

Adonis Vernalis

Homoeopathic Proving (HP)

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A Heart Remedy

Adonis vernalis is a homoeopathic remedy which acts distinctively on the heart. Dr. Jus writes in his book "Praktische Materia Medica": "This remedy is a heart tonic ... it regulates the pulse and increases the cardiac contractility." Our knowledge about *Adonis* is based on clinical experience. There has been no HP of its use in potencies. The Dr.B.K. Bose Trust had already organized the proving of *Amylenum nitrosum*, another heart remedy. That is why in 2003 the foundation decided to conduct a proving of *Adonis vernalis* according to the laws of homoeopathic proving.

Methodology

The substance *Adonis vernalis* 30C was proved in a double-blind, placebo-controlled trial for a period of 6 weeks. Neither the supervisor nor the provers knew which remedy was to be proved; or whether the drug or the placebo was being administered. The provers were healthy volunteers; that being an important requirement for a HP. They were homoeopaths or students of homoeopathy and had to meet severe criteria. Each prover was interviewed personally by the supervisor before the trial. 18 provers were given *Adonis vernalis* 30C; 5 provers were given placebo. Every day they rote down their symptoms in forms (journals), using their own words. This article is a summary of our HP. A publication of the original detailed version is planned.

Adonis vernalis, the plant

Common names: Pheasant's Eye, Sweet vernal, False Hellebore

The plant got its name from a Greek legend (Ovid's *Metamorphoses*) Adonis, lover of the goddess Aphrodite was killed by jealous Ares, who had transformed himself into a wild boar. Where Aphrodite's tears, mixed with Adonis' blood touched the soil, the flower grew. "vernal" translates "spring" and relates to the flower's blooming season.

Botanical description and distribution

Adonis vernalis is part of the Ranunculaceae family. It is a perennial herb growing 10-30cm high. The strong rhizome produces fertile and sterile shoots; the erect stem has sessile, feathery leaves and solitary flowers of 10-20 elongated petals.

Adonis vernalis flowers from March to May, the yellow flower faces the sun; forming a yellow disc visible from afar.

Adonis vernalis is an endangered species and protected by law. Isolated populations can be found in Switzerland, France and Germany; the original area of distribution is the steppe-grassland of southern Russia, north of the Black Sea.

History and Generalities

Hieronymus Bock (1498-1554)³ discovered the plant near Ingelheim (Germany) believing to have found the true Hellebore of Hippocrates and had it published under that name. The error was noticed soon and Matthioli (1501-1596)³ listed the plant as pseudo-Hellebore.

Adonis was used for dropsy and got and as an abortive medicine.⁴ At the end of the 19th century *Adonis vernalis* was introduced as a heart remedy. The action of *Adonis* is similar to that of *Digitalis*, but it is not cumulative.²

It has been successfully prescribed for high blood pressure, arrhythmia, palpitations, vertigo, angina pectoris, and oedema; also for hypertrophy and heart degeneration. It was used for obesity, liver affections (swelling, jaundice and cirrhosis), constipation, excessive salivation, spermatorrhoea, swelling of the prostate and flickering vision after masturbation and spermatorrhoea.

Pharmacology and chemical constituents

The whole plant contains cardiac glycosides:

Adonidosine, Adonitoxine, Adonivernoside, which are toxic in large dosages. The remedy is used for weak cardiac action, esp. when associated with nervous symptoms; it is able to compensate arrhythmia and circulatory failure.

Diuresis is increased by its action on heart as well as kidneys. *Adonis* is valuable in nervous heart disease and hyperthyroidism; slowing the pulse in tachycardia.⁵

Febrile infections with tachycardia are also positively affected. Beside its sedating effects on heart and circulation it slows down the pulse and acts calming on the fear and restlessness which accompany the heart disease. This had led to its usage in epilepsy, chorea minor and whooping cough.⁵

Toxic doses cause constriction of the peripheral arterial system, increasing the blood pressure, cardiac arrhythmia, nervous excitement, vomiting, stomach pains and diarrhoea. Contra-indications are a simultaneous digitalis medication and a low blood level of Potassium.^{1,4}

Use in herbal medicine

The dried plant is still sometimes component of herbal infusions for heart and circulation; it is further prescribed by physicians as a standardized medicine.

