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"So jemandt Basilien gessen het / und von den Scorpionen gestochen würde /
der empfindet darvon kein schaden."

(Matthiolus 1563)

"L'Ocimum canum est destiné à devenir un des médicaments les plus importants du Brésil,
où il est véritablement spécifique pour les maladies des reins, de la vessie et de l'urèthre.

C'est une des plantes que nous proposons en première ligne aux personnes dévouées
qui veulent faire des expériences pures."

(Benoît Mure 1849)

Ocimum canum

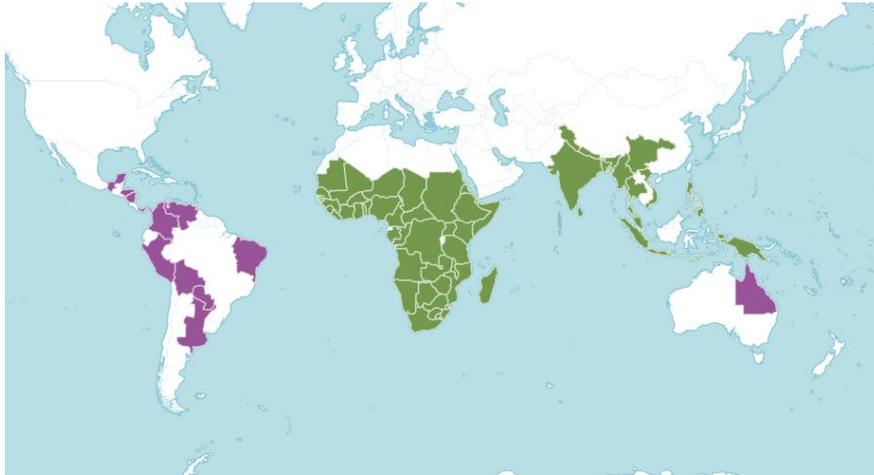
Die Pflanze / The Plant



Die Pflanze / The Plant

Ocimum americanum is an annual plant also known as American Basil.

The plant is referred by synonyms such as *Ocimum canum* (Sims.), *Ocimum album* (Roxb.), *Ocimum dinteri* (Briq.), *Ocimum brachiatum* (Blume), *Ocimum dichotomum* (Hochst.), *Ocimum fluminense* (Well.), *Ocimum fruticosum* (Burch.), *Ocimum hispidulum* (Schumach.), *Ocimum incanescens* (Mart.), *Ocimum thymoides* (Baker) and *Ocimum stamineum* (Sims.). American basil is a plant species in the family of Lamiaceae and *Ocimum* genus. Despite the name American basil the plant is a native of Africa and Asia which was naturalized in tropical America.



Distribution of *Ocimum americanum* green: native violet: induced
Source: www.plantsoftheworldonline.org/taxon/urn:lsid:ipni.org:names:316218-2

Ocimum americanum is an all year herbaceous plant with white or lavender flowers. It is a green leafy plant and grows faster than other species of *ocimum* genus. It has several hairy stems with thick taproots to support them. Like the stems, the leaves of American basil also grow in pairs at opposite each other. As the plant matures it begins to flower and its flowers are either purple or white in colour, growing up with sharp projecting points from the centre of its stems. When it starts to flower the leaves begin to decline as it concentrates growth on the flowers and people normally cut off the flower spikes as it appears to continue harvesting the leaves.

Ocimum americanum was proved by Benoît Mure ("*Ocimum canum*" 1849).

Another member of the *Ocimum* genus which is known in homoeopathy is *Ocimum sanctum*, the Tulasi or Holy Basil of India. It was proved by Drs. Pramada Prasanna Biswas of Pabna, Bengal, N. Sinha and N. C. Ghosh (published by S. C. Ghose 1937), and later by Rajan San-karan (1998).

Botanical details

Habit: Aromatic annual or short-lived perennial herb, 10–50(–80) cm tall.

Stem: Stems rounded quadrangular or quadrangular, erect or ascending, sometimes with erect flowering shoots coming from a decumbent stem, woody at base, sometimes with epidermis peeling in strips, branched above; indumentum of short, appressed or retrorse hairs, becoming denser on the inflorescence axis, with or without sessile glands.

Leaves: Leaves sometimes folded along midrib on drying, with or without axillary fascicles of younger leaves; blade narrowly ovate or elliptic, 0.5–2.5 × 0.5–1.5 cm, entire to shallowly serrate, apex acute, base cuneate, glabrous to slightly pubescent above, pubescent with longer

hairs on midrib and veins beneath, glandular-punctate; petiole 2–15 mm long, with appressed hairs and usually with longer patent hairs.

Inflorescences: Inflorescence lax, verticils \pm 10 mm apart; axis densely pubescent with retrorse hairs; bracts often erect above forming a small coma around apex, deciduous or not, ovate, 3–4 mm long, entire, pilose; pedicels 1–2 mm long, \pm erect, slightly flattened, curved.

Calyx: Calyx \pm downward-pointing, 1.5–2 mm long at anthesis, indumentum of long patent hairs and sessile glands, interior of tube with a dense ring of hairs at throat; posterior lip rounded at tip, decurrent, median teeth of anterior lip lanceolate, acuminate, teeth of lateral lobes deltate, cuspidate; fruiting calyx 2–4 mm long, throat open; posterior lip accrescent, wider at tip, decurrent; lateral and median teeth of anterior lip \pm convergent or not.

Corolla: Corolla white or pale mauve, 4–5 mm long; tube straight, funnel-shaped.

Stamens: Stamens exceeding corolla by 1–2 mm, posterior pair with fleshy, flattened, glabrous outgrowth near base.

Ovary: Ovary glabrous.

Fruits: Nutlets black, ovoid, longer than broad, 0.8–1 mm long, minutely tuberculate, mucilaginous when wet.

Ecology: Cultivated and disturbed ground, grassland, grassland prone to flooding; sea-level to 1800 m.

