

FABIANA.

The leaves and branches of *Fabianaimbricata*, Ruiz and Pavon (Nat. Ord. Solanaceae). A Chilean tree-like shrub.

Common Name: Pichi.

Principal Constituents.—Resin, *fabianine* (?), a supposed alkaloid, and an aesculin-like body.

Preparation.—*Fluidextractum Fabianae*, Fluidextract of Fabiana. **Dose**, 5 to 60 drops.

Action and Therapy.—A remedy for functional catarrhal diseases of the stomach, kidneys, and bladder. Like all the terebinthines when given in small doses, it is of some value in vesical pain with frequent urination, cystic irritation, with dysuria and vesical tenesmus, and in nocturnal urinal incontinence. It is asserted useful in acute albuminuria, with blood in the urine, and due chiefly to renal hyperemia, but should be avoided in chronic nephritis. Pichi has no curative effects upon pathologic tissues, but is a remedy for functional defects alone.

FARINA TRITICI.

The sifted flour of the grain of *Triticum sativum*, Lamarck (Nat. Ord. Graminaceae).

Common Names: Wheat Flour, Common Flour.

Principal Constituents.—Starch, vegetable albumin, and proteids of gluten, (glutenfibrin, mucedin, and gliadine), and a small amount of allantoin.

Derivative.—*Furfures Tritici*, Bran.

Action and Therapy.—*External.* Bread made of wheat flour is an excipient of some pills, and forms the basis of the bread and milk poultice. Wheat-flour paste well thinned is emollient and may be used per rectum for the administration of medicines in colitis. Rarely wheat flour is used as a dusting powder for burning and itching surfaces, as in urticaria, erysipelas, sunburn, and mixed with molasses promptly relieves the pain in burns and scalds. Infusion of bran is a useful emollient for rough skin, and assists in removing the odor of such

agents as iodoform.

Internal. A thinned paste of wheat flour is demulcent and may be used to protect an irritated stomach and esophagus in cases of irritant and corrosive poisons. In the absence of starch it may be used to antidote poisoning by iodine. Bran, mixed with stewed fruits or baked in a biscuit or cake, is a common mechanical laxative for habitual constipation, often proving more effective than medicines.

FEL BOVIS.

Oxgall, Oxbile. The fresh bile of *Bos Taurus*, Linné (Family, Bovidae), the Common Ox.

Description.—A brown-green or dark-green, disagreeably bitter, and somewhat viscous liquid, having a peculiarly unpleasant taste. Neutral or slightly alkaline in reaction. Used in preparing Extract of Oxgall.

Principal Constituents.—Bile acid salts (*glycocholates* and *taurocholates*), and bile pigments (*bilirubin*, *biliverdin*, *bilifuscin*, etc.), and *cholesterin*.

Preparation.—*Extractum Fellis Bovis*, Extract of Oxgall, (Powdered Extract of Oxgall). **Dose**, 1 to 5 grains.

Action and Therapy.—Common oxgall is used by the laity for the gallstone diathesis, and the purified form by physicians whenever there is a deficient supply of normal bile, particularly in chronic constipation with clay-colored stools, in jaundice and in intestinal dyspepsia, due to hepatic torpor.

FICUS.

The fleshy receptacle of *Ficus Carica*, Linné bearing fruit on its inner surface. (Nat. Ord. Moraceae.) Persia and Asia Minor; cultivated in all mild latitudes.

Common Name: Fig.

Action and Therapy.—**External.** Emollient. A roasted, boiled, or raw fig is exceedingly efficient to hasten suppuration in gum boil, boils in the nose or ears and elsewhere, and in buboes and carbuncles. The great surgeon, Billroth, employed a poultice of dried figs and milk to overcome the stench of cancerous and fetid ulcers.

Internal. Nutritive, demulcent, and aperient. Figs are frequently resorted to by individuals inclined to constipation. An elegant aperient confection is employed by the laity under the homely name of "fruitcake." It is prepared by pounding together in a mortar equal quantities of figs, dates, raisins, prunes, and senna leaves. This is wrapped in tinfoil, and sliced off and eaten according to the requirements of the individual.