Adonis in homoeopathy

The tincture is prepared from the fresh plant (without roots), which has been harvested when flowering.⁶

Until now there has been no Homoeopathic Proving of *Adonis vernalis* as a potentized remedy. In 1888 Dr. Mohr (Berlin Society of Homoeopathic Physicians) conducted the proving of *Adonis vernalis*; although not as a potentized remedy. The provers were given 10 grains of *Adonis vernalis* as crude substance.¹⁰

So far the indications for *Adonis vernalis* have been based on clinical experience. It is used when the cardiac action is fat and weak; in dropsy; for scarce urination, affections of the heart valves and cardiac asthma.⁷ Boericke recommends it as a heart medicine; after rheumatism, influenza or Bright's disease, where the muscles of the heart are in stage of fatty degeneration; it regulates the pulse and increases the power of contractions of the heart; increasing urinary secretion. Most valuable in cardiac dropsy. Low vitality, with weak heart and slow weak pulse, hydrothorax, ascites, anasarca.⁹

Until now *Adonis vernalis* is represented in 103 rubrics of the repertory.¹¹

Compare: *Digitalis*, *Convallaria*, *Strophantus*, *Crataegus*.^{7,12}

The Homoeopathic Portrait (Symptoms)

We have listed the guiding symptoms of our HP, symptoms of the Synthesis Repertory (1st and 2nd grade, as well as small rubrics) together with the already known symptoms (Cowpersthaite/Allen and Boericke)^{8,9}

B: Guiding symptoms of our HP

SY: Symptoms of the Synthesis Repertory

MM: Symptoms which are already listed in Materia Medica (Cowpersthaite, Allen, Boericke); and various clinical indications.

Grading of the guiding symptoms of the HP:

The symptoms are graded depending on frequency and intensity. The provers could mark of their symptoms on a scale from 1 to 5; 5 being the most intense.

1st grade symptoms: **bold**

A symptom is listed 1st grade, when at least 50% of the provers proved that symptom and marked its intensity 4 or 5.

2nd grade symptoms: *italic*

A symptom is listed 2nd grade, when at least 30-49% of the provers proved that symptom and marked its intensity 3.

3rd grade symptoms: normal

The remaining symptoms are listed 3rd grade. Only symptoms, which were proved by more than one prover, are listed.

Mind

- . *Cheerful, calm, vivacious. Approaches people openly, relaxed. Full of ideas and energy. Euphoric.* B
- . **Great fatigue. Lethargy. Extreme fatigue with feeling of warmth on chest.** B
- . *Depressed.* B
- . *Sadness.* SY,B
- . *No motivation, listlessness, wants only peace, quiet, slowness. Wants to do quiet things like reading, watching TV.* B
- . *Anxiety.* B,SY
- . **Irritability.** B,SY
- . *Discontentment.* B,SY
- . **Lack of concentration. Makes mistakes in writing, says the wrong name. Thoughts wander.** B
- . **Foggy feeling in head. Empty feeling in head. Mentally absent.** B
- . *Forgetful.* B
- . **Strong desire for being in nature, in the green, in the sun. Feels connected with nature (also > in nature, in the sun)** B

Head

- . *Feels light.* MM
- . *Dazed feeling.* B
- . *Feels heavy, as if one had to shake a weight off.* B
- . *Vertigo when rising, when turning head quickly or when lying down.* MM
- . *Vertigo.* B,SY
- . **Pain across the forehead; from occiput around temples to eyes.** B,SY
- . **Headache in occiput, extending around temples to eyes.** B,SY
- . **Dull, diffuse headache > cool air, distraction;
< early morning, closing eyes.** B
- . *Pain, pressure (temples, vertex, forehead, in occiput). Mild nausea when thinking of. >> strong pressure with fingers, outside in open air, walking in open air. > cool, lying down, distraction, in heat of sun < music; indoors; thinking of; rising in the morning.* B
- . *Headache with nausea.* B
- . *Headache, esp. when waking in the morning and at night.* B
- . *Scalp feels tight.* MM
- . **Scalp feels contracted.** B,SY

