

Records of Indian Drug-provings.

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FOREWORDS.

In view of the fact that by dint of its high perfection in efficacy and permanent cure of diseases, the two main characteristics which made it stand foremost in the medical world, Homœopathy is spreading far and wide preaching its new salutary gospel of healing to the suffering humanity.

Our Ayurveda, the great Indian Medical Science, having had a great affinity to Homœopathy, has found India a true and sympathetic land for its adaptation. Indeed India is a veritable prolific field producing various kinds of medicinal herbs and plants. It is why our great poet, the immortal *Kalidas* sang in his '*Raghubansa*' the eulogy directed to India, which runs thus "*Bhaswanti ratnani mahausabhischa, Prithu-pudestam duduhurdharitrim*". It has been truly said that Prithu one of the Emperors of Vedic India convened a meeting of learned chemists and recorded the efficacious virtues of various kinds of herbs and metals.

With the advancement of her unique civilization, Rishis of India began to test scientifically the innate virtues of plants, trees, metals and animal bodies which had hitherto been regarded as devoid of any such qualities. This has undoubtedly been a great and immortal legacy bequeathed to us by our forefathers. It is, therefore, our first and foremost duty to make the best use of it as the worthy sons of our illustrious fathers.

With this end in view and also to ameliorate the sufferings of the helpless millions I have made up my mind to prove homœopathically as many drugs as I can in my life, following the foot-steps of our illustrious elders who have already shown the way by proving a few stray drugs. Mine is a genuine attempt to elaborate this august mission and arrange all proved medicines under a system so that in

course of time a regular Indian Homœopathic Materia Medica may be written, meeting all the exigencies of our nation in distress.

Malaria, Cholera, Small-pox, Plague, Tuberculosis etc. etc., are fearfully taking away their annual tolls of victims by hundreds and thousands, the number of which has been ever on the increase, making many of our bustling towns and flourishing villages calm and desolate, the abodes of wild animals, within a short period of a few years. The India Government, no doubt, has been trying, in its own way, its level best to stun the swelling tides of these pestilential visitations, but to no purpose.

At the termination of the last great World War, Influenza swept away the major portion of its victims throughout the world. India alone lost about six millions of her sons, many of whom were the flowers of the land, who, if survived would have otherwise contributed their distinct shares to the building up of our nation. Neither the Government nor the experts of the dominant School could make any effective headway against the inroads of this pestilence. But our simple Art of Healing, although neglected by the Government on the one hand and pro-allopathic people on the other, has made yeoman's service by curing ninety per cent of the patients that came to it for treatment. It was on this occasion that the idea occurred to me to prove some medicines that are known to possess some efficacy against influenza. Accordingly I prepared *Ocimum Sanctum* after the Hahnemannian method and proved two potencies upon my own person and found that it possesses a great curative power against Influenza as its Materia will shew later on. Accordingly I named it "*Ocimum Influenzinum*". Then I began applying it clinically with a mervellous result never dreamt of before even in this ancient land of Ayurveda. Although I was a little late in taking action against this fatal disease, yet, I could, to my great satisfaction, save several hundreds of patients down with malignant type of Influenza. The majority of my

patients were treated with 3x, 6x and 30. This was, no doubt a great impetus to my activity and I began proving our Indian herbs and plants one after another.

Before this time, however, under the peculiar circumstances stated below, I was tempted to prove only one medicine in 1917 which I named "Atista Indica" after its Bengali name Astel or Atisheora. Now by dint of its very great curative virtue it has become a household remedy in Bengal and Assam against malaria (every alternate day fever or every third day fever) and almost a specific for dysentery either so-called amoebic or bacillary, nay, it has become a sheet-anchor in most hopeless cases, especially those that come from allopathic hands after fruitless injections! Then from 1918 my researching activity began to progress very rapidly and I proved at least two drugs every year and the number of medicines proved by me rose to 20 in 12 years; the account (Materia Medica and proving histories) of which I shall give one after another.

It should be mentioned here that my activity will not be confined only to my medicines alone, but I shall include some more medicines which had been proved here in India by my predecessors and contemporaries such as Dr. Sarkar, Dr. Mazumdar, Dr. Roy, Dr. Bhadury, Dr. Ghose, Dr. Biswas and others.

It is a matter of profound satisfaction to me that our Indian medicines by virtue of their great curative power have been able to make an effective headway in the Indian medical field and to win the high estimation of the profession and the laity alike.

THE PROVING OF ATISTA INDICA

In the month of March 1917, there broke out a peculiar fever called "Palazar" at Gouripur. This is a fever of Malarial origin attacking its victims every alternate day or every third day. Some patients came to me for an efficacious remedy, but although I tried very hard according to the Law

of Similia I could not hit upon a right remedy for several days. Dejected at heart for such a sad failure, I was sitting idly, one day in my house when an up country servant came to me, brushing his teeth with a little stick of "Atiswara" plant, for calling me to his master's house, as almost all the members of the house were down with this fever. He said, "Doctor Babu, with the exception of myself all the members of Babu's house have been down with "Palazar". I said—"very well, you are fortunate then". Servant—"No, that fever can never attack me". I asked—"why"? Servant rejoined "Bengalees do not know how to keep clean teeth, we keep our teeth clean and therefore we are not attacked with such fever".

