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Dr. Sachchida Nand Yadav

M.D. (Hom)- Part 2,
Department of Materia
Medica, State National
Homoeopathic Medical College
Lucknow, Uttar Pradesh,
India

Dr. Divya Rani

M.D. (Hom)- Part 2,
Department of Organon of
Medicine & Homoeopathic
Philosophy, State National
Homoeopathic Medical College
Lucknow, Uttar Pradesh,
India

Dr. Kirti Mishra

M.D. (Hom)- Part 2,
Department of Organon of
Medicine & Homoeopathic
Philosophy, State National
Homoeopathic Medical College
Lucknow, Uttar Pradesh,
India

Corresponding Author:

Dr. Sachchida Nand Yadav

M.D. (Hom)- Part 2,
Department of Materia
Medica, State National
Homoeopathic Medical College
Lucknow, Uttar Pradesh,
India

Utility of compositae family in homoeopathy

Dr. Sachchida Nand Yadav, Dr. Divya Rani and Dr. Kirti Mishra

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Abstract

Among the sources of homoeopathic medicines vegetable kingdom is the major source. Compositae family is one of the largest plant family giving more than 60 medicines to homoeopathy. Plants of compositae family are important in herbal and folk medicine since antiquity. In homoeopathic system of medicine, medicines from Asteraceae family were used for shock, spasms, convulsions, traumas, bruises, liver and blood disorders, respiratory problems, fever, sepsis and worm infestations.

Keywords: Compositae family, homoeopathy, injury, arnica, calendula

Introduction

The compositae family is one of the largest and most diversified group of flowering plants within the kingdom Plantae. It is also known as Asteraceae, Sun flower or Daisy family having morphological resemblance of their inflorescence with stars. It comprises more than 1600 genera and 22,000 species globally [1]. They grow mostly as annual or perennial herbs and shrubs. There are approximately 60 remedies present in our Homoeopathic materia medica from this family [2]. It includes a number of well-known species, such as sunflower, chicory, dahalias, lettuce, coreopsis and daisies having many economic uses in foods, cosmetics and pharmaceuticals. They contained many important phytochemical compounds such as flavonoids, di and triterpenoids and polyphenols having anti-inflammatory, anti-oxidant, antibacterial, antifungal, insecticidal, hepato-protective and anti-cancer properties [3, 4]. Since this is biggest family of having medicinal reputes, the remedies are studied in groups. They are grouped mostly as per their prominent sphere of action in to injury group, convulsion group, GIT group, Genito-urinary tract group, fever group, respiratory group, glands group, chicoriacea group etc. In traditional folk medicine, plants from daisy family were used for traumas, bruises, shock, spasms, nervous conditions, liver and blood dyscrasia, sepsis, and worm infestations.

Common remedies

- Abrotanum (Southernwood, Lady's love)
- Absinthium (Common wormwood)
- Ambrosia (Ragweed)
- Arnica Montana (Leopard's bane)
- Artemisia vulgaris (Wormwood, Mugwort)
- Bellis perennis (Daisy)
- Brachyglottis repens (Puka puka)
- Calendula (Marigold)
- Carduus marianus (St. marry's thistle)
- Chamomilla (Matricaria chamomilla)
- Cina (Worm seed, Artemisia maritima)
- Echinacea unguistifolia (Purple cone flower)
- Erigeron Canadensis (Canada flea bane)
- Eupatorium perfoliatum (Boneset)
- Gnaphalium (Everlasting)
- Grindelia robusta
- Lactuca virosa (Poison lettuce)
- Millefolium (Yarrow)
- Senecio aureus (Golden ragwort)
- Taraxacum (Lion's tooth)

Active principles

Arnica^[5], Santonine, Phenols, Flavonoids, Acetone, Methanol.

Sphere of action

Skin, Circulation, Venous system, Muscular system, Serous membrane, Digestive organs, Spinal cord, Cerebro-spinal system, kidneys, eyes, Liver, Lungs, Intestine^[6].

