

## **MACROTYS (*Cimicifuga racemosa*).**

The rhizome and rootlets of *Cimicifugaracemosa* (Linné), Nuttall (Nat. Ord. Ranunculaceae). A conspicuously handsome perennial widely found in rich woodlands of the eastern half of the United States. *Dose*, 1 to 20 grains.

**Common Names:** Black Snakeroot, Black Cohosh, Rattleweed.

**Principal Constituents.**—No alkaloidal principles have been isolated from the drug, but it yields a mixture of resins upon which, according to some, the virtues of the plant depend. An impure mixture of the resins is variously known as cimicifugin, macrotin, or macrotyn, and was one of the early Eclectic resinoids. Though not without value, the latter is now scarcely ever employed.

**Preparation.**—*Specific Medicine Macrotys*. *Dose*, 1/10 drop to 20 drops.

**Specific Indications.**—Heavy, tensive, aching pain (Scudder); pain characterized as rheumatic-dull, tensive, intermittent, drawing, and seeming as if dependent upon a contracted state of the muscular fibers; soreness of muscular tissues, as if one had been pounded or bruised; the so-called rheumatoid pain; stiff neck; aching of whole body from colds, the onset of fevers, or from muscular exertion; lumbago; bruised feeling of muscles of the forehead, with stiffness of the ocular muscles; soreness and stiffness of the throat with sense of muscular drawing in the pharynx and fauces; muscular pains in the loins, thigh, or back, of a drawing character; deepseated boring and tensive pains; rheumatoid dyspepsia, associated with rheumatism of other parts, and in those having a rheumatic diathesis who experience dull, aching pain and tenderness in stomach and bowels, with tendency to metastasis, and aggravated by food and drink, the stomach feeling as if painfully contracting upon a hard body or lump; the soreness and aching intestinal pains of abdominal grip, when of rheumatoid type; sore, bruised sensation in the respiratory tract; chronic muscular rheumatism; ovarian pains of a dull aching character; dragging pains in the womb, with sense of soreness; the dull tensive pains incident to reproductive disorders of the female, as well as the annoying pains accompanying pregnancy; false pains; after-pains; weak, irregular uterine contractions during labor; irregular, scanty, or delayed menstruation, with dull pain and muscular soreness; chorea, with absentio mensium; and rheumatism of the uterus.

**Action.**—Upon man moderate doses of cimicifuga give slowly increased power to the heart and a rise in arterial pressure. Large doses impress the cerebrum decidedly, and probably other parts of the nervous system not yet definitely determined—occasioning vertigo, impaired vision, pupillary dilatation, nausea, and vomiting of a mild character, and a reduction in the rate and force of the circulation. A condition closely resembling delirium tremens is said to have been produced by it. Full doses cause a severe frontal headache, with a dull, full or bursting feeling. This headache is the most characteristic effect observed when giving even therapeutic doses. While large amounts may poison, no deaths have been known to occur from its use. The physiological action has been well determined upon animals, but it gives no hint as to the possible relationship of the drug to its practical therapy and clinical worth, admitted as valuable by practitioners of all schools of medicine.

In small doses cimicifuga increases the appetite and promotes digestion. Larger amounts augment the gastro-intestinal secretions. It is excreted by both the skin and kidneys, imparting to the urine the peculiarly earthy odor of the drug. It also stimulates the bronchial secretion, making it a serviceable though not pronounced expectorant. That it acts upon the uterine, and possibly other smooth muscular fibers of the tubular organs or the nerves supplying them, is evident from its known power of increasing and normalizing weak and erratic contractions during labor. It also stimulates the function of menstruation and is said to increase the venereal propensity in man.

**Therapy.**—Macrotys is primarily a remedy for rheumatoid and myalgic pain and in disorders of the reproductive organs of women. It apparently possesses sedative, cardiac, anodyne and antispasmodic properties, and is an ideal utero-ovarian tonic. Macrotys was introduced into Eclectic medicine by King in 1844 as a remedy for acute rheumatism and neuralgia with such success that it gradually came to be recognized as a leading medicine for these disorders. The extensive list of indications given at the beginning shows sufficiently its general scope of application. While many still regard it as one of the first of antirheumatics, others, and we are among the number, regard it as less fully an antirheumatic than as an anodyne for pain simulating rheumatism, or the so-called “rheumatoid pain”. The original indication as enunciated by Scudder is “heavy, tensive, aching pain”. This is essentially different from the exquisitely sensitive and acute pain of acute articular rheumatism. It is not to be understood that it is

of no value in this affection, but that it is of greater worth as an associate remedy. It assists in relieving the pain, but rheumatism is, without doubt, an infectious disorder and needs something more directly antagonistic to the infecting agent, and the salicylates prove better than any others for this purpose. As a matter of fact, the indications for both macrotys and sodium salicylate are usually present. As they do not interfere with each other, they may be judiciously given together, and administered in this manner aid the action of each other so that lesser doses of the salicylates are required. Rx Sodium Salicylate, 2 drachms; Asepsin, 10 grains; Specific Medicine Macrotys, 1-2 fluidrachms t; Fluidextract of Licorice, 2 fluidrachms; Water enough to make 4 fluidounces. Mix. Sig.: One teaspoonful every two or three hours as seems to be demanded.

