

Contents

Preface to first edition	4
Preface to second edition	5
<i>Abroma augusta</i>	6
<i>Abroma radix</i>	7
<i>Acalypha indica</i>	8
<i>Achyranthes aspera</i>	9
<i>Aegle folia</i>	10
<i>Ammora rohitaka</i>	11
<i>Andrographis paniculata</i>	14
<i>Atista indica</i>	15
<i>Atista radix</i>	16
<i>Azadirchata indica</i>	17
<i>Blatta orientalis</i>	18
<i>Blumea odorata</i>	19
<i>Boerhaavia diffusa</i>	20
<i>Caesalpina bonducella</i>	21
<i>Calotropis gigantea</i>	23
<i>Carica papaya</i>	24
<i>Cephalandra indica</i>	25
<i>Cledendron infortunatum</i>	26
<i>Coleus aromaticus</i>	27

Cynadon dactylon	28
Desmodium gangeticum	29
Embelia ribes	30
Ficus indica	31
Ficus religiosa	31
Glycomis pentaphylla	32
Gymnema sylvestre	32
Holarrhena antidysentrica	33
Hydrocotyle asiatica	34
Hydrographis spinosa	35
Jonosia ashoka	36
Justicea adhatoda	37
Justicea rubrum	39
Luffa amara	39
Luffa bindal	40
Menispermum	41
Nyctanthes abortifitris	41
Ocimum sanctum	42
Oldenlandia herbacea	44
Rauwolfia serpentina	45
Saraca indica	46
Solanum xanthocarpum	46
Swertia chirata	47

Syzigium jambolanum	48
Terminalia arjuna	49
Terminalia chebula	49
Tinospora cordifolia	51
Trichosanthes dioica	52
Vernonia antihelmenthica	53
Wrightia tinctora	54
Clinical Index	55

ABROMA AUGUSTA

- Common name** - Olat kambal, Devil's cotton
- Natural order** - Sterculiaceae
- Clinical conditions** - Diabetes insipidus, diabetes mellitus, enuresis, carbuncles especially those of diabetics, menstrual disorders

Indications-

A) Mind

1. Irritability, ill-humour, depression, morose, contradictions unbearable, forgetful, absent minded, easily excitable.

B) Diabetes

1. Constant dryness of mouth; lips dry, pale, bluish; tongue dry and clean; great desire to drink large quantities of cold water; great thirst after urination.

2. Inability to retain urine; passes clear urine several times especially at night; large quantities of urine passed at a time; feels weak and exhausted each time passes urine; urine of high specific gravity; nocturnal enuresis.

3. Insatiable hunger; nothing seems to satisfy hunger; unnatural appetite, can eat lot a little after a good meal.

C) Cough

1. Cough worse in cold air, during evening and at night.

D) Menstrual disorders

1. Amenorrhoea; irregular menses; early or delayed; scanty

or profuse; lasting too short or for longer durations.

2. Dysmenorrhoea; colicky pain in lower abdomen; blood is dark, clotted; hysteria with menstrual troubles.

3. Leucorrhoea, whitish, watery; in thin, sickly looking girls.

Comment - *Dr. S. C. Ghose writes that Dr. D. N. Ray who had made first proving of this medicine drug had used it for more than ten years for diabetes mellitus and insipidus with gratifying results.*

Dose - 5 drops three times daily alongwith 5 drops of Syzygium mother tincture for diabetes and 10 drops every half an hour for dysmenorrhoea (Dr.K.Kansal).

Potency - Other than mother tincture 2X and 3x can be used.

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CALOTROPIS GIGANTEA

Common name - Madar, Akanda

Natural order - Asclepiadeae

Clinical conditions - Fevers, obesity, syphilis, skin problems, chronic rheumatism.

Action - It is diaphoretic, purgative and emetic.

Indications-

A) Fever

1. Useful in fever from a variety of causes; fever due to pus formation, bilious fever, fever with diarrhoea, fever due to scrofulous and syphilitic affections.
2. Body feels cold; frequent chills pass upwards in the spine but the head and temples are hot and cheeks burn like fire.
3. Chills return at bedtime even if the patient is in warm environment, passing from feet upwards through spine.
4. Fits of perspiration alternate with chills.
5. It is diaphoretic and is effectively used to relieve pangs of the heat stage of fever by producing perspiration.

