

TANACETUM.

The leaves and tops of *Tanacetum vulgare*, Linné (Nat. Ord. Compositae). Europe; naturalized and cultivated in the United States. *Dose*, 5 to 60 grains.

Common Name: Tansy.

Principal Constituents.—A volatile oil (*Oleum Tanacetii*), and an amorphous, bitter *tanacetin*.

Preparations.—1 *Oleum Tanacetii*, Oil of Tansy. *Dose*, 1 to 10 drops.

2. *Tinctura Tanacetii*, Tincture of Tanacetum (fresh herb, 8 ounces, to Alcohol, 76 per cent). *Dose*, 1 to 30 drops.

Action and Toxicology.—Oil of tansy is a gastro-intestinal and nerve poison, and in overdoses has caused epileptiform convulsions, profound coma, and death by paralysis of the breathing organs (asphyxiation). Lesser doses may increase the pulse rate, dilate the pupils, and cause severe vomiting and purging with colicky pain. Doses above fifteen drops are dangerous. Most deaths have occurred from its use in attempts at abortion.

Therapy.—*External.* In use in domestic medicine as a fomentation to sprains and injuries, and to the abdomen in dysmenorrhea.

Internal. Tansy is a uterine stimulant and emmenagogue, and is a popular but unsafe remedy to restore arrested or delayed menstruation. An infusion is generally employed for this purpose by the laity. The cold infusion and the tincture (8 ounces to Alcohol, 16 fluidounces; dose, 5 to 10 drops) are sometimes useful as a gastric bitter in convalescence from exhausting diseases and in dyspeptic conditions with flatulence.

TARAXACUM.

The root of *Taraxacum officinale*, Weber, gathered in the autumn (Nat. Ord. Compositae). Native of Greece and a wayside weed in Europe and the United States. *Dose*, 5 to 60 grains.

Common Name: Dandelion.

Principal Constituents.—*Inulin*, sugar, *laevulin*, and an amorphous, bitter *taraxacin*.

Preparation.—*Specific Medicine Taraxacum.* *Dose,* 1 to 60 drops.

Specific Indications.—Anorexia, weak digestion, hepatic torpor, and constipation.

Action and Therapy.—If prepared from recent root, taraxacum preparations may be classed with the simple bitters, having in addition a slight laxative, diuretic and alterative action. In association with other indicated remedies they may be used in catarrhal jaundice, with hepatic torpor, chronic constipation, and in catarrhal gastritis; also as a laxative-alterative in autointoxications giving rise to skin disorders and aphthous ulcers. It is contraindicated in weak and irritable or inflammatory conditions of the stomach and bowels, causing flatulence, pain, indigestion, and diarrhea. The best preparation is an extract of the fresh root.

THUJA.

The branchlets and leaves of *Thuja occidentalis*, Linné (Nat. Ord. Cupressaceae). Indigenous to Canada and the United States, on the rocky borders of streams and lakes, and in swamps.

Common Names: Arbor Vitae, Yellow Cedar, False White Cedar, Tree of Life.

Principal Constituents.—*Oleum Thuja*, (Oil of Arbor Vitae), having a camphoraceous odor and tansy-like taste, and composed of dextro-pinene, laevo-fenchone, and dextro-thujone; a bitter glucoside, *pinipicrin*, and thujin(C₂₀H₂₂O₁₂), an astringent, yellow glucoside closely related to quercitrin.

Preparations.—1. *Specific Medicine Thuja.* *Dose,* 1 to 30 drops.

2. *Aqueous Thuja.* *Dose,* 1 to 40 drops; chiefly used locally.

3. *Long's Thuja,* An Ointment of Thuja.

Specific Indications.—Vesical irritation and atony; enuresis due to atony; urinal incontinence in children due to a weak bladder; dribbling of the urine in the aged, not due to paralysis or growths; urine expelled upon exertion as coughing, etc.; catarrhal flow from bladder or genitalia of male or female; chronic prostatitis; warty excrescences, and dry forms of eczema. Locally: fissured anus, prolapsus ani, pruritus in mucous membranes; venereal discharges; trachoma; warts; naevi; urethral caruncles; and hydrocele.