When pain persists in spite of this medication, and fever is active, aconite, veratrum or gelsemium, particularly the first named, produces a marked change in the activity of the disease. Fever subsides, secretion becomes reestablished, pain is markedly decreased, and sleep, that has been impossible, is permitted. That it protects the heart and strengthens it during rheumatic invasions seems established. In so-called rheumatism of the heart and rheumatic endocarditis it may be given with expectation of relief, and in diaphragmatic rheumatism, pleurodynia, intercostal and other neuralgias its pain-relieving effects are apparent. Gastralgia, enteralgia, mediastinal pain, tenesmic vesical discomfort, pain in the orbits and ears, when acute and rheumatoid in character, derive quick relief from macrotys. When diseases of the ear are associated with rheumatism, macrotys aids in giving relief, as it does in neuralgia in the same area when accompanied by stiffness of the faucial and pharyngeal muscles. It is the remedy in acute muscular pain, such as occurs in the myalgias of the chilly seasons of the year, in torticollis, and in the pains, tensive and contractive, due to changes of weather and muscular exertion. Here macrotys is often the only agent needed. If febrile reaction occurs, either aconite or veratrum, as indicated, or possibly gelsemium, may be alternated with it.

According to Webster *cimicifuga* is a remedy for dyspeptic manifestations when due to rheumatoid states of the gastro-intestinal canal, or when associated with rheumatism of other parts of the body. It should be remembered in those cases where there is a dull or aching pain and tendency to metastasis, made worse by taking food or drink,

and when the walls of the stomach seem to be contracting upon a hard lump, the patient having a rheumatic tendency or history.

In the acute infectious and non-infectious diseases it is a most important drug to relieve the muscular discomfort. Macrotys and eupatorium in liberal doses are the best remedies for the intense muscular aching and bone-breaking pains experienced at the onset of the rheumatoid type of influenza, and in other forms of la grippe. In the respiratory forms they also relieve cough and bronchial soreness. The amelioration of pain is prompt and enduring, and unlike aspirin and the coal-tar products, the drug is absolutely without danger to the heart or nervous system. Should a sense of fullness in the frontal region or a bursting headache be occasioned by full doses, it quickly subsides, with no after-effects, upon withdrawal of the drug.

For headache, whether congestive or from cold, neuralgia, dysmenorrhea, or from la grippe, macrotys is often promptly curative. In eye strain from over-use of the eyes, giving rise to headache, and associated with a sensation of stiffness in the ocular muscles, or a bruised feeling in the muscles of the frontal region, macrotys is one of the most successful of remedies. As a palliative agent in phthisis pulmonalis, good results are obtained, in that it lessens cough, soothes the pain, especially the "aching" under the scapulae, lessens secretions and allays nervous irritability. In the cerebral complications of the simple and eruptive fevers, especially in children, its action is prompt and decisive. It uniformly lessens the force and frequency of the pulse, soothes pain, allays irritability, and lessens the disposition to cerebral irritation and congestion. In febrile diseases especially, it induces diaphoresis and diuresis. In the exanthemata it is a valuable agent, controlling pain, especially, it is asserted, the terrible "bone aches" of smallpox, rendering the disease much milder. In scarlatina and measles it relieves the headache and the backache preceding the eruptions.

Macrotys is a very important drug in the therapeutics of gynecology. It is a remedy for atony of the reproductive tract. In the painful conditions incident to imperfect menstruation its remedial action is most fully displayed. By its special affinity for the female productive organs, it restores suppressed menses. It is even a better remedy in that variety of amenorrhea termed "absentio mensium". In dysmenorrhea it is surpassed by no other drug, being of greatest utility in irritative and

congestive conditions of the uterus and appendages, characterized by tensive, dragging pains, resembling the pains of rheumatism. If the patient be despondent and chilly, combine macrotys with pulsatilla, especially in anemic subjects. In the opposite condition associate it with gelsemium. It is a good remedy for the reflex "side-aches" of the unmarried woman; also for mastitis and mastodynia. Macrotys relieves soreness and tenderness of the womb when aggravated by walking or jarring of the organ when descending steps; and through its tonic power helps to reduce uterine subinvolution. It should be remembered in so-called rheumatism of the uterus, and in uterine leucorrhoea, with a flabby condition of the viscus. When there is a disordered action or lack of functional power in the uterus, giving rise to sterility, cimicifuga has been known to do good. Reflex mammary pains during gestation are relieved by it, and in rheumatic subjects it promptly relieves ovaralgia and ovarian neuralgia, the pain being of an aching character. For the latter condition it is one of the best remedies known.

Orchialgia and aching sensations of the prostate are conditions sometimes relieved by macrotys, and as a tonic and nerve sedative it is not without good effects in spermatorrhea. Its effects are less apparent upon the male reproductive organs, however, than those of the female.

Macrotys has proved a better agent in obstetrical practice than ergot except for the control of hemorrhage. It produces natural intermittent uterine contractions, whereas ergot produces constant contractions, thereby endangering the life of the child, or threatening rupture of the uterus. Where the pains are inefficient, feeble, or irregular, macrotys will stimulate to normal action. For this purpose full doses should be given in hot water; many still prefer a decoction of the root for this purpose. Unfortunately it is less employed than formerly since pituitrin has come into use. Its simulation of normal parturient efforts, however, makes it still the ideal regulator of uterine contractions during labor. It is an excellent "partus praeparator" if given for several weeks before confinement. It is a diagnostic agent to differentiate between spurious and true labor pains, the latter being increased, while the former are dissipated under its use. It is the best and safest agent known for the relief of after-pains, and is effectual in allaying the general excitement of the nervous system after labor.

