



# *plant kingdom*

Joe A Lewis, St Jude Therapies, 27, Rebello 132 Hill Road, Mumbai 400 050

## **Linum Usitatisimum (Flax or linseed)**

Dr. Johanna Budwig is world renowned for her important discoveries on the benefits of flaxseed oil. Her fame proceeds her as she lectures in Europe and in the Americas. Prof William Boericke has included this remedy in his *Materia Medica*. "The application of linseed poultice has produced in sensitive subjects severe respiratory disturbances as asthma, hives etc. Its action in such cases is marked by intense irritation. It has been found to contain small quantity of Hydrocyanic acid which may account for this intensity. The decoction of service in inflammation of the urinary passages, cystitis, strangury etc. Also in diseases of

the intestinal tract. It has a place in the treatment of asthma, hayfever, and urticaria. Trismus and paralysis of the tongue".

Dr. John Lust in his herb book described it as follows "demulcent, emolient, purgative. Demulcent is a substance that soothes irritated tissue, particularly mucous membranes. Purgative an agent that produces a vigorous emptying of the bowels. Emolient an agent used externally to soften and soothe. A decoction of the seeds can be used for coughs, catarrh, lung and chest problems and digestive and urinary disorders. To eliminate gallstones, take 1 1/2 to 2 tbsp (Table Spoon) linseed oil

and lie down on your left side for half an hour. The gall stones will pass into the intestines and be eliminated from there. Eating the seeds intact is useful in constipation. The seeds swell up in the intestines encouraging elimination by increasing the volume of fecal matter. For emolient uses and for rheumatic complaints, make linseed poultice as follows. Cook seeds until they are soft (or use pulverized seed). Put them immediately into a linen bag and apply as hot as can be tolerated.

Dr. Budwig is best known for her extensive research on the properties and benefits of linseed

oil combined with sulphurated proteins in the diet, and over the years has published a number of books on the subject, including "cancer" - A fat problem" "The death of a tumour" and "True health, against Arteriosclerosis, heart infarction & Cancer". All these books are in German yet to be published in English.

Dr. Budwig assisted many seriously ill individuals even those given up terminal by orthodox medical practitioners (allopaths), to regain their health through simple regimen of nutrition. The basis of Dr. Budwig's program is the use of Linseed oil blended with low-fat cottage cheese.

Dr. Budwig started her research on the importance of essential fatty acids (linoleic and linolenic) in the diet in mid 1950's. her discoveries and announcements sparked mixed reactions. The German manufacturers of commercial dietary fats (hard shortening, vegetable oils, margarine) went to extremes to prevent her from publishing her findings. Fortunately, while Dr. Budwig's vital announcements were initially met with resistance backed by those with financial stakes in the commercial fats industry, her persistence paid off.

There are good and bad fats. Dr. Budwig preaches against the use of "pseudo fats", in order to extend the shelf life of their products, manufactures use chemical processes that render their food

products harmful to the body. These harmful fats go by a number of names, including "Hydrogenated" partially hydrogenated and even "polysturated".

Dr. Budwig discovered the chemical processing of fats destroy the vital electron cloud within the fat. Once the electrons have been removed, these fats can no longer bind with oxygen and they actually become harmful substance deposited within the body. The heart, for instance, rejects these fats and they end up as inorganic fatty deposits on the heart muscle itself.

Dr. Johanna Budwig came to the conclusion that "the chemical processing of fats destroys the vital electron cloud with in the fat. Once the electrons have been removed, these fats can no longer bind with oxygen, and they actually become a harmful substance deposited within the body. The heart for instance rejects these fats and they end up as in organic fatty deposits on the heart muscle itself". In the western greasy diet the heart problems multiply, many authors have written valuable books on the "greasy diet" the cause of many diseases.