Action.—In small doses thuja is tonic and increases the activities of the kidneys. Large doses may provoke the irritant effects common to the turpentine and balsams. It has been asserted to have caused abortion, a doubtful effect, but attributed secondarily to violent gastric and intestinal irritation, resulting from excessive amounts of the drug. In many respects it resembles the activities of savin; though unlike the latter it is not a poison.

Therapy.—*External.* Locally thuja is stimulant, subastringent, deodorant and antiseptic. It is especially useful for the restraint and reduction of hypertrophic changes in the mucous and cutaneous tissues. It will deaden and repress fungous granulations, and for this purpose may be applied to "Proud flesh" and "ingrown nail" (both overgrown granulations). Alcoholic preparations of thuja may be employed to retard fungoid granulation and ulceration in epithelioma (does not cure), bed sores, sloughing wounds, fistulae, and to overcome the stench of senile and other forms of gangrene. It has a good record in curing papillomata and condylomata (upon the nates) when soft and there is foul exudation; and often succeeds in controlling venereal or genital warts. Alcoholic preparations of thuja are generally conceded to be the best local and kindly acting vegetable medicines for the dispersal of common warts or verrucae on any part of the body. It is applied locally and with reputed greater success hypodermatically into the base of the growth. Our personal experience with it for the removal of warts has been negative. Rarely it controls bleeding and ameliorates in hemorrhoids and prolapsus ani. Persisted in, though at first painful, it has cured fissure of the anus. Howe valued it for bulging naevi, and his once famous method of curing hydrocele with it is now little practiced. As compared with tincture of iodine or with carbolic acid it is less painful, but unlike the latter free from poisonous consequences through absorption. Howe's method was as follows: Tap and drain the tunica vaginalis testis, and inject two drachms of a solution of specific medicine thuja (one part) in warm sterile water (seven parts). Knead the tissues thoroughly so that the fluid is made to penetrate every part of the sac. More or less burning pain ensues, together with a greater or less degree of swelling; after subsidence of the latter, if the procedure has been carefully executed, adhesion of the contact surfaces from the inflammation provoked results. Specific medicine thuja has been used to remove urethral caruncle and for the relief of chronic dry eczema of a furfuraceous character. Dropped upon hot water and inhaled it is of

benefit in fetid sore throat, chronic and fetid bronchitis, bronchorrhea, and chronic nasal and retro-nasal catarrh. In all of the foregoing conditions the alcoholic preparations may be employed from full strength to such a dilution as the individual cases demand.

Aqueous thuja is invaluable to relieve pain and promote quick healing in soft pultaceous chancroids. It quickly allays pain, checks the discharge and odor, prevents lymphatic engorgement, and stimulates healing. It has no effect upon hard chancre, nor is it in any sense to be regarded as antisiphilitic. Wherever upon sensitive tissues the alcoholic preparations are inadvisable, the aqueous preparation may be substituted. It has been especially useful in catarrhal granulation of the cervix uteri (tampon); its use being preceded by a hot douche. For acute gonorrhoea the following injection is most valuable: Rx Colorless Hydrastis; Aqueous Thuja, each 1 part; Warm Water, 4 parts. Mix. Sig.: Inject every three hours. If there is much soreness add one part of Specific Medicine Hamamelis. The same mixture gives good results in subacute and chronic proctitis, following dysentery. Locally applied alone, or in the above-named combination, it may be used upon balanitis, herpetic ulcers, and abrasions and excoriations of the glans penis. As a local wash for mucous erosions in the mouth, for sore nipples, and for chapped hands it is pleasant and often efficient.

Ointment of Thuja is the preferred thuja preparation for granular ophthalmia or simple trachoma. When the granules are soft and pultaceous a wetted alum pencil may be quickly passed over the everted lid, making but one sweep at each treatment. The parts are then dried, especially if the subconjunctival tissue is much infiltrated; and the ointment applied by means of a camel's-hair pencil. This should be done once a day. Fleeting pain is experienced. Absolute cleanliness should be insisted upon when home treatment is carried out, and constitutional remedies administered when conditions warrant them.

