Tylophora indica-A multicentric clinical verification study


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Tylophora indica is a lesser known remedy in Homoeopathy. Council had conducted a thorough proving followed by a multi-centric clinical verification study was undertaken to verify the drug pathogenesis. It has been found that Tylophora indica is a useful medicine for various clinical conditions like cough, constipation, diarrhoea, earache, headache, rhinitis, fearful dreams and lumbago. It has also relieved vertigo, flatulence, profuse perspiration, bitter taste in mouth etc. have also been relieved and thereby / thus unfolding a vast area of it’s clinical application.

A total of 340 subjects (175 males and 165 females) had participated in this study at various Institutes /Units under the Central Council for Research in Homoeopathy to verify the symptoms of Tylophora indica, that were reported in the homoeopathic proving of this drug carried out under the Council.

**Keywords:** homoeopathy; clinical verification; tylophora indica

**Introduction**

*Tylophora indica* is available in literature but nowhere a full proved picture of this drug is available. Although some short provings were conducted by Varma P.N. et.al. and by Kishore, J. but no where a thorough proving has been reported. Keeping in view of this aspect, Central Council for Research in Homoeopathy has conducted a thorough and systematic proving of this drug and introduced it in Homoeopathic practice. The proving picture that was obtained has been verified under the Clinical Verification (CV) Programme of the Council. This helps in identifying the uncommon, peculiar and characteristic indications of the drug from the verified and clinical symptoms observed during the study.

*Tylophora indica*, synonymed as *Tylophora asthmatica* Wight & Arn. and botanical name is *Tylophora indica* (Burn. f.) Merrillis. It is distributed in Assam, West Bengal, Orissa and peninsular India, ascending to an altitude of 900m and also in Car
The family of *Tylophora indica* is Asclepiadaceae and it's vernacular names are: Bengali- Antomul, ananthamul; English- Emetic swallowwort, Indian or country- Ipecacuanha; Gujarati- Damni vel; Hindi-Jangli-pikvam, antamu; Kannad-Adumuttadha gida, aiitmla, nayelate; Malayalam- Valipala; Marathi-Khodiki, raasna, pitkari; Oriya-Mendi, mulini; Tamil-Nach-churuppam, nanja-murich-chaaan, nayppalai, peyppalai, kondachani; Telugu-Verripaala, vettipaala kaakpaala, kukkapala, tellayadala, tellavedavela neelataapiri. It consists of about 60 species from tropical and subtropical Asia, Africa and Australia, most of which are perennial. The name is derived from the ancient Greek word ‘tylos’ which means ‘knot’ and *phoros* means ‘bearing’.

The plant has been traditionally used as a folk remedy in certain regions of India for the treatment of bronchial asthma, bronchitis, rheumatism, and dermatitis. In the latter half of 19th century, it was called Indian *Ipecacuanha*, as the roots of the plant have often been employed as an effective substitute for *Ipecac*. Its use to induce vomiting led to the inclusion of *Tylophora* in Bengal Pharmacopoeia of 1884.

The dried leaves are emetic, diaphoretic and expectorant, useful in over-loaded states of the stomach and other cases requiring the use of emetics. It has also been found useful in dysentery, catarrh, and other affections in which *Ipecacuanha* has been employed. It may be regarded as one of the best indigenous substitutes for *Ipecacuanha*.

These historical and laboratory findings have been supported by several human clinical trials using differing preparations of *Tylophora*, including the crude leaf, tincture, and capsule. One clinical trial with asthmatic patients, found that *Tylophora* leaf chewed and swallowed daily in the early morning for six days led to moderate or complete relief of asthma symptoms.

Patients using *Tylophora* may experience temporary nausea and vomiting, soreness of the mouth, and loss of taste for salt, particularly with the fresh leaf and tincture. The safety of it's usage during pregnancy and breast-feeding has not been established.

In Homoeopathy, the leaves are used for preparation of mother tincture.
The plant exhibits *in vitro* anti-amoebic activity against axenic and polyxenic strains of *Entamoeba histolytica*.

Tylophorine is found to be equally effective in intestinal as well as hepatic amoebiasis in experimental animals.

**Methodology**

**Study settings**

In this multi-centric trial of the medicine, 340 patients (175 males and 165 females) were prescribed *Tylophora indica* on the basis of the similarity of symptoms, during the period from October 2005 to March 2010. The medicine was procured from the licensed pharmacy in various potencies viz. 6C, 30C, 200C and 1M.