Note: Morton in J.L.S. 58: 231 (1962) suggests that the type specimen of this species is an immature form of *O. basilicum*. However, this specimen has an indumentum and small flowers typical of this taxon. *O. basilicum* never has a short, appressed indumentum with long hairs on the stem nodes and leaf veins. Therefore the correct name for this taxon is *O. americanum*. *O. americanum* is close to *O. forskolei* but can be separated from the latter by the less woody habit, smaller corolla and fruiting calyx, more shortly exerted stamens, and often a less densely hairy calyx. However, mature fruiting specimens can be confused with *O. forskolei*. *O. americanum* can also be confused with *O. basilicum* and *O. africanum* from which it differs by having a smaller fruiting calyx. Morton in J.L.S. 58: 231 (1962) reports different chromosome numbers in *O. americanum* [canum] and *O. basilicum* and suggests that the two taxa are genetically isolated. They do, however, hybridise, see *O. africanum* below.

(Source: www.plantsoftheworldonline.org/taxon/urn:lsid:ipni.org:names:316218-2)

Prüfungen / Provings



Benoît Jules Mure (1809-1858)

Prüfungen / Provings

Übersicht / Overview

1849 - Benoît Mure

- english

- deutsch

1849 - Benoît Mure

Ocimum canum (D.C.).

Ocimum incanescens (Mart.). Ocimum fluminense (Well.). Labiées. Alfavaca.

L'Ocimum canum est une plante herbacée d'odeur aromatique, dont la tige, dressée et rameuse, s'élève de trente ou quarante centimètres; elle est très-pubescente, quadrangulaire et sillonnée vers ses rameaux supérieurs. Les feuilles opposées, ovales et finement dentées sont portées sur un pétiole de même longueur que le limbe de la feuille. Les fleurs sont verticillées et forment des épis terminaux: chaque verticille est pourvu de deux bractées foliacées. Calice à cinq divisions, la supérieure ovale, large et entière; les quatre autres aiguës et inférieures. Corolle tubuleuse renversée, à limbe bilabié; la lèvre supérieure découpée en quatre lobes; l'inférieure composée d'un seul, qui est beaucoup plus long. Quatre étamines à filaments libres et recourbés, deux plus courtes sont un peu genouillées à leur base; style filiforme bifide. Racine pivotante fibreuse, un peu rameuse.

On emploie les feuilles.

L'Ocimum canum est destiné à devenir un des médicaments les plus importants du Brésil, où il est véritablement spécifique pour les maladies des reins, de la vessie et de l'urèthre. C'est une des plantes que nous proposons en première ligne aux personnes dévouées qui veulent faire des expériences pures.

(1) Engourdissement de la cuisse droite pendant deux jours.

Urines troubles déposant un sédiment blanc et albumineux.

Ardeur en urinant.

Urine d'un jaune safrané.

(5) Diarrhée plusieurs fois par jour.

Douleur crampoïde dans les reins.

Coliques néphrétiques, avec vomissements violents, qui se répètent de quart d'heure en quart d'heure. On se tord en poussant des cris et des gémissements prolongés.

Urines rouges avec sédiment couleur de brique après l'accès.

Prurit aux seins.

(10) Engorgement des glandes mammaires. Le bout des seins est très-douloureux, on crie au moindre contact.

Douleur de compression dans le sein, comme chez les nourrices.

Songes d'empoisonnement.

Songes de ses parents, de ses amis, de ses enfants.

Élancements dans les grandes lèvres.

(15) Gonflement de toute la vulve.

Chute du vagin, au point de sortir de la vulve.

Urines épaisses, purulentes, avec un goût de musc insupportable.

Gonflement des glandes inguinales.

Chaleur, gonflement et sensibilité excessive du testicule gauche.

(Benoît Mure, Doctrine de l'école de Rio de Janeiro et pathogénésie brésilienne, Paris 1849, *Ocimum canum*, p. 357-358)

English

In speaking of its action, Mure says of it: " The *ocimum canum* is destined to become one of the most important remedial agents in Brazil, where it is used as a specific for diseases of the kidneys, bladder, and urethra." And he adds: "Those who wish to devote themselves to our art had better get about proving this drug."

As the proving consists of nineteen symptoms only, it will not take up much of your time if I recount them entire. It will be noticed that sixteen out of the total relate to the genito-urinary system. The mammary symptoms are very striking.

Turbid urine depositing a white and albuminous sediment.

Burning during micturition.

Urine of saffron colour.

Diarrhoea, several attacks a day.

(5) Crampy pain in the kidneys.

Renal colic, with violent vomiting every fifteen minutes; one wrings one's hands ^[1] and cries and moans all the time.

Red urine with brick-dust sediment after the attack.

Itching at the breasts.

Engorgement of the mammary glands.

(10) The tips of the breasts are very painful; the least contact extorts a cry.

Compressive pain in the breast, as is the case with wet-nurses.

Dreams about being poisoned. Dreams about her parents, friends, children.

Lancinations in the labia majora.

Swelling of the whole vulva.

(15) Falling of the vagina so as to issue even from the vulva.

Thick purulent urine, with an intolerable smell of musk.

Swelling of the inguinal glands.

Heat, swelling and excessive sensibility of the left testicle.

Numbness of the right thigh for two days.

(Two rarely-used medicines - *Ocimum canum* and *Trombidium*, by John H. Clarke, M. D., Physician to the London Homoeopathic Hospital, *The Journal of the British Homoeopathic Society* New series vol. 4 (1896), p. 81-82)

[1] The symptom in the french original is: "On se tord en poussant des cris et des gémisséments prolongés". "Se tordre de douleur" means "doubling up from pain." It's not the wringing of hands. - MZ]

Deutsch

Einschlafen [Taubheit] des rechten Oberschenkels, 2 Tage lang.

Trüber Urin, welcher ein weißes, eiweißhaltiges Sediment absetzt.

Brennen beim Urinieren.

Safrangelber Urin.

(5) Durchfall, mehrere Male am Tag.

Krampfschmerz in den Nieren.

Nierenkoliken, mit heftigem Erbrechen, alle Viertelstunde sich wiederholend. Windet sich vor Schmerzen unter fortgesetztem Aufschreien und Ächzen.

Nach der Kolik roter Urin mit ziegelrotem Sediment.

Juckreiz an den Brüsten.

(10) Blutüberfüllung der Brustdrüsen. Die Brustwarzen sind sehr schmerzhaft, bei der geringsten Berührung schreit sie.

