

Justicia Adhatoda : Its Therapeutic Properties and Clinical Verifications.

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• It is a new homœopathic remedy which has been introduced by me and prepared from an indigenous plant of India. It is a wellknown new homœopathic remedy.

Many homœopaths of our country are very anxious to be conversant with its therapeutic properties and have asked me to publish the same in a Journal. To satisfy their queries, I write this article on this important drug.

An article dealing with the provings and clinical verifications of *Justicia Adhatoda* was written by me and published in the *Homœopathic Recorder*, of Philadelphia in May, 1905. Other papers upon this drug from my pen were published in *Revue Homœopathique Française* of April, 1907, *Journal Belge Homœopathique* of February, 1907 and in *Progress* of July, and August, 1907. A Synopsis of the article on *Justicia* was published editorially in the Journal of the *British Homœopathic Society* of July, 1905 and in *Allgemeine Homœopathische Zeitung* of 20th July, 1905.

Dr. E. P. Anshutz has published my article dealing with this drug in his wellknown work—"New, Old and Forgotten Remedies" published by Bœricke and Tafel. Also an article from my pen on this drug was published in the Transactions of the Eighth Quinquennial Homœo. International Congress which was held in London in 1911.

This drug can also be found in the *Materia Medica* of Bœricke as well as Blackwood.

It is cooling, destroyer of hoarseness, and a strong arrester of blood. It is highly efficacious in cold, coryza, cough, bronchitis, pneumonia, phthisis, spitting of blood, fever, jaundice, vomiting, thirst, loss of appetite and constipation. *Justicia* plays an important part in the

disorders of the respiratory system. In coryza it is highly curative where sneezing troubles the patient. In whooping cough I have the greatest confidence in it as long as or whenever catarrhal symptoms are noticed. The cough of *Justicia* is incessant and severe. The chest seems pregnant with phlegm and there is audible rattling of mucus, but very little is expectorated or it is loosened only with repeated hawking. The expectoration consists of tough, yellowish mucus. The cough of it is sometimes dry, spasmodic, constricted. There is a violent degree of dyspnoea associated with the cough, so much so that there is great fear of threatened suffocation. In whooping cough the child loses breath, turns pale, stiff and blue and there is rigidity of the body. There is usually vomiting with the cough and no food or drink is retained by the stomach. It has also great loss of appetite and there is also obstinate constipation in the bargain. *Justicia* has some influence upon the hepatic system. In functional derangement of the liver it is certainly an excellent remedy.

In the first stage of phthisis it will surely be found to be a valuable remedy. In this complaint there is usually spitting of blood. The mucous membranes are dry, specially those of the mouth and throat and tongue are dry and there is thirst present.

The characteristic mental symptom of this drug is irritability. The patient is easily angered. He is not in good humour and is very averse to holding any conversation.

CLINICAL VERIFICATIONS.

CASE NO. 1. WHOOPING COUGH.

The youngest son of Rai Bahadur D. N. Chakrabarti Ex-Judge, Calcutta High Court, had been suffering from a severe attack of whooping cough for more than 2 months.

He was placed under my treatment on Aug. 9th 1911, when I marked the following symptoms:—

The whooping cough returned periodically in spasms which lasted for a long time and produced extreme exhaustion; the boy held each hypochondrium during cough; there was yellow expectoration which the boy had to swallow. The cough induced the vomiting of food and the boy threw off everything as soon as it was taken; the patient was very restless and totally sleepless; there were sometimes paroxysms of severe spasmodic cough which continued with uninterrupted crowing inspirations till the boy grew purple and blue in face and was quite exhausted; the patient was worse in the latter part of the night; the bowels had not moved in the last two days. I at first prescribed *Drosera* 6x, and afterwards *Corallium rub* 30; but none of them could do any good. I then gave him *Justicia adhatoda* mother tincture, one drop, every three hours.

August 11th—I saw the patient at about 9 a. m. when I was astonished at hearing that a violent aggravation had taken place as soon as the third dose of my remedy was administered. I thought that this aggravation was due to the strength of the dose and so I gave him *Justicia* in 1x potency and ordered that one dose of it should be given after each fit of coughing.

August 12th.—I went to see the boy at 8 a. m. I was glad to hear that the boy was somewhat better than before; the bowels moved this morning; the boy slept for nearly five hours last night; there was only one fit of coughing during last night; the boy vomited up to 11 p. m. but since then no vomiting took place although the patient had barley water four times. The news made me very happy and I prescribed *Justicia* 3x to be given every four hours.

Suffice it to say that *Justicia* alone cured the patient perfectly within a short period of five days.