Patients for the study were drawn from the OPDs of respective Institutes / Units of the Council. Their presenting symptoms and signs were recorded in the predefined case recording proforma to prescribe a medicine from the list of medicines assigned for clinical verification study. The medicine, which was found suitable for the patient on the basis of similarity, was prescribed either in 6C potency and the changes in presenting symptoms and signs were recorded during the follow-up visits. If there was no change in symptoms and signs for a significant period, next higher potencies like 30C, 200C potencies were prescribed and in case, no change was observed, even after change of potencies, the case was closed.

**Study sites**

- Central Research Institute, Noida, (U.P.)
- Homoeopathic Drug Research Institute, Lucknow (U.P.)
- Regional Research Institute, Puri, (Orissa)
- Regional Research Institute, Shimla, (H.P.)
- Regional Research Institute, Gudivada, (A.P.)
- Regional Research Institute, Imphal, (Manipur)
- Regional Research Institute, Kolkata, (W.B.)
- Clinical Research Unit, Port Blair, (Andaman and Nicobar Island)
- Clinical Research Unit, Ghaziabad (U.P.)
- Clinical Verification Unit, Patna (Bihar)
- Clinical Verification Unit, Vrindaban (U.P.)

**Results**

The data of all the cases were collected, compiled and analyzed. The clinically verified symptoms are given in Table-1 along with the number of patients prescribed on the basis of symptoms available in literature and also the number of patients who were relieved after application of medicine. Numerical superscribed alongside the symptoms denotes the literature cited. Some parts of the main symptom (character, modalities, concomitants etc.) which are not mentioned in the literature but were relieved in the patients have also been mentioned along with the main symptom, but in italics. In the column ‘Improvement observed’ the first figure denotes the number of patients who had the symptom and to whom the medicine was prescribed and the second figure denotes the number of patients who got relief of the same symptom.

**Table: 1** Symptoms verified clinically during the study

<table>
<thead>
<tr>
<th>Location</th>
<th>Symptom</th>
<th>Improvement status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head</td>
<td>Throbbing pain in left supra orbital region; <em>agg.</em> while reading*</td>
<td>2,2</td>
</tr>
<tr>
<td></td>
<td>Headache;<em>agg.</em> in frontal region; <em>agg.</em> while reading</td>
<td>2,2</td>
</tr>
<tr>
<td>Ear</td>
<td>Pain in ear*</td>
<td>34,21</td>
</tr>
<tr>
<td>Nose</td>
<td>Sensitive to cold air*; with frequent nasal discharge</td>
<td>40,30</td>
</tr>
<tr>
<td></td>
<td>Fluent nasal catarrh*</td>
<td>3,3</td>
</tr>
<tr>
<td>Throat</td>
<td>Pain in throat with cough; <em>agg.</em> at night, while talking; <em>amel.</em> from hot drinks*</td>
<td>42,31</td>
</tr>
<tr>
<td></td>
<td><em>agg.</em> from cold drinks*</td>
<td>4,3</td>
</tr>
<tr>
<td></td>
<td><em>agg.</em> on empty swallowing*</td>
<td>1,1</td>
</tr>
</tbody>
</table>

