

## Avena Sativa

**Description:** N.O. Graminaceae. Oat. An annual grass. Habitat, unknown, but is cultivated in all Northern temperate latitudes.

**Preparations:** The fresh green plant, gathered in August in flower, is pounded to a pulp and macerated with two parts by weight of alcohol. Or tincture of the fresh seeds.

**Dosage:** Mother tincture from 5 drops upwards. Works especially well in hot water.

**Physiological Action:-** Avena is a **sedative and direct nutritive tonic**. Soothes & strengthens the **nervous system** to a remarkable degree. Also affects **male sexual organs**, regulating the functional irregularities of these parts.

**Ailments from:** Excessive mental work, in teachers and professional people and those who are exhausted and anaemic as a result of worry, cares and acute diseases. Also from nocturnal emissions, masturbation & excessive sexual intercourse.

**Indications:** Nervous exhaustion, general debility, nervous palpitation, insomnia, inability to concentrate.

Neurasthenia and cerebraesthesia, brain fag, nervous debility and weakness of the circulation; there is apt to be an occipital headache and the urine contains an excess of phosphates. Insomnia, when there is mental weakness and a history of masturbation, over sexual indulgence or onanism, also for impotency in young newly - married men.

Disorders of the aged, when there are tremors, chorea and paralysis agitans; also in convalescence from prostrating diseases. Acute coryza.

To help in breaking addictions, especially morphine, opiates, alcohol, heroin, cocaine, coffee & tranquillizers.

**Compare.** - Scutellaria. Agnus-c.. Phos. Kali-phos. Nux-vom. Ph-ac. Gels. Pic-ac. Alfalfa. Passiflora. Valerian. Gelsemium. Strychnia.

## Berberis Vulgaris

**Description:** N.O. Berberidaceae. Barberry. Europe, but naturalized in New England. It contains the alkaloid Berberine. Found in waste grounds and thickets.

**Preparations:** - Mother tincture from the fresh bark of the root.

**Physiological Action.** - Acts upon the **kidneys and bladder**, producing soreness and burning in the renal region; also upon the **liver**, producing jaundice; and upon the **mucous membranes and joints**.

**Ailments from:** Kidney weakness and/or liver disorder.

**Indications:** Distress in the region of the kidneys, which may be described as a numbness, soreness, burning or lameness; Sensitivity to the touch, aggravated by sitting or lying. Sharp, sticking pains, radiating from the kidneys to the small of the back and down the ureters. Bubbling sensation in the renal region. The facial expression is sickly; great prostration, a pale, sunken face and dark rings about the eyes.

Rheumatism or pains like gouty pains in the joints; the pains radiate from a center. Sufferings in the back aggravated by fatigue. Arthritic and rheumatic affections, when back symptoms alternate with urinary symptoms. Anal fistula. Cholecystitis. Renal colic. Cystitis. Gout. Kidney stones. Low back pain. Neuralgia. Pyelonephritis. Sciatica.

**Compare:** Benz-Ac. Lyc. Nux-V. Colch. Triticum. Solidago. Urtica-urens.

**Notes:**

## Carduus Marianus

Description: N. O. Compositae. St. Mary's Thistle. Our Lady's Thistle. Holy Thistle. Blessed Thistle. Milk Thistle. Silybum Marianum. Grows in waste, stony places, to 3 feet or more in height.

**Preparation:** Tincture or trituration of the seeds; tincture of the whole plant in flower.

**Physiological Action:** This herb is **primarily an hepatic** - virtually all of its manifestations originating in some disorder of the **liver & portal system**. Also affects the **spleen** and **kidneys**. It also has specific relation to the **vascular system**.

Ailments from: Abuse of alcoholic beverages, especially beer. Diseases of miners associated with difficult breathing, asthma.

**Indications:** Haematemesis, due to chronic disease of the spleen, less frequently to disease of the liver. Haemoptysis, uterine haemorrhagia, epistaxis, jaundice, sciatica, chronic cough, hepatic affections consequent upon dysentery. People who have long suffered from **pains in left hypochondrium**.

Cirrhosis of liver. Dropsical conditions depending on liver disease and when due to pelvic congestion. Liver disorders associated with lung disorders. Influenza when liver is affected. Hemorrhages, especially connected with hepatic disease. Disturbs sugar metabolism. Debility, fatigue, worse eating and riding with frequent yawning. Stitching, drawing, burning pains. Bronchitis. Fever. Gallstones. Hemorrhoids. Influenza. Jaundice. Metrorrhagia. Neuralgias. Nosebleeds. Pleurisy. Rheumatism. Sciatica. Varicose veins & ulcers. Swelling of gallbladder with painful tenderness. Asthmatic respiration. Cough with stitches in sides of chest with bloody sputum

Ailments are worse touch, motion, lying on left side, beer, eating. Amelioration from haemorrhage.

**Compare:** Chel. Bry. Merc. Nux-v., Podo. Card. benedictus. Chion. Aloe.

Notes:

## Ceanothus Americanus

**Description:** N. O. Rhamnaceae. Red root. New Jersey Tea. Large, flowering Shrub found in the U.S.A.

**Preparation:** Tincture of fresh leaves. The fresh leaves are pounded to a pulp and macerated in two parts by weight of alcohol.

**Physiological Action:** Main action is upon the **spleen**, producing characteristic left-sided stitch. Also affects the **lymphocytes, immune system and liver**.

**Ailments from:** Spleen injury or splenectomy. Malaria. Agent orange.

**Indications:** Pain, inflammation, **enlargement of spleen**, either alone or with other affections, indicate its use, chilliness, principally down back, shivering, rigors, must sit over fire, worse in cold weather. Deep seated pain in left hypochondrium, pain and fullness in left side, cutting pain. Low spirits with splenic affection. Leucorrhoea, profuse, thick, yellow, with pain in left side. Menses too profuse and too early with pain in left side. Cannot lie down for pain in left side.

