

J. C. Fahnestock

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1900 - A Proving of *Ceanothus americanus*

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"*Ceanothus* is a small shrub, growing three or four feet high, and having a dark-red root. The leaves were substituted for tea during the Revolutionary War. The leaves are egg-shaped, broad end at base, three ribs, toothed edges, downy beneath, and being a beautiful green in summer, but late in the season they turn a beautiful bright red; have a long leaf stock. The flowers grow in beautiful white clusters. Calyx has five lobes, the petals are spreading, hood-shaped, and longer than the calyx. The fruit has three lobes, and when fully ripe splits into three carpels.

Here is another remedy that come to us breech presentation, and having such great success with it in cases having enlargement of the spleen, about one year ago I fully determined to know more about this remedy, to me a most valuable one. There are comparatively few remedies that have a special action on the spleen and that control the true deep splenic stitch. I might mention them: China, Berberis, Chelidonium, Conium, and the one under consideration - *Ceanothus*.

To know more of the drug in question, there was only one way to proceed, and that was to make a proving of it, as I could not find any in our literature. Luyties prepared a tincture of the leaves of *Ceanothus* for me, and the following is the result of several provings. I will here mention that I had two provers under observation in my office and saw them nearly every hour in the day during the proving, and noted every positive symptom.

I will give you the description of one of my provers. The second one was carried out on the same line, and, strange to say, that all of the symptoms that were made manifest were like the first prover, but not so severe.

Mr. R. H., set. twenty years, medical student; weight, one hundred and thirty-nine and one-half pounds, five feet eleven inches high, nervo-sanguine temperament; eyes, dark-gray; hair, brown; fair complexion. When small had measles, mumps, whooping-cough, dysentery, and chicken-pox. *Malarial fever five years ago and treated with Quinine (Al.). Please take note of this.* Bowels regular once a day. His father is perfectly well and has been for years, never sick. Mother has asthma at times, but perfectly well otherwise. Grandfather, on father's side, was always well, but ate too much honey and died. Grandmother died of pneumonia. Grandfather, on mother's side, died of dysentery; grandmother, of old age-ninety-two years.

Pulse, sitting, 75; standing, 80; lying, 70; respiration, 18 per minute; temperature, 98.5°; chest at nipple line, 31 inches; at expiration, 30 inches; at inspiration, 34 inches; waist measure, 28 inches; respiration normal. Examination found all internal organs normal; urine, amber color, acid reaction; specific gravity, 1025. Amount examined for several days was forty-eight ounces per diem. Earthy and alkaline phosphates normal; albumen, none; sugar, none; microscopical examination negative. This test was kept up for several days before commencing the proving.

On May 23, 1899, the proving was started by giving 5 min. Ø, 10:30 A. M.; 5 min. Ø, 11 A. M.; 10 min. Ø, 1:30 P. M.; 10 min. Ø, 2 P. M.; 10 min. Ø, 2:30 P. M.

A few minutes after taking the last dose the face was red.

Pulse, standing, 93; sitting, 78; lying, 73; 10 min. 4 P. M.

May 24, 1899, arose at 5:30; mouth and throat dry, with raw sensation when swallowing. Eyes felt too large; lids swollen, with a dry sensation of cornea, with a dull pain in orbital region.

Urine amber color, but not so profuse, with a sharp pain above pubes in region of the bladder before urination.

Bowels constipated.

10 min. Ø, 9 A. M.; 10 min. Ø, 9:30 A. M.

At 9:45 A. M. felt a dull pain in left hypochondriac, in region of spleen.

10 min. Ø, 10:40 A. M.

At 10:50 A. M. took pulse.

Pulse, standing, 75; sitting, 65; lying, 62.

11 A.M. 10 min. Ø.

11:10 A. M. hands felt cold, with cold perspiration of hands and fingers.

11:40 A. M., 10 min. Ø; normal stool at 12:30 P. M.; 1:30 P. M., 10 min. Ø; 2:40 P. M., 20 min. Ø; 3:30 P. M., 20 min. Ø; 4 P. M., 20 min. Ø.

Pulse at 4 p. M., standing, 93; sitting, 73; lying, 69.

May 25, 1899, arose at 5:30, with the same dryness in mouth and throat, dry feeling of cornea. Eyes feel too large; stool light brown with loud flatus.

Pulse, standing, 99; sitting, 84; lying, 78; 9 A. M., 20 min. Ø; 10 A.M., 20 min. Ø; 11 A. M., 20 min. Ø; 4:40 P. M., 40 min. Ø.