Internal. Thuja is stimulant, subastringent, and antiseptic. Internally its effects resemble those of the terebinths, particularly savin, though it is less energetic than the latter. It is employed chiefly for its effects upon the mucous tracts—particularly the broncho-pulmonic and genito-urinary. While it has been advised (by inhalation from hot water) for hemoptysis, we have far better agents for this purpose; but in bronchial affections with excessive and fetid expectoration it is of

considerable value and ranks well with other terebinthinates. Its most specific action is upon the bladder controlling urinal incontinence in all forms except those excited by urinary concretions, parietic conditions, worms, or malignant growths. A most marked effect for good comes from its use for the relief of dribbling of urine in the aged and the young, provided paralysis does not exist in the former, or preputial adhesion or phymosis is not present in the latter. Doses of five to ten drops of the specific medicine often relieve nocturnal enuresis in children, when merely functional. Lack of tone in the muscularis mucosae appears to be the indication for it. The bladder seems too weak to prevent leakage, and for this debility it is especially useful when coughing or straining at stool, or the lifting of weighty objects causes an expulsion of urine. The doses mentioned also aid the local use of aqueous thuja in gleet when accompanied by granular urethritis. In habitual bed wetting the following is sometimes more effectual than thuja alone: Rx Specific Medicine Thuja, 30 drops; Specific Medicine Belladonna, 20 drops; Water, enough to make 4 fluidounces. Mix. Sig.: One teaspoonful four times a day. Thuja gives comfort and relief in that unfortunate condition in old men with enlarged prostate in which the urine constantly dribbles, entailing much discomfort and misery, and producing unsightly stains upon the clothing. Whether it has any power to reduce an enlarged prostate has not been determined, but that it relieves weakness of the neck of the bladder is well established. Some claim that thuja is especially serviceable in cystic irritability when associated with eczema or with gout. Like most products of the conifers, thuja sometimes proves emmenagogue and stimulates in atonic amenorrhea when the genital tissues are flabby and lifeless.

TRIFOLIUM.

The blossoms of *Trifolium Pratense*, Linné (Nat. Ord. Leguminosae). Cultivated everywhere.

Common Name: Red Clover.

Principal Constituents.—Resins and Tannin.

Preparation.—Specific Medicine Trifolium. *Dose*, 1 to 60 drops.

Specific Indications.—Irritability of the respiratory passages, with dry, explosive cough; carcinomatous cachexia.

Action and Therapy.—Trifolium is alterative and antispasmodic. It relieves irritability of the respiratory tract, alleviating dry, irritable and spasmodic cough. Whooping cough is especially moderated by it, and it is frequently effective in lessening the distressing cough of measles, though in both disorders it fails as often as it succeeds. It also modifies cough in bronchitis and laryngitis. Its alterative powers are underrated, and it should be given where a general deobstruent effect is desired in chronic skin diseases, and unquestionably has a retarding effect upon malignant neoplasms. Though by no means curative in carcinoma, patients who have been operated upon for cancer are slower in redeveloping the growths when given tincture of trifolium daily.

TRITICUM (*Agropyron repens*).

The dried rhizome and roots of *Agropyron repens* (Linné), Beauvois (*Triticum repens*, Linné); (Nat. Ord. Gramineae). A native of Europe and naturalized in the United States, where it has become a nuisance. **Dose**, 120 to 240 grains.

Common Names: Couch-Grass, Quick-Grass, Quitch, Dog-Grass.

Principal Constituents.—A hygroscopic, gummy, inulin-like principle, *triticin* (8 to 11 per cent), *lavulose* (2 to 4 per cent), and acid malates.

Preparations.—1. *Infusum Tritici*, Infusion of Triticum (Triticum, 1 ounce; Water, 16 fluidounces. Infuse one hour.) **Dose**, 2 to 4 fluidounces several times a day.

