

A Study of *Echinacea Angustifolia*.

BY GEORGE ROYAL, M.D.

This child was born into the family of Eclectic medicine. We Homeopaths adopted her after her *characteristic* habits had been pretty well formed. Not only have we assisted in developing and displaying these characteristic but have also assisted in the formation and practising of new habits.

Thomas' *Eclectic Practice of Medicine* is the latest I have on *Echinacea*. Under "Indications for remedies," he has "*Echinacea*. A powerful antiseptic, locally and internally, in the bite of the rattle-snake, diphtheria, typhoid conditions, blood poisoning, and an alterative of great value in strumous diathesis syphilis, old sores and wounds. gtt. i to gtt. v."†

On page 30 while speaking of *Aconite* in typhoid fever, Thomas says: "*Echinacea* possesses antiseptic qualities and may be combined with it—thus:

R Specific *Aconite*, gtt. v, Specific *Echinacea* ʒss to i,
Aqua Dist. ʒiv. M, Sig. Teaspoonful every one
or two hours."

One page 32, Thomas speaking of the treatment of typhoid says: "Antiseptics.—Very early, antiseptics may be indicated. The dusky hue of the mucous membrane tells of the progress of the poison, and suggests *Echinacea* and *Baptisia*. Where the tongue is broad, full, slightly coated, and with a dusky hue, face and tissues full, give:

R Specific *Echinacea*, ʒi, Aqua Dist., ʒiv. M.
Sig. Teaspoonful every hour.

Again, under pyaemia, page 187, Thomas says:—

* Page. 1003.

† Page. 1003.

"*Echinacea* in full doses will be used with the usual symptoms calling for this agent."

On pages 549, for cancer of the stomach, he says:—
"In the way of special remedies, *Hydrastis phosphate*, *Echinacea*, *Chelidonium*, *Arsenicum*, and like remedies, should be thoroughly tried."

For carcinoma of the liver, he says:—"Echinacea neutralises to some extent the toxæmia generated in carcinoma and should be given during the course of the disease. . . . The dose will be from five to twenty drops four times per day."

While giving the treatment of syphilis, Thomas says:—
"*Echinacea*, in half-teaspoonful doses, gradually increasing the dose to a teaspoonful is also an excellent remedy."

The above from an eclectic authority is of some, though but of little, assistance to us Homœopaths in acquiring a good working knowledge of *Echinacea*. Mixing of *Echinacea* with *Aconite* in one prescription, for a certain condition, or giving the drug for any condition—disease—without giving the symptoms, the dose, or repetition of the dose is of but little value to the physician of any school. We have quoted Thomas simply to give the Eclectics credit for their part in furnishing the medical profession with a very valuable addition to its drug therapy. Let us now take up the study of *Echinacea* from the Homœopathic standpoint.

J. H. Clarke, in his *Dictionary of Materia Medica*, quotes a case taken from the *H. R.*, vol. X, page 527, which gives us our first glimpse of the field in which *Echinacea* acts. "A remarkable case of vaccinal poisoning is recorded (*H. R.*, X, 527) in a man, 45, cured mainly by *Echin.* in twenty-drop doses. The symptoms were: vitality ebbing; he became so weak he could not sit up; hair fell out; an eruption of psoriasis appeared on extremities

extending to body. The disease advanced rapidly; the nails fell off. Left iritis supervened, and then keratitis of the right eye. Under *Kali iod.*, and phospho-albumen as a food, the hair ceased to fall off, but other symptoms became rapidly worse. *Echin.* was now given, and slowly the disease was arrested; then gradual improvement and ultimate cure ensued. The report does not mention if the sight of the left eye was recovered. Homœopaths generally followed the eclectic in using substantial doses."

It was fourteen years latter that my class-mate, J. C. Fahnestock, not only superintended but also participated in a thorough proving of the drug.

Fahnestock's preliminary proving and discussions of the same is recorded in the *Transactions of the A. I. H.*, 1899, pages 693 to 707. The discussions that day were amusing, instructive, and interesting. As I was associated with the chairman of the bureau, Dr. T. L. Hazard, not only in observing the effects upon medical students at Iowa City and Des Moines and took the drug myself, I wish to comment on both the report and the discussion.