Theme of the compositae family

Main theme of compositae family is *INJURY*. It may be on physical, mental or emotional level. The theme of shock and sensation of being burnt or scalded is also common to this family.

Mind: Injuries, accidents; A/ F [COMPLETE] (88) absin, ARN, ART-V, cham, CINA^[7].

Generals: injuries, blows, falls and bruises; glands, liver spleen etc.: [COMPLETE] (54) ARN, BELL-P, CALEN, MILL, TARAX

Chest: tuberculosis; lungs, injuries to chest, after: [COMPLETE] (4) ARN, MILL

Female: Injury to genitalia, pelvic organ to [MURPHY] (3) arn, bell-p, calen

Male: Injuries, genitalia [MURPHY] (8), ARN, BELL-P, calen, mill

Generals: Shock, injury from [SYNTHESIS] (56); ARN, cham, calen.

Generals: Faintness, injury, shock in, from [SYNTHESIS] (6); arn, cham.

Injuries, shocks, wounds, bruises etc. [PHATAK], (23); ARN, bell-p, calen, echi.

Main sensations and reactions

The main sensations of Asteraceae family are being injured, burnt and scalded, shocked, hurt and insulted, and fear to be touched or approached. They react by two type of reactions. Active reactions are shown by being touchy, hurting others, cruel and violent and passive reactions by anesthetic, stupor, numbness, catalepsy and painlessness of complaints that are usually painful^[11].

General characteristics**Table 1:** Mental generals

Irritable, fretful	Spitiful
Cross and despondent	Snappish, cannot return a civil answer
Inhuman, ill-natured	Sensitive, oversensitive to pain
Capriciousness	Loss of consciousness
Peevish	Carrying desire

Physical generals

- Pain:** sore, lame, bruised feeling, oversensitive to pain.
- Unequality in Distribution of Body temperature:** Seen as temperature inequality in body.

For example - heat of upper part of body (head or face) coldness of lower in ARNICA

- One cheek red and hot, other pale and cold in chamomilla. Also heat of face with coldness of body^[12].
- One cheek red other pale in cina
- Feet very cold, in epilepsy, in absinthium^[13].
- Sensation of great heat on the top of head in Taraxacum^[14].
- Finger tips cold in fever in taraxacum^[15].

Haemorrhagic Tendency: Mostly bright red blood, Painless bleeding, Petechial hemorrhage.

Generals- hemorrhage-blood; bright red [SYNTHESIS]; (54) abrot, Arn, Erig, MILL

Discharges: Acrid and offensive mostly green.

Generals- discharges, secretions; green [SYNTHESIS]; abrot, ARN, art-v, bell-p, CHAM, CINA

Perspiration: Profuse perspiration with sour odour, mostly during night, on face and upper extremities.

- Perspiration- night [SYNTHESIS] (231):- Arn, cham, cina, Eup-per, senec. TARAX.
- Perspiration- odour; sour [COMPLETE] (85):- ARN, CHAM, cina

Moving About > Absinth, Art-v, Cham, Cina^[13].

Touch Aggravation is the common symptom of the compositae family

- ARNICA: Mind- Fear, approaching, of, others, of, touched, lest, he be [SYNTHESIS]
- Touch, aggravation^[16] [KNERR]
- CALENDULA: Parts sensitive to touch^[17].

Touch, pressure, bandages are put on, most violent pain after

- CHAMOMILLA: Mind- touched, aversion, of being.
- Touch, contact, dread of [KNERR]
- Inflammation; mammae, mastitis; nipples; tender to touch [COMPLETE]
- CINA: Gen- touch, agg.- children, in [SYNTHESIS]
- LAPPA ARCTIUM: Face, inveterate acne, worse by touch^[14].

Left sided affections

Abrotanum: Darting pain in left ovary^[14].

Artemisia vulgaris: Mouth drawn to left. Left side paralysis and convulsion in right side.

Brachyglottis repens: Twitching in left side of face^[13] [CLARKE]. Throbbing in left groin.

Cina: Left foot in constant spasmodic motion.

