

Sole Agents :

TABLE OF CONTENTS

By Dr O.A Julian

INTRODUCTION

.....P.3

FOREWORD

.....P.4

GENERAL

.....P.5

Definition

.....P.5

Galenics

.....P.8

1 - SCIENTIFIC RESEARCH IN GEMMOTHERAPY

.....P.9

1 - 1 Analytical study

...P.9

1 - 2 Pharmacological study

.....P.15

1 - 3 Evaluation of the sedative effect of the *TILIA TOMENTOSA*

bud.....P.18

1 - 4 Evaluation of the *CRATAEGUS OXYCANTHA* bud on the cardiovascular systemP.19

1 - 5 Evidence of the choleric & protective effect on the hepatic function of *ROSMARINUS OFFICINALIS*

.....P.23

2 - CLINICAL GEMMOTHERAPY

.....P.27

2 - 1 Gemmotherapy and Rheumatology

.....P.27

2 - 2 Gemmotherapy and the nervous system

.....P.35

2 - 3 Respiratory Apparatus

.....P.39

2 - 4 Digestive Apparatus	P.44
2 - 5 Renal and Urogenital Apparatus	P.49
2 - 6 Cardiovascular Apparatus	P.54
2 - 7 Metabolic Illness	P
	.61
2 - 8 Dermatology	
	...P.66
2 - 9 Allergies	
P.69
2 - 10 Endocrinology	
	P.71
2 - 11 Eyes and Ears	
	P.74
2 - 12 Geriatrics	
P.75

3 -THE HIPPOCRATIC SPIRIT IN GEMMOTHERAPY AND OTHER THERAPIES

P.77
3 - 1 Relation between Gemmotherapy and the Homoeopathic concept of IllnessP.77
3 - 2 Gemmotherapy and the Acupuncture	P.82

CLINICAL GEMMOTHERAPY

P.86
--	-----------

CLINICAL ADVANCES IN GEMMOTHERAPY

Clinical Homoeopathic Practice

Max TETEAU

President of the Société Médicale de Biothérapie

(Edition SIMILIA, 71, rue Beaubourg 75003 PARIS)

Gemmotherapy, which is a treatment with fresh plant bud, is presently undergoing considerable development in France and elsewhere.

Essentially, it is of interest to homeopathic physicians and those opened to homeopathy. We introduced it into France through Dr. O.A. Julian, who was then General Secretary of the Société Homéopathique de Normandie, and Dr. Flament from the city of Caen, who had heard Dr. Pol Henry from Brussel speaking at a C.H.F. (Centre homéopathique de France) symposium. He was the first one to have the idea to use plant buds in human therapy. At that time, this kind of therapy was called " Blastotherapy ".

Dr. Pol Henry based the use of his remedies, already prescribed at the first decimal, on a biochemical analogy. With this bud, there was an analogical effect between the blood protein formula variation of the laboratory animal and those of the patient treated.

For us and all the physicians who experimented, studied and used Gemmotherapy, the approach was different. Clinical studies could be used as guides, and pharmacological experiment as the rule.

Thus, we created an original and effective drainage method.

This method is now fully integrated to the overall biotherapeutic methods. Its aim is to enlarge the active scope of Homeopathy as well as to modernise the practice by adapting it to the needs and progress of modern medicine.

On a historical note, this Foreword, written by Dr. O.A. Julian on Gemmotherapy, appeared as a Preface of a special 1972 publication of the " Cahiers de Biothérapie " on " **Clinical Gemmotherapy** " by Dr. Max Tétou.

FOREWORD

In the context of our Institut de Recherche et d'Enseignement de la Société de Biothérapie, we are happy to offer to our readers a work filled with practical information on CLINICAL GEMMOTHERAPY from our friend Max Tétou.

Our efforts to promote a renovated Homeopathic Medicine are fruitful, and our medical public increases regularly.

There is a growing interest for the company as well as for the Cahiers de Biothérapie.

How can we explain this evolution ?

Because we try to promote the understanding of homeopathy by overcoming the narrow and cramped framework *in which many would have it confined*.

First of all, Homeopathy is based on an analogical reasoning and is substantiated through pharmacodynamic experimentation on the normophysiological individual.