CASE NO 2 WHOOPING COUGH

A grandson of Desbandhu. C. R. Das, the leader of the Swarajya Party in Bengal, was suffering from whooping Cough. Whooping Cough was at that time, raging epidemically in that locality. Two deaths occurred in the family a few days before. I was called in to see the patient on Sept. 10th, 1931. The boy had been under the treatment of a homœopathic practitioner of the locality. I marked the following symptoms when the boy was placed under my treatment :—

The boy coughed immediately after eating and drinking, and vomitted what he had eaten ; convulsions appeared during the course of cough. Spasms of flexors predominated ; the paroxysms of cough went on without any interruption for a long time and which lingered till the breath was nearly exhausted ; the body became stiff and rigid ; there was rattling of mucus in the chest ; the cough became sometimes dry and sometimes moist ; any change of air produced the fit of coughing ; the fits were marked to appear every thirty or forty minutes ; there was no appetite ; tough, ropy mucus came on with vomiting ; there was obstinate constipation and the bowels did not move for the last five days. I heard that the physician in attendance had given him *Cuprum*, *Corallium rubr.*, *Drosera*, *Bryonia* ; but nothing had been found efficacious.

I prescribed my new remedy, *Justicia adhatoda* 1x every hour.

Sept. 11th—I went to see him at 10 A.M. I heard that the boy was somewhat better than before. He passed almost a quiet night. There was only one fit of

coughing last night, which lasted for only 10 minutes ; but there was no convulsion ; I also heard that there was a motion in the morning at 8 a.m., which consisted of hard, dry balls mixed with ropy mucus. I gave the patient one ounce of barley water in my presence, but he did not throw it off.

I prescribed *Justicia adhatoda* 3x to be given every two hours.

Sept. 12th :—I saw the boy at about 11 a.m. The bowels were moving regularly ; there was no rattling of mucus in the chest ; there was no coughing-fit last night ; the patient had appetite now ; the boy appeared to be cheerful.

I prescribed *Justicia* 3x every four hours ; the boy took this medicine for four days more and regained his former vigour and strength within a week.

CASE NO 3 BRONCHO-PNEUMONIA

A grandson of late Sir Ashutosh Mukherji, Kt., Ex-Judge, Calcutta High-Court, aged three years, had an attack of cold on Nov. 20th, 1930 and this attack brought on broncho-pneumonia later on. I saw the boy on the 24th Nov. 1930. The following symptoms were visible :— The mucous rales were heard distinctly over the chest ; there was great difficulty in breathing, there was considerable rattling of mucus and the chest was full of mucus, but the boy was not at all able to bring it up, there was rapid, short, difficult breathing and the patient seemed, as if he would die of suffocation ; the eyes were congested, staring, dull ; the face was pale and somewhat bloated ; the tongue was dry and brown ; excessive thirst was present ; there was slight drowsiness prevailing ; the temperature was found to be 103·4. Antim Tart in

both 6th and 30th potency was given, but unfortunately it did not bring any good at all.

I prescribed *Justicia Adhatoda 3x* every two hours according to the emergency of the case.

25th Nov. The oppression of breathing was almost gone; bronchial tubes were almost clear, the coughing fits were still present, but not so troublesome as before; the tongue was moist; the temperature was found to be 101.4 at 9.30 a.m.

The same medicine was repeated every four hours.

26th Nov. I saw the patient at 9 a.m. this morning. The coughing fits were less frequent; the bronchial tubes were now clear and there was no rattling of mucus; the patient had two motions last night which were mixed with mucus; the temperature was 100° in the morning. The same medicine was continued.

Dec. 1. The temperature was normal; the bowels were now moving regularly, the boy had a sound sleep last night.

The same medicine was given every six hours.

Dec. 2. I found the boy to be very cheerful this morning. No other complaints could be marked; some solid food was given.

The boy was quite all right within 3 days more.

CASE NO. 4 PHTHISIS (Incipient Stage).

Late Babu Lal Mohan Das, M.A., B. L., ex-judge of the Calcutta High Court called me to see a relative of his, aged 31 years who was suffering from the first stage of Phthisis. The patient had an attack of pleurisy six months before, and since that time he had been suffering from bronchitis. He did not take any care

to taking proper medicine for his cough; but when the attending physician diagnosed the disease as nothing but phthisis he grew very anxious.

I saw the patient on November, 12th, 1930. The following symptoms were marked :—

Mind—Lowness of spirits; he was oversensitive to external impressions.

Head—Burning sensation on the forehead.

Face—The face was very pale; there were blue rings around eyes.

Mouth—The tongue was very dry, and there was excessive thirst for cold water.

Abdomen—There was obstinate constipation.

Respiratory system—There was constrictive pain in the lungs; there was also tightness across the chest; the whole body was seen to tremble while coughing; there was frequent fits of coughing with hæmoptysis after which severe dyspnœa and short breathing appeared; the expectoration was dry, rusty, blood coloured; the patient grew worse while lying on the left side.