First, please note the character and position of the men who partook in the discussion. They were E. C. Price, of Baltimore, a college professor; E. R. Howard, also a college professor; A. C. Cowperthwaite, a college professor and author of a text book on *Materia Medica and Practice*; T. C. Duncan, a college professor, secretary of a provers' association; W. A. Dewey, college professor, and also author of *Materia Medica and Practice*; Chas. Mohr, college professor; C. B. Gilbert, a college professor; H. W. Pierson, a college professor and director of drug provers; T. F. Allen, a college professor, an eminent botanist, a noted chemist and world known author;

See H. R., Vol. XIV, Pages 337 and 386.

Wilson A. Smith, a well known botanist and drug prover; F. W. Hamlin, college professor, a practical obstetrician, a careful, general observer of the action of homœopathic remedies. J. C. Fahnestock, a class-mate and room-mate of mine at New York, a close student, with a clear, analytic mind, of German descent, inheriting the German habits of accuracy and observation, with a very large practice which gave him an opportunity to verify symptoms, was the author of the paper. T. C. Hazard, chairman of the bureau, was my assistant in the chair of Materia Medica at Iowa State University and in charge of the provers who took part in the provings, the result of which was incorporated in Dr. Fahnestock's symptoms.

Although all the above were well known to me and a brief sketch of them would be interesting to the reader, space will permit me to speak of but one, viz., Prof. Eldridge C. Price.

Dr. Price always felt it his duty to closely and carefully scrutinise everything for the purpose of detecting any flaw and, if any, to point out all defects. As dean of his college he saw the defects of every member of his faculty and tried to correct them. As the leader of the discussion this trait was very conspicuous.

There is one point made in the discussion which can be made in the study of all provings, viz., that idiosyncrasy has much to do with the result on individual provers. To illustrate, I can handle *Rhus tox.* with impunity, at any season of the year. It has no effect upon me in that form. I can and have taken ten drop doses of the tincture without effect, but the 30th and also 1m afford great relief of the pains in my broken bones, which pains come in damp, cold weather. I also had one patient who developed dryness of the mucous membrane and dilatation of the pupils whenever she took *Belladonna*.

im. I demonstrated the above fact many times just as an experiment.

Again, there are some forms of the *Echinacea* plant which seem to be inert.

Let us now take up the study of *Echinacea* in the schema form as found in the *Transactions*. I am going to give only those which I experienced personally and which I have verified more than once on my patients.

Please note that my headings will be tissues and organs rather than the old anatomical divisions.

A. BRAIN.

1. Apprehension (fear).

2. Depression.

3. Sluggishness (tired).

That the patient was apprehensive has been verified many times by such expressions as the following: "Am I going to get well? Am I in a serious condition? Will I ever be myself again? How long before I can be on my job again?" etc.

Depression has also been proven by: "It's no use trying to cheer up, everything is against me; I'm blue as indigo; I'm so gloomy I cry a good deal of the time," etc.

Sluggish—Tired. The first of these synonyms applies to the brain more than the second, which applies to the entire body—all tissues and organs. The first is demonstrated by: "What did I say?" "I did not mean that but my mind does not work well, I can't think as fast as I could." "I seem confused," etc. The second, tired, by: "It tires me to answer your questions, to talk or read; I am so tired, so tired." One patient, an athlete, when asked to be more explicit, replied, "I feel much as I did after a hard football fight, as if I could not move, I am sore in every muscle of my body; it hurts to move

I want to lie still and just dream, not to think of anything."

This condition follows and is the result of the other two. It is usually found in the convalescent stage of a disease, but appears in the earlier, sometimes the earliest, stage of the provings.

These symptoms are manifestations of *functional* changes of the brain—mental symptoms—which, as usual, should be given the highest rank in the group, as well be given later.

Nerves. Fahnestock says that seven of the provers gave: "Exhausted, tired feeling; five, muscular weakness; two felt as if 'I had been sick a long time'; and six 'general aching all over with exhaustion.'" The above is only a repetition and perhaps an elaboration of what has been given under the heading, BRAIN.

B. MUSCLES.

The *sensations* and *modalities* are most clearly stated by Fahnestock under thirty-two anatomical sections, and *time*. Most of these are repetitions or synonyms or both. Which will be condensed into sections. Under *muscles* let us put the following.

1. *Myalgia*. That *Echinacea* can cause and cure myalgia, I have proven by experience.

2. *Myascitis*. That it can cause and cure inflammation of the muscles I have proven by experience and observation.

3. *Functional and Structural changes*. That it has restored to normal both functional and structural changes I have observed in several cases.