Eyes

- . *Eyes dilated.* MM
- . **Upper lids swollen.** B
- . *Tired eyes.* B
- . *Heavy eyelids.* B
- . *Painful orbits and eye ground.* B
- . *Photophobia.* B
- . *Loss of vision in right lower quadrant, followed by flickering eyes.* B

- . *Blurred vision.* B

Ears

- . Ringing noise. MM
- . Pressure in ear. B
- . Stitching in ear. B
- . Slight whistling, dull noise. B

Nose

- . **Sneezing, esp. when rising in the morning and in the evening.** B
- . **Coryza. Clear, watery discharge.** B
- . **Dry scab in nose.** B
- . **Nose obstructed in the morning on waking.** B
- . *Watery discharge, burning in pharynx, as if getting a cold.* B
- . *Stitching and pressing sensation in region of root of nose.* B
- . **Very sensitive to smell.** B
- . **Almost unstoppable nosebleed. Blood fluent, bright red.** B

Face

- . *Formication on forehead and temples, as from an insect.* B
- . **Extremely flushed.** B
- . **Both cheeks extremely red and hot, like fever.** B

Mouth

- . Slimy. MM
- . Tongue dirty-yellowish, sore, feels burnt. MM
- . Posterior part of tongue yellowish. B,SY
- . Sensitive gums, as if gums were slightly cauterized. B
- . *Feeling of thirst in mouth, not > drinking.* B
- . *Bites tongue and lips.* B
- . **Painful ulcer in mouth.** B
- . **Vesicles, as if filled with fluid, in gums.** B
- . *Pain in mouth (tongue), like burnt.* B,SY
- . *Metallic taste.* B
- . *Sensitivity in healthy teeth, left side.* B

Throat

- . *Itch in throat.* B
- . **Waking with a sore throat when swallowing.** B
- . *Sore throat, esp. when swallowing.* B
- . *Catarrh in posterior region of nasopharynx.* B
- . *Lump of mucus hanging in back of throat, cannot be swallowed or removed by clearing the throat.* B

Stomach

- . Heavy weight. MM
- . Gnawing hunger. MM
- . **Ravenous hunger.** B,SY
- . **Hungry, after just having eaten.** B
- . **Empty feeling, hungry feeling in stomach.** B,SY
- . *Ravenous hunger.* B,SY
- . *Gnawing appetite.* SY
- . *Great desire for chocolate; impulse to eat chocolate.* B
- . *Desire for sweets.* B
- . *Desire for sour apples, apple juice.* B
- . *Desire for ice cream.* B
- . *Desire for fresh or cool things; light, fruity food like fruit, salad, yoghurt, jelly beans. I am eating fruit, it is good for me.* B
- . *Desire for smoked meat.* B
- . *Desire for beer/alcohol.* B,SY
- . *Great desire for cold drinks, esp. cold water and sour apple juice.* B
- . **Constant strong nausea,** > open air, little food, < when somebody talks much and talks demanding. B, SY
- . *Violent, repeated vomiting (not sour) in the evening and at night; then nausea gets better for a short time.* B
- . Faint feeling in epigastrium. MM
- . Weak feeling in epigastrium. MM
- . > open air. MM
- . Stomach affections are better in the open air. B,SY

Abdomen

- . **Pain in groin.** B
- . *Stitching pain ("pinching"), radiating to abdomen, stomach and central pelvic region/vagina.* B
- . *Increased flatulence and passing wind.* B,SY
- . Dropsy, ascites. SY,B

Rectum, Stool

- . **Urge to pass stool on waking in the morning; before or immediately after breakfast.** B
- . **Diarrhoea in the morning.** B
- . *Sudden urge to pass stool.* B
- . Burning pain in rectum and anus when passing stool. B

Urinary tract

- . Oily pellicle on urine. MM
- . Scanty, albuminous. MM
- . Urine scanty. B,SY
- . **Urine with albuminous sediment (albiminuria).**MM
- . *Uncomfortable, dull pressure in bladder, kidney region and urethra.* B
- . *Burning pain in urethra, bladder and perineum.* B
- . *Distinctive burning pain when urinating.* B
- . *Urine flows passively.* B

