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## Wyethia Helenoides

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### Abstract

Wyethia helenoides is a short, low growing golden-rayed wildflower, that resemble sunflowers. Wyethia helenoides is a species of flowering plants in the sunflower family commonly referred to as gray mule's ears or whitehead mule-ears. Typical understory associates in sunny clearings of mixed oak forests in coastal California. This species occurs chiefly in the California Coast Ranges, Transverse Ranges, Peninsular Ranges, and some areas of the Sierra Nevada foothills in California. The present review attempts to encompass the available literature on Wyethia helenoides with respect to its description, Scientific classification, summary of its various homoeopathic uses.

**Keywords:** Wyethia helenoides, homoeopathy, bronchial affections, pharyngitis

### Introduction

Wyethia was introduced and proved, with the fresh root or the tincture, on seven men and two women, by J. M. Selfridge<sup>[1]</sup>. Wyethia helenoides is a species of flowering plants in the sunflower family<sup>[2]</sup>. Wyethia Helenoides is a homoeopathic remedy which has marked effects on the throat, and has proven an excellent remedy in pharyngitis, especially the follicular form. Irritable throats of singers and public speakers. Useful also in haemorrhoids. Hay-fever symptoms; itching in posterior nares<sup>[3]</sup>.

### Synonyms

Wyethia helenoides. Poison weed. Alarconia helenoides. Melarhiza inuloides. Mule's ear, Gray mule's ears or Whitehead mule-ears<sup>[4]</sup>.

### Description

A perennial herb, upto 60 cm in height. Stem soft tomentose or becoming almost glabrous with age. Radical leaves 30 cm or more long and 10 to 15 cm wide, acute at base and apex, often undulate, long petioled; cauline leaves and bracts much smaller. Head 6 to 8 cm broad, outer bracts of the involucre mostly subtended by 1 or 2 conspicuous, bracts like short petioled leaves. Rays 12 to 18, 2 to 2.5 cm long, upper portion of achenes slightly pubescent when young. Pappus paleae short and unequal<sup>[5]</sup>.

**Distribution:** Common near San Fransisco (U.S.A) and through the valley of the Sacramento<sup>[5]</sup>.

### Scientific classification

Kingdom : Plantae – plantes, Planta, Vegetal, plants  
Subkingdom : Viridiplantae – green plants  
Infrakingdom: Streptophyta – land plants  
Superdivision : Embryophyta  
Division : Tracheophyta – vascular plants, tracheophytes  
Subdivision : Spermatophytina – spermatophytes, seed plants, phanérogames  
Class: Magnoliopsida  
Superorder : Asteranae  
Order: Asterales  
Family : Asteraceae – sunflowers, tournesols  
Genus : Wyethia Nutt. – Mule-ears, wyethia  
Species : Wyethia helenoides (DC.) Nutt. – Whitehead mule-ears<sup>[6]</sup>



**Fig 1:** Wyethia helenoides - Homoeopathic Use

**Clinical:** Pricking, dry sensation in posterior nares; granular appearance of pharynx. Chronic pharyngitis, dryness, with constant desire to clear the throat, tendency to atrophy of the mucous membrane. Pharynx dark red, sensitive; also soreness of the muscles of the palate, following severe influenza. Granular sore throat, with burning and enlarged follicles, frequent inclination to clear the throat. Tendency to get hoarse from talking or singing (Phosphorus), the throat is hot and dry (Belladonna). Dry asthma [7].

## Symptoms

### Mind

Desire to do it too well, so fail. Doing jobs that are too much but cannot ask for help. Melancholy about the future. Depressed, sad, uneasy, languid, mentally and physically, < forenoon; despondent almost to desperation. Forsaken by all friends and on the verge of insanity. Entire incapacity for mental and physical work; could not follow a line of thought twenty seconds; forehead cold to touch, accustomed cup of coffee was not relished. Thoughts of work of previous day were on my mind. Nervous, uneasy, apprehensive of calamity. Aversion Company, not even intimate friends. Aversion work; had to push myself to work. Quarrelsome, impatient, irritable, cross, easily angered, < trifles. Dreams: vivid; real. Colour preference: 17AB [4].

### General

Time: < 11 am.

Sweat: < least exertion, < night. Desire: ice-water during chill. Food: < eating.

Sleep: sleepy, < afternoon, < food, dinner; wakes frequently and too early, < thoughts; talking.

Physical: < motion; < exercise, < touch; gluten allergy [4].

In autumn hay-fever patients report to with Violent symptoms of coryza, great depression of spirits, symptoms worse in the afternoon, easy sweat and languor, extreme dryness of the mucous membranes of nose, mouth and throat, with burning acrid copious flow of mucus, constant swallowing, itching of the soft palate, and compelled to scratch it with the tongue, Wyethia will cure for the season, and it has cured permanently in some cases [8].

### Head [9]

Dizziness. Rush of blood to the head. Severe headache. Pain in the forehead over the right eye, at first sharp, followed by a feeling of fullness.

### Ears [9]

Itching in the right ear.

### Mouth [9, 10]

Mouth feels as if it had been scalded. Increased flow of tough ropy saliva. Sensation of heat down oesophagus. Itching of the palate.

### Throat [9]

Throat feels, swollen; epiglottis dry, and has a burning sensation; constant desire to swallow saliva to relieve the dryness, yet affording no comfort; swallows with difficulty. Prickling dry sensation in posterior nares; sensation as if something were in the nasal passages; an effort to clear them through the throat affords no relief. The uvula feels elongated. Dryness of the fauces; constant desire to clear the throat by humming. Sensation of heat down the oesophagus, into the stomach, worse while eating.

### Stomach [9]

Belching of wind, alternating with hiccough. Nausea and vomiting. Sense of weight in the stomach, as if something indigestible had been eaten.

### Abdomen [9]

Pain and bearing down in the right side.

### Rectum [9]

Itching of the anus.

### Stool [9, 10]

Passages loose, diarrhoeic, of a dark-brown color, came on in the night, and lasted five days. Passages small, dark brown; look burned. Passages previously light-colored, irregular, and constipated, became dark-colored, regular, and soft. Itching of anus. Great constipation, accompanied with hemorrhoids, not bleeding; never had them before as since (three provers).

### Respiratory organs [9, 10]

Burning sensation in the bronchial tubes. Dry hacking cough, caused by tickling in the epiglottis. Tendency to get hoarse talking or singing; throat hot, dry. Dry asthma.

### Chest [9]

Sharp pain just below the ribs on the right side, deep seated, followed by soreness.

### Upper Limbs [9]

Pain in the right arm, with stiffness of the wrist and hand.

### Fever [9, 10]

Cold sweat over the whole body, which soon dries off, and again comes and goes as if by flashes. Chill at 11 am. Thirst for ice-water during chill. No thirst with heat. Profuse sweat all night. Terrific headache during sweat.

### Heart and Pulse [9]

Slowness of the pulse, decreased in ten hours from 72 to 58 per minute.

### Sexual organs [9]

Pain in the left ovary, shooting down to the knee. Leucorrhoea. Menses appear for the first time in over a year,

since birth of last child; color purple and scanty, with great pain.

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