

A SHORT PROVING OF CURCUMA LONGA IN 6x DILUTION*

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Turmeric, by which name it is commonly known, forms one of the indispensable ingredients in curries universally. It is cultivated all over India for its rhizome and several species of *Curcuma* are available in the country. Special form of turmeric having harder rhizome than that of edible variety, is richer in dye principle and is used as an auxiliary to other dyes and in calico printing.

Dry rhizome yields essential oil (5.8%), a ketone $C_{13}H_{20}O$ and alcohol $C_9H_{11}OH$. The dye constituent of turmeric is curcumin, which also is a complex phenol.

It is used as a stimulant in native medicines: externally applied in pains and bruises, internally administered in disorders of blood. Mixed with warm milk it is said to be beneficial in common cold; fresh juice is said to be an anti-helmenthetic; decoction of rhizomes is applied to relieve catarrh and purulent ophthalmia; a paste made of fresh rhizome is applied on forehead in vertigo.

The work here reported was undertaken to determine, in a general way, the action of *Curcuma longa* in potentised form on healthy individuals. For this study rhizomes were obtained from the Experimental Medicinal Garden of Regional Research Institute of Homoeopathy, Kottayam, Kerala and the 6x trituration was made in the Institute from shade dry rhizome, strictly in accordance with the direction contained in the Homoeopathic Pharmacopoeia of India for rhizome preparations. The drug was proved on 11 apparently healthy volunteers comprising 8 males and 3 females.

The basis of any study of any proving is *narrative*, but this being very bulky, is unwieldy and cannot form part of presentation in a deliberation like this. It is, therefore, omitted here. Next to narrative, and serving in a measure as an index to it is *synopsis*, which is given here. Very little departure is made from the original language of the provers recorded in narratives. Symptoms are arranged under organ-systems and physiological divisions. Recurrence of the same symptom on different days in the proving is indicated by numeral on top of the symptom.

The summary is nothing but condensed form based on synopsis, where the records of the eleven provers are thrown into one. The recurrence of the same symptom in different provers and on different days in the proving is

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indicated here by two numerals on top of the symptom, former represented by first and the latter by the second numeral.

Subsequent to this proving, the drug is put on trial on number of cases, including that of urticaria and hyperglycaemia to elicit its clinical response. The results so far obtained are very encouraging.

Experimental symptoms of the drug as exhibited in distinct organ-system and physiological divisions of the body are presented as under:

SYNOPSIS

Prover No. 01.

Mrs. B. S. of Changanacherry, Kerala, Lab. attendant, age 29, married, wheat complexion, well built, menstruation normal, no predisposition to disease, subject to no disturbance except occasional painful swelling of left elbow and sore throat for last 2 years, skin lesions in childhood, non-vegetarian, addicted to coffee and did not leave during proving.

- MIND: Seems dull.²
 FACE: Flushed.
 VERTIGO: While walking, from rising, sitting amel., lying amel.
 THROAT: Pain, left side, in evening, hot drinks amel., scraping feeling, as if something sticking.
 HEAD: Pain, in temporal region, in stomach, throbbing,² in evening,² pressure amel., sleep amel.; in frontal region, in evening, sleep amel.
 EYES: Burning² with lachrymation in morning, afternoon amel., washing amel.; sticking of eye-lids in morning.
 NOSE: Irritation,² sneezing.²
 THIRST: For cold water, little at time, whole day,² in evening,² in morning.
 ABDOMEN: Pain, cutting, griping, in epigastrium, in morning, in evening, hot drinks amel.
 BACK: Pain, ache⁴ in lumbar region, morning agg., evening agg., night agg., rest amel.,³ hot application amel.³ Ache in sacral region, evening agg., change of position agg., morning agg., shifting, wandering.² Stiffness, in cervical region,² turning head agg., rt. scapular and suprascapular regions breathing deep agg., rest amel., hot application amel.
 SKIN: Itching without eruptions; rash scratching amel.
 GENERAL: Bodyache, rest amel., bath with hot water amel., fatigue, tired in morning.