Macrotys has a powerful influence over the nervous system, and has long been favorably known and accepted as the best single remedy for

chorea. It may be used alone or with valerian, equal parts. More especially is it useful when the incoordination is associated with amenorrhoea, or when the menstrual function fails to act for the first time. Its action is slow, but its effects are permanent. It has been used successfully as an antispasmodic in hysteria, and as an aid to treatment in epilepsy when due to menstrual failures: and in spasmodic asthma and kindred affections, nervous excitability, and pertussis. In the latter it sometimes proves better than any other drug, and especially if the child is one subject to periodic choreic seizures. As the heart is never injured, but on the contrary is strengthened and toned by macrotys, the drug is very valuable as an auxiliary to other agents in nervous affections, particularly when the latter depend upon, or are associated with chorea.

The usual form of administration is: Rx Specific Medicine Macrotys, 10-30 drops; Water, enough to make 4 fluidounces. Mix. Sig.: One teaspoonful every two hours. In most instances the fuller doses, short of producing headache, are the most effective, and the maximum amount given in this prescription may be considerably increased (1-2 fluidrachms) for adults.

## MANGIFERA

The inner bark of the root and tree of *Mangifera indica*, Linné (Nat. Ord. Anacardiaceae). A native East Indian fruit tree; naturalized in the West Indies. *Dose*, 5 to 60 grains.

**Common Name:** Mango.

**Principal Constituents.**—Tannic acid (17 per cent) and an acrid oil.

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

**Specific Indications.**—Feeble, relaxed tissues; mucous discharges; chronic dysentery with muco-purulent discharges; red, congested or inflamed fauces.

**Action and Therapy.**—*External.* Mangifera forms a soothing, astringent gargle for acute or chronic inflammation of the fauces, especially when full, red and congested and intensely painful. It may be used also to alleviate inflammatory conditions of the mucosa of any part of the body or upon excoriations of the skin. Especially is it effective in acute

pharyngitis and the follicular and phlegmonous forms of tonsillitis. Too much has been claimed for it in diphtheria, though its use as an adjuvant is not inappropriate, especially if there is either much redness and pain, or relaxation of tissue. In acute rhinitis it may be used as a douche; and in acute inflammation of the uterine cervix it has been employed with advantage. For use upon the nose and throat about two drachms of specific medicine mangifera may be added to two ounces of water.

**Internal.** Owing probably to its tannic acid, and somewhat to other inherent principles, mangifera is a useful drug in relaxation of mucous tissues, associated with catarrh and diarrhea and feeble capillary circulation. It appears to be best adapted to entero-colitis and watery diarrhoea. Many value it in passive hemorrhages from the nose, uterus, stomach, intestines, and lungs; and some good therapeutists have declared it of value in hemophilia. One should not, however, expect much in the latter disorder from a drug whose hemostatic properties are evidently mostly due to its tannin. Mangifera is one of the pleasantest forms of administering the latter, which may be of a special type, as there are many tannins. It agrees well with the stomach and seems to promote the appetite and digestion, and apparently is non-constipating. When not contraindicated syrup is a fairly good vehicle for mangifera in throat affections.

## MANNA.

The concrete saccharine exudation of *Fraxinus Ornus*, Linné (Nat. Ord. Oleaceae). A tree of southern Europe. **Dose**, 1 drachm to 2 ounces.

**Common Name:** Manna.

**Description.**—Irregular, flattened, longish pieces, of a yellowish-white exterior and nearly white interior, somewhat porous and crystalline-like, having a peculiar odor, a taste sweet followed by feeble bitterness and acidity. It should not contain more than four-tenths part of irregular, yellowish-white, resin-like fragments.

**Principal Constituents.**—Mannite (90 per cent) with sugar (10 per cent).

**Action and Therapy.**—Nutritive in small doses and mildly laxative in larger amounts. In doses of one to three drachms for infants and one to two ounces for adults it makes a very pleasant laxative when

administered in milk. It is suitable for the constipation of pregnancy. It sometimes causes flatulency and griping. This may be obviated by giving with it any warm aromatic.

## MARRUBIUM.

The leaves and tops of *Marrubium vulgare*, Linné (Nat. Ord. Labiatae). Europe; naturalized in America. *Dose*, 5 to 60 grains.

**Common Names:** Horehound, Hoarhound.

**Principal Constituent.**—A bitter principle marrubiin (C<sub>30</sub>H<sub>43</sub>O<sub>6</sub>)

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

2. *Syrupus Marrubii Compositus*, Compound Syrup of Hoarhound. *Dose*, 1 to 4 fluidrachms.