May 26, 1899, noticed same condition of eyes and mouth.

8:30 A. M. took 1 dram Ø; 9 A. M., 1 dram Ø; 10 A. M., 1 dram Ø; 10:30 A. M., 1 dram Ø; 11 A. M., 1 dram Ø; 11:30 A.M., 1 dram Ø; 1 P. M., 1 dram Ø; 1:55 P. M., 1 dram Ø.

3:40 P. M. felt stiffness of anterior part of thighs.

4:45 P. M. took pulse, standing, 95; sitting, 85; lying, 80; temperature, 99°.

Had a weak, tired feeling as if would fall in a heap.

Urine had a slight green color, alkaline reaction; sp. gr. 1025; earthy phosphates increased.

May 27, 1899, same symptoms of eyes. 1:55 P. M., took 1 dram Ø; 2:40 P. M., 1 dram Ø.

Urine decidedly green; sp. gr. 1030; earthy phosphates greatly increased.

3:40 P. M., took 2 drams Ø; 4 P. M., took 2 drams Ø.

Pulse at 4:10 P. M., standing, 96; sitting, 86; lying, 76.

Temperature, 99°.

Urine alkaline.

May 28, 1899, took no medicine; felt tired all day; could not work.

May 29, 1899, 10 A. M., 1 dram Ø; 11:20 A. M., 1 dram Ø.

Immediately after dinner had a dull pain in region of liver.

Pain in region of spleen, and on placing hand on side discovered a fullness in spleen.

Full feeling in hypogastric region.

Dirty-white coating in center of tongue.

After urinating, seems as if urine was not all passed; desire to continue to urinate, but cannot.

Burning pain, beginning at end of penis, extending back to bladder.

Sensitiveness in umbilical region, with a desire to relax abdominal muscles.

Dull pain in forehead, relieved by lying down.

Pulse, standing, 110; sitting, 95; lying, 90.

Pulse full and very strong; see heart's action through clothing.
Carotids throbbing; head seems to move with every beat of heart.
Weakness of knees; must lie down.
Cheeks and ears hot, with cold fingers.
The whole abdomen moves with beat of the heart; chest feels too small for the heart.
Weakness in small of back and legs.
Urine, sp. gr. 1030; earthy phosphates in excess, and traces of sugar; urine quite green; bile in urine.
2:30 P. M., pain in right side in liver: sideache like when running when a boy; must lie down.
3 P. M. feel a general weakness.
Pain in wrists and elbows.
Full feeling in umbilical region; dull pain in lumbar region.
Food tasteless, unless highly seasoned: craving for something sour.

May 30, 1899. Did not sleep an hour last night.
When lying on left side, spleen would pain; if lying on right side, the liver would pain.
Eyes felt dry and swollen.
Dryness of mouth and throat.
Dull pain through my chest; lungs feel congested; chest feels sore internally.
Dull pains in anterior parts of thighs.
I feel too full in region of liver, as if it was a great deal too large.
Weakness in lumbar region; soreness in umbilical region.
Do not care to move, as I feel too weak.
Head feels as if brain was too large.
Loss of appetite.
Urine has a very strong odor; 15 ounces in 15 hours.
Stool yellow, clay color.
Pulse, standing, 82; sitting, 80; lying 74.
Urine frothy like soap-suds; sp. gr. 1030; alkaline reaction; the phosphates increased; traces of sugar.
Dull pain in umbilical region, as if distended with gas.
Dull frontal headache.
Bearing-down feeling in abdomen after eating.
Soreness in liver and spleen.

May 31, 1899, slept well but awaked with same feeling in eyes and mouth.
Urine scanty: sp. gr. 1025; urine quite a green cast with bile.
Tongue large and flabby; shows print of teeth; dirty white coat in middle of tongue.
I took 1 dram \emptyset to see if symptoms would return.
I immediately felt my face flushing, and within five minutes had a pain in urethra, with a desire to urinate.
A dull pain in frontal region.
Great weakness when walking or standing.
Pain down anterior part of thighs.
Congested feeling in lungs.
Pain in forehead, more when rising.
Pain in liver.
Pain in spleen.
Soreness in umbilical region.
Pain in wrists and forearms.
Dull pain in lumbar region.

June 1, 1899, on awakening I had a dull frontal headache, fullness in chest, with soreness behind sternum.