When the servant was gone, I came to know on enquiry that although living among fever-ridden people, not a single up-country servant was down with this fever. This set me to thinking. The boastful statement of the servant was limited, no doubt, only to clean teeth and nothing else: otherwise these people are rather unclean yet they are not affected by this malady, whereas Bengali people who are far more clean and pure in their habits and wash their mouth and teeth with charcoal or chalk could not escape being affected with it. Why so? Perhaps there must be some thing with the "Atiswara" branch.

Undoubtedly this plant has some medicinal virtue, which being defused in the body of the user through the omnipresent nerves of the tongue resists the onslaught of this fever. This idea so firmly took root in my mind that I eventually prepared the tincture. But before taking medicine for proving purposes I regulated my diet, taking only rice, ghee, vegetables without fish or meat. In the afternoon I took Mohanbhog (a preparation of flour with sugar, milk and ghee) not more than 4 ounces every day. I byked for one hour every morning and evening. This being continued I took Atista 3x thirty minim per dose thrice daily. Then increased the dose to forty minim but for three days no indication of medicine was marked, except nausea once or twice in

twentyfour hours. On the fourth day the nausea was constant, and there were yawnings. On the fifth day there came a fever which began with a paroxysm of chill without thirst. Thirst however came intensively during hot stge. Paroxysm generally ocured at 5,6,8,9 or 10 A. M. and apyrexia was at three or four P. M. This was allowed to continue for three weeks. Every time when the fever was off there was no ailment except quamishness, bad taste in the mouth and extreme weakness. There were some other symptoms developing in almost all the organs of senses which have been given serially enumerating them one after another. The readers will find not only fever but many other important symptoms developing in its train. There are worm affections, spasms, sour risings, indigestions, diarrhœa etc. etc.

This account is given to the public with a fervent hope that some other prover, especially females may prove the drug in middle and high potencies and thereby record many more symptoms not developed yet.

MIND :—Memory weak, vigourless, indifferent mood.

SENSORIUM :—Vertigo generally in the morning. Feels that all things around are moving in a circle. Sudden shivering throughout the body even when there is no paroxysm of fever.

HEAD :—Gnawing pain in the temple generally on one side, when one side is affected the other relieved.

EYE :—Burning, photophobia. When opening eyes light trembles before him for a few seconds, obliging him to shut his eyes.

EAR :—Power of hearing unusually increased ; humming in both ears.

NOSE :—Dry coryza, nose-bleed, anæmia.

FACE :—Pale, yellowish countenance.

TEETH :—Bleeding from the gums ; dull pain at the root of the teeth.

TONGUE :—While eating, foul smell and bitter taste in the mouth after the paroxysm of fever is over.

MOOUTH :—Dryness, unbearable thirst during hot stage. Spasms of facial muscles.

THROAT :—Tonsils swollen, pain and inflammation persist for a few weeks after the fever is over.

DESIRE, AVERSION :—Canine hunger, aversion to liquid food and strong desire for lime juice.

NAUSEA :—Constant spitting in the morning, occasional belching of salt water, frequent cructations after meal, heart-burnings after three or four hours of taking food. Sour waterbrush.

STOMACH :—Throbbing at the pit of the stomach, heaviness in the stomach after meal. Flatulence relieved for the time being by cructations.

HYPOCHONDRIA :—Burning in the region of spleen and liver, aggravation in the evening.

ABDOMEN :—Flatulence, colic pain, griping pain round the navel; rumbling in the intestines, unbearable pain in the umbilicus making the patient senseless.

STOOL :—Constipation or watery diarrhoea during the whole period of fever; pale earthy stool; bloody mucus stool with or without force. Tenesmus and drawing pain in the renal region.

MALE SEXUAL ORGAN :—Sexual desire almost nil, erections at night without any lascivious talk prior to it, nor any such dream. During the third week of proving, a peculiar electric throbbing sensation in the urethra, coming suddenly and lasting for a few seconds and then disappearing suddenly, this symptom persisted for a few weeks after the fever and all other ailments worn off.

HEART, PULSE :—Palpitation during fever. Pulse full, hard and quick during fever, but very weak and slow after the remission.

NECK, BACK :—Pain in the neck and under scapula; pain in the small of the back, stiffness while stooping.

UPPER LIMBS :—Weakness in the limbs, limbs heavy.

LOWER LIMBS :—Weakness in the muscles of the legs, legs 'go to sleep', they seem to give way at every step ; cramping while getting straight spasms.

SLEEP :—Transient, un-refreshing sleep, trembling light before eyes while opening them after sleep. Sense returns after a few seconds.

