

## A COMPREHENSIVE REVIEW ON CLINICAL VALUE OF HOMEOPATHIC MEDICINE: HYGROPHILA SPINOSA

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### ABSTRACT

Hygrophila spinosa is a medicinal plant that is used in homeopathy to treat patients. The medicinal effect of Hygrophila spinosa has been acknowledged in old literature. Hygrophila spinosa Plant is found in India. Various species of it are found in India. In recent years homeopathic medicine has attracted considerable attention for its potential therapeutic uses. Systematic and complete information on various aspects of this species is not available. It is useful for various diseases like skin problems, This article aims to familiarize physicians with the clinical significance and Therapeutic use of medicine in various diseases. This search strategy for this review article included all clinical trials, observational studies, and reviews published in previous years. Google, the Homeopathic Materia Medica, website, Indian Homeopathic Pharmacopoeia, and books such as Wikipedia, were also searched to enrich the review. An attempt has been made to present this information in this review.

**KEYWORDS:** Homoeopathy medicines, Hygrophila spinosa,

Homoeopathy, Review.

### INTRODUCTION

Hygrophila spinosa is an ancient traditional medicinal Plant.<sup>[3]</sup> It has valuable medicinal effects in resolving health problems worldwide.<sup>[3]</sup> This medicinal plant is used continuously

for modern and alternative modes of treatment.<sup>[3]</sup> In the homeopathic system, it is the most valuable medicine to cure health issues. It is very effective for skin diseases, renal disease and renal stone, inflammatory conditions, anasarca, dropsy, leukorrhea, gonorrhea, and sleeping problems.<sup>[3,4]</sup> Different parts of the plant have medicinal effects. The seed of *Hygrophila spinosa* has various ingredients and is used in the treatment of blood problems, and infections like fever, gonorrhea, and spermatorrhea.<sup>[1,4]</sup> Ashes of plants are used for anasarca and dropsy. The mother tincture of the whole plant is used for renal infections like painful micturition, and renal calculi.<sup>[3,4]</sup> The roots of *Hygrophila spinosa* are used in treatments of hepatic obstruction, gonorrhea, and rheumatism.<sup>[3]</sup> The leaves of *Hygrophila spinosa* are used for treating urinary tract infections, diarrhea, pain in the eye and abdomen, cough, and joint pains.<sup>[1,3]</sup> It is also described in Ayurvedic literature. It contains different types of phytochemicals like

- Phytosterols
- Fatty acids
- Minerals
- Polyphenols
- Proanthocyanins
- Mucilage
- Alkaloids
- Enzymes
- Amino acids
- Carbohydrates
- Hydrocarbons
- Flavonoids
- Terpenoids
- Vitamins
- Glycosides

**Kingdom:** Plantae

**Division:** Angiospermae

**Order:** Personales

**Family:** Acanthaceae

**Genus:** *Hygrophila*

**Species:** *Spinosa*

**Botanical name**<sup>[2]</sup>: *Asteracantha longifolia* Nees

**Synonyms**<sup>[1]</sup>

- *Hygrophilaspinosa* T. Anders<sup>1, 2, 3, 4</sup>
- *Barlerialongifolia* L.<sup>2</sup>
- *Asteracanthalongifolia* (L.) Nees<sup>1,2,3</sup>
- *Hygrophilaschulli* M.R.& S.M. Almeida<sup>1</sup>

**Common name**<sup>[1]</sup>

- Hindi - Gokulkanta, Gokshura, Kolsekajhar, Talmakhana-ka-pair, Talimakhana
- Marathi - Kolsunda, Kolsundara, Talimakhana, Talim-khana, Vikhara
- Bengali - Kantakalika; Kuliamera, Kuliakhara
- Gujarati - Ekharo, Gokhru
- Punjabi - Talimkhana, Talmakhana
- Kannada - Kolavalike
- Kashmiri - Talimkhana, Talmakhana
- Malayalam - Bahelshulli, Vayalchulli
- Santali - Gokhulajanum
- Tamil - Neermulli, Nirumalli, Kazhudhaimullu, Vayalchulli
- Telugu - Neerugobbi, Nirguviveru

**Plant description**<sup>[2,3]</sup>

- **Habitat:** India, Sri Lanka, and South Africa, Myanmar, Malaysia, and Nepal.
- **Plant:** *Hygrophila spinosa* is a medicinal herb that grows in wet places. It is a stout herb. The height of the plant is 60 to 150 cm with unbranched, subquadrangular, and thickened nodes.
- **Leaves:** It leaves hispid on both surfaces, is 2.5 to 4.5 cm long, and has a yellow spine in its axil.
- **Flower:** It is purple-blue. It is leaf-like, up to 2 cm long, bilabiate with hairy, in 4 pairs.
- **Fruits:** Capsule-like Fruit, up to 1.6 cm long; linear-oblong, pointed.
- **Seeds:** 4 to 8 seeds in fruit.

**Part used**<sup>[2]</sup>: Whole Plant

**History<sup>[2]</sup>:** Ghose, S.C., Drugs of Hindoosthan, 1965, 192.

**Drug strength<sup>[2]</sup>:** 1/10

**Preparation of medicine<sup>[2]</sup>**

- Mother tincture is prepared from the roots according to HPI.
- Potencies:
- 2x to contain one part of the mother tincture of *Hygrophila spinosa*, 2 parts of purified water, and 7 parts of strong alcohol and
- 3x and higher potencies with dispensing alcohol.

**Therapeutic role of *hygrophila spinosa***

According to homeopathic system it mostly acts on various clinical condition.

**Clinical condition<sup>[4]</sup>**

- Skin diseases
- Renal diseases
- Gonorrhoea
- Anasarca and dropsy
- Rheumatism
- Leucorrhoea
- Hepatic obstruction
- Impotency
- Insomnia

**Urinary system<sup>[4]</sup>**

- It is very useful in urinary affection
- Anasarca and dropsy along with urinary problem
- Renal calculi

**Skin<sup>[4]</sup>**

- It is also very useful in skin problem
- Urticaria found in summer weather and aggravated by heat.
- Small red eruption and acne all over body aggravated by warmth.
- Ulcer

- Gonorrhea is aggravated by heat and amelioration by cold application.

**Fever<sup>[4]</sup>**

- Malaria fever associated with urticaria and intense itching which is aggravated by heat and amelioration by cold application.
- Fever appears without chill and thirst in morning.

**Sleep<sup>[4]</sup>:** It is an infallible medicine for insomnia.

**Modalities<sup>[4]</sup>**

- Aggravation —Heat, Warmth, summer season.
- Amelioration – Cold application.

**Relationship<sup>[4]</sup>**

Compare with Rhus Toc., Apis Mel.

**Recommended dose<sup>[4]</sup>**

Mother tincture; 1x to 3x potency, and 30 Potency.

**CONCLUSION**

During this review article, we studied various Materia Medica books, Indian Homeopathic Pharmacopoeia, literature, and websites. However, we found a few books like Boericke's Materia Medica and literature written for clinical conditions. We need to prove and re-prove the medicine before upgrading the Materia Medica. It has unique therapeutic importance in homeopathy. This homeopathic medicine is very effective in skin problems like urticaria, ulcers, rashes, kidney stones, and fever.

**Conflict of interest**

None.

**Sources of funding**

None.

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