Zusammendrückender Schmerz im Busen, wie bei stillenden Frauen.

Träume von Vergiftung.

Träume von ihren Eltern, ihren Freunden, ihren Kindern.

Stiche in den großen Schamlippen.

(15) Anschwellung der weiblichen Scham [Vulva].

Vorfall der Scheide, die aus der Scham heraustritt.

Urintleerungen dickflüssig, eitrig, mit unerträglichem Moschusgeschmack.

Anschwellung der Leistendrüsen.

Hitze, Anschwellung und übermäßige Empfindlichkeit des linken Hodens.

(Übersetzung von MZ)

Heilungen / Cures



Heilungen / Cures

Übersicht / Overview

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1862 - Periodical attacks of renal colic in a woman aged 35 - Adolph Lippe

"In the year 1855, a married lady, the mother of three children, aged 35 years, came under my care with the following symptoms:

She had periodical attacks beginning with pain in the region of the right kidney, which incommoded her mostly when she moved about or rode in a carriage, the pain was at first a dull indescribable sensation, a heaviness, and finally in the course of ten or more days it became more severe until at length a very severe colic commenced, the pain drawing from the right kidney through the ureter into the bladder, when much blood was discharged with the urine; after this discharge had lasted two or three days she was relieved for a period of three to six weeks.

The medicines I administered, at intervals and according to the changes of the collateral symptoms had been, Canth., Puls., Cannabis, Berb., Calc. c., Thuja, Sassap., Lycopod., Zinc. Zinc. had a better and a longer effect than any of the other medicines, the amelioration only lasting a short time; on the whole the disease became gradually worse.

While laboring under the attack, which now lasted much longer than formerly, she tossed about, screaming and vomiting.

After passing some blood, there was a sediment like brick-dust to be seen in the urine.

I now gave *Ocimum canum*, according to the few, but characteristic symptoms published by Dr. Mure, I began with the sixth potency which caused at once a violent aggravation, later I gave the thirtieth potency, and since this, 1857, the patient has gradually recovered, her health remaining excellent."

(Adolph Lippe, M.D., *Clinical Reflections*, *The American Homeopathic Review* Vol. 3 (1862/1863), p. 281)

1896 - Experiences with a rarely-used medicine - John H. Clarke

Case 1. - On September 1, 1893, a gentleman, aged 27, was shown into my consulting room complaining of repeated attacks of abdominal pains, with which he had been troubled for a period of seven years. During all this time he had suffered many things of many allopaths, and being nothing the better, but rather worse, he now determined to give homoeopathy a trial. Having recently returned from China, and being then on the eve of sailing for the United States, the trial was of necessity a brief one; but I determined to accept the conditions and make the best of them, with what result you shall hear.

On inquiring into the history of the case I found that the attacks (which had been ascribed to the passing of oxalates by some of his former attendants) were as follows:

Every three or four weeks he was seized with violent pains of a dull, leaden character in the right side of the abdomen. The attacks at the time of his visit to me began in the morning; when they first came on they began in the evening. The attack lasted from twelve to fifteen hours. For four hours from the commencement the pain grew steadily worse, culminating in an attack of vomiting, the vomit consisting, first, of sour fluid, then of slime, and, finally, of a fluid like coffee. After the vomiting there was a little abatement of pain. The urine was clear and contained no sediment. A specimen I examined was clear, pale, had a specific gravity of 1016, and contained no albumen. After standing two days it threw down a white deposit,

amorphous under the microscope. There was no trace of oxalate crystals.

In appearance the patient was tall, well developed, and rather, pale. As a child he had had fits, and five years before I saw him, when much run down, he had three more fits. He had had none since then, but when walking out on a bright day he would come over deadly faint. A great-great-uncle had had fits, and one sister had had them as a child. His mother had symptoms something like his own attacks, but otherwise his family history was very good. Ten years before he had a threatening of lung trouble, but when I saw him there were no pulmonary symptoms. In addition to the oxaluria hypothesis he had been treated for "liver" and "cattarrh." The only drug that made any impression on his attacks was iodide of potassium in large doses, which stopped the attacks for three or four months, but the drug caused such excessive weakness with giddiness that the patient preferred the disease to the remedy, and decided to take no more.

The recital of his symptoms called to my mind one medicine as indicated before all others; and as there was no time to lose, I put on his tongue a powder of *Ocimum canum* 200, and gave him two others of the same with instructions to take one after each subsequent attack *if he should have any*.

In January, 1894, I received the following letter from him, dated from a town in Ohio: "Dear Dr. Clarke, On September 1 last I consulted you about a pain in my side, to which I had been subject at intervals for several years, and which allopathic physicians had attributed to a periodical passage of oxalates. If you refer to your books, you will find that these gentlemen could not cure me, so I came to you. You told me that my symptoms were not such as were generally found with this trouble, but you gave me one small powder on the spot and two more to bring away with me. I am pleased to tell you that I have never been troubled with it since, and as it is more than four months since the last attack, I am almost hoping that you have permanently cured me. If the old trouble should return I intend to write to you again. I told you that I was intending to study medicine to go into the mission field. I am undecided now whether I will do so or not, but I would be very much obliged if you would send me the prescription for the medicine that you gave me; it might be the means, in my hands, of relieving some other suffering one. It is needless for me to tell you how grateful I am to you, as you know what I have suffered, and what ease and comfort I am having now."

I sent him the prescription, and he gave it to a homoeopathic physician who resided in the place. The latter had never heard of the medicine; and could not find a mention of it in any of his books. It was only after several months' unremitting research that he came across it in a homoeopathic chemist's catalogue. I learned this from the patient himself, who returned to England last summer, and on June 22 came to report himself to me.

After the dose I gave him he went exactly twelve months without an attack, and then had a rather severe one: the urine being very scanty, with a copious deposit of phosphates. That was the last he had had, and as I have heard nothing of him since, I presume there has not been any return. The patient asked me to tell him what I considered he was suffering from, as he concluded that I must know since I had cured him. I told him it did not in the least follow, but the name I should give to his attacks was renal colic.