Chronic bronchitis with profuse secretion. Anemic patients where liver and spleen are at fault. Leukemia. Enlargement of spleen and liver. Periodical neuralgia. Weight loss.

Great weakness on walking or standing. Aversion to move, feels too weak. Worse from cold weather. Worse lying on left side, motion.

**Compare:** Berb. Con. Myric. Querc. Carc. Chin. Nat-m.

**Notes:**

## Crataegus Oxyacantha

Description: N.O. Rosacea. Hawthorn Berries. Found throughout Europe and Asia.

**Preparation:** Tincture of the ripe fruit. The fresh berries are pounded to a pulp and macerated in two times their weight of alcohol.

**Physiological Action.** - This herb acts upon the **heart muscle** as a restorative tonic. It has solvent and absorptive properties and **clears deposits** from the **heart and arteries**.

**Ailments from:** Over exertion. Rheumatism. Rheumatic fever.

**Indications:** Weak and rapid pulse, dyspnea and dropsy, dependent on heart-failure or weakness. Heart-failure threatened from slightest exertion. Myocarditis. Irregularity of heart. Insomnia of aortic anemia. Oedema, cutaneous chilliness. High blood pressure. Acts as a sedative in cross, irritable patients with cardiac symptoms. Chronic heart disease with extreme weakness. Very feeble and irregular heart action.

Arteriosclerosis, said to have a solvent power upon crustaceous and calcareous deposits in arteries. Cough, weakness, oedema or other ailments from heart weakness. Angina pectoris.

Better fresh air, quiet and rest. Worse in warm room.

**COMPARE:** Aven. Heliant. Alfa. Stroph. Dig. Iber. Naja. Cact. Adonis vernalis. Strophanthus. Kali-mur.

**Notes:**

## Echinacea Angustifolia

Description: N.O. - Compositae. Purple Cone-flower.

**Preparation:** The whole plant including the root is pounded to a pulp and macerated in two parts by weight of alcohol.

**Physiological Action:** This herb acts upon the **blood & immune system**, especially where there exists a tendency to sepsis and malignancy. Also valuable as a local cleansing and anti-septic wash.

**Ailments from:** Bites. Stings. Wounds. Poisoning. Vaccination, effects.

**Indications:** All types of **blood poisoning** and **septic conditions**. They may be result of an auto - infection, defective elimination or from poisons introduced from without. Typhoid, septic, and zymotic fevers, when there are flashes of heat and chilliness over the back. The patient is profoundly prostrated. Headache with periodical flushing of the face.

Uraemic poisoning, urine is scanty & contains albumen. Diphtheria, stomatitis, ulcerated sore throat and post - nasal catarrhs - used both locally and internally. Bed sores, chronic ulcerations, glandular indurations, furuncles and carbuncles. Erysipelas and foul ulcers. Gangrene. Goitre with exophthalmic symptoms. Last stages of cancer to ease pain. Cerebrospinal meningitis. Puerperal infections. Lymphatic inflammation. Foul discharges with emaciation and great debility.

Abscess. Appendicitis. Blood-poisoning. Boils. Carbuncles. Enteric fever. Gangrene. Impetigo. Poisoned wounds. Pyemia. Rhus-poisoning. Scarletina. Septicemia. Snake-bites. Sore throats. Struma. Syphilis. Typhoid. Ulcers. Wounds.

**Compare:** Baptisa. Arsenicum. Rhus-t. Hepar. Calcarea sulph. Snake venoms. Calend. Arnica. Anthrac. Bufo.

**Notes:**

## Lobelia Inflata

Description: Indian Tobacco

**Preparation:** The whole plant macerated in alcohol.

**Physiological Action:** A vaso-motor stimulant. Marked action upon the pneumogastric nerve, producing a depressed, relaxed condition with oppression of chest and epigastrium, impeded respiration, nausea and vomiting.

**Ailments from:** Bad effects of drunkenness. Suppressed discharges. Alcohol. Tea. Tobacco. Wetting feet. Suppressions. Foreign bodies. Smoke.

**Indications:** Fatigue, relaxation of muscles, nausea, vomiting and dyspepsia. Asthma and labored breathing. Asthma and stomach disorders. Diphtheria. Catarrhal jaundice. Nausea and vomiting with nearly all the lung troubles or stomach disorders. Relaxation and weakness with sweat with deathly sickness all over with oppressed rattling respiration. Sits with elbows on knees. Prickling all over. Cannot bear the odor of tobacco although addicted to its use. Has the power of eliminating foreign substances like that possessed by Silica.

Alcoholism. Allergies. Alopecia. Amenorrhea. Angina pectoris. Asthma. Bronchitis. Cardialgia. Coughs. Croup. Deafness. Debility. Diarrhea. Dysmenorrhea. Dyspepsia. Dyspnea. Emphysema. Faintness. Gallstones. Gastralgia. Hemorrhoids. Hay-asthma. Heart disorders. Hysteria. Meningeal headaches. Miller's asthma. Morning sickness. Morphine effects. Nausea. Palpitations. Pleurisy. Psoriasis. Rigid os. Seborrhoea. Shoulders, pain. Tea, effects. Urethra, stricture. Vagina, discharge. Vomiting, pregnancy. Wens. Whooping cough.

**COMPARE** - Ars. - hay fever, gastric troubles. Verat. - gastric troubles. Ip. - asthma. Nux-v. - morning sickness of alcoholics. (6) Bry. - worse by movement, cough causes headache. Abies-n. and Thuj. - effects of tea. Lac-ac. - vomiting with profuse salivation. Kali-i. - meningitis headaches.