**Specific Indications.**—Chronic irritation of the bronchial membrane with cough and catarrh.

**Action and Therapy.**—Hoarhound is a stimulating expectorant and tonic, and is adapted to both acute and chronic irritation of the larynx and bronchial tract, and gives added power to respiration. In small doses it is a gastric tonic of considerable value, but given too freely it will act as an emetic and cathartic. A hot infusion is diaphoretic; a cold infusion, diuretic. Hoarhound, usually in the form of a syrup, is useful in hoarseness, coughs, and colds that do not clear up rapidly, chronic bronchial catarrh, and humid asthma. The specific medicine may be used in atonic dyspepsia, especially when associated with bronchial debility. The compound syrup is an agreeable and efficient expectorant for chronic cough. Hoarhound candy is a popular remedy for irritation of the throat with cough.

## MATICO.

The leaves of *Piperangustifolium*, Ruiz et Pavon (Nat. Ord. Piperaceae). A Peruvian shrub.

**Common Names:** Matico, Matico Leaves.

**Principal Constituents.**—A bitter principle, *maticin*, and an aromatic camphoraceous volatile oil.

**Preparation.**—*Tinctura Matico*, Tincture of Matico (2 1/2 ounces to Diluted Alcohol, 16 fluidounces). **Dose**, 1 to 2 fluidrachms.

**Action and Therapy.**—An aromatic, bitter stimulant of reputed value in catarrhal states, particularly of the stomach and genito-urinal tract. It is seldom used.

## MATRICARIA.

The dried flower-heads of *MatricariaChamomilla*, Linné (Nat. Ord. Compositae). Wastes of Europe, Asia, and Australia. **Dose**, 1 to 60 grains.

**Common Names;** German Chamomile, Wild Chamomile.

**Principal Constituents.**—A dark-blue, aromatic, volatile oil (*Oleum Chamomillae Aethereum*) and possibly a crystallizable, bitter, anthemic acid, and a crystalline alkaloid anthemidine.

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

2. *InfusumMatricaria*, Infusion of Matricaria (1/2 ounce to 16 fluidounces). **Dose**, 1 to 4 drachms.

**Specific Indications.**—Nervous irritability, with fretfulness, peevishness, impatience, and discontent; morbid sensitiveness to pain and external impressions; sudden fits of temper when menstruating; muscular twitching; fetid, greenish feculent alvine discharges, or when the stools are green and slimy, or of mixed whitish curds and green mucus, associated with flatulence, colic, and excoriation of the anal region; if a child, the head sweats easily and the discomforts of teething, flatulent colic, etc., are transient and intermitting, and the nervousness is relieved by being carried about in the arms.

**Therapy.**—According to dose and manner of use, matricaria is a stimulant diaphoretic and nerve sedative. Its calmative action is so satisfactory that even the skeptic in therapeutics becomes a convert to the fact that there is great therapeutic energy in some simple agents which, by usual tests, fail to show decided so-called physiological action. Matricaria, simple and safe as it is, is remedially potent. Could it more generally have taken the place of “soothing syrups”, so largely destructive to infant life, the history of baby mortality might have been a less appalling story. No child need be laid in its grave because of its

administration.

Matricaria, better known to some as chamomilla, is pre-eminently a child's remedy, especially for the very young child. It has two well-marked, specific fields of action—(1) on the nervous system, subduing irritability; and (2) on the gastro-intestinal tract, allaying irritation. Its influence is well seen upon the infant during the period of dentition. In such conditions it is adapted to the restless, peevish, irritable, discontented, and impatient infant, who is only appeased when carried about in order to quiet its nervousness and unrest. The child needs both sympathy and matricaria, both sound measures in infant therapeutics. In such children it may be equally a remedy for constipation or diarrhea. In the former case, there is usually hepatic tenderness. In the latter, the discharges may be variously characterized—watery and greenish, slimy, green and slimy, or yellow and white lumps of undigested curds, giving them the wellknown name of “eggs and greens”. Such stools usually excoriate the child severely, and are accompanied by colicky pain of greater or less severity. The urine is passed with difficulty, and there is more or less bloating of the abdomen. Flatulence is often marked, and the surface is alternately flushed and pale. Under such irritable conditions it proves a useful remedy in infantile dyspepsia, and when teething the child cries out in sleep and there is sometimes a tendency to convulsions. This condition it may ward off by controlling the nervous excitation, but it is of little value after convulsions occur. Sometimes a gently laxative dose of sodium phosphate preceding or accompanying the matricaria will enhance the efficacy of the latter. Matricaria is useful for the swelling of the breasts in the newborn (usually with phytolacca), and in the involuntary passage of urine in the young. For the flatulent colic of early infancy it is one of the safest and most effectual medicines. For this purpose it should not be sweetened.

Matricaria is invaluable in some affections of nervous women, a field in which it is too frequently neglected, perhaps not being considered a powerful enough medicine. In woman or child it is a nerve sedative, and adapted to irritation and not to atony. In the latter months of pregnancy it frequently allays false pains, cough, nervous muscular twitching, and other unpleasant nervous phenomena. In amenorrhea and dysmenorrhea, with weighty feeling in the uterus and tympanites, it often relieves, as it does in cases presenting sudden explosions of irascibility, and in those having cramping or labor-like pains and

meteorism. The hot infusion is particularly useful in suppressed menstruation from colds, and often controls earache and facial neuralgia from the same cause. The matricaria patient is extremely and morbidly susceptible to pain, is hyperesthetic, and the nervous apprehension is all out of proportion to the actual pain suffered. This remedy should be resorted to when one is tempted to employ opiates and other more powerful pain relievers.