It is an analogical reasoning that characterises Homeopathy or, better still, Homeopathic Substantiation.

This Homeopathic Substantiation includes Homeopathology and its practical consequence, Biotherapy.

The broader directives of biotherapy imply an analogical reasoning which is the same for Homeotherapy, Isotherapy, Nosodotherapy and, whether we want it or not, Gemmotherapy.

Homeotherapy is a substanciation, a moment, of the analogical reasoning, but does not exhaust it.

This is so for Gemmotherapy and Mr. Nicholas, in the Omega homéopathique magazine, writes in the chapter titled " Homeotherapy " that " the buds are prescribed in accordance with the biological law of similars in a 1/10th dilution ".

We owe Gemmotherapy and Embryophytotherapy to Pol Henry and it has now been in existence for more than twelve years : we are very proud to have reported his principles in the Archives Homéopathiques de Normandie, in 1959.

It has been a long way since then.

We observe present clinical approaches as they are reviewed by M. Tétou in this book.

Biological approaches are also being developed and it seems to me that these paths are not parallel but complementary.

Stagnation is a source of regression and waste.

Movement, change and renewal are the keywords for a hope-filled future.

In this way a biological medicine can be created and promoted. A medicine that respects the personality of the patient.

Therefore, a Substantiated Homeopathy, conceived in this manner, augurs well for a promising future.

Dr. O. A. Julian

Paris 1971

GENERAL

DEFINITION OF GEMMOTHERAPY

Gemmotherapy is a therapeutic method which, prompted by principles of homeopathic drainage, uses plant bud extracts or other embryonic vegetal tissue, freshly culled from the growing plant.

? It is a renovated Homeopathy

Gemmotherapy is Phytotherapy. It falls into the category of plant medicine and we know, from the Egyptian Papyrus and the ancient Greek Dioskorides, how well it has served mankind.

There are several advantages to this Biotherapy :

3 Increased activity

This is a revolutionary, extremely modern, renovated phytotherapy. In fact, up until the work done by Pol Henry, promoter of the method, and ourselves, it was difficult to recommend the use of the plant bud preparations. At that time the tendency was to use the plant at the adult stage, either the entire plant in flower, stems or roots from herbaceous plants, or leafy branches from trees, or even the seeds, so long as the active ingredient was contained within.

Now we have clearly shown that the use of the bud, the young leaf or the rootlets makes it possible to obtain more active medication, which eliminate the necessity for prescribing large doses. The very fact of starting with a fresh embryonic plant distances us from traditional phytotherapy in which the extracts and powders are prepared from dried adult plants.

3 Precise Therapeutic Properties

Using the embryonic part has made it possible to discover its precise therapeutic effects, over and above these known for the adult plant. In fact, outside the " pioneer " plant that contain precise alcaloidic or heterosidic principles, the large majority of plants of our flora have only vague, approximate indications, which are of little clinical interest. There are, however, masses of bechic, digestive, carminative and eupeptic plants that have clearly measurable effects.

With Gemmotherapy, we have been able to demonstrate on the one hand, through scientific investigation, the pharmacological superiority of the bud versus the fully developed plant and, on the other, the specify exact clinical indications.

In this way, the **blackcurrent bud** (**RIBES NIGRUM**) was revealed as a first

rate

anti-inflammatory by directly stimulating the adrenocortical area. Until then, the blackcurrent was a fruit known only for its delicious liqueur-making properties as a fashionable aperitif.

The fig tree enjoyed no particular medical virtues either.

Other than its pleasant fruit which provided a light laxative. We now know that its bud has an elective effect on the cortico-diencephalic axis whose function it regulates. It is a useful minor tranquilizer in nervous conditions and psychosomatic illnesses.

What could be more boring than the banal linden tree ! Everyone knows that it is mildly sedative and that an evening infusion makes sleeping easier. Our grandmother's placebo !

Now pharmacological experience has made it possible to objectively demonstrate that the **TILIA** Bud develops tranquilizing properties that could be equated with those of the Diazepam group of tranquilizers. This, in itself, is important and greatly surpasses the possibilities of flowered bracts, even if they have the same orientation.