2. *Specific Medicine Triticum*. **Dose**, 1 to 60 drops.

Specific Indications.—Irritation of urinary passages; pain in the back; frequent and difficult or painful urination; gravel; discharges of mucus and blood from the urethra.

Action and Therapy.—A mild diuretic with slightly aperient properties, and a demulcent of value in irritated conditions of the genito-urinary organs. It is of special value to lessen the frequency and pain of urination—a remedy for dysuria and strangury. It may be used when inflammation is present, and is highly valued in chronic cystic irritability, cystitis, pyelitis, incipient nephritis, prostatitis, and in any condition in which an excess of mucus, pus, or blood is passed in the urine. Indirectly it acts as an alterative by washing away broken-down material by way of the renal organs.

TUSSILAGO.

The leaves and flowers of *Tussilago Farfara*, Linné (Nat. Ord. Compositae). Europe, Asia, East Indies, and the United States. *Dose*, 10 to 120 grains.

Common Name: Coltsfoot.

Principal Constituents.—Acrid volatile oil, a bitter glucoside, resin, tannin, *saponin* and mucilage (3 to 4 per cent).

Preparation.—*Infusion Tussilago*, Infusion of Tussilago. *Dose*, 1 to 4 fluidounces.

Action and Therapy.—A demulcent to allay irritation of the bronchial and gastric mucous membrane, and of considerable value in coughs, laryngitis, bronchitis, asthma, pharyngitis, whooping cough, and gastric and intestinal catarrh. A coltsfoot candy is a popular confection for cough and sore throat.

ULMUS.

The dried, inner bark of *Ulmus fulva*, Michaux (Nat. Ord. Ulmaceae). Eastern half of the United States, in woods.

Common Names: Slippery Elm, Elm, Elm Bark.

Principal Constituents.—Chiefly mucilage.

Preparation.—Mucilago Ulmi, Mucilage of Elm. *Dose*, *Ad libitum*.

Action and Therapy.—*External*. Elm bark forms a good emollient poultice of lighter weight than many others and is useful where such applications are permitted, as upon inflamed surfaces, hemorrhoids, and forming abscesses. As a rule, poultices should not be applied to open surfaces.

Internal. Elm bark is nutritive and demulcent. A mucilage of elm of good quality should be prepared with very cold water. Take shredded elm bark, bundle the shreds together after the manner of making a whisk broom, by tying one end with a long string. Suspend the bundle of bark in a vessel of ice water, from a support placed across the top of

the container. A thick, ropy, mucilaginous preparation will result which is far more serviceable than those prepared on a water bath, the common method of preparing mucilage of elm.

Mucilage of elm is a splendid demulcent for irritable and irritated or inflamed mucous membranes, and to relieve dryness of the tissues of the mouth and throat, and to alleviate cough. It is one of the best agents to use after poisoning by irritants, to allay the distress and protect the inflamed tissues.

URTICA.

The leaves and root of *Urtica dioica*, Linné (Nat. Ord. Urticaceae). Common in Europe and the United States. *Dose*, 20 to 40 grains.

Common Names: Nettle, Stinging Nettle.

Principal Constituents.—A volatile oil, tannic and gallic acids, and probably formic acid.

Preparation.—*Specific Medicine Urtica*. *Dose*, 1/2 to 20 drops.

Specific Indications.—Excessive mucous discharges; choleraic discharges; profuse gastric secretion, with eructations and vomiting; eczema of infants.

Action and Therapy.—*External*. Contact with growing nettle produces an intense stinging, probably due to an unorganized ferment in the hairs of the plant, though by some formic acid is believed to be the irritating substance. A lotion of Specific Medicine Urtica, 2 fluidrachms; Rose Water, enough to make 2 fluidounces, is reported to have been effective in stubborn eczema of the face and scalp. The crusts should first be removed by means of olive oil and asepsin soap. Its internal use should accompany its external application.