Carduus marianus: Left lobe of liver is very sensitive. Stitches in left side of stomach, near spleen.

Erigeron: Pain in the left ovary and hip.

Grindelia: Dull pain and fullness in left hypochondrium.

Taraxacum: Sharp stitches in the left side.

Sleep

- Restless sleep [SYNTHESIS]; abrot, Arn, calen Cham, CINA, Card-m, erig. Eup-per. Senec. Tarax.
- Comatose and drowsiness with moaning.
- Weeping and wailing during sleep
- MIND- lamenting, bemoaning, wailing, sleep, during

[COMPLETE] (14); arn, CHAM, CINA

- Somnambulism [*Art-v*, cham]
- Anxious, frightful and terrible dreams during sleep.
- Sleep on abdomen [abrot, cina].

General Modalities

Aggravation

- Cold air, damp cloudy air.
- Evening, night

Generalities, 9pm to 5 am< [SYNTHESIS]; ABROT, ARN, absinth, art-v, CHAM, CINA

- Suppressed discharges
- Touch, on being approached

Amelioration

- Continued motion, passive motion
- Discharges after, profuse sweating
- Open air
- Lying on abdomen.

Convulsion group of remedies: Mostly all Artemisias

- Abrotanum (*Artemisia abrotanum*): Epilepsy ^[13].
- Absinthium (*Art-abs*): Nervous tremor precedes attack. Chorea, convulsion, vertigo with tendency to fall backward.
- *Artemisia vulgaris*: Epileptic condition and convulsive diseases in childhood and girls at puberty. Epilepsy without aura. Petit-mal epilepsy ^[5].
- Chamomilla: Convulsion during teething. Convulsion due to pain in oversensitive children.
- Cina (*Artemisia maritima*): Epilepsy. Nocturnal convulsion.

Injury group of remedies

- Arnica Montana: Any type of injury. It may be physical or mental, recent or remote (injury on mental level by; anger, grief, rage, shock or sudden financial loss. Injury on physical level by Catheterization, sexual excess, delivery, post-operative disorders, sprains, fracture, rupture of blood vessels etc.). Injury with blunt instruments. Concussions and contusions; without laceration of soft parts.
- *Artemisia vulgaris*: Injuries, concussion, epilepsy, from a blow on head, commencing three years after [KNERR]
- Bellis perennis: Injury to deeper tissues, after major surgical work. Traumatism of pelvic organs. Railway spine.
- Calendula: Clean cut injury, by sharp instrument. Lacerated scalp wound. Open wounds, parts that not heal, ulcers etc. Superficial burns and scalds.
- Echinacea unguifolia: Crushing injury. Injuries by bites and stings of poisonous animals and insects.
- Millefolium: Wounds which bleed profusely, especially after a fall. Hemoptysis after injury. Painless bright blood. In haemorrhages after a fall or other injuries, if Arnica Montana has failed, in such a case I think of Millefolium ^[18].
 - Injuries, general, in, blood vessel, rupture of [KNERR]
 - Injuries, falls, bleeding, internal injuries [KNERR]
 - Injuries, general, in haemorrhage of lungs [KNERR]

GIT group of remedies

- *Carduus marianus*: Liver and splenic affections Gall stone and colic.
- Taraxacum: Liver enlarged and indurated. Gastric headache, bilious attacks, with characteristically mapped tongue and jaundiced skin.

Children group of remedies

- Abrotanum: Child is ill-natured, inhuman, and cruel. Marasmus of children, emaciation from below upward. Epistaxis and hydrocele in boys ^[15]. Oozing of blood and moisture from navel of newborn ^[13].
- Chamomilla: Complaints of new-born children and during period of dentition ^[19].
- Cina maritima: Cina is pre-eminently a child's remedy ^[20]. Used as wormigoues, Parasiticides ^[6].