Prover No. 02

Mrs. M. S. P. of Kozhencherry, Kerala, clerk, age 23, single, wheat complexion, even temperament, poorly built and under nourished, present state of health good; no predisposition to any disease except occasional abdominal flatulence; mother died of uterine cancer; addicted to smoking,

coffee and takes occasionally alcohol, did abstain from alcohol but continued smoking and drinking coffee in moderation during proving.

- MIND: Seems dull, laughing on least account.
 HEAD: Bursting sensation of² pain, ache, right side,³ in afternoon,² night agg.,² sleep amel.,² in frontal region. severe, at night, in evening,² cold bath amel., sleep amel.
 EYES: Burning, in afternoon, reading agg., cold application amel., redness of right eye with pain, itching at the angles.
 NOSE: Sneezing, frequent.
 THROAT: Pain, dull.
 ABDOMEN: Heaviness, fullness² after dinner, sleep amel., flatus amel., increased appetite.
 RECTUM: Unsatisfactory defecation, constipation.
 STOOL: Hard, scanty.
 COUGH: Dry at night.
 EXTREMITIES:
 Hands, trembling while writing, after exertion.
 SLEEP: Sleepiness in afternoon.
 GENERAL: Fatigue. (Ex. trace of sugar in urine).

Prover No. 03

Mr. B. P. of Chingavanam, Kerala, cashier, age 43, married, wheat complexion, mild temperament, average build and moderately nourished; present state of health is good; no hereditary disease; addicted to coffee and did make no change in its use during proving.

- HEAD: Sensation as if hot, in morning.
 FACE: Itching, in rt. cheek, after shaving, night agg., cold application amel., in chin.
 STOMACH: Increased appetite, hungry immediately after eating.
 RECTUM: No desire for defecation, constipation.³
 STOOL: Hard,³ scanty.³
 URINE: Frequent at night, in large quantities of normal colour.
 GENERAL: Sensation as if body hot, in morning, after siesta, cold bath amel.

Prover No. 04

Mr. K. R. of Thiruvella, Kerala, ward boy, age 37, married, dark complexion, short tempered; muscular, present state of health is very good; fidgety of feet while sitting; subject to occasional abdominal flatulence; mother died of tuberculosis; non-vegetarian, addicted to alcohol, smoking, tea and coffee, did not give up these stimulants during proving.

- MIND: Worried about future, impatient, restless, anxiety, seems dull.
 HEAD: Pain, ache in frontal region, with obstruction and sneezing, cough agg., 11 a. m. agg., rest amel., sleep amel., bursting, lt. side.

- NOSE: Obstruction with headache and sneezing, watery discharge.
- TEETH & GUM: Painful caries, toothache with cold water, painful gums, swelling.
- ABDOMEN: Rumbling, with distension, in morning, empty stomach agg., passing flatus amel., sensation in cold, pain, followed by loose motion, pressure amel., warm drinks amel.
- STOOL: Watery, offensive, black coloured, with pain in abdomen.
- URINE: Profuse during day time, normal coloured.
- GENITALIA: Diminished sex desire.
- EXTREMITIES: Swelling in rt. inguinal region, painful, throbbing pain.
- SKIN: Itching all over body, bath agg. at night, cold application amel., scratching amel., in covered parts; macular rash all over body, dorsum of hands, buttocks, thighs, sun agg. with burning pain.

Prover No. 05

Swami A. of Kottayam, Kerala, age 32, recluse, dark complexion, poorly built and under nourished; excellent health, asthmatic as a child; uses no stimulants; uses some coffee but not habitually.

- MIND: Depression,² in evening,² worried and anxious look, desire to be left alone,² indifferent to friends,³ irritable.²

Prover No. 06

Mr. U. M. A. of Kottayam, Kerala, age 27, medical student, single, average build and poorly nourished, present state of health good, no evidence of hereditary predisposition to disease, has had tetanus at the age of 19 years; very fond of coffee; addicted to smoking; did not give up both during proving.