Fever—The patient felt chilly every evening; there were also night sweats.

I prescribed *Justicia adhatoda* 3x to be given every four hours.

November 14th—I heard a good report of the patient this morning; the bowels moved last night; the Cough was still present, but the expectoration was moist and easy, and there was no spitting of blood since yesterday.

November 16th—A decided improvement was wrought by *Justicia*. There was no fever last evening; the Cough did not trouble the patient every now and then; there was no spitting of blood; there was no difficulty in breathing. The patient was experiencing greater relief than before. The same medicine was continued.

Nov. 20th—The paleness of the face was nearly gone ; there was great appetite for food ; there were only three or four negligible attacks of cough during twenty four hours ; there was no fever, no night sweat appeared, the bowels were moving freely and regularly.

The patient was fully cured of this dreadful disease by taking *Justicia* alone for a month more.

The success of this typical case will forcibly and conclusively illustrate the usefulness and curative virtues of this drug. It is my firm conviction that it will be recognized as a valuable homœopathic drug in the near future. This drug is producing magical results in the hands of our Indian Ayurvedic practitioners, and I don't know why it will not do the same service as a homœopathic remedy.

CASE NO. 5 WHOOPING COUGH.

The second daughter of Roy Jatindra Nath Chowdhury, Zaminder of Nakipur, who was three years of age, had an attack of whooping Cough and had been suffering from this obstinate malady for more than one month. The girl was, from the beginning of the attack, placed under the treatment of several eminent homœopathic practitioners of Calcutta, and they did their utmost to arrest the further progress of the disease ; but in spite of their endeavours the disease was seen to increase by leaps and bounds and to catch hold of the girl with firm grasp.

The homœopaths treated the girl for eleven days and then the girl was treated by some allopaths, who were equally unsuccessful in curing, or rather mitigating the sufferings of the girl. On the nineteenth day of their treatment the condition of the girl grew very serious and created serious misgivings as to the result of the case.

On the 2nd November, 1930 the girl had some coughing fits which appeared to last longer than before. At 10

a.m. of that day the girl had a fit which lingered for more than twenty minutes, after which the little patient became stiff, and there was not the least sign of animation. The relatives of the girl thought her to be dying and began to cry ; but the attending physician sent a messenger in hot haste to me. I went there at 11-40 a.m. and examined the girl minutely. There was still no animation. However, I gathered the following information from the physician in charge. The girl had an obstinate constipation and the bowels did not move until mechanical measures were taken; the fits of cough were very violent and appeared almost hourly; extreme prostration came on after the fits; there was generally vomiting while coughing, there was rattling of mucus in the chest and fine rales were audible, there was no fever; the girl was very restless and always crying; there was no appetite and she was very unwilling to take even the mother's milk; cough was seen to be worse after crying.

These particulars led me to prescribe three small globules medicated with *Justicia lx*. I watched the effect of this remedy and waited for ten minutes. I gave the second dose after ten minutes and yet another dose was given. The girl, to my intense joy, and utter amazement of the spectators, displayed unmistakable signs of vitality with sharp cries, but there was no cough. This was no doubt, a hopeful indication of its action.

I left three powders of *Justicia lx* and instructed the attending physician to give one powder every three hours.

I went to see the girl again at 11 p. m. that night. The father of the girl thanked me very much for the medicine which had, no doubt, done yeomen's service in the mitigation of the disease so long resisting almost every kind of medicine. I heard a good report of the girl. The bowels moved at 3 p. m. naturally for the

first time and the stool consisted of hard dry balls, mixed with tough and purulent mucus, and she was given two ounces of milk which she took eagerly, but there was no vomiting at all. *Justicia 3x* was given every 5 hours.

November 4—There was more improvement this day. The bowels had been moving naturally and there were only five fits of coughing during twenty-four hours. The girl had been drinking milk with an amount of eagerness which could not be found a month before. The same medicine was continued.

November 6—The cough had totally disappeared and the girl appeared to be jolly.

The same medicine was given every six hours. The girl regained her former vigour and strength within a fortnight.

More clinical cases in support of the efficacy of *Justicia Adhatoda* will be published in a subsequent article.

The Materia Medica of Pain.

REMARKS BY CHAIRMAN JUNKERMANN, M.D.

I will grant you one of the tests of a good homœopath, of course, is the ability to handle these difficult and obscure chronic cases, repertoire his cases and cure them. On the other hand, I also feel that we can say a test of the homœopath is his confidence in his little satchel, when he is called into an occasional acute emergency, when something must be done quick, and he finds himself there with nothing but his potencies, no morphine or aspirin or anything to fall back upon.

Last year at Cleveland in the Bureau of Materia Medica, of which I happened to be Chairman, Dr. Dixon took a census of the men who did not have morphine or