Now, why did I give *Ocimum canum* to this patient?

If you refer to Mure's "Brazilian Materia Medica", p. 214, you will find a very short, but very clear, account of the drug, of its uses among the Brazilian population and a proving of nineteen symptoms, among which appears the following:

"Renal colic, with violent vomiting every fifteen minutes; one wrings one's hands, and moans and cries all the time."

If you turn to Allen you will find this symptom printed in heavy type and a bracketed addition ("right side") after "Renal Colic."

I believe this is a clinical observation of Dunham's or Lippe's.
Be that as it may, it helps to confirm me in the choice of the remedy.

Case 2. - On October 16 of the same year (1893), I was called to see a young unmarried lady of 24, who was suffering from severe pain in the right side, very frequent micturition with haematuria and vomiting. She had not felt well for some little time before, and for over a fortnight had been quite ill. The actual pain had been on for three days following a fortnight of continued headache. Her mother had died of kidney disease after a confinement, and this made the patient additionally anxious. The Christmas before she had had a similar, but slighter attack - pain in the right side, and frequent micturition, but this only lasted a few days. The pain was in the right flank, shooting round to the back. The urine was passed every fifteen minutes. It was distinctly smoky, and at times had a sediment containing clots. On boiling, a cloud appeared which partially cleared up on the addition of nitric acid. After standing thirty-six hours the sediment became a brilliant carmine colour. The microscope showed mucus and blood corpuscles and round cells with shining nuclei.

I put her on terebinth 3, and for two days there was some improvement. The urine cleared up, and the pain was less severe. But this did not continue. On October 19 the pain became worse, and micturition again became very frequent. Belladonna was now given instead of terebinth. That same night the patient took on her own account a dose of liquorice powder, which brought on an aggravation. The pain in the right side became very severe, and in the urine were flecks and strings of blood.

I now (October 21) put her on ocimum canum 200. A few globules dissolved in water, a teaspoonful every two hours. There was improvement at once. The urging to urinate subsided, the water became quite clear, she slept well, and woke the next morning free from pain. She steadily improved.

On October 23 I left off the ocimum and gave nux 30, and ceased to attend on the 28th. On November 18 there was a slight relapse, when the same medicine again relieved the pain, but did not do away with the urging, or stop the appearance of blood in the urine. A review of the case showed a good many pulsatilla indications. The patient was of the pulsatilla type, and her catamenia were apt to be delayed, so that medicine was given in the 30th, and promptly cleared up the case. Some months later I heard that she had kept well.

In a case of right side pain at the catamenia, with painful micturition, Ocimum canum failed to give any help. Palladium, in this case, succeeded admirably. I was led to give it by the condition: "relief by pressure." In a case of subacute cystitis, with frequent and painful micturition and passage of dark clots, it also failed. But it materially helped a case of vaginal prolapse. Symptom 15 of the proving reads: "Falling of the vagina so as to issue even from the vulva."

In speaking of its action, Mure says of it: "The ocimum canum is destined to become one of the most important remedial agents in Brazil, where it is used as a specific for diseases of the kidneys, bladder, and urethra." And he adds: "Those who wish to devote themselves to our art had better get about proving this drug."

As the proving consists of nineteen symptoms only, it will not take up much of your time if I recount them entire. It will be noticed that sixteen out of the total relate to the genito-urinary system. The mammary symptoms are very striking.

- (1) Turbid urine depositing a white and albuminous sediment.
- (2) Burning during micturition.
- (3) Urine of saffron colour.
- (4) Diarrhoea, several attacks a day.

- (5) Crampy pain in the kidneys.
- (6) Renal colic, with violent vomiting every fifteen minutes; one wrings one's hands and cries and moans all the time.
- (7) Red urine with brick-dust sediment after the attack.
- (8) Itching at the breasts.
- (9) Engorgement of the mammary glands.
- (10) The tips of the breasts are very painful; the least contact extorts a cry.
- (11) Compressive pain in the breast, as is the case with wet-nurses.
- (12) Dreams about being poisoned. Dreams about her parents, friends, children.
- (13) Lancinations in the labia majora.
- (14) Swelling of the whole vulva.
- (15) Falling of the vagina so as to issue even from the vulva.
- (16) Thick purulent urine, with an intolerable smell of musk.
- (17) Swelling of the inguinal glands.
- (18) Heat, swelling and excessive sensibility of the left testicle.
- (19) Numbness of the right thigh for two days.

Ocimum canum is an aromatic herbaceous plant, and belongs to the labiate family. It is thus related to lycopodium virginicum, also to thyme, the mints, rosemary, betony, ground-ivy, and sage. Ocimum viride, of Sierra Leone, is used as a febrifuge.

(Two rarely-used medicines - Ocimum canum and Trombidium, by John H. Clarke, M. D., Physician to the London Homoeopathic Hospital, The Journal of the British Homoeopathic Society New series vol. 4 (1896), p. 77-85)

1899 - Very painful renal colic in a man aged about 50 - P. C. Majumdar

"Sometime ago I reported a cure of renal colic by this wonderful remedy. Ocimum is a native of this country and its variety of sanctum is regarded as a sacred leaf by the Hindus. It is nothing more than our sacred *Toolsi*.

I know our native physicians - the Kabirajes make use of it in cases of bilious remittent fever. They also use it in diseases of the liver.

Recently I had a case, a very painful case of renal colic in Harrison Street Borrabazar. The patient was an elderly and robust gentleman of about 50 years of age. He got an excruciatingly severe pain in the region of left kidney for about a week and had been under the treatment of one of the best allopathic doctors of Calcutta, in fact the highest European physician of the local Medical College.

All allopathic measures were tried. Opium and other strong narcotics and anodynes were of no effect. Urine high coloured and scanty, voided with great pain and suffering. I visited him on the morning of the sixth day of attack. Suffering extreme, vomiting of bile, constant nausea, bowels constipated. Hot fomentation and poultices were uselessly employed. Patient restless, no sleep but occasionally dozing probably from the effect of opium and chloral. I prescribed Ocimum can. 3x one drop every three hours till improvement noticed. Got the report in the afternoon that the patient was much better.

Visited him in the evening and found him in great comfort. He sat up in bed and narrated his case with ease.