- MIND: Dull, aversion to work and study.
- HEAD: Bursting sensation of² rt. side² in afternoon, pain, frontal region, in above rt. eye-brow, movements agg., sound agg., light agg., lying lt. side amel.,² evening amel.,² intermittent.
- EYES: Lachrymation, after bath, closing amel., rest amel.
- MOUTH: Dryness, tongue coated, white.
- STOMACH: Less appetite,² thirst for cold water in large quantities, frequent.
- ABDOMEN: Distension after eating.
- STOOL: Frequently, yellowish, watery, with undigested food particles.
- URETHRA: Burning, in micturition.
- GENITALIA: Sexual excitement increased, erection involuntary during day, desire to masturbate.
- CHEST: Stitching pain, in-rt. side, breathing agg., lying lt. side amel.
- BACK: Pain in hip joints.
- SLEEP: Drowsy.
- GENERAL: Tiredness (Ex. traces of sugar in urine on two occasions).

Prover No. 07

Mr. R. R. of Kottayam, Kerala, age 20, medical student, single, wheat complexion, obese; enjoys good health; cheerful; has had epistaxis in childhood, nervous breakdown and convulsions at the age of 16 years; suspected peptic ulcer at 18 years but now occasionally subject to flatulency only, fond of coffee and smoking which he did not leave during proving.

- MIND: Seems dull, concentration difficult in afternoon, aversion to work, fear, at night before sleep, hears voices of animals at night.
- HEAD: Pain in frontal region, in right side, with pricking in rt. eye.
- STOMACH: Thirst for cold water, in large quantities, frequently, afternoon agg., heart-burn.
- ABDOMEN: Pain in hypogastrium, left side, gripping, in evening, stool amel.
- STOOL: Watery, clay coloured with cutting pain in abdomen, morning agg., evening agg.
- URINE: Frequent in large quantities, high coloured.
- GENITALIA: Sex desire increased, involuntary erections in afternoon, after sleep.
- CHEST: Pain, dull aching in the region of apex of heart, afternoon agg., pressure agg., lying on lt. side amel.
- EXTREMITIES: Pain, elbow joint, knee joint, rest amel.
- BACK: Pain in sacral region.
- CHILL: Sensation of at night.
- SKIN: Itching in covered parts, bath agg., contact of clothes agg., hands, scratching amel. rash, urticarial all over body in morning.
- GENERAL: Tiredness, weakness.

Prover No. 08

Miss S. of Changanacherry, Kerala, age 30, aya, single, wheat complexion, obese, present health good, no hereditary predisposition to disease, menstruation normal; has had jaundice at 14 years and mucus dysentery at 23 years, addicted to coffee which was continued during proving.

- HEAD: As if bursting pain in temporal region, throbbing, afternoon agg., sleep amel., in frontal region, in evening.
- STOMACH: Thirst² for cold water, in large quantities, frequent.
- ABDOMEN: Pain at night.²
- COUGH: Dry with pain in chest, at night.
- GENITALIA: Pain during menses.
- BACK: Ache, in lumbar region, movements agg., working agg.
- EXTREMITIES: Pain in shoulder region, lt. side, movement agg.
- FEVER: 104°F temperature in evening, with frontal headache, sensation as if burning of body.

- SKIN: Itching all over body, in evening,³ bath agg., warm application amel., scratching amel.
- SLEEP: Sleepy in morning.
- GENERAL: Tired feeling.

Prover No. 09

Dr. K. S. A. P. of Chingavanam, Kerala, age 38, medico, married, wheat complexion, average build and nourished, extrovert, present health excellent; no hereditary predisposition to disease; addicted to coffee which was continued during this proving.

- MIND: Seems dull, restless when alone,² confused,² worried, in afternoon, about insecurity of future,³ feels something will happen to him which will affect his future,² feels relatives and friends are against him, thinks about someone's death, inclined to smoke and chew betel leaves, becoming forgetful, anxiety with sinking sensation in the pit of stomach, wants to be sympathised.
- FACE: Flushed.
- NOSE: Running.
- STOMACH: Thirst for cold water, in large quantity, frequent.
- STOOL: Unsatisfactory, hard, scanty.
- GENITALIA: Sex desire diminished,⁶ incomplete erection, disappears suddenly.
- CHEST: Palpitation with sensation of weight over the sternum, in afternoon.
- SLEEP: Dreams of child being murdered, stabbing and bloodshed, quarrels, frightful.
- FEVER: Feverishness with bodyache and running of nose.