- . **Frequent and copious urination.** B

Female

- . **Sudden, stitching pains in ovaries < pressure.** B
- . **Stitching pain in right side of hypogastrica during ovulation, radiating to abdomen, stomach and vagina.** B
- . *Drawing sensation in hypogastrium, as if menstruation was about to begin.* B
- . *Sensation as if left ovary was drawn downward with a constant pressure.* B
- . *Whitish leucorrhoea.* B

Respiratory

- . Frequent desire to take a deep breath. MM
- . *Desire to take a deep breath.* B
- . **Deep breathing from heaviness on heart.** B,SY
- . Sensation of a heavy weight on chest. B
- . **Dry, irritating cough.** > drinking water. B
- . Dry cough from catarrh in postnasal space. B
- . Cough with little expectoration. B
- . *Shortness of breath and feeling of constriction in chest.* B
- . Asthma, asthmatic respiration from heart disease. B,SY

Heart

- . Reflux of blood from incompetence of mitral and aortic valves. MM
- . Palpitation, praecordial pain, dyspnoea. MM
- . **Palpitation.**,SY B
- . Rapid, irregular and interrupted pulse.MM
- . **Heartbeat is felt precisely and very well.** B,SY
- . *Palpitation, extra systole .* SY
- . *Palpitation with vertigo.* SY
- . Chronic aortitis. MM
- . Pericarditis with fatty heart degeneration. MM
- . Myocarditis, irregular cardiac action, constriction and vertigo. MM
- . Distinctive venous congestion. MM
- . Cardiac asthma. MM
- . *Congestion behind sternum (heart).* B
- . *A short stitching in the heart, as of an arrow, had to stop breathing.* B
- . **Pressing pain in heart.** B,SY
- . *Sensation as if one felt precisely a whole bunch of blood vessels (coronary arteries) on the left side of the heart.* B
- . *Stitches from heart within out through chest.* B
- . **Weakness in chest.** B,SY
- . *Fluttering behind sternum.* B
- . *Electric drawing in left breast, extending to left upper arm.* B
- . **Stitching in chest.** < deep breath B
- . **Dyspnoea with constriction in chest.** B,SY
- . **Pressing, radiating feeling in chest.** B,SY
- . *Oppression in chest.* B,SY
- . Extreme tiredness with feeling of warmth on chest. B
- . **Heart affections, heart diseases.** B,SY

- . *Heart disease after rheumatism.* SY
- . *Heart disease with difficult breathing.* B,SY
- . *Cardiac oedema with tormenting shortness of breath.* B

Neck and Nape

- . *Aching in nape.* MM
- . **Tension of nape.** B
- . *Drawing pain in right side of nape. In the beginning unable to turn head anymore; later stiffness when turning the head to the right, > rest.* B
- . *Weak nape of neck, esp. right side.* B

Back

- . **Tension and stiffness in region of scapula.** B
- . **Left shoulder joint painfully blocked; like stuck, anchored, when I want to lift the arm, i.e. to comb my hair, or when I steer the car and the arms are horizontally on the steering wheel. Pulling up the shoulders is painfully blocked. Cannot lift anything well.** B
- . *Feeling of tension, pressure like sore in the whole back, esp. in right and left region of the shoulder blades > stretching the back, < lifting arm.* B
- . *Sore pain at spine, esp. cervical region.* B,SY
- . *Spine is stiff and aching.* MM
- . **Stiffness in back.** B,SY
- . **Painful spot at lower tip of scapula (inferior angle). Feels bruised, sprained.< lifting arm, bending forward.** B
- . **Stitching pains near scapula, esp. right side.** B
- . *Funny feeling in back, like formication or as if skin was pulled together there.* B
- . **Drawing pains in sacral region.** B
- . **Pain in lower back (poss. kidneys). < after sitting for a long time.** B
- . *Lower back tired, like sore < standing < sitting down.* B
- . **Pain at or just beside thoracic spine, esp. right side.** B
- . *A light, tired and 'bruised' feeling in lower back.* B
- . **Back tense,** esp. when sitting. B