The same medicine continued every six hours at night. In the morning I saw him all right. Usual food was given and there was nothing wrong with him from the next day.

I was called the next day and two small pieces of stones were shown to me. It was examined by the family physician and I got the report that they were uric acid crystals. I saw this

gentleman about two weeks ago suffering from fever. He had no other attacks of renal colic since I cured him about six months ago.

In these cases of renal colic, great care should be taken in selecting proper diet and mode of life in order to effect a radical cure, Meat is generally injurious, vegetables and fruits of various kinds are allowed in plenty. Rice is better than bread and chapaties. Time of meals should be regulated. Regular time every day at the same time enjoined."

(P. C. Majumdar, M.D., *Ocimum canum* in Renal Colic, *The Indian Homoeopathic Review* vol. 9 (1899), p. 126-127)

1912 - Renal colic with great agony in a physician - P. C. Majumdar

"Dr. N. M., an allopathic physician of long experience and dwarfish constitution, sent for me in a hurry. I came to his bedside and found him in great agony from renal colic on the right side.

Tossing about in bed, great restlessness, no position afforded him the least relief. Vomiting of bile, constipation for the last three days. Intense thirst, vomiting after drinking. Before this attack he suffered from dyspeptic symptoms, flatulence, heartburn and acidity and morning diarrhoea. He had had a slight attack of colic last year about this time. I saw him on January 3, 1903.

I tried a few remedies at short intervals, without much benefit. At last I gave him a few doses of *Ocimum* 3x in water. The effect was prompt and permanent after the third dose. Subsequently I treated him for his dyspepsia, and *Calc. carb. high*, a few doses at long intervals, cured him."

(Clinical cases, by P. C. Majumdar, M.D., Calcutta, India, *The Medical Advance* vol. 50 (1912), p. 539-540)

Klinische Hinweise / Clinical Hints

1938 - Prolapse of the vagina - Margret L. Tyler

"One of our doctors, some years ago, used to make great play with *Ocimum canum*. Coming across the drug, the other day, at its source, in Mure's *Materia Medica*, or *Provings of the Principal Animal and vegetable Poisons of the Brazilian Empire*, we thought it might be interesting and important to draw attention to it, by reproducing his little account, and proving. There is one symptom which appeals to anyone who has seen much gynaecology work, never found elsewhere, so far as one has seen:

"Falling of the vagina, so as to issue even from the vulva." If *Ocimum* can cause and remedy that, it is indeed invaluable. A remedy with specific action on the walls of the vagina! . . .

These cases of prolapse are very trying to the patient and to the would-be healer. Supports are not ideal: not even wholesome: encouraging aerobic bacteria, and offensiveness, and what no one seems to realize absorption of toxins: the alternative being operation.

In these days we hear much of focal sepsis and here is focal sepsis with a vengeance. Teeth are sacrificed, tonsils, appendix, gall-bladder and the patient returns for yet more! A recent patient, on her first appearance, owned up to eight operations, with finally, a malignant condition. But the sepsis that must be absorbable from a vagina in the awful condition one finds often on removing a pessary that has been in some time. Well, one has to experience it in order to even faintly imagine it."

(Margret L. Tyler, *Ocimum canum*, *Homoeopathy* vol. 7 (1838), No. 3 March) [abridged]

Leitsymptome und Charakteristika / Keynotes and Characteristics

Übersicht / Overview

1902 - John H. Clarke
1915 - Cyrus M. Boger
1927 - William Boericke

1902 - John H. Clarke

Description. - *Ocimum canum*. *O. incanescens* (Mart.). *O. fluminense* (Wells) Alfavaca (Portuguese). N. O. Labiatae. Tincture of fresh leaves.

Clinical. - Albuminuria. - Breasts, painful. - Bubo. - *Calculus, renal, passage of*. - Diarrhoea. - Gravel. - Kidneys, diseases of. - Renal colic. - Urine, abnormal. - Vagina, prolapse of.

Characteristics. - *Ocim. can.* is one of the remedies we owe to Mure, who tells us that it is used in Brazil "as a specific for diseases of the kidneys, bladder, and urethra." He gives a short list of nineteen symptoms (apparently partly clinical and partly pathogenetic) which stamp him as a true observer. His indications have been confirmed many times.

"Renal colic, with violent vomiting every fifteen minutes; one wrings one's hands and moans and cries all the time.

Red urine with brick-dust sediment after the attack."

The urine may be "saffron colour" or "thick, purulent, with and intolerable smell of musk."

In two cases published by myself (J. B. H. S., January, 1896; H. W., xxxi. 178) the following symptoms were removed :

(1) Man, 27, every three or four weeks, seized with violent pains of a dull leaden character in right side of abdomen; commencing in morning, lasting twelve to fifteen hours. For four hours from commencement of attack the pain steadily increased, culminating in vomiting, first of sour fluid, then slime, lastly of a fluid like coffee. After the vomiting some relief of pain. Urine contained no sediment. The attacks had lasted seven years. At first they began in the evening. There was a history of epilepsy in the family, and as a child the patient had had three fits. *Ocim. can.* 200, one dose, was given, and there were no more attacks for about two years. On their recurrence *Ocim. can.* failed to control them; but *Diosc.* θ (given by a doctor in U.S.A.) succeeded.

(2) Lady, 24, severe pain right flank shooting round to back. Frequent micturition; urine sometimes depositing clots. *Tereb.* 3 gave some relief, but it was not permanent. *Ocim. can.* 200, a few globules in water, a teaspoonful every two days, rapidly relieved the symptoms and cleared up that of the case, and there has been no return to the present date.

P. C. Majumdar (*Ind. H. R.*, vi. 11) relates (1) the case of a medical man, 45. Majumdar was sent for at 4 a.m. one morning, and found the patient in great agony; pain in upper part of region of right kidney, extending downwards and forwards to pubes. Constant vomiting, bilious, acid, tossing about without any relief. After *Calc. c.* 30, *Lyc.*, *Sep.*, *Sars.*, and *Berb.* had been given in vain, *Ocim. can.*, 3x gave immediate relief, and no other remedy was required.