Internal. Profuse choleraic and excessive mucous discharges, as in cholera infantum and dysentery, are reputed to have been controlled by urtica, while it also has a restraining effect in gastric affections with excessive gastric secretion, and eructations, and vomiting. Chronic cystitis, with large mucous diuresis, is also asserted to have been benefited by it.

USTILAGO.

A parasitic fungus, *Ustilago segetum* Bull (Ustilago Maydis), developed on the fruit of *Zea Mays*, Linné, or Indian Corn (Nat. Ord. Fungi-Ustilagineae). *Dose*, 1 to 20 grains.

Common Names: Corn Smut, Corn Ergot, Corn Brand.

Principal Constituents.—An alkaloid *ustilagine*, trimethylamine, and *sclerotic* (maizenic) *acid* (probably not identical with that of ergot).

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

Specific Indications.—Feeble spinal and sympathetic innervation; feeble capillary and venous circulation; impaired circulation of cerebrum, with dizziness and unsteadiness; uterine derangements with excessive flow of blood or other discharges; lax genital tissues, with uterine pain; pain in top of head; uterine inertia; post partum and passive hemorrhages.

Action.—This fungus unquestionably possesses power, acting as a spinal excitant and producing convulsions and destroying life either by tetanus or exhaustion. It dilates the pupils. Upon animals it acts as an abortifacient and produces a shedding of hair, hoofs and horns. Its action has been compared to that of ergot and nux vomica combined.

Therapy.—Ellingwood is authority for the statement that ustilago is preferable to ergot as a parturient because it produces intermittent (clonic) instead of tonic contractions; and decreases after-pains, conduces to better uterine involution, and controls hemorrhage. Neither, however, is scarcely used by practitioners of the present day for parturient purposes. Scudder advised it to relieve false pains during the latter months of pregnancy, and other unpleasant sensations in the pelvic regions. It is also claimed that it arrests a too prolonged lochial flow by giving tone to the uterine wall. Observing the specific indications noted above, it may sometimes give relief to the disorders arising from masturbation and nocturnal pollutions, much as ergot and belladonna do, and in the ovarian and menstrual derangements, (chiefly of excessive discharges) in women with lax pendulous abdomen, weak and flabby enlarged uterus, and full toneless perineal and vaginal tissues. It is little used, but undoubtedly could be restudied with advantage.

UVA URSI.

The dried leaves of *Arctostaphylos Uva-ursi* (Linné), Sprengel (Nat. Ord. Ericaceae). A perennial evergreen common in the northern part of Europe and North America. *Dose*, 30 to 60 grains.

Common Names: Uva Ursi, Bearberry, Upland Cranberry.

Principal Constituents.—A bitter glucoside *arbutin* (C₁₂H₁₆O₇), yielding *hydroquinone*, *methyl-hydroquinone*, and glucose; *ericolin* (C₁₀H₁₆O), *ursone*, tannic and gallic acids.

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

Specific Indications.—Relaxed urinary tract, with pain and bloody or mucous secretions; weight and dragging in the loins and perineum not due to prostatic enlargement; chronic irritation of the bladder, with pain, tenesmus, and catarrhal discharge.

Action and Therapy.—Uva Ursi is a true diuretic acting directly upon the renal epithelium. Owing to the presence of arbutin it is decidedly antiseptic and retards putrescent changes in the urine, and acts as a mild disinfectant of the urinary passages. It is to be used where the tissues are relaxed and toneless, with dragging and weighty feeling, and much mucoid or muco-bloody discharge. There is always a feeble circulation and lack of innervation when uva ursi is indicated. It is especially valuable in chronic irritation of the bladder, in vesical catarrh, strangury, and gonorrhoea with bloody urination. It is claimed that when cystic calculi are present uva ursi, by blunting sensibility, enables their presence to be more comfortably borne. Pyelitis and mild renal haematuria sometimes improve under the use of uva ursi. Arbutin, in its passage through the system, yields hydroquinone, and this body, further changed by oxidation, renders the urine dark or brownish-green. This should be explained to patients taking the drug in order to allay any unnecessary fears the phenomenon may excite.

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