Dr. Budwig found out "chemically processed fats are not water-soluble when bound to protein. They end by blocking circulation, damage heart action inhibit cell renewal and impede the free flow of blood and lymph fluids. The bio-electrical action in these

areas slows down and may become completely paralysed. The entire organism shows a measurable loss of electrical energy which is replenished only by adding active lipids to the diet. These nutritional fats are truly vital for man and beast alike".

It has been proven that fats play an important role in the functioning of the entire body. Fats (lipids) are vital for all growth processes, renewal of cells, brain and nerve functions, ever for sensory organs (eyes and ears), and for body's adjustment to heat, cold and quick temperature change. We all know that our energy resources are based on lipid metabolism. To function efficiently, cells require true/polyunsaturated, live electron rich lipids, present in abundance in raw linseed oil. Genuine polyunsaturated fats greedily absorb proteins and oxygen and pump them through the system. Dr. Budwig's research indicated that "lipids are only water-soluble and free flowing when bound to protein; thus the importance of protein-rich-cottage cheese. When high quality electron-rich fats are combined with proteins, the electrons are protected until the body requires energy. This energy source is then fully and immediately available to the body on demand, as nature intended".

In Great Britain, Dr. Sinclair conducted specific research and determined that even a relative deficiency of the essential fatty acids plays an important part

in the causes of arteriosclerosis, coronary thrombosis, multiple sclerosis, diabetes mellitus, hypertension, and certain forms of malignant diseases. In Canada Dr. Horrobin found that alcohol does its damage to the fetus and to the liver by interfering with normal essential fatty acids metabolism. A research project in Australia used low concentrations of linseed oil successfully combat strep infection in hospitals. In 1982, Dr. J R Vane shared the Nobel Prize for medicine, for his work proving how the metabolism of Omega-3 fatty acids helped prevent heart problems. In the US Dr. Donald Rudin found that Omega-3 fatty acid deficiency is the basic cause of major mental

illness, because fatty acids provide the substrate upon which niacin and other B vitamins act to form prostaglandin-3 series tissue hormones (special mission fatty acids) which regulate neurocircuits through the whole body. Again in the US Dr. Patricia Johnston found that a diet containing 10 percent/linseed oil could drastically change the prostaglandin content of serum and the fatty acid context of human breast milk by a factor of ten, within five days. Linseed with its rich concentration of essential fatty acids is needed in dietary deficiencies.

Studies conducted using linseed oil on numerous disorders

have been pouring from all over the world, showing impressive results, including anti-tumour activity, increased metabolism, greatly boosted immune system, reduced cholesterol levels, normalised blood pressure levels, and inhibition of cancer cell growth. In Homoeopathy linseed must be re-proved based on the findings of Dr. Johanna Budwig and others. It can be safely used in lower potencies as advocated by Professor William Boericke in his *Materia Medica*. The purpose of this article is to give the latest insights in the latest developments of linseed oil, and linseed in combating human ailments.

## Versatile Aloe Vera (Aloes)

This writer belongs to a minority who are advocating the revision of our materia medica adding new material on new developments/findings in clinical/classical uses of many plants we use in therapy. Today Aloe Vera is so popular you would be hard-pressed to find an area on earth where aloe is not cultivated, be it commercially or privately. This writer has made some experiments on this plant, as it grows in his backyard.

Aloe Vera (aloe barbadensis) is a succulent perennial of the lily family. It consists of rosette of narrow, prickly edged fleshy leaves filled with bitter juice and gel. The aloe produces a single leafless stalk growing into

three feet tall, which ends in elongated cluster of downward-pointing yellow or orange red flowers that bloom from June through September.

Ancient Assyrians employed aloe vera as an internal drink for indigestion and intestinal gas. Egyptians, Chaldeans and Hebrews valued the juice of the aloe as a precious and holy medicine. "After his crucifixion the body of Jesus was wrapped in a linen shroud containing a hundred pound weight mixture of myrrh and aloes". In contemporary folk medicine aloe vera is a great burn remedy. Many African tribes use it both externally and internally, on animals and humans in tea, gel, juice, slave, and decoction form.