## MEL.

A saccharine substance deposited in the honey comb by the *Apis mellifera*, Linné or Honey Bee (Family Apidae).

**Common Name:** Honey.

**Description.**—A thick, viscous, syrupy, yellowish or yellow-brown fluid, clear when fresh, but losing its translucence with age and depositing crystals. It has an intensely sweet, feebly acrid taste, and a distinctive odor.

**Principal Constituents.**—Laevulose (fruit sugar), dextrose (grape sugar or glucose), and sucrose (cane sugar), with the first named predominating; also a trace of *formic acid*.

**Preparations.**—1. *Mel Depuratum*, Clarified Honey.

2. *Mel Boracis*, Borax Honey (Borax, Glycerin, Honey).

3. Mel Rosa, Rose Honey (Fluidextract of Rose mixed with Clarified Honey).

**Dose**, 1-2 fluidrachms.

**Action and Therapy.**—*External.* Honey is sometimes incorporated in poultices for mammitis, fissured nipples, boils and carbuncles, and is added to gargles for irritated conditions of the fauces. Honey of borax and honey of rose are preparations frequently recommended for aphthous ulcers of the mouth and female genitalia. Our experience has led us to regard honey as a barbarous application in sore mouth of infants and young children on account of the vicious smarting it causes. The borax, in weak solutions, is equally as efficient.

*Internal.* Honey is nutritious, demulcent, diuretic and antiseptic; sometimes it proves laxative. Though extensively used as a food it sometimes occasions unpleasant symptoms, as pyrosis, a peculiar and persistent bellyache, flatulent colic, head symptoms and occasionally diarrhea and urticaria. It is sometimes incorporated in cough mixtures as an agreeable demulcent, and is occasionally used to allay irritation

of the urinary passages.

## MELILOTUS.

The leaves and flowering tops of *Melilotus officinalis*, Willdenow (Nat. Ord. Leguminosae). A common weed found everywhere in the United States. **Dose**, 1 to 30 grains.

**Common Names:** Yellow Sweet Clover, Yellow Melilot, Yellow Melilot Clover.

**Principal Constituents.**—An active substance of a vanilla-like odor, *coumarin*, associated with *melilotic acid*; orthocoumaric acid, and a volatile oil, *melilotol*.

**Preparation.**—*Specific Medicine Melilotus*. **Dose**, 1 to 20 drops.

**Specific Indications.**—Idiopathic, atonic headaches and chronic neuralgias; coldness, tenderness, lameness or marked soreness of tissues; painful menstruation or menstrual colic with soreness and coldness; ovarian neuralgia.

**Action and Therapy.**—Melilotus is a remedy for pain associated with a sensation of coldness of the extremities and marked tenderness, lameness, or soreness to the touch. With these indications it is very effectual in some cases of ovarian neuralgia and dysmenorrhea. Though it may relieve headache due to gastric disorders, it is best adapted to painful states not resulting from reflexes, but rather those of an idiopathic type. Following the specific indications it has proved a remedy of worth in menstrual and intestinal colic, gastralgia, neuralgia of the stomach, visceral neuralgia, painful dysuria, and sciatic neuritis. It frequently cuts short recurrent neuralgia when induced by cold, and benefits in rheumatoid lameness or soreness.

## MENISPERMUM.

The rhizome and roots of *Menispermum canadense*, Linné (Nat. Ord. Menispermaceae). In woods and hedges in the eastern half of the United States. **Dose**, 5 to 60 grains.

**Common Names:** Yellow Parilla, Canadian Moonseed, etc.

**Principal Constituents.**—*Berberine* in small quantity and a large amount of a bitter, white alkaloid, *menispine*; tannin, gum, and resin.

**Preparation.**—*Tinctura Menispermii*, Tincture of Menispermum (Rhizome, 8 ounces; Alcohol (76 per cent), 16 ounces). **Dose**, 5 to 60 drops.

**Specific Indications.**- “Skin brown, tongue coated at the base, tip red, irregular appetite, constipation” (Scudder).

**Action and Therapy.**—Yellow parilla is little used, though possessing decidedly active tonic properties. Full doses increase the volume of the pulse, sharpen the appetite, and prove laxative. Excessive doses cause emeto-catharsis. It is a good laxative, bitter and alterative, and may be used with benefit in strumous and chronic arthritic inflammations, when accompanied by fullness of the lymphatic nodes and weak digestion. Its possible value in leucocythemia has been suggested.

## MENTHA PIPERITA.

The leaves and tops of *Menthapiperita*, Smith (*Mentha X piperita L.*) (Nat. Ord. Labiatae). Europe and the United States. **Dose**, 60 to 120 grains.

**Common Names:** Peppermint.

**Principal Constituents.**—A volatile oil (Oleum Mentha, Piperitae) and menthol. (See Menthol.)

Preparations.-1. *OleumMenthaePiperitae*, Oil of Peppermint. (A clear, colorless oil having the strong odor and taste of peppermint and giving a sensation of cold when air is drawn into the mouth or water is drunk; soluble in alcohol.) **Dose**, 1 to 10 drops.

2. *Aqua Menthae Piperitae*, Peppermint Water. **Dose**, 1 fluidrachm to 1 fluidounce.