Gemmotherapy is, therefore, a superactive and well defined phytotherapy. In this sense, it is popular with a good many practising phytotherapists who prescribe it extensively.

Many more are likely to show interest in view of the broad and interesting work being carried out in this field.

? It is also a homeopathic drainage

But Gemmotherapy, a Biotherapy that is studied in depth and taught by the Société Médicale de Biothérapie, is chiefly of interest to homeopathic physicians.

It was in fact created and developed by homeopathic physicians : Pol Henry who has unicist tendencies and myself who is a pluralist. The world of homeopathy, certainly for those who do not fear innovation, opened its doors.

One only has to read the beautiful introduction written by Dr. O. A. Julian, president and founder of this S.M.B., following our first study, to be convinced. That is the reason why we reprinted it as the Foreword to this book, partly for your information and also as a token of esteem and affection for the man who is sadly no longer with us.

If Gemmotherapy is prescribed by a large majority of homeopathic physicians, if it is combined with a homeopathic prescription, it is because it provides us with a modern method of drainage, perfectly adapted to the illness we are treating.

We know that drainage was perfected by Dr. Nebel from the city of Lausanne, then developed in France by Drs. Léon Vannier and Rouy, and finally renovated by us, and is one of the most original aspect of the homeopathic technique.

If man is considered as a whole, the ailments to which he falls prey develop on a terrain weakened by the slowing down of the elimination organs - the

emonctories - and the growth of a " pool " of toxic substances, badly broken down metabolites, waste substances and immune complexes connected to badly eliminated auto-antibodies. There is also a decrease in the immunity defence systems.

It is this toxic pool that Léon Vannier christened " toxins ", a word which was later to be used world-wide. Our predecessors spoke of " intoxication ", a term which is somewhat ambiguous in light of the product manufactured by different bacteria.

However, the hypothesis of a progressive internal " clogging " of the body in connection with the ageing process is still valid, since it facilitates the development of a pathology.

One way of easing the return to health is to decrease this endogenous toxic charge by stimulating the function of the different elimination organs. This is the role of drainage. We are now far removed from theories that stem from " humours " that were so dear to physicians in Molière's days. Neither are we talking about the practices which Hahnemann was so against, such as bleeding, purgatives, and enemas. We are also far from the archaic theories developed by Broussais on the necessity of bleeding and leeches.

Draining is a technique aimed at acting internally on one of the " **Natura Medicatrix** ", a specific Hippocratic concept. It works in a gentle and prolonged manner to ease the functioning of the human organism's emonctories in order to gently desintoxicate the body.

It is, therefore, the homeopathic remedy, customised according to the concept of Similars that will have the best chance of working at alleviating this terrain without a risk of aggravation. Several drainage techniques could be suggested. Nebel recommends mixtures of basic homeopathic dilutions from plant or, again, a systematic link of certain homeopathic remedies to others, the first being considered as the channeler, the second as the drainer. Léon Vannier was greatly inspired by the first possibility, Rouy, more by the second.

We proposed other more modern drainage techniques. Two biotherapies are of major interest : diluted and dynamized Organotherapy and Gemmotherapy.

Diluted and dynamized, Organotherapy works through the action of homogeneous tissue extracts on the organ to be stimulated.

Gemmotherapy acts by contributing plant rich in growth substances : giberellines, auxines that act strongly on organs to be stimulated.

What we consider as emonctorial or eliminator organs are very varied.

Among them, there are those organs usually classified as purifiers, such as the kidneys, intestines, liver and gall bladder.

The concept of an eliminator does, of course, extend to the less obvious : skin, lungs, heart, blood vessels, and nervous system. It is easily explained, however, and fits in with our overall concept of the human body. For a kidney to function properly, the heart arteries and nervous system must be in good condition. We are aware of the metabolic disorders than can be caused, for example by cardiac insufficiency.

For the homeopath, drainage has become more important, since our patients have changed considerably from those who consulted Hahnemann or, more

recently, Kent or Hering.

The patients we see today are stuffed with tranquilizers and sleeping pills. Cardiac and stress patients come to us with Σ blocking antibodies, diuretics and calcium deposits. Hormonotherapy and progesterone flourish with menopausal or mastotic women. Antibiotherapy, anti-inflammatories, analgesics, and antihistamines are widely used. Many of these medications are often necessary. This is, therefore, not a question of suppression but mainly an eventual reduction of such medicines.

