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Adonis vernalis

Common name - Pheasant's eye.

Natural order - Ranunculaceae

Habitat - Asia, Europe

Action - It is a *cardiac stimulant and diuretic*. By its direct action upon heart *it increases its rate, force and blood pressure*. It diminishes the frequency of pulse and increases the force of cardiac contraction.

Clinical conditions - Heart affections, urinary conditions.

Indications -

A) **Heart affections**

1. Mitral and aortic regurgitation, when there is praecordial pain with throbbing of blood-vessels and headache, palpitation, and dyspnoea.

2. Cases of aortic regurgitation due to traumatic rupture of the valve, and chronic aortitis, or when aortic regurgitation has arisen independently of rheumatic endocarditis.

3. Pulse is rapid and irregular.
4. Heart affections after rheumatism or influenza ; muscles of heart are in stage of fatty degeneration.
5. Cardiac dropsy; hydrothorax, ascites, and anasarca dependent upon a chronic dilatation of heart or valvular disease.
6. Indicated when there is failing or broken cardiac compensation.

Comment - *Notwithstanding its prompt and energetic action, this remedy may be administered in pathological conditions where Digitalis, if given at all, should be administered only with utmost care (Blackwood).*

B) Urinary complaints

1. Urine is scanty, albuminous; urea is deficient.
2. Oily pellicle on urine.
3. Cardiac problems where kidney function is interfered; cardiac dropsy, anasarca.
4. Its diuretic action influences the oedematous conditions and produces diuresis, especially when the heart failure is

secondary to disease of the kidneys.

Dose - 5 to 10 drops of tincture (Boericke).

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Arnica montana

Common name - Leopard's bane

Natural order - Compositae

Habitat - Northern
hemisphere

Clinical conditions - Injuries

Indications -

A) Injuries

1. Used locally in injuries.
2. Mechanical injuries, strains, sprains, wrenching of muscles where skin is intact.
3. Limbs and body ache as if beaten; joints as is sprained; sore, lame, bruised feeling.
4. Bruises, ecchymosis; bleeding after tooth extraction.

B) Other uses/indications

1. Can also be used as mouthwash in oral sepsis.
2. For massage in arthritis and backache.

Dose - As a local applicant.

Note - *Locally, tincture should never be applied hot or at all when abrasions or cuts are present(Boericke).*

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Juniperus communis

Common name - Juniper berries

Natural order - Coniferae

Habitat - America

Clinical conditions - Renal troubles, dropsy

Indications -

A) Dropsy

1. Dropsy with suppression of urine.
2. Dropsy due to renal causes.

B) Renal troubles

1. Catarrhal inflammation of kidneys.
2. Scanty secretion of urine; urine may be bloody having violet odour
3. Chronic pyelitis; strangury.

4. Sensation of weight in kidneys.

Dose - One to ten drops (Boericke).

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Lobelia inflata

Common name - Indian tobacco

Natural order - Lobeliaceae

Habitat - United States

Action - It is a vasomotor stimulant. In toxic doses it produces paralysis of the motor-nerve trunks, respiratory and vasomotor centres.

Clinical conditions-Asthma, cough

Indications-

A) Asthma/respiratory complaints

1. Dyspnoea from constriction of chest; sensation of pressure or weight in chest; seems that blood is rushing to chest.
2. Complaints are worse from any exertion and better by walking rapidly.
3. Spasmodic asthma with severe dyspnoea; asthmatic attacks with weakness which is felt in pit of stomach and is preceded by pricking all over.
4. Useful in emphysema of the aged.

B) Other indications/uses

1. It has found useful in gastric complaints especially those of alcoholics.

Dose - Physiological:1 drop ; maximum:40 drops.

Note - *In small doses it causes spasms and constrictions of bronchi (Blackwood).*

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Nymphaea odorata

Common name - White pond lily

Natural order - Nymphaeaceae

Habitat - United States

Clinical conditions - Catarrhal fever

Indications -

1. Headache through temples with severe coryza and feeling of dullness.
2. Throat is sore; degulgitation painful.
3. Pain in limbs and back.

Potency - Also useful in 3X.

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Solidago virga

Common name - Golden rod

Natural order - Compositae

Habitat - Asia, Europe,
United States

Clinical conditions - Renal colic, dysuria, bronchitis

Indications -

A) Renal complaints

1. Pain in kidneys, with dysuria; pains extend forward to abdomen and bladder; kidneys sensitive to pressure.
2. Urine scanty, reddish-brown, with thick sediment, and gravel; urine may also contain albumen, and blood.
3. Difficult urination; at times there is clear and offensive urine.

B) Bronchitis/respiratory complaints

1. Naso-pharyngeal catarrh; bronchitis.
2. Cough with much purulent expectoration; expectoration may be blood streaked.
3. Oppressed breathing; continuous dyspnoea; asthma, with nightly dysuria.

Dose - Physiological:1 drop ; maximum:20 drops.

Note - 15 drops doses to promote expectoration in bronchitis and bronchial asthma in old people (Boericke).

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Viburnum prunifolium

Common name - Black haw

Natural order - Caprifoliaceae

Habitat - United States

Action - It produces nausea, vomiting, and contraction of uterine muscles; when retained it acts as tonic, antispasmodic and nerve-sedative.

Note - *It depresses heart's action, and lessens the arterial tension.*

Caution - *In high doses can cause paralysis of heart.*

Clinical conditions - Threatened miscarriage, habitual abortion, menstrual irregularities, morning sickness, labour and post partum haemorrhage

Indications -

1. Scanty menses with severe, expulsive menstrual pain; dysmenorrhoea.
2. A.L.Blackwood writes, "This medicine is employed to prepare women for labour, and is said to facilitate labour, to control after pain, prevent postpartum haemorrhage and assist normal involution of the uterus."
3. Bearing down after-pains; false pains of pregnancy.
4. Helps in morning sickness and premenstrual

disturbances.

Dose - Small doses for short durations (because of its depressive action on heart).

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Yucca filamentosa

Common name - Bear grass

Natural order - Liliaceae

Habitat - United states

Clinical conditions - Hepatic troubles, balanitis.

Indications -

A) **Hepatic troubles**

1. Bilious symptoms; hepatic congestion.

2. Face is yellow; tongue has yellow coating with imprint of teeth.

3. Pain through upper portion of the liver to the back.

4. Stools contain much bile; yellowish brown in colour; diarrhoeaic stools.

B) **Balanitis**

1. Burning and swelling of perpuce, with redness and irritation of meatus.

2. Also useful in gonorrhoea.

Dose-Physiological:1 drop : maximum:10 drops.

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Index of Clinical Action

Mother tinctures have a definite therapeutic action by which

they produce a specific clinical result. In this chapter a repertory of clinical action of mother tinctures is given below.

Clinical action	Medicines
Antihelmenthic	Tanacetum, Valeriana.
Anti-periodic	Eucalyptus.
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Tonic	Avena-s, Geranium-m, Medicago-s.