Prover No. 10

Miss R. of Kurichy, Kerala, age 19, single, wheat complexion; poorly built and averagely nourished; at present enjoys good health; except for frequent sore throat and cold, no hereditary predisposition to disease; menstruation normal; has bad otorrhœa; fond of coffee which she did not give up during proving.

- HEAD: Heaviness, pain ache in rt. side, in afternoon, in evening, sun agg., throbbing, at night, sleep amel. in frontal region.
- STOMACH: Thirst for cold water, in large quantity, frequently, in evening,² at night, has to get up from sleep, whole day, appetite diminished.
- COUGH: Dry, at night, in evening, before dinner, with irritation of throat.
- FEVER: Sensation of feverishness, in evening, with headache.

Prover No. 11

Mr. T. of Kurichy, Kerala, age 24, single, dark complexion, well built and nourished, present health excellent, subject to occasional cold, no heredi-

tary predisposition to disease, has had eczema in childhood, non-vegetarian, addicted to coffee and smoking which was not discontinued during-proving.

URETHRA: Pain burning, while urinating.

URINE: High coloured.

GENITALIA: Sexual excitement at night, compelling masturbation.

LARYNX: Tickling sensation, with dry cough,² at night, after dinner.²

EXPECTORA-

TION: Scanty, yellowish,² in morning,² difficult to raise, taste like pus.

RESPIRA-

TION: Noisy.

EXTREMITIES:

Limbs feel tired.

GENERAL: Weakness, tiredness,² in day time, rest amel., afternoon amel., sitting amel.

SUMMARY

Turmeric, *Curcuma longa* Linn or *C. domestica* Valenton, by which name it is botanically known is proved in 6X potency on eleven apparently healthy volunteers of both sexes.

Experimental symptoms of the drug are presented here as exhibited on different organ-systems and physiological divisions.

Work to elicit its clinical response is under progress and it is hoped that the result may soon be made available.

MIND:

seems dull^{6,2}
laughing on least account
worries²
about future
afternoon, in
impatient
restless²
anxiety
with sinking in the pit of
stomach
depression, of
evening, in
anxious and worried look
desire to be left alone
indifferent to friends
irritable
aversion to work,²
or study
concentration difficult

MIND (contd.)

afternoon, in
fear at night
before sleep
hears voices of animals
at night
confused
feels that something will happen
that will affect his future
thinks that his relatives and
friends are against him
thinks about death of somebody
inclined to smoke and chew
betel leaves
forgetful, becoming
wants to be sympathised

VERTIGO:

walking, while
rising, from
sitting amel.

VERTIGO (contd.)
lying amel.

HEAD:

bursting, as if²
whole head
right side²
afternoon, in
night, at
sleep amel.
left side
heaviness of
hot, as if
morning, in
pain, right side
afternoon, in
evening, in
night amel.
sun agg.
intermittent
frontal region, in⁶
evening, in²
sleep amel.
night, at
cold bath amel.
with obstruction of nose
and sneezing
cough agg.
11 a.m. agg.
rest amel.
above the right eye-brow
movements agg.
sound agg.
light agg.
lying left side amel.
evening amel.
right side with pricking in
right eye
temporal region, in²
throbbing of²
evening, in²
pressure amel.
sleep amel.
left side

HEAD (contd.)

afternoon agg.
sleep amel.

EYES:

burning, in²
with lachrymation
morning, in
afternoon amel.
washing amel.
afternoon, in
reading amel.
redness of
right eye with pain
itching at the angles, of
lachrymation of
after bath
closing eyes amel.
rest amel.
sticking of eye-lids
morning, in

NOSE:

irritation, in
sneezing
frequent
obstruction
with headache and sneezing
watery discharge, from
running, of

FACE:

flushed²
itching of
cheek, right side
shaving, after
night agg.
cold application amel.
chin, itching of

MOUTH:

dryness of
tongue coated white

TEETH AND GUMS:

caries painful
toothache

TEETH AND GUMS (contd.)