3. *SpiritusMenthaePiperitae*, Spirit of Peppermint (Essence of Peppermint-10 per cent oil). **Dose**, 5 to 60 drops.

**Derivative.**-Menthol. (See Menthol.)

**Specific Indications.**—Gastrodynia, flatulent colic, difficult digestion.

**Action and Therapy.**—*External.* Oil of Peppermint is rubefacient and anodyne. It is used alone or in combination with other oils for the relief of neuralgia and toothache, in both of which it is often very efficient. Its external use has been somewhat superseded by menthol, the camphoraceous body to which oil of peppermint owes most of its virtues. Still it is used largely to relieve local pain, especially that of

burns and scalds.

**Internal.** Peppermint infusion is a very grateful agent to allay nausea and vomiting, and to break up a cold. It forms a part of the well-known Neutralizing Cordial. The essence is a common and unexcelled carminative for gastrodynia and the flatulent colic of children, and is used extensively to modify the action and mask the taste of other medicines. Applied by atomization, essence of peppermint and alcohol, equal parts, frequently eases the pain of tonsillitis and gives relief in the cough of acute bronchitis and pneumonia.

## MENTHA VIRIDIS.

The leaves and tops of *Mentha spicata*, Linné (*Mentha viridis*, Linné). (Nat. Ord. Labiatae.) Wild in Europe, and introduced into the United States, growing abundantly in damp grounds; cultivated. **Dose**, 60 to 120 grains.

**Common Name:** Spearmint.

**Principal Constituents.**—A volatile oil (*Oleum Mentha Viridis*), resin, and gum.

**Preparations.**—1. *Oleum Menthae Viridis*, Oil of Spearmint. **Dose**, 1 to 10 drops.

2. *Spiritus Menthae Viridis*, Spirit of Spearmint (Essence of Spearmint). **Dose**, 5 to 60 drops.

3. *Aqua Menthae Viridis*, Spearmint Water. **Dose**, 1/2 to 1 fluidounce.

4. *Infusum Menthae Viridis*, Infusion of Spearmint (Spearmint, 1 ounce to Water, 16 ounces). **Dose**, ad libitum.

**Specific Indications.**—Scanty secretion of high-colored urine; simple nausea.

**Action and Therapy.**—Spearmint is used much like peppermint, though it is somewhat inferior as a carminative. It is especially valuable to allay nausea, particularly that following a sick headache. The warm infusion is a very agreeable and simple medicine for an acute cold. Spearmint is one of the surest and kindest diuretics if given in cold infusion; or the essence may be used well diluted with cold water. We frequently employ it to render acetate of potash more effective as well as pleasanter to take. The spearmint increases the watery flow; the potash salt the solids of the urine. Spearmint may be used in strangury, suppression of urine, and scalding of urine, with difficult micturition.

## MENTHOL.

Menthol.

A secondary alcohol obtained from the oil of *Menthapiperita*, Linné, or from other oils of mints. It should be kept in well-stoppered bottles, and in a cool place.

**Description.**—Colorless needle or prismatic crystals with a strong odor and taste characteristic of peppermint, very soluble in alcohol, ether, and chloroform, and slightly soluble in water. It gives a feeling of warmth when tasted, followed by a sensation of cold when air is inhaled or water is drunk. **Dose**, 1/8 to 2 grains.

**Specific Indications.**—Pruritus; nausea and vomiting.

**Action and Therapy.**—*External.* Menthol is a local antiseptic, anaesthetic and antipruritic. It is used with great success in various disorders attended with itching and pain. It may be used alone or rubbed up with camphor, chloral hydrate, or phenol in combinations desired, and painted upon painful surfaces or employed to obtund the pain in a carious tooth. In alcoholic or oil solution it is an unexcelled application for the itching of hives, pruritus vulvae et ani, eczema, ringworm, or herpes zoster. For pain and cellular inflammations it is very effectual in burns and scalds, insect bites and stings, earache, neuralgia, boils, carbuncles, and the surface pains of sciatica. The pain of local and superficial neuralgias and of arthritis, simple, rheumatic, or gonorrhoeal, may be relieved by painting upon the affected surface a combination of hydrated chloral, thymol, and menthol. A 20 per cent mentholated petrolatum may be used as a stimulating agent when there is a lack of cerumen in the auditory canal, and for boils in that passage a 20 per cent oil solution is very comforting. A 10 to 20 per cent solution in liquid petrolatum or olive oil gives relief in coryza and hay fever, or may be sprayed into the larynx for the relief of the distressing pain of laryngeal tuberculosis. An albolene spray of menthol is largely employed in inflamed and irritable conditions of the nose and throat—ozaena, catarrhal sore throat, asthma, chronic bronchitis, and whooping cough. The vapor is useful to allay harassing and irritable bronchial cough.

*Internal.* Minute doses of menthol relieve nausea and vomiting, as of pregnancy and seasickness. It is sometimes of value in hiccough. It should not be used in large doses internally because of the profound

nervous disturbances it may occasion.

## MITCHELLA.

The whole plant of *Mitchella repens*, Linné (Nat. Ord. Rubiaceae). Dry woods, hemlock forests, and damp places in the United States. **Dose**, 5 to 60 grains.