They use it in connection with childbirth, weaning, venereal disease, eye disorders, menstrual problems, fevers, influenza, snake bite, toothache, meningitis, colic, worms, tuberculosis, (William Boericke mentions that it has been used successfully in the treatment of consumption by giving the pure juice). This writer heard recent cases of tuberculosis, in Thailand have been cured by this juice.

Also used in sores, constipation, hemorrhoids, and ringworm. Cold Aloe vera tea is used for sick horses as a drench, for scours in sheep and calves, and for indigestion in poultry.

In the Indian subcontinent, aloe vera is used for constipation.

It is also used to relieve haemorrhoids and other rectal problems, and the juice is consumed to improve weak eye sight and to relieve glandular enlargements of the abdomen and spleen. This writer has used this herb in malaria and it is found to be very useful. In the Mayan civilization, they used the infusion of the leaf juice mixed with water as a remedy for headaches. They also apply a poultice of the liquid to the forehead. Mayan women often smear some of the gel of aloe vera on their breasts to wean nursing children.

The fresh gelatinous juice can be rubbed on the skin for sunburn, wrinkles, insect bites, skin irritations, and minor cuts and scratches. The fresh juice helps to heal wounds by preventing or drawing out infection. Aloe fenuol found in South Africa, the natives use a decoction of the root for tapeworm. Aloe is called "Kumari" in Sanskrit. Indian women use it daily to maintain beauty and counteract symptoms of ageing. Ayurvedic medicine considers aloe gel to be estrogenic, which accounts for its vitalizing and tonic properties for women. Aloe figures prominently in gynecology since a teaspoon of aloe alone or in combination with turmeric root taken daily for at least three months regulates liver function and counteracts symptoms of premenstrual syndrome. The dried powder of aloe is used in hepatitis, liver problems, constipation, and is one of the best

laxatives. It is a great remedy for female hormone regulation.

Dr. Jethro Kloss says that Aloe is one of the most healing agencies among the herbs. It is used in many cathartics since it is one of the best herbs to clean out the colon. It is a great herb to move the bowels.

He asserts that Aloe vera is one of the finest body cleansers and brings most gratifying results. It cleans the morbid matter from the stomach, liver, kidneys, spleen, bladder, and is the finest colon cleanser known. It does not gripe and is very healing and soothing to all the tissues, blood and lymph fluids it obliges.

Dr. Alma R Hutchens gives us the homoeopathic clinical uses of Aloe in plethora of the abdomen, anus affections, bronchitis, colic, constipation, cough, diarrhoea, dysentery, gleet, gonorrhoea, Haemorrhoids, Hysteria, Lumbar, Onanism (effects of) pulmonary Tuberculosis, proctitis, prolapsus uteri, pain in sacrum, Tenesmus. The biochemical constituents of aloe vera include polysaccharides, tannins, steroids, bitter glycosides, coumarins, flavinoids, nicotinic acid amide, silicic acid, vitamin B and K, iron, magnesium lactate, anthraglycosides, resins, antibiotic principles, mannins, enzymes, protein amino acids. Wound healing hormones, biogenic stimulators, saponins, minerals. Other elements also found are lignins, monosul-

fonic acid, and an enzyme closely related to alpha amylase, known for its penetrating pain-killing effectiveness in dealing with arthritis and related complaints. Some years ago researchers isolated from the gel of the aloe, called acemannan. This is a complex carbohydrate with both immune stimulating and antiviral properties, it is powerful protector and healer. Acemannan is a potent interferon inducer, it interferes with viral glycosylation, this has been successfully demonstrated in laboratory studies combating HIV, Newcastle disease virus, and influenza. It is also a potential immunostimulant and operates by promoting macrophage activity and inducing the production of interleukin-1, a protein with numerous system functions. In addition acemannan has also been acknowledged as having bone marrow stimulating activity. Research has shown if aloe vera juice is consumed, has the ability to improve the function of the digestive system in a number of ways, this has been proven homoeopathically about 80 years ago.