FEVER :—Periodicity not marked. Fever generally comes at 5-10 A.M. Chill without thirst. Heat with intense thirst. Fever subsides generally at 3 or 4 P.M. apyrexia after 4 to 6 hours. Every alternate day fever. Every third day fever.

ANTIDOTE :—Lime Juice, Nux Vomica, Camphor, Belladonna.

CLINICAL RESULTS :—Colic pain, vomiting of bile, heart-burn. Constipation or diarrhoea. Dull or intense pain round the navel. Pain just after meal. Sometimes vomiting after meal, throwing out almost every thing eaten. Flatulence and diarrhoea due to weak stomach, worms or biles. Double quotidian fever attacking twice during twenty-four hours. Pain around umbilicus. Fit caused by the influence of worms. Diarrhoea with these symptoms developing into cholera. Dysentery of any type either amæbic or bacillary. (It is a sheet anchor in most malignant cases of dysentery. It is particularly suitable to dysentery occurring in autumn and winter). Every alternate day fever and every third day fever are cured by mere smelling of *Atista Indica* in any potency or mother tincture for 3 or 4 hours before the attack.

CLINICAL CASES.

DYSENTERY.

(1). A Hindu aged 16 had griping pain round the navel, relieved slightly on pressure, had ptyalism (salivation) in the morning and nausea. Stool,—bloody mucus with faeces.

Tenesmus. Atista 6x four globules after each stool—Cured with three doses.

(2). A child of 3 years. Allopathic, and quack medicines failing, resorted to homœopathic, was passing bloody mucus with fæces and sometimes without fæces. Stool, thrice or four times every hour. Pain round the navel, was pressing this part with hands while passing stool. Drowsy and motionless for a few minutes after each stool. Taciturn, grinding his teeth in sleep. Canine hunger while in health. Atista 12x, one globule at a time after each stool. The child was better in 24 hours and came round in less than a week's time.

(3). A Brahmin aged 46, very much emaciated and weak had dysentery with blood. Allopathy tried for four days with no good results, had pain round the navel, relieved on pressure. No tenesmus, no thirst. Bloody mucus stool, very rarely with hard lump of fæces, profuse blood with mucus. Atista 6x. Two globules every three hours. Cured in three days.

(4). A Moslem woman aged 45, had blood dysentery after eating beef, was passing bloody mucus stool with fæces and later on, only blood and mucus, with tenesmus and burning in the anus, 30 or 40 times a day, prostrate on the bed, had griping pain round the navel, had worm troubles while in health. Atista 12x two globules every three hours. Cured in 6 days.

(5). A Brahmin widow aged 62, had blood dysentery of a very severe type, was passing bloody mucus stool, sometimes with fæces and sometimes with lump of fæces and sometimes without. The quantity of blood passed each time was red and profuse. She had excruciating pain round the navel and at the small of the back, had nausea and fever. Acon., Merc & even Atista in 30th potency failed. Then I prescribed Atista 1x in drop doses after each stool. Improvement was perceived in 6 hours and the old lady came round within 4 days. No other remedy required.

(6). A Hindu aged 36, a very fat man, at first began to pass mucus which developed into a regular dysentery with blood and mucus with no faeces at all. Eight injections failed, making the case worse and the Allopath declared the case hopeless. My younger brother late Hemanta Kumar Bhattacharya treated this case with Atista, two drops a dose, after each evacuation. The effect was marvellous and in three hours there was a sign of improvement and the patient came round in a week. Third potency was given afterwards to hasten the cure.

N. B.—Any kind of gastric derangement attended with worms or tendency to worms may be cured radically by Atista 30, 200, 500, or upwards according to the susceptibility of the patients. In cases of dysentery where injection get baffled, Atista 1x or in drop doses stops blood and higher potency cures.

MALARIAL FEVER EVERY ALTERNATE OR EVERY THIRD DAY.

(1). A Hindu lad of seven years had every alternate day fever with mental depression, vertigo in the morning, chill and shivering during the attack, headache, dry coryza and epistaxis. Atista prescribed to smell for 4 hours before the attack. The lad was cured by first prescription.

(2). A boy of 18 had alternate day fever, he felt very uneasy 3 or 4 hours before attack, a sort of despair often made its appearance making him miserable. During the attack he was subjected to great shivering and chill and was very thirsty in hot stage. Atista was given to smell. The boy had no fever from that day.

(3). A Moslim young man of 32 having had every third day fever was given Atista 30 in globules in a dram phial and he had no fever since that day.

(4). An up-country cooly had every alternate day fever, was attacked at 8 p.m. every time, punctually with chill and great shivering, gnawing pain in the body and limbs, relieved on rubbing and pressure. Atista was given for smelling and he was cured from that day.

(5). A Brahmin boy of fifteen had diarrhoea with worm troubles, had watery evacuations twice or thrice every hour, became very weak and prostrate, the colour of the stool was yellowish watery, sometimes ashy grey, tongue was exactly mapped, black and violet colours predominating. Urine remained stopped for more than 12 hours. Atista 6x in two globules a dose, cured in 24 hours.