** See Nouvelles cliniques d'Organothérapie diluée et dynamisée, Max Tétou MD, Edition Similia.

But they deeply modify the conditions of our Art. Our consultation becomes difficult because the patients badly " manifests " the characteristic " good " symptoms needed for a diagnosis. Try finding the " heart suspended on a string feeling " (**KALI CARB.**) in a patient with a Σ blocking antibodies or insomnia that is characteristic of an **ARSENICUM** on sleeping pills.

In some cases, it is impossible to define a Valid Simillimum, between the multiple obstacles of a too strict unicism and the necessity for recourse to a measured pluralism.

Gemmotherapeutic drainage is, therefore necessary. The results obtained allow for, where possible, the suppression of the classic medication. I am thinking particularly of tranquilizers. We can reach a state that allows a more precise homeopathic analysis, whereby the intervention of our main basic remedies is facilitated. These ideas will be developed in a special chapter.

GALENICS OF GEMMOTHERAPY

Gemmotherapy uses freshly culled macerated in a glycerine mixture. Other parts of the plant can also be used. As they are all parts of growing plants they are therefore rich in embryonic ingredients, such as the rootlets, young shoots and leaves, the inside skin of the stem and roots.

The glycerined macerates are prepared in accordance with the titled " Homeopathic Preparation ".

As soon as they are harvested, buds and embryonic plant tissue are soaked in a mixture of glycerine and alcohol, the proportions of which correspond to 1/20th of the dry weight of the fresh plant. The glycerine is selected as an excipient as it allows for a better extraction of the embryonic ingredients. After three weeks, the macerates is filtered and diluted to 1/10th with a mixture of water / alcohol / glycerine.

It is this 1/10th solution, Hahnemann's First Decimal, which is the medicinal format of the gemmotherapeutics remedies. This is the only one prescribed since it is the formula that provides the maximum and above all, the most constant activity.

Obviously, all the glycerined macerates are subject to controls by the French Pharmacopoeia.

All these gemmotherapeutic remedies are prescribed as follows :

In Hahnemann first Decimal :

For example, we write :

RIBES Glyc. Mac. Bud. IX / 1st D
1 vI / 60 ml

A concentration that is stronger than a 1st D. risks some intolerance phenomena. A weaker concentration would provide an irregular activity. Furthermore, all these buds must be prescribed in separate vials and not mixed. Their association within the same vial carries the risk of internal pharmacological reactions which might modify or alter their therapeutic properties.

A sample prescription would read :

Morning, 50 drops :

RIBES Mac. Buds 1D 1 vI / 60 ml

Evening, 50 drops :

BETULA PUB Mac. Bud 1D 1 vI / 60 ml

and not mixtured together.

On the other hand, an improvised mixture is possible and one could prescribe :

Take 50 drops :

RIBES Mac. Bud 1D 1 vI / 60 ml
and 50 drops :
BETULA Mac Bud 1D 1 vI / 60 ml
to be mixed in the same glass of water.

1 / SCIENTIFIC RESEARCH IN GEMMOTHERAPY

The first work aimed at demonstrating, through meticulous laboratory research, the effect of glycerined macerates of embryonic plant tissue, which is the basis of Gemmotherapy. It dates from the 1950's. Since then, a certain number of pharmacological studies analyses have bolstered clinical experiments and results obtained in the patient.

The research revolves around three main principles :

- **Chemical analysis** of buds, young shoots, rootlets and a comparison in the qualitative and quantitative distribution of the different components as compared to the adult plant (totum, stem, leaves, flowers).
- **Study of Pharmacological Properties** in Gemmotherapy and an evaluation of the activity of the whole bud as opposed to the active ingredient isolated in the whole plant.
- **Clinical Experimentation** : it enables the physician to know the precise therapeutic possibilities of Gemmotherapy and to clearly see the main indications.

1 - 1 Analytical study

Its aim is to define the chemical composition of different buds and in particular to outline the structural chemical differences between the bud and the adult plant.