Aloe vera juice has an alkalizing effect on gastric acid, and improved pH levels of the gut. In addition, aloe vera showed antibacterial and anti-fungal activity, and reduced yeasts in subjects with indications of yeast overgrowth in their stools. This study was conducted at the Linus Pauling Institute of Science and Medicine. This writer believes that Aloe Vera can be safely used in candida albicans

related diseases, common in the west these days, and making inroads in this country due to over use of antibiotics. Aloe vera's effect on gastric pH levels has stimulated world-wide research into its usefulness in treating peptic ulcers. Physicians have found that emulsified aloe vera gel helps relieve the symptoms of peptic ulcers because of its buffering, alkalizing activity on the gastric system.

Another use for the juice of the aloe vera plant has recently been studied. Dr. Terry L Pulse, MD of the Dallas Fort Worth Medical centre, Texas, noted that one of the factors for progressing from HIV positive into ARC/and (AIDS related carriers) and AIDS was poor nutrition. He conducted a study of 29 patients to determine if improved nutrition would cause regression, remission, or a complete halt of the progression of the disease. As this was an open study, all patients received a powdered nutritional supplementation, EFA (essential fatty acid) capsules, and aloe vera juice. The study lasted 180 days. By day 90 twenty seven of the patients showed significant improvements at various levels. T-cell function was increased in some patients, reduction in antigen was noted in others, while diarrhoea and wasting was reversed in all patients presenting these symptoms.

Other use of aloe vera in-

clude in periodontitis that can be treated by direct application of the gel. It also works well for abscesses and the regression of cavities in their early stages of formation. Brushing the gums with little gel every so often will help to strengthen and hold loose teeth in more firmly. Rinsing the mouth with about two ounces of liquid aloe vera each morning will overcome halitosis and reduce dental carries. Neurologists have made experiments on new born animals on aloe vera and came to the conclusion that with vitamin B-12 and B-6, and aloe vera extract this formula can be used for the treatment of children suffering from cerebral disorders. Four to six ounces of aloe vera juice mixed with a meal will permit easier swallowing and digestion in cases of hiatal hernias. It has been found that Athlete's foot and finger nail fungus can be treated with good results by soaking the afflicted appendages in aloe vera juice and/or rubbing aloe gel on them daily. Our homoeopathy pharmacies can manufacture Aloe Vera ointment/gel for external use, there will be good demand.

In my personal copy of Boerickes Materia medica I have made some notes under Aloe vera page, gathered from various sources, that it can remove toxins from the human system. Prof. William Boericke gives this in the introduction as a hint "an excellent

remedy to aid in re-establishing physiological equilibrium after much dosing, where disease and drug symptoms are much mixed". Aloe Vera also counteracts the symptoms of aging, and can be used as a tonic for old people. It can be used for liver problems also, like fullness in the region of the liver, pain under right ribs. We are doing some clinical studies with the help of other herbs, whether this plant can aid in wound closures, amoebiasis, and in arthrities of mucus origin such as bronchitis etc. This author has made a study of plants for 20 years but has come to the conclusion that a life time will not be sufficient to study one plant. Each herb has different uses in many countries in folk medicine, my conclusion is that all medicinal herbs are "polychrests", provided we have the time and energy to study them clinically. God has given us herbs to cure diseases, there is a herb for every disease of mankind, the search must be carried on by us, that is our responsibility. The list will go on for generations to come. After studying Aloe vera plant we found it is very versatile, and has wide ranging uses in medicine, provided we know how to apply them. In my clinical studies I found Mother tincture very useful for internal use, and the gel of the plant for external uses. We hope some of our brethren will reprove this herb, as they are involved in teaching and research.

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## MANY USES OF GINGER IN THERAPY.