Contd. ...
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<table>
<thead>
<tr>
<th>Location</th>
<th>Symptom</th>
<th>Improvement status</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Abdomen</strong></td>
<td>Cramping pain in right iliac region; <em>amel.</em> by lying down; <em>agg.</em> on empty stomach</td>
<td>2,2</td>
</tr>
<tr>
<td></td>
<td>Pain in left lower abdomen; <em>amel.</em> from hard pressure with constipation; dry, hard stool&lt;sup&gt;6&lt;/sup&gt;</td>
<td>8,8</td>
</tr>
<tr>
<td><strong>Rectum</strong></td>
<td>Swelling around anus&lt;sup&gt;9&lt;/sup&gt; with pain; and pus like discharge</td>
<td>1,1</td>
</tr>
<tr>
<td></td>
<td>Swelling around anus; with burning sensation; <em>amel.</em> applying cold water&lt;sup&gt;6&lt;/sup&gt;</td>
<td>31,27</td>
</tr>
<tr>
<td></td>
<td>Intense burning in anus while passing stool&lt;sup&gt;9&lt;/sup&gt;</td>
<td>13,12</td>
</tr>
<tr>
<td></td>
<td><em>agg.</em> while cycling</td>
<td>1,1</td>
</tr>
<tr>
<td></td>
<td>Itching in anus; <em>agg.</em> from washing&lt;sup&gt;9&lt;/sup&gt;</td>
<td>25,24</td>
</tr>
<tr>
<td><strong>Stool</strong></td>
<td>Constipation; first part of stool hard and later soft&lt;sup&gt;9&lt;/sup&gt;</td>
<td>3,1</td>
</tr>
<tr>
<td></td>
<td>Constipation; stool hard; <em>agg.</em> in morning; with ineffectual desire for stool</td>
<td>1,1</td>
</tr>
<tr>
<td></td>
<td>Stool hard, brown, scanty with burning in anus&lt;sup&gt;6&lt;/sup&gt;</td>
<td>16,12</td>
</tr>
<tr>
<td></td>
<td>Diarrhoea after taking cold food; stool watery, <em>brown</em>, offensive; <em>agg.</em> at night&lt;sup&gt;6&lt;/sup&gt;</td>
<td>16,12</td>
</tr>
<tr>
<td></td>
<td>Diarrhoea; <em>agg.</em> at night; associated with much flatus during stool&lt;sup&gt;9&lt;/sup&gt;</td>
<td>1,1</td>
</tr>
<tr>
<td><strong>Urinary Organs</strong></td>
<td>Dull pain in bladder; <em>agg.</em> on micturition&lt;sup&gt;8&lt;/sup&gt;</td>
<td>17,15</td>
</tr>
<tr>
<td></td>
<td>Urine pale; burning in urethra during micturition&lt;sup&gt;6&lt;/sup&gt;</td>
<td>2,2</td>
</tr>
<tr>
<td><strong>Chest</strong></td>
<td>Pain in chest with dyspnoea&lt;sup&gt;6&lt;/sup&gt;</td>
<td>38,33</td>
</tr>
<tr>
<td></td>
<td>Constricting pain in chest&lt;sup&gt;6&lt;/sup&gt;</td>
<td>26,20</td>
</tr>
<tr>
<td><strong>Respiratory Organs</strong></td>
<td>Cough; dry, <em>agg.</em> on exertion, amel. by rubbing chest gently&lt;sup&gt;6&lt;/sup&gt;</td>
<td>42,36</td>
</tr>
<tr>
<td><strong>Back</strong></td>
<td>Dull aching pain in lumbar region&lt;sup&gt;6&lt;/sup&gt;</td>
<td>26,19</td>
</tr>
<tr>
<td></td>
<td><em>agg.</em> on motion; <em>amel.</em> from pressure&lt;sup&gt;6&lt;/sup&gt;</td>
<td>27,17</td>
</tr>
<tr>
<td></td>
<td><em>agg.</em> bending forwards&lt;sup&gt;6&lt;/sup&gt;</td>
<td>17,10</td>
</tr>
<tr>
<td></td>
<td><em>agg.</em> lying on back&lt;sup&gt;9&lt;/sup&gt;</td>
<td>15,9</td>
</tr>
<tr>
<td></td>
<td><em>agg.</em> sitting; <em>amel.</em> lying on back and on walking</td>
<td>2,2</td>
</tr>
<tr>
<td></td>
<td>better by heat&lt;sup&gt;6&lt;/sup&gt;</td>
<td>18,14</td>
</tr>
<tr>
<td></td>
<td>Pain between scapulae; <em>agg.</em> in morning; <em>on movement</em></td>
<td>2,2</td>
</tr>
<tr>
<td><strong>Extremities</strong></td>
<td>Cramping pain in calf muscles&lt;sup&gt;6&lt;/sup&gt;</td>
<td>26,21</td>
</tr>
<tr>
<td></td>
<td><em>agg.</em> on walking&lt;sup&gt;6&lt;/sup&gt; amel. from pressure</td>
<td>1,1</td>
</tr>
<tr>
<td><strong>Sleep and dreams</strong></td>
<td>Fearful dreams of murder&lt;sup&gt;6&lt;/sup&gt;</td>
<td>2,1</td>
</tr>
</tbody>
</table>
Table 2: Clinical symptoms

<table>
<thead>
<tr>
<th>Location</th>
<th>Symptom</th>
<th>Improvement status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vertigo</td>
<td>Vertigo</td>
<td>1,1</td>
</tr>
<tr>
<td>Face</td>
<td>Perspiration profuse on face and forehead</td>
<td>2,1</td>
</tr>
<tr>
<td>Mouth</td>
<td>Bitter taste in mouth</td>
<td>2,2</td>
</tr>
<tr>
<td>Abdomen</td>
<td>Flatulence in upper part of abdomen; agg. empty stomach; amel. lying down.</td>
<td>2,2</td>
</tr>
<tr>
<td>Extremities</td>
<td>Stinging pain in knee joints</td>
<td>1,1</td>
</tr>
<tr>
<td>Dreams</td>
<td>Dreams of falling from mountain</td>
<td>1,1</td>
</tr>
</tbody>
</table>

**Repertory**

A concise repertory of the verified symptoms based on Kent's Repertory has been compiled for the purpose of quick reference. Rubrics / sub rubrics in italics are new rubrics, i.e. not mentioned in the above referred repertory while rubrics / sub rubrics in ROMAN letters are the existing rubrics of the said repertory which were reconfirmed by this study.