(2) Man, 50, excruciating pain in left kidney, for which he had received *Opium* under allopathic treatment without relief. Majumdar saw the patient on the sixth day of the attack. The suffering was extreme, vomiting of bile, constant nausea, bowels constipated. *Ocim. can.* 3x, one drop every three hours, speedily gave relief, and two days later two small uric acid calculi were passed. No recurrence (*Ibid.*, ix. 126).

Majumdar adds that *Ocim. can.* is the sacred *Toolsi* of India, and that the Kabirajes use it in diseases of the liver and bilious remittent fevers. All the members of the *Ocimum* genus are aromatic. The Sweet or Common Basil, *O. basilicum*, is one of the best known.

The vaginal prolapse, excessive sensitiveness of the breasts and pain on nursing, are important symptoms. Concomitant symptoms are: Vomiting; cries; tossing about and wringing hands.

Relations. - *Followed well by:* Diosc. *Compare:* Labiatae. In renal colic, Dios., Calc., Berb., Lyc., Coloc. In painful breasts, Borax (empty feeling; *Ocim. can.* compressive), Crotal., Phelland. Prolapsed vagina, Staph.

Symptoms

Abdomen. - Swelling of the inguinal glands.

Stool. - Diarrhoea, several attacks a day.

Urinary Organs. - Turbid urine, depositing a white and albuminous sediment. Urine of a saffron colour. Red (bloody) urine with brick-dust sediment after the attack. Thick, purulent urine, with an intolerable smell of musk. Burning during micturition. Crampy pain in the kidneys. Renal colic (right and also left) with violent vomiting every fifteen minutes; she twists about, wrings her hands, screams and groans.

Male Sexual Organs. - Heat, swelling, and excessive sensibility of the left testicle.

Female Sexual Organs. - Lacerations in the labia majora. Swelling of the whole vulva. Falling of the vagina, so as to issue even from the vulva. Itching at the breasts. Engorgement of the mammary glands. The tips of the breasts are very painful; the least contact extorts a cry. Compressive pain in the breasts, as is the case with wet-nurses.

Lower Limbs. - Numbness of right thigh for two days.

Generalities. - It is employed in bath for rheumatism.

Skin. - Acts as an irritant.

Sleep. - Dreams about being poisoned. Dreams about her parents, friends, children.

Fever. - Is sudorific. Used in bilious remittent fevers.

(John Henry Clarke, M.D., A Dictionary of Practical Materia Medica, vol. 2 (1902), *Ocimum Canum*, p. 633-634)

1915 - Cyrus M. Boger

REGION.

Ureters (Right).

WORSE.

Scanty Urine.

Sore pains in ureters. Renal colic with haematuria and violent vomiting. Red sand in the urine. Swelled inguinal and mammary glands.

Related: Canth., Lyc., Urt-ur.

(Cyrus M. Boger, M.D., A Synoptic Key to the Materia Medica, 1st edition, 1915, *Ocimum Canum*, p. 264)

1927 - William Boericke

Is to be remembered in diseases of the kidneys, bladder and urethra. Uric acid diathesis. Red sand in the urine is its chief characteristic, and frequently verified. Swelling of glands, inguinal and mammary. Renal colic, especially right side. Symptoms of renal calculus are pronounced.

Urine. - High acidity, formation of spike crystals of uric acid. Turbid, thick, purulent, bloody; *brick-dust red* or yellow sediment. *Odor of musk. Pain in ureters.* Cramps in kidneys.

Male. - Heat and swelling of left testicle.

Female. - Vulva swollen; darting pain in labia. Nipples painful to least contact. Breasts feel full and tense; itching. Prolapsus vaginae.

Relationship. - Compare: *Berb.*; *Hedeoma*; *Lycop.*; *Pareir.*; *Urtica*.

(William Boericke, M.D., Pocket Manual of Homoeopathic Materia Medica, Ninth Edition, New York 1927, Ocimum Canum, p. 479)

Ocimum sanctum



Sarat Chandra Ghose - *Ocimum Sanctum*

(Tulasi).

Synonyms.

Sanskrit - Bishnu-priya; Tulasi, Divya; Bharati; Krishna-mul.

English - Holy Basil.

Hindi - Kala-Tulasi.

Bengali - Tulasi.

Bombay, Telegu, Tam and Mah - Tulasi.

Mal - Shiva-Tulasi

Description of the plant.

Ocimum Sanctum or the Holy Basil is a well-known small herb in India. It is a highly sweet-scented plant and is considered by the natives of India to be of great value.

Its greatest importance to the Hindus is felt in connection with all their religious ceremonies. Every Hindu house in India possesses at least one plant which is looked upon by the Hindu population as one of their domestic deities. The leaves of this herb form one of the principal ingredients of every kind of offering and worship. The wood is also used for all religious purposes.

It is a strongly scented herb, under-shrub or shrub, about 1-3 feet long, erect containing opposite leaves, oval and narrowed at lower end, flowers whorled, tips of pedicles re-curved, base woody, root vertical and fibrous.

There is a story current in the Hindu mythology that Binda, wife of Sankhachura, was favoured by Krishna and transformed into this herb. It is, therefore, regarded by all Hindus, specially by those belonging to the Vaishnava sect and cult, to be a very sacred plant.

The inhabitants of Malaya Peninsula are used to strew its leaves over the graves of their dead persons for the peace and benefit of departed souls.

The herb can be found in abundance all over India and no less than half a dozen varieties are found. The black and the white varieties possess the identical qualities.

If it be distilled, it yields a yellowish green volatile oil, lighter than water, which solidifies in time into a crystalline camphor isometric with that of Turpentine. The leaves, when rubbed, give off a peculiar strong odour. It is acrid, sweet-scented and calorific.

Allopathic Uses.

R. N. Khory in his well-known *Materia Medica of India* (Part II, p. 490-493) has written the following pertaining to the uses of *Ocimum Sanctum*:

"It is demulcent, expectorant, and anti-periodic; with Kalamiri it is given in catarrhal affection of the lungs and cough. The powder of dry leaves is used by the natives as snuff in ozaena and for destroying maggots. The paste of the leaves with Suntha and Saphedamiri is given in intermittent and remittent fevers. The medicated oil is used as drops into the ears in ear-ache and in purulent discharges and into the nose in ozaena. With lime-juice the leaves are rubbed over ring-worm. The seeds are mucilaginous and used as a diuretic in scanty urine and cough".