FOENICULUM.

The ripe fruit of *Foeniculumvulgare*, Miller (Nat. Ord. Umbelliferae). **Dose**, 10 to 30 grains.

Common Names: Fennel, Fennel Seeds, Sweet Fennel.

Principal Constituent.—A sweet volatile oil.

Preparations.—1. *Infusum Foeniculi*, Infusion of Fennel (60 grains [approx. 4 grams] to Water, 8 fluidounces). **Dose** (infants), 1 fluidrachm; (adults), 2 fluidounces.

2. *Specific Medicine Fennel*. **Dose**, 10 to 60 drops.

Action and Therapy.—A splendid carminative and stimulant for flatulent colic in babies. It should not be sweetened with sugar, as it is sufficiently sweet in itself, while added sugar defeats the purpose for which it is being administered. Hot fennel tea is not an unpleasant remedy for amenorrhoea, and for suppressed lactation. Fennel is often used as a corrigent of unpleasant medicines. It is an ingredient of Compound Licorice Powder.

FRANCISCEA.

The root and stem of *Brunfelsia(Franciscea)uniflora*, Pohl (Nat. Ord. Solanaceae). A tropical American shrub.

Common Names: Manaca, Vegetable Mercury.

Principal Constituents.—A weak alkaloid *manacine*, and probably gelsemic acid.

Preparation.—*FluidextractumFranciscea*, Fluidextract of Franciscea. **Dose**, 10 to 60 drops.

Action and Therapy.—Diuretic and probably alterative. It is employed along the Amazon for rheumatism and syphilis. It is capable of producing gastro-enteritis and death. Manaca has been proposed for rheumatism confined more to the muscles and tendons than to the articular forms, acting best when there is dull, heavy pain, soft skin and the absence of fever. It is thought to act somewhat like guaiac.

FRANGULA (*Rhamnus frangula*).

The dried bark of *RhamnusFrangula*, Linné (Nat. Ord. Rhamnaceae). Collected at least one year before being used. A shrub of wet situations in Europe, Siberia, and Northern Africa. **Dose**, 2 to 60 grains.

Common Names: Buckthorn, Alder Buckthorn.

Principal Constituents.—The glucoside *frangulin* (*rhamnoxanthin*) and *emodin*, both only found in old bark.

Preparations.—1. *Specific Medicine Frangula*. **Dose**, 20 to 60 drops.

2. *Elixir Frangula*, Elixir of Frangula (Fluidextract of Frangula, 1 part; Elixir of Orange, 4 parts). **Dose**, 1 to 2 fluidrachms.

Action and Therapy.—Fresh frangula bark causes emeto-catharsis and colicky pain. The dried bark is purgative only. A remedy for chronic constipation, a dose of 20 drops of the fluidextract, or a fluidrachm of the elixir, being repeated three times a day.

FRANKENIA.

The plant *Frankeniasalina*, Chamisso and Schlectendal (Nat. Ord. Frankeniaceae) Native of California and sandy soils of adjacent Pacific Coast.

Common Name: Yerba reuma.

Principal Constituent.—Tannin (6 per cent).

Preparation.—*FluidextractumFrankenia*, Fluidextract of Frankenia. **Dose**, 5 to 25 drops.

Action and Therapy.—Used both internally and by injection or spray, for catarrhal diseases and other discharges from the mucous membranes, diarrhea, vaginal leucorrhea, gonorrhoea, and gleet, and

the different types of catarrh. It is little used.

FRASERA.

The dried root of *Frasera carolinensis*, Walter (Nat. Ord. Gentianaceae). A striking plant found in the Middle and Southern States, west of the Alleghenies. *Dose*, 5 to 60 grains.

Common Name: American Columbo.

Principal Constituents.—*Gentiopicroin*, *gentistic acid*, and berberine. (?)

Preparation.—*Specific Medicine Frasera*. *Dose*, 5 to 60 drops.

