Three provers noticed a pain and catarrh in the throat. One of the provers had a severe angina lacunaris with pus and fever up to 104° for two days. This prover was susceptible to throat infections but in this case it was felt to result from the *Mandragora*. Another prover noticed aggravation of a chronic tonsillitis to such an extent that they had to be removed.

The intestinal symptoms are characterized by spasticity, meteorism and fatty-food dyscrasia. Seventeen of the twenty-nine provers noticed increased gas with pressure and fullness

of the stomach, relieved by eating; and also eructations even on an empty stomach. Distention was noticed particularly in the right lower quadrant. Some had little or no relief from eructations or flatus, and some were markedly relieved. The stomach discomfort came immediately after eating, reaching a peak one to two hours later. In spite of a ravenous appetite, because of the stomach, distention, they were full after two or three bites and actually had a dislike for solid food. One prover noted more gas expelled after liquids than after solids. Two provers had pains from an empty stomach, associated with great emptiness and nausea, all relieved after eating. The same provers were ameliorated by stretching and bending backwards.

Nausea and burping for thirty minutes, and hiccups are noteworthy. These give a picture of the disturbing influences of *Mandragora* on the peristalsis—a hint as to the usefulness of the drug in motion sickness.

In connection with the stomach symptoms occurred a disturbance in the secretion and excretion of gall and in the function of the gall bladder. In four provers there was aversion to greasy foods, with vomiting followed by diarrhoea. Altogether there were seven provers who showed marked symptoms of gall-bladder and liver disturbance, with piercing pains in the region of the gall-bladder. There were light yellow to grey stools (in four of these seven provers), showing involvement of the gall-bladder and liver system. Coffee was not tolerated by two provers, a symptom which can be taken in this connection, again, as a symptom of gall-bladder dysfunction. Three provers showed a desire for spicy foods such as meat, fish and cheese, although one was a vegetarian. Two provers noted aggravation from alcohol. One prover noted improvement of a hangover from the *Mandragora*. Intolerance to sweets was shown by two provers, in spite of their craving for them.

Other changes in the need for food were as follows; craving for butter and sour milk, for rice dishes, and an aversion to solid food in one prover. In the intestines there was repeated distention. Radish, through its high cellulose content, caused distention and colic. Dyskinesia of the intestinal movements were shown during excretion. The stool was hard and

bulky and could only be excreted after long sitting and pressure. After the stool was passed there was the sensation of incompleteness. The stool appeared in little balls, like sheep dung. Diarrhoea followed the colicky pains. After excretion, tenesmus followed. The stools often had a bad odor and were light yellow or whitish, indicating poor gall secretion. This appeared particularly in the early morning, very often associated with severe colicky pains and diarrhoea. In the female prover colicky pains with distention appeared several times between 12:00 P.M. and 2:00 A.M. Particularly, the right side of the abdomen was distended, with pains radiating to the right shoulder. There was a painful burning in the gall bladder area and a strong urge for defecation. Once there was frequent watery diarrhoea. There was a complete picture of a gall-bladder colic. The haemorrhoids that occurred had an inclination to frequent bleedings and the burning sensation characteristic of *Mandragora*.

To summarize the symptoms of the intestines, we can see a deep-growing disturbance of the neurovegetative distribution of these organs, particularly of the parasympathetic parts. You can classify them in the following way:

1. The disturbance of peristalsis with severe spasm and other functional disturbances.
2. Disturbance of secretory and fermentative processes.
3. The inflammation of the mouth with stomatitis, gastritis and enteritis.
4. The abdominal plethora with meteorism, haemorrhoids and bloody excretion.

URINARY ORGANS

All the functions of the bladder present the same difficulties—strangury of the bladder, interference with urinary excretion, so that the last portion must be pressed out, and also urinary incontinence in bed at night.

SEXUAL ORGANS

One of the provers noted a loss of libido which lasted

some time after he stopped taking the medicine. This is an interesting observation because in ancient times the medicine was given as an aphrodisiac.

In women it gave dysmenorrhoea and discontinuation of the menses after it had started—symptoms of the uterine musculature. During the congestion in the lower part of the abdomen there was a tendency to haemorrhage. Also, we saw a white discharge with a bad odor, before the period.

THE LIMBS, MUSCLES AND PERIPHERAL NERVES

The complaints with regard to the limbs, musculature and peripheral nerves show a heaviness and aching in the muscles as after exercise or after the grippe. At the same time there was a clear improvement of the motor function.

As far as the joints and the muscle segments are concerned, all the regions of the body were affected—the joints of the arms and the legs as well as the joints of the vertebral column. A pain in the right shoulder was often noted, connected with discomfort in the gall-bladder as well as a predilection for the muscles of the thighs, particularly the quadriceps femoris of both thighs in which the muscle pains were like a "charley-horse." There were two well-pronounced sciatic illnesses, in both cases in the right leg, interfering with the movement of the innervation of the sciatic nerve. A third prover indicated difficulty in the sciatic nerve of the left leg.

The two first mentioned provers were free of pain before the test. The course was similar in both cases; beginning in the morning, there was pain from pressure on the nerve where it had been lain upon, relieved by motion. Therefore, the provers were forced to get up several times and move around. After moving around, however, such an improvement occurred that the pain became tolerable. Warm applications were very helpful. In one of the provers there was a necessity for treatment in the hospital for three weeks, with his legs elevated by suspension. It is interesting that this pain was induced after an unsuccessful try with *Arsenicum sulfuricum* D12.

All the pain in the muscles and in the joints improved

with motion. I think it is correct to assume that improvement from motion is typical of *Mandragora*. One of the provers who had a sprained ankle believed that after using the drug he had a fast improvement.

SKIN

The skin shows an inflammatory reaction with vesicular eruptions, itching of the face, herpes simplex labialis, and furunculosis with styes. In furunculosis, again, the sensation of burning was mentioned.

The skin of the face and neck appeared greasy and unclean, even the neck of the shirt; and the hair was dirty and uncouth. There is a noticeable tendency to perspiration which appears after mild stress or at night. It very often has a bad odor. The perspiration is sometimes cold, for instance in connection with pressure on the heart. On the palms of the hands it is sticky.

TEMPERATURE REGULATION

There seems to be, due to the excitement of the circulatory system, a connection with a fever reaction with an increased sensation of warmth and very rarely a chilliness.

MODALITIES

Colitis in stomach and gall-bladder system at 12:00 P.M. to 2:00 A.M., and for a few hours after. Insomnia occurs between 3:30 and 5:00 A.M.; pain in the joints and sciatica at 7:00 A.M. Hangover is in the morning in particular. Most complaints increase from 12:00 A.M. to the morning with a high point at 5:00 to 8:00 A.M. Fullness and distention after the first bite, most severe one to two hours later.

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