**Common Names:** Partridgeberry, Squawberry, Squaw-vine, Checkerberry, Deerberry, One-berry.

**Principal Constituent.**—An undetermined saponin-like body. No alkaloid, glucoside, nor volatile oil present.

**Preparations.**—1. *Specific Medicine Mitchella*. Dose, 5 to 60 drops.

2. *Syrupus Mitchellae Compositus*, Compound Syrup of Partridgeberry (Mothers' Cordial). (Contains Mitchella, Helonias, Viburnum Opulus and Caulophyllum, Brandy, Sugar and Essence of Sassafras.) **Dose**, 2 to 4 fluidounces, 3 times a day.

**Specific Indication.**—As a partus praeparator.

**Action and Therapy.**—Based upon the practice and traditions of the American Indians this plant was eagerly adopted into domestic and early botanic and Eclectic therapy. It is believed by some to have a salutary influence upon the pregnant woman, easing many of the distresses incident to her condition, giving a sense of well-being and strengthening her for the ordeal of child birth. If it has any virtue it lies in quieting nervous irritability and giving a psychologic balance throughout the latter months of pregnancy. There seems to be reliable testimony to the effect that it assists in sustaining against miscarriages where such accidents have previously occurred. As a female regulator it has also had many devoted advocates. The Mother's Cordial is a popular and more rational preparation.

## MONARDA.

The leaves and flowering tops of *Monardapunctata*, Linné (Nat. Ord. Labiatae). Indigenous to the greater part of the United States, in sandy fields and barrens.

**Common Name:** Horsemint.

**Principal Constituent.**—A volatile oil (*Oleum Monarda*), a pungent, aromatic, yellowish to yellowish-red or brown oil; soluble in alcohol, and depositing the

stearopten *thymol* (C<sub>10</sub>H<sub>13</sub>OH) (monardin) (25 to 56 per cent).

**Preparations.**—1. *Oleum Monardae*, Oil of Monarda. *Dose*, 2 to 5 drops, on sugar.

2. *Infusum Monarda*, Infusion of Horsemint, (1 ounce to Water 16 fluidounce.) *Dose*, 1/2 to 2 fluidounces to

**Derivative.**—*Thymol*. (See *Thymol*.)

**Action and Therapy.**—*External*. Locally applied the oil is rubefacient, and if too closely or long applied painfully vesicant. It has been successfully used in local neuralgias

*Internal*. Infusion of monarda has long been a popular remedy for retarded menstruation from cold. Both the plant and its oil, which is sharply pungent and diffusive, are stimulating, carminative, antiemetic, and diuretic; in hot infusion diaphoretic. Both may be used to relieve nausea and vomiting even when there is diarrhoea, in flatulent distention of the bowels, in the tympanites of typhoid fever, and the catarrhal vomiting of the drunkard. It checks the serous diarrhoea of debility, and tends to promote rest and sleep from exhaustion when associated with nervous excitation. Monarda has recently come into renewed prominence as an available source of thymol, now largely used as the most generally effective agent against hookworm. Oil of Monarda is an ingredient of domestic preparations lauded for their asserted effectiveness in pertussis.

## MYRICA.

The bark and wax of *Myrica cerifera*, Linné (Nat. Ord. Myricaceae). Dry woods and open fields from Canada to Florida. *Dose*, 5 to 60 grains.

**Common Names:** Bayberry, Waxberry, Candle Berry, Wax-Myrtle.

**Principal Constituents.**—Tannic and gallic acids, resins, bayberry tallow (from fruit), 32 per cent; *myricinic* and lauric acids.

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

**Specific Indications.**—Profuse mucous discharges, with atony of the circulation; sore mouth and sore throat.

**Action and Therapy.**—*External*. Bayberry, in powder, decoction, or

specific medicine, may be applied for the relief of spongy, flabby, and bleeding gums, the sore throat of scarlatina with enfeebled and swollen tissues, and to aphthous and indolent ulcerations. As an injection it is valued by some in atonic leucorrhœa.

**Internal.** Bayberry is a stimulating astringent. In full doses it is emetic. It is a remedy of considerable value in relaxed and flabby conditions of tissues with hypersecretion. In small doses (2 to 5 drops of specific medicine) it stimulates the gastro-intestinal glands, favors digestion and imparts tone, thereby increasing blood-making and nutrition. In doses of 5 to 20 drops it is a decided gastric stimulant, and as such may be used in chronic gastritis. It is also of value in chronic catarrhal diarrhea, mucoenteritis, and typhoid dysentery, though the latter is not encountered as much as in former years. It may be given internally, as well as used locally upon the throat, in scarlet fever, in the latter stages, when a flabby and enfeebled rather than highly inflammatory condition exists. As a rule bayberry should not be employed in active conditions, but rather in debility of the mucosa, with feeble venous flow and full, oppressed pulse.

## MYRISTICA.

The ripe seeds of *Myristica fragrans*, Houttuyn, deprived of their testa (Nat. Ord. Myristicaceae). Molucca Island; and cultivated in the tropics. **Dose**, 5 to 15 grains.

**Common Name:** Nutmeg.

**Principal Constituents.**—A fixed (25 to 30 per cent) and a volatile oil (*Oleum Myristicæ*, 2 to 8 per cent). **Dose** of volatile oil, 1 to 5 drops.