C. BLOOD.

On this tissue or organ, which ever you wish to call it, the provers give very little. Fahnestock has only the

following: "Two, after proving, found a diminution of red corpuscles." However, from clinical reports and my use of *Echinacea* it is through the blood that the remedy plays its most important part as a curative agent. And that *pyaemia* is the cause of the condition in nineteen out of twenty cases. Suppuration (pus) in any tissue or organ may be carried to any location through the blood stream, or it may be primarily generated in the tissue or organ and then taken up by the blood and carried to any or all parts of the body.

D. SKIN.

At the bottom of page 698 of the *Transactions* we read: "SKIN—Three, intense itching and burning of the skin on neck; little pimples on skin, with redness, feeling like nettles (this occurred on the fifth day of the proving), two, skin dry, small red pimples on neck and face."

E. THERMIC CENTRES.

Under *chills* we find—"One, chills up the back; 1, cold flashes all over the back; 2, general chilliness with nausea." "Temperature raised a degree, with flushed face and fullness of head, accelerated full pulse, sweat, chiefly on the upper part of body." You note that the symptoms are few as given by the provers, but are many as given by the patients suffering from *pyaemia*. And as *pyaemia* is the condition of the majority of patients who have been cured by our remedy, let us get a clear definition of the condition. W. H. Dickinson gave the following: "By *pyaemia* is meant a morbid condition of blood, caused by the introduction into the circulation of the products of decomposition. It attacks for the most part those who are suffering from serious wounds, or who have undergone severe surgical operations, or suppurative inflammation of bones, or who have recently given birth

to children. It may follow a boil, a carbuncle, a diffused abscess, caries and necrosis of bones, a burn, compound fracture, surgical operation, a dissection wound, or the act of parturition—especially if any portion of the placenta be left to undergo the act of decomposition."

"Symptoms. The invasion of the disease is usually sudden. It generally sets in with a severe chill, followed by great heat, profuse perspiration, and rapid pulse. The temperature often rises to 104° or 105° the first day of the attack. The heat and perspiration soon subside, to be followed at an interval of twenty-four hours or less by a recurrence of chills, to be again succeeded by perspiration and heat. The pulse, which at first may be unchanged in volume, becomes rapid, weak, and perhaps intermittent, growing more rapid and weak as the disease increases in severity. The countenance and conjunctiva assume a yellowish tinge; the patient becomes restless, or dull and heavy. If there is a wound it loses its healthy appearance, becomes pale and glassy, looks indolent, and the discharge from it ceases. The tongue at first is clear, but now becomes furred, and at last dry, brown, and glazed; the lips also becoming parched; sordes accumulate upon the teeth; the general condition of the patient resembles that of typhoid fever; there is loss of appetite, and often nausea, vomiting, and diarrhoea; cough is a frequent symptom, and indicates hepatization of lung tissue, or bronchial irritation and inflammation. The skin before death assumes a yellow tinge.

Pain and swellings in and around the joints, or in other parts of the connective tissue, are often present, and result in the formation of abscesses."

The above is terse and also comprehensive. I would add as *pathognomonic* the alternating rise and fall of the temperature from 105 down to 97 during an interval of

twenty-four to forty-eight hours. This rise and fall of temperature is very marked in *Echinacea* and in my practice has been found in nearly every group of symptoms.

Let us take one typical group from my record as illustrations.* As all cases revealed the presence of pus cells in the blood, of diminished number of red blood cells; and an increased number of white cells, with a few other minor changes, the blood tests will not be repeated.

F. SKIN GROUP.

Furuncles—Boils. This is the one exception to what has just been stated as to the blood tests. In nine of the cases there were no blood changes.

CASE I. A. K., age 23, carpenter, light complexion, active, well educated. F.H. good. P.H. good, except that "I had a crop of boils at eighteen, on my neck. There were a dozen, more or less. They were extremely sore. No fever, and worked all the time; treated them with hot salt water locally, and sulphur and cream tartar in molasses internally. This cured in three weeks. One year later same started on my buttocks—some soreness and pain as before. A friend told me to get some gunpowder and take a teaspoonful in three teaspoonfuls of water, one of these before each meal and at bed time. They were all gone in less than a week. About a week ago they came again on my buttocks and neck, but the gunpowder nor hot applications phased them. They are spreading and becoming sorer every day."

He was given *Ech. ang.* 3x (Boericke & Tafel) every two hours, and tincture, three parts to two of water to apply with a cloth on going to bed. To days later he reported, "Much better." On the fourth day he reported, "All right, don't need any more medicine." One month later he was given four five drop doses of the 30th

(Boericke & Tafel), each dose to be taken every Sunday morning before breakfast. There has been no return.