Lt. Col. R. N. Chopra, IMS. in his *Indigenous Drugs of India*, page 588, says . - "The leaves are expectorant, in chronic cough especially in children are given sweetened with honey".

Ayurvedic uses.

Charak, Harit, Chakradatta, Bangasena and others have found *Ocimum Sanctum* very efficacious in cough, cold, catarrh, nose affections, ozaena, scorpion-bites, remittent and intermittent fevers and constipation.

From antiquity the expressed juice of the herb is administered with very gratifying and beneficial results to the children who are attacked with catarrh and cough and with fever and constipation.

Homoeopathic Provings and Therapeutic Uses.

Provings.

Ocimum Canum is a species of this shrub which grows abundantly in Brazil. Dr Mure has proven and introduced this remedy into homoeopathy. Dr Mure tells us that it is largely used in Brazil "as a specific for diseases of the kidneys, bladder, and urethra". He has given a short list of nineteen symptoms which are partly clinical and partly pathogenetic.

Dr. Mure's experience was several times verified by several noted homoeopaths.

Some writers are of opinion that *Ocimum Sanctum* and *Ocimum Canum* are same; but Mr. Pram has shown in his "Bengal Plants" that they are not identical plants. Mr Hooker has also written in his "Flora of British Indica" that *Ocimum Sanctum* is a different variety of *Ocimum*. In the opinion of Roxburgh, the white variety of *Ocimum* is the *Ocimum Canum* or *Album*.

Ocimum Sanctum, of which I am writing, is the black variety of the herb. The former is pregnant with a pungent odour while the latter is full of sweet odour.

Drs. Pramada Prasanna Biswas of Pabna, Bengal, N. Sinha and N. C. Ghosh have made provings of this drug.

I have culled the important symptoms of this drug from their oft-repeated writings into a short compass and publish the following for my readers.

Mind. - Forgetfulness; cannot devote attention and mind to any subject. Very much disturbed, difficulty to concentrate it on any subject, there may be irregular delirium, child is peevish and cries, does not like to lie in bed; prostration and drowsiness exist; patient falls asleep while answering questions.

Head. - Headache, heavy, throbbing pain as if thousand nails were being driven into it, relieved by pressure; giddiness of head, worse while walking, likes to keep quiet, feels relieved by wrapping up the head; heat on the vertex, feels relieved by pouring cold water on the head or by fanning.

Eyes. - Eyes red, pain in the eyes, lachrymation, eye complaints due to nasal catarrh. It is a good remedy in ophthalmia. Mist before eyes, especially when fixing them on something.

Ears. -Noises in the ears, loud sound appears to be very painful, watery secretion from the ear, offensive pus from the ears, shortness of hearing; hot flushes come out from the ears, ears painful due to nasal catarrh.

Nose. - It is an excellent remedy in nasal catarrh associated with frequent sneezing, secretions being white or yellow. Watery discharges from the nose, nostrils ulcerated, bleeding from the nose.

Face and mouth. - Face red or pale with reddish hue and lips bright red, watery salivation or spitting from the mouth, putrid and bitter taste in mouth, ulcer in the mouth, aphthae in mouth; ulcer in mouth and tongue of children, the whole tongue is bright red or its edges and sides are red and the middle portion is deeply coated; lips dry and black as if burnt.

Throat. - Pain is felt in the throat, pain and difficulty in deglutition, pain felt in the throat while walking or during coughing, the redness exists inside of the throat, ulceration of throat, glairy phlegm, enlargement of both tonsils, voice gets changed, hoarseness.

Stomach and abdomen - Abdomen distended, eructations, want of appetite, hiccough; gurgling sound is felt in abdomen; heaviness in abdomen; heaviness of abdomen does not disappear in spite of frequent passage of stools; pain in the abdomen, may be griping; pain is felt over the region of liver and spleen; hepatic pain, pain in the right iliac region, gurgling sound can be felt on pressure.

Stools. - Stools liquid, copious, watery, very offensive; yellowish or greenish liquid stools, mucous or bloody or streaked with blood, involuntary stools during high fever; abdominal distension is not lessened in spite of frequent stools, distension is felt less after stool, but again returns after a few minutes; diarrhoea during rainy season and autumn.

Urine. - Involuntary urination of the children; burning in the urethra while urinating; discharge of mucus with urine, desire to urinate off and on.

Female discharges and discharges after delivery. - Discharge of lochia is very offensive and lasts for a long period, profuse bloody discharges after delivery; leucorrhoea.

Chest. - Pains are felt on both sides of the chest, worse while coughing or sneezing; patient cannot lie quiet in bed, pleuritic pains in the chest; asthmatic attack, wheezing and rattling sound is felt in the chest (very useful in asthma of infants and children); pain is felt in the middle of sternum.

Skin. - It is very useful in skin diseases.

Personal Observations.

Ocimum Sanctum has turned out to be an excellent remedy of our Materia Medica.

Forgetfulness is a special key-note symptom of this drug; the patient forgets to perform his usual duties, and commits mistakes in talking. Irregular delirium appears. The children become awfully peevish, always cry, become quiet while they are being carried. In this symptom it bears a close resemblance to *Chamomilla*. Its symptoms tally with those of *Cina*. In remittent fevers of children, fever during dentition period, diarrhoea and worm affections, *Ocimum Sanctum* is found to be very efficacious.

It has an assured place in the treatment of influenza and in common nasal catarrh.

If the remittent fever be associated with cough, cold or diarrhoea, pneumonia, broncho-pneumonia, bronchitis, and asthma, its efficacy is generally marked.

In worm complaints of children, when they are fretful and peevish, start from sleep, and do not allow the physician to examine them, its efficacy is very great.

It is more especially indicated if diarrhoea and cough and cold be present with fever. The peevishness of children is very easily removed by the administration of this remedy.

When in typhoid fever or fever associated with delirium, the patient lies in a comatose condition, is prostrated, and falls into slumber or drowsiness while answering questions, *Ocimum Sanctum* plays its part very well and in this respect it can be closely compared with *Baptisia*.