Physicians may include these rubrics in their personal repertories for their day to day reference in practice.

**VERTIGO**

**HEAD**

PAIN  
*Forehead, in reading, while*

PULSATING  
*Forehead (supra orbital region) reading, while*

PERSPIRATION

**EAR**

PAIN

**NOSE**

CATARRH, *fluent*

SENSITIVE, *cold to*

DISCHARGE, *frequent*

**THROAT**

PAIN  
*night*

cold, drinks  
coughing, on drinking, *hot, amel.*

swallowing, empty on talking

**FACE**

PERSPIRATION, *profuse*

**MOUTH**

DISCOLORATION, tongue, white  
TASTE, bitter

**ABDOMEN**

PAIN, cramping  
*Sides, right, *ilia* region* empty stomach, agg.  
lying down, amel.

FLATULENCE  
empty stomach, agg.  
lying sown, amel.

PAIN, lower, left  
hard pressure, amel.

cstipation, from

**RECTUM**

CONSTIPATION  
ineffectual urging and straining
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DIARRHOEA
- night
- cold food
ITCHING, around anus
- walking, agg.
PAIN, burning
- cycling, agg.
- stool, during
SWELLING, of anus
- pain burning, with
- cold application, amel.
- pus like discharge, with

STOOL
- BROWN
- HARD, first, then soft
- ODOR, offensive
- SCANTY
- WATERY

BLADDER
- PAIN, aching
- urination, during

URINE
- PALE

URETHRA
- PAIN, burning
- urination, during

CHEST
- CONSTRICTION
- PAIN

RESPIRATION
- DIFFICULT

COUGH
- DRY, exertion, violent, from rubbing chest gently, amel.

BACK
- PAIN, aching, Lumbar region
  - right side
  - bending, forward
  - lying on the back
  - motion, on

- pressure, agg.
- sitting amel., while
- walking
- warm application, amel.

ABDOMEN
FLATULENCE (see RUMBLING)
RUMBLING
- stool diarrhoeic, during

BACK
- PAIN, Dorsal region, scapulae between
  - morning
  - moving, on

EXTREMITIES
- CRAMPS, calf
  - pressure, amel.
  - walking, on
- PAIN, cutting, Knee

SLEEP
DREAMS
- falling of, from high places (mountains)
  - murder

Discussion

Tylophora especially acts upon the mucous membranes of nose, throat and rectum producing an inflammatory and catarrhal state. It has been useful in cases of otalgia, coryza, sore throat, diarrhoea, constipation and lumbago.

In respiratory complaints, it is mostly indicated in coryza and pain in throat with cough which is worse from cold drinks, on swallowing and better from warm drinks. It is a very useful medicine for dry cough which is better by gently rubbing the chest. The medicine also relieves constrictive pain in chest with dyspnoea.

The rectal complaints are associated with burning sensation, better by applying cold water.

Tylophora indica has an analgesic property which is found in relieving earache, cystitis and lumbago. Lumbago is aggravated by bending forward and ameliorated by pressure and heat.

Cramping pain in the left calf muscle which is aggravated on walking is another indication for Tylophora indica.
Vertigo, bitter taste in mouth, a white coated tongue and flatulence worse on empty stomach are the clinical symptoms of *Tylophora indica*. It is equally important for constipation as well as diarrhoea. In constipation, the stools are scanty, hard and brown with burning in the anus. The diarrhoea is characterized by watery, brown, offensive stool and is worse at night. The medicine may be thought of for diarrhoea after taking cold food.

Fearful dreams of murders and falling from mountains are its important symptoms.

The general modality is *agg.* at night and among the particular modalities aggravation in morning while reading and amelioration on lying down and from pressure are important to note.

The symptoms verified so far, indicate that *Tylophora indica* is a tri-miasmatic medicine with predominance of Psora.

**Conclusion**

The results obtained show that *Tylophora indica* can be considered as a medicine for coryza, sore throat, earache, diarrhoea and constipation.

Its characteristic properties are cramping, burning pains that are manifested in different areas under different clinical conditions.

The number of symptoms verified and clinical symptoms that have emerged have paved the way for its wider therapeutic application.

**Acknowledgements**

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**Reference**


**ERRATUM**

An article under Clinical Research Section, entitled “To explore the utility of homoeopathic medicine Lycopodium clavatum in urinary calculi” was published in IJRH, Volume-4, No.3, July-September 2010. The other authors of the same article are:

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