BLOOD, MUSCLES AND SKIN.

CASE II. Mr. M. M., school teacher, dark, firmly built, very active, vigorous. F. H. good on father's side. T. B. on mother's side. In June, 1925, this young man was brought to me by a patient of mine, also a school teacher, with this remark: "I have brought him because he has a carbuncle on his neck which is so painful he cannot wear a collar to dress up and we were to be married in church day after tomorrow." The patient said he had had two carbuncles in the same locality, on his neck, three years before which bothered him for three months.

The opening in the present carbuncle was one-half inch in diameter and well studded with particles of slough. These particles were removed with forceps and the opening well cleansed with a solution of equal parts of *Ech.* tincture and water. He was also given five drops of the 1x (J. C. Wise), every three hours. Improvement began within twenty-four hours and he was married the second day, but the neck was dressed with a bandage over a piece of gauze saturated with the tincture of the remedy. The sore healed in nine days.

On August 20th, 1930, the same patient came to me again from an adjoining city with his right hand bandaged, for a carbuncle in the palm, between the third and fourth fingers. He stated that the local physician had told him it was a bad carbuncle, that the blood test showed pus and that he feared that the back of the hand and fore-arm must be lanced. To this the man objected and he and his wife came to Des Moines. The hand was badly swollen, the openings about three-fifths of an inch in diameter and several of them one-fourth of an inch deep,

from which oozed particles of slough. The veins of the arm were large and dark, the glands in the right axilla were enlarged and very sore, tem. 102, puls 80, and mouth dry. He seemed anxious about the result. *I cleansed the sore with equal parts *Ech.* tincture (Luyties) and water and then with a dropper filled the wound with the same solution. Over this, including the entire hand, I put gauze saturated with equal parts tincture and water and gave internally five drops of the 3x every two hours. August 21st, thirty-six hours later he reported less pain, the swelling much less and the veins a better colour. He was still somewhat depressed—wanting to know if I thought he could use his hand by the first Monday in September, when his school work began. Same treatment continued. August 25th, greatly improved, could use his hand a good deal, and felt that he would be ready for his school work. No more medicine was given internally, but the wound was dressed twice daily. He was normal September 1st.

The above case is typical of sixteen others. One of these was Prof. F. Becker of Clearmont, Iowa. His was what he himself called carbuncle, but which seemed to me a traumatic abscess. There was very little pus, but a large amount of slough. In this case there was the most marked "up and down temperature" I ever observed. It was as low as 76.5 and up to 104.6. The doctor had used *Ars. alb.* and *Rhus. tox.* at different times and *Calendula* tincture with equal parts of water locally. The

* While I was dressing the wound the patient's face became very pale and he was obliged to lie down—fainted. When he rallied he said, "I do not see why this little thing has taken the life out of me so. Although I have had it only a few days I am as tired as I used to be when I husked corn or threshed oats all day. Even at his last visit he said, "I am myself mentally, and the pain and soreness are all gone, but I am still depressed physically."

same treatment given as in the teacher's case, with the same results except it took a much longer time during which the remedy was discontinued and resumed several times. Also the 6th and the 30th were both used. Dr. Becker had profuse sweats with the low temperature and he stated that he had never been so weak and tired in his life. Depression, both mentally and physically, was marked and the physical the most severe.

BLOOD AND PEYERS PATCHES.

CASE III. Minnie B., age 14, school girl; of typical *Calcareo carb.* make-up. F.H., mother healthy, also her family; father died of T. B. C. when the patient was nine months old and his mother died of T.B.C. when he was eighteen months old. P.H. had cholera infantum when she was eleven months old, but her life was saved by *Calc. iod. 6x* (Boericke & Tafel), a grain powder every two hours at first, then at longer intervals for several months and Arlington Co. Liquid Beef Peptenoids, soups and fruit as her diet for over a year. Her present condition began with an attack of lobar pneumonia. Her life was saved, this time, by *Iodine 6x*, during the first few days given for the high temperature, dry skin and rapid emaciation. Later the *iodine* was changed to *Calc. Iod. 6x* (Luyties). This checked the emaciation and the liquid stools but the temperature soon became the typical pyaemic and the constantly dry skin became dry and hot alternating with sweaty and cold as the temperature went up or down. At this point a change was made from the *Calc. iod.* to *Ech.* which was given three drops of the IX, in a cup of hot water every two hours, and a hot cloth moistened with equal parts of the tincture and water was kept over the entire abdomen. Her diet was the same as after the attack of cholera infantum. The

patient began to respond to the treatment after about sixty hours and the improvement was constant so that she was normal at the end of eight months except for her weight which took sixteen months more to become normal. There was no doubt that pus was present not only in peyers patches but also in all the glands of the peritoneum. I never felt sure that the local applications played a very important part in the cure but the patient always said that they felt good so they were kept up for nearly two weeks.