Genitourinary tract group

- Cina: Urine involuntary at night (nocturnal enuresis). Turbid, white urine, turns milky on standing.
- Erigeron Canadensis: Persistent hemorrhage from bladder, from uterus with dysuria. Profuse bright red blood. Pain in left ovary and hip.
- Tussilago petasites: Acts on urinary organs. Gonorrhoea. Crawling in urethra.
- Senecio aureus: Scanty, high coloured, bloody urine with much mucus and tenesmus. Nephritis. Renal colic. Functional amenorrhea in young girls. Anemic dysmenorrhea with urinary disturbances.
- Solidago: Bright's disease. Kidney sensitive to pressure. Difficult and scanty urine. Urine offensive contain blood, albumen and slime. Sometime makes the use of catheter unnecessary.

Glands group

- Abrotanum: Metastasis of mumps to testicles and mammary glands.
- *Liatris spicata*: Liver spleen and renal diseases. Dropsy and anasarca due to liver, spleen, kidney diseases.
- Taraxacum: Liver enlarged with jaundice.
- *Carduus marianus*: Acts on the liver and portal system.
- Grindelia: Splenomegaly.

Respiratory group of remedies

- Ambrosia: A remedy for hay fever, lachrymation and intolerable itching of eye lids. Stuffed up feeling in entire respiratory tract, nose and head.
- Grindelia robusta: Acts on the cardio-pulmonary distribution of the pneumo-gastric nerve in dry catarrh. Asthmatic conditions, chronic bronchitis. Smothering after falling asleep. Stops breathing on falling asleep; wakes up with starts, and gasps for breath. Must sit up to breath. Cannot breathe on lying down.
- Millefolium: Cough with bloody expectoration.
- Wyethia: Remedy for pharyngitis, especially of the follicular form. Symptoms of hay fever in the autumn, itching and dryness in soft palate, worse in afternoon ^[21], No relief from clearing. Throat feels swollen.

Fever group of remedies

- Abrotanum: A kind of hectic fever, with very weakness and prostration, after influenza ^[22].
- Arnica Montana: Typhoid and low form of fever, when tongue becomes shiny, and sordes appear on teeth.

Fever after an accident and injury ^[20]. Scarlet fever. Haematic fever ^[6].

- Cina: Face is cold and hands warm in fever. High grade fever with clean tongue.
- Eupatorium perfoliatum: Chill between 7 to 9 A.M. Chill is preceded by thirst, great soreness and aching in bones. Nausea and bilious vomiting at the end of chills or hot stage.
- Pyrethrum parthenium (feverfew): Popular remedy in slight fevers with profuse perspiration and restlessness ^[13].
- Helianthus annuus: Chronic cases of intermittent fever. Spleen affections.

Medicines useful in animal bites and other poisoning

- Echinacea: Corrects the blood dyscrasia. Venom infection. Snake bites, bites and stings in general.
- Guaco: An antidote to bites of scorpion and serpents.
- Absinthium: Poisoning by mushroom.
- Carduus marianus: Alcoholic beverages, especially beer.
- Grindelia: An antidote to Rhus poisoning.

Medicines useful in cancer

- Abrotanum: Angioma of the face. Checks metastasis.
- Calendula: In cancer used as a intercurrent remedy ^[15].
- Echinacea unguifolia: Tendency to malignancy in acute and sub-acute disorders. Last stages of cancer, to ease pain ^[15].
- Guaco: Has a local repute as a remedy for cancer ^[13].
- Taraxacum: Cancer of bladder ^[15].
- Carduus marianus: Rectal cancer with profuse diarrhea.

Some other useful medicines

- Cineraria maritima: Effective in traumatic cases of eyes, traumatic cataract and corneal opacity. Senile cataract.
- Gnaphalium: Sciatica; intense pain, alternate with numbness. Pain along sciatic nerve. Anterior crural neuralgia. Cramps in calf muscle and feet when in bed.
- Lappa arctium: Eruptions; acne, pimples on the head, face and neck < touch ^[14]. Crops of boils and styes ^[15].
- Brachyglottis repens: Bright's disease, albumen and casts in urine. Kidney and bladder symptoms. Dysmenorrhea.

Conflict of Interest

Not available

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