In terms of phytotherapy, preferring the bud to any other embryonic plant tissue to the completely grown adult plant was not at first evident.

This even went against all the established knowledge. We were revolutionaries in the opposing sens.

The chromatography study on thin layers or the most recent one by C.L.H.p. made it possible to isolate and quantify the content of effective ingredients in the different species of the same plant and to compare extracts of different plant tissues in varying stage of development.

3 Interspecies comparison

This was done on **TILIA TOMENTOSA** and compared to other varieties of the Linden tree. Interspecies comparison makes it possible to draw on the great wealth of the

TILIA TOMENTOSA variety that is used in the preparation of gemmotherapeutic macerates.

Notably, **TILIA TOMENTOSA** appears very rich in terpeniques derivatives, whose spasmolytic and sedative properties have already been demonstrated.

3 Comparison between different plant tissues

Here again, we used **TILIA**.

While the coumarin anticoagulant content of the **TILIA TOMENTOSA** diminishes from the stalk towards the leaf, when compared with the aminoacids and particularly the flavonoids, the quantity of active ingredients is higher in the bud. It is more or less the same for the leaves.

The results are as follows :

Chemical composition of the linden

INFLORESCENCE

YEAR	AUTHOR	DISCOVERY	VARIETY
1821	BROSSAT	proves the presence of an essence and studies its physiological properties	
1825	ROUX	catechic tannin	
1837	WINCKLER	essence dosage	
1904	CARLES	oxydase and manganese	
1904	HAARMANN		
1910	GARNIER KLOBB	phytosterol	
1913	KERSCHBAUM		
1918	HARRIES HAARMANN	farnésol	
1923	RUSICHKA		
1932 CORDATA	THIES	flavonoids hesperidine	TILIA
1933	LEUPIN	saponines	

		(sapogénol)	
1938	IGOLEN	some constants of an essential oil	
1941	LOHNER	Vitamin C	
1946	SCHNARZE GUNTHER	Vitamin C content 240 mg / 100 g fresh flower	
1951 CORDATA	NEUGEBAUER	substances analogous	TILIA
PLATYPHYLLA		to Vitamin E	TILIA
YEAR	AUTHOR	DISCOVERY	VARIETY
1959	LIAUTAUD	tannin (protocatechic acids, flowers and bracts; ellagique acid : bracts only). Dose of essences from different varieties	
1959 TOMENTOSA	HORMAMMERTRINE	flavonoids :	TILIA
		quercitroside, kaempféline, astralgine, quercétol 3- glucose - 7 rhamnoside, tiliroside	
1960 CORDATA	RADDEV	quercitroside, isoquarcitroside	TILIA
1961	AHTHARDZHIEV	mucilage	
1976 CODATA	OSWIECIMSKA	leuco-anthocyane	TILIA
PLATYPHYLLA		Anthocyanin	TILIA

LEAVES

YEAR	AUTHOR	DISCOVERY	VARIETY
1872	BOUSSINGAULT MAQUENNE	exuded sweet material	
1890	LATSCHINOW	glucoside (tilliacine)	TILIA
	PLATYPHYLLA		
1940	FERNANDEZ	phloroglucinol	
1943	LOJANDER	Vitamin C	
1954	MOKRANJAC	scyllitol	TILIA
	PLATYPHYLLA		
	TOMENTOSA	amyrine	TILIA
1960	NAKAORI MORITA	rutoside	TILIA
	JAPONICA		
	KISHITANI		
1961	PARIS	coumarine anticoagulant	TILIA
	TOMENTOSA		
		derivatives, numerous flavonoid derivatives, like : tiliroside aminoacids : 7 componants which are :	
	CORDATA	- aspartic acid	TILIA
	PLATYPHYLLA	- proline	TILIA
		- indol-3 acetic acid	

PEEL

YEAR	AUTHOR	DISCOVERY	VARIETY
1900	BRAEUTIGAM	bitter ingredients (tiliadine)	
1916 CORDATA	THOMS	jance oil + glucose	TILIA
1941 CORDATA	SOLNZEN	studies this oil (flatty acid + phytosterol)	TILIA
1947	FLUCK	mucilage and tannin	
1955	WODJSACK	Vitamins B1, B2, C	
1960	SUSPLUGRAS	catechic and gallic tannins, glucidic substances, polyphenolic substances, coumarinic coagulant acids, gallics, proto-catechics, chlorogenics, caffeine.	
1961 CORDATA	PARIS	coumarinic derivatives :	TILIA
TOM.		- fraxoside	PLATYP.,
PLATYPH.		- aesculoside	TILIA
		- cichorioside (at certain stages of vegetation)	

3 Comparison between the adult plant and the bud

To illustrate this specific point, we are experimenting with the **RIBES NIGRUM** bud, which is a major element in Gemmotherapy.