Zinziber (ginger) is included in homoeopathic materia medica, as proved over 70 years ago. The greatness of Boericke's materia medica is that he has included, compiled all the remedies used then homoeopathically, leaving the future generations enough scope to add and revise his book. Boericke in his preface advises "our materia medica must include all substances which have been proved and which have been used with apparent efficacy. It rests with the individual student to judge for himself the accuracy and reliability of such observation".

• Boericke introduces "ginger" states of debility in the digestive tract and sexual system and respiratory troubles, complete cessation of function of Kidneys". Clinically ginger's principle action as an adaptogenic, promotes an advantageous change in metabolic functioning. The proven medicinal properties of ginger are, antioxidant, an agent that inhibits oxidation. Bio-availability enhancement of the physiological availability of a given amount of a drug. Cytoprotection, protects cells. Probiotic support, fostering symbiosis, in association with two or-

ganisms that enhance life process, healthy microbial environment. Serotoenergic, systematic stimulant. Ginger's medicinally demonstrated effects are, analgesic, anti-diabetic, antihelminthic, antithrombotic, antiulcer, antibacterial, anti-emetic, anti-inflammatory, anti-tumour, anti-viral, thromboregulatory, anti-cathartic anti-fungal, anti-mutagenic, anti-tussive, hypochlosteremic.

We have collected the medicinal uses of ginger from some countries, each country uses it for many diseases as a remedy. The world wide appreciation of ginger. Admiralty Islands, contraceptive. Brazil, Bronchities and rheumatism. China-Digestive tonic, Emmengagogue, thromoregulatory. Cuba-Aphrodisiac, Emmengagogue, Systemic stimulant. England Morning Sickness. Fiji - Asthma, colds, coughs, Ear ache, stomach ache. India - carminative, colic, cough, diabetes, dietary vegetable, digestive stimulant, ease delivery, Emmengagogue, fever, Filariasis, gingivitis, headache, nerve disorders, rheumatism, sore throat, stomach pain, tuberculosis. Japan-Hair growth. Indonesia-Colic, Rheumatism,

snakebite. Malaysia-Tonic, after birth. Mauritius-Emmengagogue. Mexico-digestive, tonic. Nigeria-Anti-microbial, Schitosomiasis, wound healing. Papua New Guinea-Aching Limbs, colds, coughs, digestive healer, digestive tonic, fever, malaria, Migraine, pneumonia, poisonous stings, rheumatism, stomach worms, toothache, topical ulcers, tuberculosis, vomiting. Peru-carminative, contraceptive. Philippines-Child-birth pain. Saudi Arabia-Anti-emetic, antiseptic, astringent, carminative, digestive, diuretic. South Korea-Abortifacient. Sudan-Colds, pneumonia, Rheumatism. Sumatra : Child birth. Tanzania : Galactagogue. Thailand : Emetic, anti-colic, carminative, cardio-tonic, diarrhoea, digestive, Emmengagogue, fever, headache, hypnotic, postnatal tonic. USA-Anti-alcoholic, gastritis, anti-nausea, cold remedy, anti-pyretic, carminative, diaphoretic, digestive, pain, Emmengagogue, migraine. Venezuela : Emmengagogue, Vietnam : Emmengagogue, Yemen - Aphrodisiac, stimulant.

This information gives us lot of clues, how ginger is used in folk medicine. Homoeopathy has a tradition of adapting and provid-

ing a substance from folk remedies culture. We hope some Homoeopathic college or research organisations will prove this remedy to the diseases/ailments included in this article as a curative. We should never lag behind in re-

search. If you get a malaria patient try ginger tincture next time, it may prove beneficial, 30-60 drops of the tincture in one ounce of water can be given every half an hour, till the fever vanishes. If it fails to

cure, then find out the suitable remedy based on the totality of symptoms. We heard good accounts from Papua New Guinea that ginger is a cure for malaria and pneumonia. □

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