There is a terrible headache in *Ocimum*; headache is due to congestion, common cold or influenza and headache due to other fevers.

The characteristic symptoms of headache are that it is relieved by application of cold water on the head or by fanning the head; if the patient keeps quiet or the head be wrapped up with a cloth, considerable relief is experienced, headache is worse while walking or by motion, the

eyes get congested, eyes become red and there is lachrymation from the eyes. If these symptoms be present in common cold, *Ocimum* is used with benefit.

In *Ocimum* the face is flushed and hot, lips are red and parched, eyes are drowsy, tongue is red or reddish and shining at the edges with yellow or brown coating in the middle. In these symptoms it may be compared with *Baptisia*.

In eye complaints it has a decided action, in ophthalmia its action is felt, eyes are red, watery discharges take place and sticky discharges manifest themselves.

In ophthalmia neonatorum, *Ocimum* is a curative remedy. In ear-ache and purulent discharges from the ear and shortness of hearing, *Ocimum* is employed with great benefit.

In aphthae it is an excellent remedy. The lips are red, face is red and flushed, salivation takes place from the mouth and putrid ulcer is found in the mouth and teeth.

There is pain felt in the throat, pain is felt while swallowing, pain is felt while coughing and sneezing; there is redness inside the throat, both the tonsils are enlarged. In gastric and intestinal catarrh it is used when inflammation of the intestinal mucous membranes is present along with fever and diarrhoea.

There is pain in the region of liver and spleen, after gurgling in the stomach, copious watery and offensive stools appear; stools may be involuntary, abdomen distended, distension does not abate in spite of stools passed. If this kind of diarrhoea be associated with fever and in cold, cough, pneumonia, broncho-pneumonia and bronchitis, *Ocimum* is used with an appreciable benefit.

In asthma, its action is marked; the patient cannot lie on the back and if he does, difficulty of respiration is aggravated. In asthma of children it is also an excellent remedy.

It eases difficult respiration and has been found to be effective in cases of asthma if the patient bend forward and support the head with the hands, the elbows resting on the knees or by leaning forward and putting the head on the hands lain flat on a table or some such support. It yields good results even when *Aralia Racemosa*, *Lobelia* and *Blatta Orientalis* fail to do any good.

In toothache it is a grand remedy. The pains are terrible, the pains are worse at night; on touch and from cold, offensive smell comes out of the mouth and offensive salivation is present.

In female diseases its action is felt. After delivery, lochia is terribly offensive, is of unnatural colour and lasts long. The discharge is mixed with mucus, is pus-like and like washing of fish. The menses are irregular, and the discharges continue for a long time

Its action is decided in leucorrhoea and uterine complications are avoided if it be used after delivery.

Fever. *Ocimum* is an excellent remedy in influenza and in fevers associated with cough, acute pains in the body, bone pains, soreness of the muscles, and terrible headache In this respect it resembles *Eupatorium Perfoliatum* admirably well. In conjunction with the above mentioned symptoms if the key-note symptoms of the tongue or lips exist, *Ocimum* will have an instantaneous influence over the complaints for the removal of which it will be administered.

I have mentioned before that it is used in the fevers of children associated with cough, cold and diarrhoea. It has a wonderful action in checking the attacks of intermittent fever. The fever comes on in the after-noon with extreme chilliness, there may be shivering present. The hands and the feet become cold and do not become warm easily, numbness and tingling sensation are felt there and chilliness does not disappear even when exposed to the sun's rays. There may be thirst or absence of thirst.

Aching pains are felt in the feet and legs, pains are felt all over the body. During hot stage extreme heat and flushes of heat are felt over the face and eyes. Burning sensation is felt in the palms of hands and soles of feet, feels relieved by cold breeze, and by placing cold water on the head. Along with heat, sweat breaks out. Heat and sweat and chilliness and heat may appear alternately.

It is used in fevers prevalent in rainy season, winter or spring or in other seasons. In typhoid fever, it is very useful. There may be chilliness, there may be heat, there may be burning sensation felt over the body, there may be sweat, delirium, drowsiness or comatose condition or other symptoms present.

These are the symptoms and diseased conditions for which *Ocimum* is generally used with excellent results. In short, it has turned out to be an excellent homoeopathic remedy. Many cases have been improved and benefited by its timely use. It is not possible for me to dwell upon those cases in this article. Suffice it to say that *Ocimum* has come to stay and it will stay as long as Homoeopathy will last.

Now-a-days, the Allopathic doctors prescribe lotions prepared with the corrosive sublimate to disinfect the bodies of persons who died of infectious diseases, such as typhoid fever, small-pox, etc so that no other person can be contaminated and infected with the bacilli of these contagious and infectious maladies.

In our country when persons are about to die or they have actually died, they are brought near Tulasi herbs and their branches are kept near their heads.

There is a scientific explanation attached to this religious observance. Our Rishis of antiquity preached hygienic doctrines through the channel of religion, so that the instructions promulgated by them will have an abiding place in the imagination of the people of India

It will, therefore, be abundantly clear to all that the leaves of *Ocimum Sanctum* will be found to be a potent medicine to destroy and remove bad and filthy odour, to arrest the progress of putrefaction and to kill all kinds of bacteria and bacilli which generate contagious and infectious disuses.

Ocimum Sanctum is considered by the Hindu population of India to be the most sacred plant. It is dedicated to Vishnu. It is supposed to drive away mosquitoes and so if it be cultivated in or near bouse, it may prevent malarial fevers.

Many are the cases that have been published by several Indian Homoeopaths in the pages of our Homoeopathic Journals from time to time to prove the efficacy of *Ocimum Sanctum* in the ailments mentioned above. However, I refrain from reproducing them in this book. "

(Sarat Chandra Ghose, M.D., Drugs of Hindoosthan, Calcutta 1937, *Ocimum sanctum*, p. 276-287)

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••• Rajan Sankaran, Provings, Mumbai 1998, *Ocimum sanctum*, p. 183-202
[Proving with 10 provers in September 1994. The provers were each given one dose in the 30 C potency.]