This work, carried out at the Faculté de Pharmacie of Lyon by Professors NETIEN and RAYNAUD, found the following ingredients to be present in **RIBES** :

- phenolic derivatives and particularly flavonoid and anthocyanins;
- aminoacids, notably arginine, proline, glycine and alanine;
- C vitamin.

The originality of buds versus the adult leaf, from their nature as well as the quantity of substances contained, were defined during a comparative leaf/bud study.

Seven anthocyanic and flavonic derivatives were isolated in the bud, three in the leaf.

As for aminoacids, we found that :

- 1- The overall content is very superior in the bud (28.6 mg/g versus 22.4 mg/g).
- 2- The maturing process of the leaf involves the disappearance of, or a major decrease in, certain components (for example: arginine which goes from 5.7 mg/g in the bud to 0.77 mg/g in the leaf).
- 3- Certain aminoacids predominate, particularly arginine, proline, alanine and, to a lesser extent, glycine in the embryonic tissue.

There is, therefore, a greater range of aminoacids present in the **RIBES** bud than in the full grow leaf. Doubtless, this explains the remarkable effect of this great gemmotherapeutic, since the leaf seems only endowed with somewhat ordinary properties.

Other ingredients also make up the composition of the **RIBES NIGRUM** bud, such as :

- Large quantities of C vitamin (107 mg/g in fresh buds) :
- promote the tangle of fibers that constitute the vascular endothelium web thus reinforcing the vascular wall;
- intervene in the production of catecholamines which, contrary to histamine, tighten the vascular tissue and close the sphincters that control the passage of blood into the capillaries.
- Anthocyanosides that have vasoprotectives properties. They decrease capillary permeability and reinforce vessel resistance.
- Flavonoids :
 - potentialize vitamin C activity and increase its effect;
 - also prevent synthesis and release histamine;
 - protect adrenaline breakdown so action is prolonged;
 - have a positive effect on vascular tissue.

Later we will see that each of these components plays a part in the inflammatory process.

Variations in the chemical composition of the Rosemary plant during growth were also studied by Ramussent et al. (1972) and Didry (1977). The MT chemical composition of very young leaves was compared against the adult leaves. Young leaves were found to have more monotarpeuniques hydrocarbons, bornéol, bornyl acetate, terpinol and terpinène 4-olr, than adult leaves.

However, the quantities of camphor and verbérone verhena increase as the leaves grow. The quantity of terpinéol does not vary with the growth of the leaf.

Some discordance concerning the lack of certain ingredients can be explained

by the following factors :

- period of harvest
- location it was grown
- difficulty in recognising two similar varieties.

1 - 2 Pharmacological study

We used examples that were more common to classic pharmacology and worked with teams of university specialists who could best adapt themselves to the need of Gemmotherapy.

3 Test showing the stimulating effect of **BETULA PUBESCENS** granulopoieic activity on the reticulo-endothelial system (R.E.S.)

Prior to presenting the work done in the various areas, we thought it essential to recap the first experiment on an original gemmotherapeutic preparation of the **BETULA PUBESCENS** bud, using Halpern's test. Prescribing the **BETULA PUBESCENS** bud involves a clinical increase in the resistance to infection and a growth in the number of leukocytes. To evaluate the body's phagocyte activity, we used the Halpern test, developed by the eminent allergist Professor Bernard HALPERN. The purpose of this reference test is to prove the effect of a medication on the R.E.S. (reticulo-endothelial system).

experiments were carried out on two groups of albino rats :

- The control group (Group T) received no treatment;
- The treated group (Group B) each received a sub-cutaneous injection of glycerine macerate diluted with **BETULA PUBESCENS**.