holding cold water in
mouth, when
gums painful
swelling of

THROAT:

pain, left side
evening, in
hot drinks amel.
scraping feeling, in
something sticking, as if
pain dull, in

STOMACH:

thirst⁶
cold water, for⁶
little at a time
whole day
evening, in²
morning, in
large quantities, in
frequently
afternoon, in
night, has to get up at
from sleep
whole day
appetite, increased²
hungry immediately after eating
appetite, less, diminished²
heart burns

ABDOMEN:

pain cutting
gripping
epigastrium, in
morning, in
evening, in
hot drinks amel.
followed by loose stools
pressure amel.
warm drinks amel.
hypochondrium, in
left side, gripping
evening, in

ABDOMEN (contd.)

at night
stool amel.
fullness, heaviness
after dinner
sleep amel.
passing flatus amel.
rumbling, of
with distension
morning, in
empty, stomach agg.
passing flatus amel.
sensation of coldness, in disten-
sion of, after eating

RECTUM:

constipation^{2,3}
no desire to defecate
scanty, hard stool

STOOL:

unsatisfactory²
hard, scanty²
watery
yellowish
clay coloured
offensive
black coloured
with dull pain in abdomen
with undigested food particles
with cutting pain in abdomen
morning agg.
evening agg.
frequent

URETHRA:

burning
in micturition²

URINE:

frequent²
night, at
large quantities²
profuse
day time, during
normal colour²
high coloured³

MALE GENITALIA:

sex desire, diminished^{2,5}
 sexual excitement, increased
 involuntary erection
 during day
 afternoon
 sleep, after
 erection incomplete
 disappears suddenly
 desire to masturbate

FEMALE GENITALIA:

pain, menses during

LARYNX:

tickling sensation
 dry cough
 night, at
 dinner, after
 dry³
 night, at²
 evening
 before dinner
 with irritation of throat
 with chest pain at mid-night

EXPECTORATION:

scanty
 yellow
 morning, in
 difficult to raise
 taste like pus

CHEST:

pain, stitching
 right side
 night, at
 breathing agg.
 lying left side amel.
 dull aching
 in the region of apex of heart
 afternoon agg.
 pressure agg.
 lying on right side amel.
 palpitation

CHEST (contd.)

with sensation of weight over...
 sternum
 afternoon, in

RESPIRATION:

noisy

BACK:

pain
 lumbar region, in²
 morning agg.
 evening agg.
 night agg.
 rest amel.
 movement agg.
 working agg.
 hot application amel.
 sacral region, aching²
 pain in the hip joints
 evening agg.
 changing posture agg.
 morning agg.
 shifting wandering²
 stiffness
 cervical
 turning head agg.
 supra scapular region, right side
 breathing deep agg.
 pressure agg.
 rest amel.
 hot application amel.

EXTREMITIES:

trembling hands
 writing, while
 exertion, after
 swelling
 right inguinal region, of
 painful,
 throbbing pain
 pain
 elbow joint
 knee joint
 rest amel.
 left shoulder region, in

EXTREMITIES (contd.)

movement agg.
limbs feel tired

SLEEP AND DREAMS:

sleepy²
morning, in
afternoon, in
drowsy
dreams, of
child being murdered
stabbing and bloodshed
quarrels
frightful

CHILL:

sensation, of
at night

FEVER:

feverishness,
evening, in
with headache
evening, in
with bodyache and running of
nose
frontal headache, with
burning of body, sensation as if

SKIN:

itching³
without eruptions
all over the body
bath, agg.²
night, at

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SKIN (contd.)

cold application amel. --
covered parts, in², contact of
clothes agg.
hands
scratching amel.³
rash
scratching amel.
macular rash
all over the body²
dorsum of hands
buttocks
thighs
sun agg.
burning sensation, with

GENERALITIES:

bodyache
rest amel.
bath, hot water amel.
fatigue,² tired^{4,2}
morning, in
day time
rest amel.
afternoon amel.
sitting amel.
body hot, sensation as if,
in the morning
bath amel.
after siesta
cold bath amel.
weakness
burning
bath amel.