Dreamed nearly the entire night, which is very uncommon.

Bowels moved as usual, only a little darker.

Urine slightly green and frothy.

I find myself forgetful.

Conjunctiva, slightly yellow.

June 2, 1899, have taken no medicine for two days.

On arising, throat and mouth dry.

Constricted feeling in chest.

Lungs feel very sore on taking a long respiration.

Sleep full of dreams.

Feel very tired.

Urine, sp. gr. 1025 ; alkaline; traces of sugar; still some bile in urine.

June 15, 1899, have not taken the medicine for two weeks.

My sleep is full of dreams; dreams of snakes, robbers, etc., every night since taking the medicine.

I am conscious of a pain in the spleen all the time.

I cannot eat any pastry, which is very uncommon for me.

I have a don't-care feeling all the time and cannot work.

4 P. M., June 15, 1899, had six chills in succession, with constant chilliness up and down back; after chill was very hot; fever; pulse 120; throbbing carotids, just like when taking remedy. My heart beat so hard it shook me all over.

Constant dull pain in kidneys and up the back.

Pain under my right shoulder-blade.

Pain down anterior part of thighs, and down forearms and fingers.

Pain in knees.

Continual bearing-down in my rectum, with a constricting sensation in rectum.

Constant urging to urinate.

Urine very pale.

Constant dull frontal headache, better by lying down.

Wanted to drink water but made me sick.

Pain in back and irritation of urethra ever since taking the medicine.

I now weigh one hundred and thirty-five and one-half pounds, losing four pounds in weight.

I now took his case in charge, and found his malaria, which was suppressed with Quinine (by an Allopath) to be a Nat. Mur. case at that time. I gave Nat. Mur., 30, which soon stopped all trouble, and all his symptoms disappeared. The enlarged liver and spleen soon returned to their normal size, and perfect health established.

This paper is already so very long that I cannot now tell you of the many cases I have cured."

(A Proving of *Ceanothus americanus*, By Dr. J. C. Fahnestock, A. M., M. D., The Homoeopathic News vol. 29 (1900), March, p. 67-70)

1900 - *Ceanothus*

"I wish to call the attention of the readers of the Medical Century to a very valuable remedy; a remedy very little used by most physicians and possibly never by many - *Ceanothus*.

This oversight is not strange, as it has only been used empirically and no proving has ever been made of it so far as I know. Its principal and almost sole use has been in splenitis, where it has accomplished much good.

During last summer and this winter I made several provings of Ceanothus. To my surprise the first symptom noticed was a sticking pain in the spleen, and after the continued use of the remedy there was quite an enlargement of that organ, worse by motion, but at the same time unable to lie on the left side ; following this there was pain in the liver, a congestion and enlargement, with sticking pains worse by motion or touch.

Pain in lumbar region with a desire to urinate.

The prover for several days and nights was unable to get any rest, owing to these aggravating pains in the sides; when lying on left side the pain in the spleen was so great I could not lie still and upon turning over I experienced the same difficulty on opposite side. At this time the urine had a green color, bile being found in the urine, urine frothy, traces of sugar with an alkaline reaction, sp. gr. 1030.

Pain and weak sensation in umbilical region. A generally weak sensation. Pain and soreness in muscles on exterior part of thighs noticed in every prover.

Tongue coated in the centre with a dirty white coating. Loss of appetite. Loss of flesh was noted in one prover. with general weakness, and paleness of face.

Stools become clay-colored, showing an action on the liver.

One prover who had malaria several years ago developed a beautiful case after a somewhat prolonged use of the drug.

Every physician using Ceanothus in splenitis following malarial fever knows full well its wonderful action. Where the spleen is affected from any cause, with enlargement, deep sticking pains, worse by motion, but at the same time unable to lie on left side, the case will generally yield quickly to Ceanothus.

I have at the present time a case of pernicious anemia, accompanied by spleen pains rapidly improving from the use of Ceanothus.

I would suggest the remedy in question for leukemia; pseudo-leukemia; splenic anemia, and Hodgkin's disease. Also, for the so-called bilious attacks, the patient having a dirty white coating on tongue, pain in liver and spleen, with or without clay-colored stools, possibly with pains in umbilical region and with it all a general tired feeling.

When this drug becomes thoroughly known it no doubt will be a great remedy for malaria and its effects."

(J. C. Fahnestock, M. D., Piqua, Ohio, Ceanothus, The Medical Century vol. 8 (1900), p. 110-111)