B) Obesity

1. It decreases obesity; while the flesh decreases, muscles grow harder and firmer.

C) Skin problems

1. Useful in all kinds of ulcers, gangrenous ulcers, ulcers in

leprosy.

2. Secondary syphilis, with considerable thickening of all nails; syphilitic ulceration, it heals the ulcers and makes the skin clear.

D) Aches & pains / rheumatism

1. Dull occipital headache from 11 A.M. till midnight with aggravation in the evening.

2. Crampy pains in centre of right palm when grasping anything; pain in wrist when moving it.

3. Intermittent cramp like pains in foot; compelled to keep the foot moving about in the bed because when at rest, the pains become very severe.

4. Has to put the foot very slowly on ground to avoid pain while standing on it but pain reappears when weight is taken off the foot.

E) Other uses / indications

1. It is also useful in elephantiasis and can also be tried in night blindness.

2. Frequent urination; urine dark red like home brewed beer with strong smell but no deposits.

Side-effect - *If continued for very long durations it can cause adverse effect on eyes and vision.*

Dose - Physiological: 5 drops; maximum: 20 drops. 1 to 5 drops per dose (Dr. S. C. Ghose).

Potency - Also used in 2X, 3X and 6.

JUSTICIA ADHATODA

Common name - Arusha, Basaka

Natural order - Acanthaceae

Clinical conditions - Asthma, colds, coryza, coughs, haemoptysis, URTIs, tuberculosis.

Action - It is antispasmodic, bronchodilator and expectorant. It mainly acts on respiratory system.

Indications-

A) Colds and coryza

1. Profuse watery coryza; mucus discharges; soreness of nostrils with pain and swelling of nose; aching in forehead.
2. Loss of smell and taste; sneezing; at times nose stopped and dry.
3. Profuse, fluent lachrymation, with coryza and sneezing; burning of eyes.

B) Cough

1. Whooping cough with catarrhal symptoms.
2. Cough is severe; chest seems to be full of phlegm with audible rattling of mucus.
3. Cough with sneezing; cough with wheezing sound in the throat.
4. Expectoration, little, tough yellowish mucus; expectoration mixed with blood.

C) Vomiting

1. Vomiting while coughing; vomiting of mucus.

2. Paleness of face and weakness after vomiting.

D) Asthma

1. Asthmatic cough; paroxysmal dry cough with suffocative obstruction of respiration.

2. Asthmatic attacks; severe dyspnoea with cough; tightness across chest; patient cannot endure a close warm room.

Dose - physiological:1 drop;maximum:10 drops.

Side-effect - *As soon as there is improvement tincture must be stopped as over-dosage leads to aggravation as side-effect.*

Potency - Apart from mother tincture 2X, 3X potencies can be used.

Note - *Third potency and higher. Severe aggravation have been noticed from lower potencies (Boericke).*

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VERNONIA ANTHELMENTHICA

- Common name** - Somraj, Vakuchi
Natural order - Compositae
Clinical conditions - Thread worm infestations.
Action - It is a vermifuge.

Indications-

1. Thread worm infestation and its reflex symptoms such as nocturnal enuresis; grinding of teeth at night etc.
2. Has little effect on ascaris lumricoides but marked effect on thread worms.

Potency - Other useful potency is 3X.

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Clinical Index

Abcesses : Azadirchata indica, Cephalandra indica

Acidity : Swertia chirata

Acne : Hydrocotyle asiatica

Amenorrhoea : Abroma augusta, Abroma radix, Jonosia asoka

Anasarca : Achyranthes aspera, Cynadon dactylon

Asthma : Blatta orientalis, Justicia adhatoda, Ocimum sanctum

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Dyspepsia : Carica papaya, Swertia chirata

Dysentry : Achyranthes aspera, Astita indica, Astita radix, Cephalandra indica, Cynadon dactylon, Holarrhena antidysentrica, Hydrocotyle asiatica, Terminalia chebula, Trichosanthes dioica

Dysmenorrhoea : Abroma augusta, Abroma radix, Jonosia asoka

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Lochia : *Ocimum sanctum*

Malaria : *Luffa bindal*, *Tinospora cordifolia*

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Worm infestation : *Astita indica*, *Astita radix*, *Blumea odorata*,
Clerodendron infortunatum, *Embelia ribes*, *Ocimum
sanctum*, *Swertia chirata*, *Veronia anthelmenthica*