The day of the test, 8 mg of colloidal carbon suspension per 100 g of rats was injected intravenously. Blood samples were taken from the retro-orbital plexus at 0, 2, 6, 10, 15 and 20 minutes after the injection. The animals were then dispatched and their spleens and livers weighed.

It was possible to trace the curve of micelle concentration in the blood for each animal in terms of time, and to calculate an elimination curve, what Halpern called the " phagocytic index ". A correction factor based on the ratio of the corporal weight to the liver and spleen weights made it possible to determine the intrinsic phagocytic value of each reticulo-histiocytic system. The results indicated a 6.5 index average for the control group, which were in agreement with the literature (= 6 for the rat), and an average value of 8.90 for the **BETULA PUBESCENS** treated group, or a 37% increase in activity.

The difference between the control group and the treated group, is graphically and macroscopically visible : the integuments that were grey coloured after the colloidal carbon injection, swiftly returned to white in the rats who received the **BETULA PUBESCENS** bud, whereas the control group remained grey.

Following this initial experiment to demonstrate the stimulating effects of Gemmotherapy on the reticulo-endothelial system, it was logical to extend the research to four large systems in the human body.

- The inflammatory mechanism with **RIBES NIGRUM** bud.
- The nervous system with **TILIA TOMENTOSA** bud.
- The cardio-vascular apparatus with **CRATAEGUS OXYACANTHA** bud.
- The hepatic function with **ROSMARINUS OFFICINALIS**, young leaves.

3 Anti-inflammatory activity evaluation of the RIBE NIGRUM bud

Inflammatory reaction is characterised by the time sequence of different phenomena :

- Vasodilatation

- acceleration in blood flow,
- increase in the number of open capillaries,
- their dilatation, due to elevated pressure following the release of different substances like histamine, which locally indicates the first effects of an injury.

- Increase in Capillary Permeability

Because of this dilatation, the framework of the vascular wall will be looser, thus permitting the passage of numerous substances : proteins, leukocytes (polynuclear first, then mononuclear, such as macrophages and leukocytes). Certain chemical mediators (histamine, 5-hydroxy tryptamine, bradykinine) intervene in this process.

- Plasmatic Exsudation and Diapedesis

This phenomenon corresponds to the passage of plasma and white blood cells through the small vessel walls. Notably it leads to oedema formation. These different stages correspond to vascular reactions.

These vascular reactions are followed by what are called conjunctive reactions which bring into play cells such as fibroblasts, which are responsible for the formation of reactional tissue (granuloma) and macrophages, which use phagocytosis to destroy foreign substances in the body.

Four tests were carried out to demonstrate the anti-inflammatory effect of the RIBES NIGRUM bud.

- Test for Cold Resistance

The animals were first exposed to a -20°C temperature and then the average survival percentage of animals treated with **RIBES NIGRUM** bud macerates are compared with those animals given the excipient.

The results showed a distinct protection from the bud, the average survival rate being 27% for the control group against 78% for the treated animals.

RIBES NIGRUM buds can, therefore, be considered as cortisone-like.

- Formaldehyde Plantar Edema in Rats

Thirty rats were divided into two groups, one control, the other treated for 40 days with 1 ml of **RIBES NIGRUM** bud macerates, 5 out of 7 days by gastric catheter, the following two days by incorporation into the food.

The size of the paw measured by plethsmograph 8, 24 and 48 hours following phlogogenic administration and one can note, by percentage, the difference between the control group and the treated group.

TIME (After Phlogogenic Administration) Group)	% Edema Inhibition (Treated Group / Control)
8 hours	42%
24 hours	34%
48 hours	13%

The anti-edemic action of the **RIBES NIGRUM** buds is maximised at the eighth hour. The effect is still very evident at the twenty-fourth hour.

- Sponge or Cotton Pellet Test

This test involves introducing foreign body into the rat's subcutaneous tissue and creating an inflammation in the conjunctive tissue.