**Preparation.**—Specific Medicine Nutmeg. **Dose**, 1 to 15 drops.

**Action and Toxicology.**—An aromatic stimulant and carminative in small doses; larger doses produce nervous sedation and are soporific. Death has resulted from large doses (more than three drachms), the chief symptoms being headache, coldness, and collapse, drowsiness and indisposition to muscular movements. Diuresis is apt to be increased, though in one case it was entirely suppressed.

**Therapy.**—**External.** An ointment containing the finely powdered nut, or the volatile oil sometimes proves obtundant to painful piles. Grated upon a larded cloth and applied warm we have found it to give prompt

and grateful relief in soreness of the chest attending an acute cold or the beginning of acute respiratory inflammation. It may also be used as a spice poultice to the abdomen in painful bowel affections from cold. A liniment of oil of nutmeg (1) and olive oil (3) is regarded by some as an efficient parasiticide for mild types of ringworm.

**Internal.** Both the powdered nut and the oil are good carminatives and may be used to allay nausea, vomiting, and gastric pain, and to check flatulent colic and serous diarrhea. The grated nut is in frequent domestic use to flavor foods for the sick, and it and the oil in prescription pharmacy to aromatize sleeping mixtures.

## MYRRHA (*Commiphora* spp.)

The gum-resin obtained from one or more varieties of *Commiphora* (Nat. Ord. Burseraceae). Region of Gulf of Aden and the Red Sea, Africa, and Arabia. **Dose**, 1 to 15 grains.

**Common Names.**—Myrrh, Gum Myrrh.

**Description.**—Brownish-yellow or reddish-brown tears or masses, covered with a brownish-yellow dust; taste: bitter, acrid, and aromatic; odor: balsamic. Soluble in alcohol; forms an emulsion with water. **Dose**, 1 to 30 grains.

**Principal Constituents.**—A resin, *myrrhin*, 23 to 40 per cent; a volatile oil, *myrrhol*, 2 to 8 per cent; gum, 40 to 60 per cent, and a bitter principle.

**Preparation.**—*Tinctura Myrrhae*, Tincture of Myrrh (Myrrh, 20 per cent). **Dose**, 1 to 30 drops.

**Specific Indications.**—Mucous membrane pale and lax; tonsils enlarged and spongy; throat pale and tumid; chronic bronchitis with profuse secretion of mucus or muco-pus, difficult to expectorate; soreness and sponginess of the gums; ptyalism; weight and dragging in pelvis in females; leucorrhea; muscular debility.

**Action and Therapy.**—**External.** Myrrh is the best local application for spongy and bleeding gums and is effective in mercurial and other forms of salivation. The tincture may be diluted with about 6 to 10 parts of water. It may also be used with benefit when the throat is sore and exhibits aphthous or sloughing ulcers, and in chronic pharyngitis with tumid, pallid membranes and elongated uvula. In spongy, enlarged

tonsils it is an ideal topical medicine. After the removal of tonsils the following gives great relief from pain and deodorizes the fetor: Rx Tincture of Myrrh, 1/2 fluidrachm; Asepsin, 10 grains; Echafolta, 2 fluidrachms; Glycerin, 2 fluidrachms; Water, enough to make 4 fluidounces. Shake. This may be applied by means of an atomizer. This combination is also a good mouth wash and dentifrice and minimizes the possibility of pyorrhea alveolaris. Myrrh, in powder, is often added to dentifrices.

**Internal.** Myrrh is a stimulant to mucous tissues and should not be used, as a rule, in active inflammatory conditions. Small doses promote digestion and prove antiseptic to the intestinal canal. Large doses quicken the pulse, raise the temperature, cause gastric burning, great sweating and prostration; vomiting and purgation may follow. Myrrh is a remedy for enfeebled conditions with excessive mucous secretion, exhibiting its restraining power especially upon the bronchial and renal mucosa. It is of much value in chronic bronchitis with relaxation of tissues, profuse, unhealthy and exhausting secretion and difficulty in raising the sputa. Locke advised the following: Rx Compound Tincture of Myrrh and Capsicum, 2 fluidrachms each; Syrup of Wild Cherry, Syrup of Senega, 2 fluidounces each. Mix. Sig.: One teaspoonful every three hours. This acts kindly upon the stomach and sustains the strength of the patient. The same combination often relieves the asthma of the aged.

Myrrh is useful in chronic gastritis and atonic dyspepsia, with full, pale tongue and membranes, and frequent mucous stools accompanied by flatulence. It acts well with the simple bitters, especially gentian.

Myrrh is probably emmenagogue, though much of its reputation as such has been acquired in anemic states in which it has been administered conjointly with iron and aloes. It is used in diseases of women when there is weight and dragging in the pelvis and leucorrhoea; and in suppression of the menses in anemic girls. For the type of amenorrhoea dependent upon uterine torpor and constipation Locke advised the following: Rx Myrrh, 30 grains; Aloes, 10 grains; Macrotin, 10 grains. Mix. Make into #20 pills. Sig.: One or two pills, three times a day. Myrrh is an ingredient of the celebrated Griffith's Mixture (Mistura Ferri Composita) for the amenorrhoea of chlorosis and other forms of anemia; and of the Compound Pills of Rhubarb (Pilulae

Rhei Compositae).

**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