Extremities

- . *Oedema.* MM
- . *Swelling of extremities (dropsy)* B,SY
- . *Involuntary twitching.* B
- . *Formication in both hands (night and morning when waking).* B
- . **Aching right upper arm.** B
- . **Pain in left elbow.** B
- . *Pain in right forearm (near wrist).* B
- . **Right wrist aches.** B
- . **Pain in metacarpal joint of thumb.** B
- . **Arthritic pain in middle finger.** B
- . *Pain in ring finger, like sprain or cramp, stiff (arthritic)* B
- . *Restless, fidgety legs, esp. feet.* B
- . **Extreme tiredness in legs, like lead.** B
- . *Muscle pain, bruised, sore in thigh. < pressure, walking.* B

- . *Uncomfortable (stitching) sensation in right knee when bending it. The pain is located beside the patella (right side). < climbing stairs. B*
- . **Bone pain of shin bone in the evening. < full moon. B**
- . *Weak, tired calves, esp. when walking. <<standing, < cycling, >cold shower. Generally my body feels heavy. B*
- . *Swollen varicose veins, hollow of the knee bend and lower leg. B,SY*
- . **Sciatica.** Strong, drawing-paralyzing, bruised soreness in bones and muscles of buttocks. Extending to the back of thighs and knee, as if hamstrings, muscles were shortened; esp. when sitting. B

Skin

- . **Hard pimples (pus), very sensitive to touch. B**
- . *Itching eruption on back of hand, palm and shinbone. B*
- . *Skin is dry, burning and feels tight. B*
- . *Itching on body. B*
- . *Wounds heal slowly. B*
- . **Formication of skin, as skin was pulled together there, or as if a fly wanted to fly away from under the skin. B**
- . **Flushing of face, red cheeks, like sunburn. The skin is hot and burning . B**

Perspiration

- . **Offensive odour (sour), like musty moss, in armpits. < during menstruation and when excited. B**
- . *Sour nightly perspiration with sleeplessness, restlessness. B*

Body temperature

- . *very hot feeling in both cheeks with strong formication on skin. B*
- . **Chills all over the body. B**
- . **Chilly. B**

Fever

- . *In the evening red and hot cheeks, both sides, like feverish. B*
- . *Fever with extremely hot head, hot backs of hand and soles. B*

Sleep

- . *Restless with horrible dreams. MM*
- . **Bad, restless, not refreshing sleep. B,SY**
- . **Sleeps badly, wakes up often. B**
- . **Wakes up between 3 and 4a.m. B**
- . *Persisting sleeplessness between 12 p.m. and 4 a.m. B*
- . **Extreme tiredness and sleepiness. B**
- . *Dozing as soon as eyes shut. SY*

Dreams

- . Restless with horrible dreams. MM
- . Horrible dreams. B,SY
- . **Dreams of old friends and acquaintances, which he has not seen in years.** B
- . *Dreams of former employer and former business.* B
- . *Pleasant dreams of sex.* B
- . **Dreams of pursue and threat.** B
- . *Dreams of family home and of strangers wanting to intrude.* B

Generalities

- . **Whole body feels weak and heavy, like lead.** B
- . **Everything aches when rising in the morning, like bruised.** B,SY
- . *Strong desire to sit in direct sunlight.* B
- . *Strong desire for fresh air.* B
- . **Extreme fatigue.** B
- . **Weakness.** B,SY
- . *Extreme fatigue with feeling of warmth on chest.* B
- . *Feeling sick/weak, as if getting a cold.* B
- . *Full moon aggravates symptoms.* B
- . *Alcohol agrees very well/not at all (headache, nausea).* B,SY
- . **No desire for activities, only wants peace and quiet; slowness.** B
- . *Resting all the time. Feels like a plant that draws all the leaves back into the soil in autumn, until it cannot be seen anymore. Feels like being still on earth, but completely withdrawn. A quiet in herself: empty, quiet, a vacuum. Very pleasant.* B
- . Hypertension. SY
- . Rapid pulse (chasing, fast, not countable). B,SY
- . Slow pulse. B, SY
- . *Weak pulse.* B,SY
- . *Irregular pulse.* B,SY
- . Tearing pains in muscles. B,SY
- . Pains like bruised, sore. B,SY
- . Drawing pains. B,SY
- . Dropsy, generally. SY

Modalities

Amelioration:

- . **fresh air** B
- . **walking in open air** B,SY
- . **outdoors** B,SY
- . *in direct sun* B
- . *stretching* B
- . *bending the back* B
- . **pressure** B,SY
- . **strong pressure with fingertips on temples** (headache) B
- . *after eating* B,SY
- . *physical exertion* B

Aggravation:

- . *cold* B,SY
- . **motion** B,SY
- . **lifting arm** B
- . **after/while waking in the morning** B
- . **3a.m.; 4a.m.** B
- . *thinking of* B
- . *mental work, reading* B
- . **full moon** (bone pain, sleep, appetite) B
- . deep breathing (stitching in chest) B

Miasmatic Analysis

The following important symptoms have been proved by this HP:

- . extreme fatigue
- . lethargy
- . no motivation to do anything
- . distinctive sadness
- . some kind of laziness, passiveness. Only wants to do quiet things, like reading or watching TV.
- . difficult concentration
- . mentally irritated, discontent with everything
- . wants to be in nature, outdoors, in the green; longs for the sun

Most of these symptoms are psoric-tubercular.

Effect on the heart

Adonis is a cardiac tonic, regulating the pulse and increasing the contraction. It is also useful after operations of the heart (bypass, valve operations etc.) All this we have known from clinical experience and proving of the raw substance. This HP has produced very interesting new symptoms, which allow a more focussed and individual prescription of *Adonis vernalis* for heart diseases. For example: "stitching in chest, < taking deep breaths" has been known from *Bryonia*, *Kalium carbonicum*, *Natrium muriaticum*, *Spongia* or *Phosphorus*. This is a new symptom of *Adonis* and shows how important an extensive HP is. Only thus the full healing properties of a remedy can be researched.

Comparisons with heart remedies

In the following we compare some homoeopathic medicines with Adonis.

Convallaria majalis

Convallaria majalis is another heart remedy. It is used for dilation and hypertrophy of the heart; symptoms of heart failure of the left ventricle.

Adonis vernalis	Convallaria
Pheasant's Eye Ranunculaceae family	Lily of the Valley Liliaceae family
	Weakness, tiredness, apathy; similar to Adonis
diuretic	diuretic
heart tonic	heart tonic
> outdoors	< slightest motion
< morning when waking up	

Adonis vernalis	Crataegus
	Hawthorn Rosaceae
Heart tonic	heart tonic
	reduces blood cholesterol, no cumulative or toxic action as of Digitalis. Indicated for low and high blood pressure, slow progressing heart failure and hypertrophy of the heart.
tired, listless, discontent	irritated, hopeless, despondent; thinks he will never be cured.
	tendency to collapse, confusion

Adonis vernalis**Crataegus**

pressing pain in heart

stitching in chest, < deep breath

> outdoors, in the sun

< waking up in the morning

dyspnoea from slightest exertion

sensation as if heart was constricted by an iron hand, released and constricted again

stitching in heart with extreme dyspnoea

> quiet, outdoors, sitting in open air

< exertion, night, closed warm room

Adonis vernalis**Strophantus**

stitching in chest < deep breathing

constant strong nausea > fresh air, eating little, outdoors
< mental exertion

Apocyanaceae family

Useful for functional heart affections of alcoholics, smokers, tea drinking persons; palpitations in young nervous people

dyspnoea, cold hands and feet

stitching and twitching in apex of heart

pressure in region of stomach and liver with eructations and hiccough < pressure, after eating, > lying on back

Adonis vernalis**Digitalis purpurea**

extreme tiredness
apathy
tiredness and warm feeling on chest
lack of concentration
makes mistakes in writing,
says wrong name
thoughts wander
feels connected to nature

heartbeat is felt very well and precisely
pressing pain in heart

Foxglove, Apocyanaceae family

valuable in functional and organic heart disease.
Fits our present lifestyle.
Indicated for coronary diseases, dilatation or hypertrophy of the heart, valve disorders, high blood pressure, hypercholesterolemia, diabetes

sensation as if heart stopped beating if he moves. Must stay still or sit. Slow, weak, irregular pulse with extreme weakness

Adonis vernalis

Digitalis purpurea

Weakness in chest.