BLOOD AND PLEURA.

CASE IV. I had one case, a cousin of Case V, who had a mild attack of pleuritis followed by infusion which became purulent and presented all the determining symptoms of *Ech.* A rib was resected, the fluid evacuated and the usual drain put in, but with results similar to those in Case V. *Ech.* was used in Case V with most excellent results.

About nine months after treating Case V, I was called to another case of pleurisy, whose symptoms were apparently identical to those of Case V. The same treatment however failed completely, and after two week's trial *Silicia* 80gr was substituted. The *Silicia* was given in five drop doses, three times daily. It was Boencke & Tafel's *Silicia*. Improvement began in four days and continued till the patient was normal in three weeks.

BLOOD AND LIVER.

CASE V. Mr. C.H.T., a bank teller, age 35, dark, of sluggish temperature. F.H., nil. P.H., had suffered from several attacks of gallstone colic for which he was finally operated on and over two hundred small stones removed from the gall-bladder. There was also some pus in the liver. A drain tube was inserted and continued to

drain a muco-purulent substance for several days when the discharge stopped suddenly. The typical rise and fall of temperature began in a few days, also the dry and moist skin. His physician then went into an abscess between two ribs and put in another drainage tube. There was a free discharge of pus and the two extremes of temperature lessened but the patient's weight and strength ebbed rapidly. Alcohol stimulants and a special diet did not check the downward course. At this point I came into the case at the request of the patient's brother, a patient of mine. He was given ten drops of the *rx* of *Ech.* (Boericke & Tafel) in two ounces of warm water, every two hours. A dram of equal parts of *Ech.* tincture and distilled water was injected into the rubber drainage tube. This was done three times at intervals of four hours. After that the rubber tube was withdrawn and a gauze drainage saturated with the same solution of *Ech.* substituted. Pus ceased forming in seven days and all the symptoms gradually improved. The interval between the doses was lengthened and discontinued at the end of three weeks. The patient was normal at the end of six months except some soreness of the region of the liver and the weakness and prostration—the tired feeling.

DIPHTHERIA.

CASE VI. Boy, nine years old. Both family and personal history good. Contracted diphtheria during an epidemic. The symptoms were a chill lasting half an hour, followed by pains in the throat and all the muscles of the body. There was *rapid and profound prostration*, a livid colour of the skin, a dry mouth and throat with only a few patches of membrane. The pulse was rapid and weak. I had been watching a case of diphtheria with Dr. A. M. Linn, who had responded remarkably to

Ech. five drops of the IX, every two hours, in water, and a gargle of the tincture of *Ech.* one part to two parts of water, every four hours. My case was given the same treatment, but died in ten hours.

A second member of the same family, with like symptoms was given *Mercurius cyn. 3x*, a grain powder every hour for four doses, then every two hours for twelve doses. The powder was dissolved in water. The patient recovered though very slowly. Paralysis of the muscles of deglutation set in on the eighth day but responded nicely to a few doses of *Lachesis*. For sub-normal temperature and great prostration there is no remedy like *Merc. cyn.*

AS A PROPHYLAXES.

I have never been able to either abort or lessen the severity of the symptoms of typhoid fever with *Ech.* I tried it for the group of symptoms given by Thomas but it failed, whereas *Baptisia* never failed for that syndrome of symptoms.

POTENCY AND DOSE.

They have been given in the illustrative cases. The tincture and low potencies seem most effective in a great majority of cases. The dose should be frequently repeated.

THE SPHERE OF ACTION.

(1) The blood is the tissue for which *Ech.* has its strongest "elective affinity."

(2) Pyæmia is the condition which most frequently calls for the remedy.

(3) The "up and down" temperature is a "ranking" symptom. The extreme prostration—"so tired, so tired"—is the second. Profuse perspiration is the third.

The field of action is small but in that field it is adequate, prompt, and successful.

—*Hæmæopathic World.*