Action and Therapy.—The recent root is reputed cathartic and emetic. When dried it is a simple, mild tonic to be used like the simple bitters. Scudder regarded it as a stimulant to the circulation and to the vegetative functions. Its persistent use in moderate doses is said to have overcome obstinate constipation; like the other simple bitters, it may be of some value in chronic catarrhal dyspepsia. From 5 to 60 drops of Specific Medicine Frasera, well diluted, may be given every four hours.

FRAXINUS.

The dried bark of *Fraxinus sambucifolia*, Lamarck, and *Fraxinus americana*, Linné (Nat. Ord. Oleaceae.) Forest trees of northern United States and Canada. *Dose*, 10 to 60 grains.

Common Names: 1. Black Ash, Elder-leaved Ash. 2. White Ash.

Principal Constituent.—A bitter alkaloid in minute quantity.

Preparation.—*Specific Medicine Fraxinus*. *Dose*, 10 to 60 drops.

Action and Therapy.—Probably of some value in uterine subinvolution, with pelvic heaviness and dragging pain, and soreness and headache at the vertex and occipital base of the skull. That it will cure uterine tumors, as has been claimed, is extremely doubtful and lacks sufficient proof to be given credence. Its relative, the White Ash, is said to be cathartic.

FUCUS.

The marine plant *Fucus vesiculosus*, Linné (Nat. Ord. Moraceae). A perennial seaweed.

Common Names: Bladder-wrack, Sea Wrack, Kelp-ware, Black-tang, etc.

Principal Constituents.—Sodium and potassium salts of iodine, bromine and chlorine.

Preparation.—*Specific Medicine Fucus. Dose*, 5 to 30 drops.

Action and Therapy.—Fucus, once exploited as a remedy for obesity, is no longer relied upon for that purpose. It has, however, alterative properties, probably due to the haloid elements it contains, and deserves study for its influence upon waste and nutrition. It is somewhat diuretic, and is believed to give tone to lax muscular fibers. Fatty degeneration of the heart has been benefited by it, and it relieves irritation and chronic inflammation of the bladder. Its power of lessening irritation and congestion has led to its successful use in acute desquamative nephritis. From 5 to 20 drops should be taken every 3 or 4 hours.

monographs extracted from
The Eclectic Materia Medica, Pharmacology and Therapeutics
by Harvey Wickes Felter, M.D. (1922)

NOTE: Throughout these monographs are references to “Specific Medicines”. In some respects Specific Medicines are the single reason that Eclecticism survived so long in the face of “Organized Medicine” and were still being manufactured for the surviving Eclectic M.D.s as late as the early 1960s. Using up to eight organic solvents and the Lloyd Extractor, Specific Medicines represented the strongest possible concentration of the bioactive aspects of botanicals that would stay in a colloidal solution.

Perfected over four decades by John Uri Lloyd, each Specific Medicine was prepared according to the nature of THAT specific plant. You cannot translate a Specific Medicine into “tincture” or “fluidextract”. The latter are GENERIC or standard strengths applied across the board to ALL botanicals. A Specific Medicine represented the greatest strength, without degradation, for a PARTICULAR plant, using anywhere from several to all of the solvents to achieve this. The Eclectic physician was trained to use botanicals in an oftentimes rural setting, and these medicines had to resist breakdown in the deepest winter and the hottest summer. Since they needed to contain even the most ephemeral constituents of a plant remedy, Lloyd approached each plant separately.

The amazing quality of these preparations assuredly maintained the Eclectic Movement long after others had faded. Lloyd’s recipes were Patent Medicines, were not “official”, and when relatives finally closed down the Lloyd Brother’s Pharmacy in Cincinnati, these formulae disappeared. One of the hottest topics for many years amongst professional herbalists in North America and Europe has been “So who has the Lloyd Formulas, already?” Since we cannot access them, the best approach is the use of well made tinctures, capsules or tea. I might suggest the preparations and doses recommended in my Herbal Materia Medica 5.0 as a starting place...in many respects I am perhaps a “Neo-Eclectic” at heart, and have tended to follow the later Eclectics in my approach to plants and dosages.

Michael Moore
Bisbee, Arizona
October, 2001