Stitching in chest.

Pressing, radiating feeling in chest.

> fresh air, walking outdoors, pressure
> after eating
< motion

< 3a.m., 4 a.m., morning when and
while waking up
< mental work, reading, full moon
< deep breathing

> crying, deep breathing, alone, sitting
still

< lying down, lying on left side, motion,
after eating, music

< slightest motion and after eating

very sensitive to and < noise and music

Comparison with other remedies of the Ranunculaceae family

Ranunculus and *Pulsatilla* are also part of the same botanical family.

They all have in common stitching pains in the region of the heart. Apart from these similarities they do have their individual symptoms.

Ranunculus bulbosus

- . very chilly, very sensitive to cold wind
- . remedy for alcoholics
- . dull, teary
- . < alone
- . difficult concentration
- . everything < walking in open air (Adonis is the opposite)
- . stitching in left side of chest, more related to lungs, pleura or intercostal nerves
- . pain more superficial than in Adonis
- . pain < deep breathing (Adonis)
- . pains > as soon as entering the house; > sitting stooped, company, warmth;
- . < lying down, lying on the left side, when alone

Pulsatilla

- . changing mood; sad-happy-soft-angry-talkative-quiet-laughing-crying
- . > consolation
- . > open air, moving in open air; but < directly in the sun
- . pain and palpitation as a result of emotions or after dinner
- . < lying on left side
- . > walking, pressing with hand
- . tired legs < standing, sitting with legs hanging down
- . > putting legs up, outdoors, cold applications

Miasmatic view

Adonis showed mainly sycotic-tubercular elements. In the following we will look at some symptoms from a miasmatic point of view.

Mind/Head

"Confusion, dull headache < closing eyes" are sycotic expressions, as well as "Symptoms < thinking of".

Face/Nose

"Red, hot face, heat in face", "Coryza with clear watery secretion, sneezing" are psoric symptoms.
The over-sensitiveness to smell and the strong nosebleed are psoric-tubercular.

Stomach

Symptoms like ravenous hunger, hungry after eating are strong psoric expressions. This HP has revealed a clear desire for stimulants like alcohol, chocolate, sweets and thus reflects the distinctive psoric and tubercular aspects of Adonis.

Heart

The heart symptoms consist of different miasmatic elements:

Psoric

Adonis is a strong diuretic reducing the pressure on heart and lungs. In such cases one should also consider remedies like *Apis, Lach, Glon, Ars, Phos, Crat, Lyc, Cact, Colch, Dig, Aur* etc.

Sycotic

Valve diseases
Vertigo and headache from heart affections
Pressure and fullness in chest

Tubercular

Heart affections with extreme fatigue and apathy.
Fluttering or trembling of the heart; (with regards to nervousness or excitement = psoric)

Extremities

It is interesting that the majority of provers had rheumatic symptoms, which means that *Adonis* is capable of curing them.
One should especially consider *Adonis* for heart affections resulting from gout, arthritis or other rheumatic diseases (*Bry, Rhus-t, Aur, Dig, Kali-c, Spig, Lyc, Lith-c, Psor, Kalm*)
Adonis produced some interesting symptoms like "heavy tired legs" (sycotic; and "bone pain<evening, full moon" (syphilitic-tubercular).

Perspiration

The provers had valuable symptoms like 'offensive odour, like musty moss' (sycotic). 'Sudden perspiration in armpits, when nervous' however is psoric.

Sleep

Waking up between 3 and 4 a.m. is a sycotic manifestation.

Conclusion

Not only has this HP verified already known symptoms, but also produced various new ones.

It could be confirmed that Adonis has an effect on the heart and the foundation for an individual prescribing has been laid. The homoeopaths are now able to prescribe this remedy unerring and differentiated.

More interesting mental and physical symptoms have been discovered by this HP; broadening the therapeutic spectrum of the remedy.

It is now up the homoeopaths to learn to recognize and apply this promising remedy, thus verifying the proved symptoms, so they can be entered in the Materia Medica.

Appeal

We ask homoeopaths who have used Adonis as a remedy to contact us and send us a short description of their cases; so we can receive confirmation of the proved symptoms in praxis.

Thank you

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Footnotes