Cytological analysis of the inflammatory liquid, collected during the drawing of reactional granuloma, indicated a major decrease in actual cells (506 mm³ against 1.030 mm³ in the control group) of the group treated with **RIBES NIGRUM** buds. The main difference is between the vacuolated monocytes or macrophages (10 times less) that are considered as powerful inflammatory agents by the lysogenic substances contained in their lysosomes.

Number of cells / mm³	Vacuolated Monocytes / mm³
---	--

Control	1.030	121
Treated	506	12

RIBES NIGRUM buds very significantly decrease the number of inflammatory cells, thus demonstrating their anti-inflammatory properties.

- Arthritis Test with Freund's Adjuvant

This test involves a particular type of experimental inflammation of immunological origin accompanied by humoral modifications similar to rheumatic fever.

Ten rabbits were given 1 ml of Freund's adjuvant and 0.1 ml of horse serum. The **RIBES NIGRUM** bud treatment of 40 drops of macerate per day via gastric catheter was started 13 days after the adjuvant injection. Two types of plasmatic protein were prescribed :

- ~ Alpha 1 glycoprotein acid or orosomuciform;
- ~ Gamma-globulin

The inflammation in the rabbit is followed by an evaluation of the rate of two proteins. Administration of the **RIBES NIGRUM** bud made it possible to bring these two values close to normal in 7 days for the orosomuciform and 10 days for the gamma-globulin.

Of the different tests carried out, *it is evident that the **RIBES NIGRUM** bud is endowed with anti-inflammatory properties. Besides its action on the adrenocortical glands, it was in fact possible to observe an inhibitor effect on the inflammatory process as much during the formation of the exsudative liquid as in the cells mobilised and the reactional immune substance formed.* This study of animals confirms the interest of the **RIBES NIGRUM** bud macerate which has a wide therapeutic application in allergies, rheumatism, dermatological, O.R.L. and pulmonary syndromes.

1 - 3 Evaluation of the sedative effect of TILIA TOMENTOSA bud

As with **RIBES NIGRUM** bud, we carried out several tests to enable us to pinpoint exactly the impact of the bud on the central nervous system, as well as the way in which it works.

3 Spontaneous Movement Test

The test involves noting the decrease in the animal's spontaneous activity when treated with tranquilizing or sedative substances; a comparison is then drawn either against the control animals, or between the animals before and after treatment.

Using Krauthammer's activograph, R. Paris observed the mobility of the mice

prior to and 15 min, 30 min, 1 hour, 2 hours and 4 hours after a sub-cutaneous administration of different **TILIA** varieties.

The test makes it possible to evaluate the number and range of oscillations linked to the animal's movements.

The three **TILIA** types studied (**T. TOMENTOSA**, **T. CORDATA**, **T. PLATYPHYLLA**) clearly decrease mobility. The activity is, however, more marked with the tomentosa variety.

This test, which was slightly modified by Boissier and Simon, made it possible to demonstrate the effect of the **TILIA TOMENTOSA** bud macerate.

Four groups of mice each were compared (Swiss weighing male mice between 18 and 20 g) :

- * distilled water control group
- * macerate excipient group
- * **TILIA TOMENTOSA** macerate group
- * reference product group (linden based syrup)

The results were checked 1 hour, 3 hours, 6 hours and 24 hours after a single administration of the product studied on the bases of 0.2 ml / 20 g per OS.

- * during the first 5 minutes of the test;
- * during the following 55 minutes.

It is important to separate the environmental contact (5 first minutes) from the following phase where mobility tends to diminish under the effect of sedative therapy.

The results obtained were expressed in the form of the average movement per minute and per animal in the following Table :

Test	Group	from 0	from 0	Total	
Decrease		to 5 mm	to 60 mm	at 60 mm	%
to + 1 hr	H2O control Macerate excipient. TILIA TOMENTOSA Product of reference.				
to + 3 hrs	H2O control Macerate excipient. TILIA TOMENTOSA Product of reference.				

to + 6 hrs H2O control
Macerate
excipient.
TILIA TOMENTOSA
Product of
reference.

to + 24 hrs H2O control
Macerate
excipient.
TILIA TOMENTOSA
Product of
reference.

Using this test, the activity of the **TILIA TOMENTOSA** macerate is evident one hour after administration; it is still visible 24 hours later at its height 3 hours after treatment.

Twenty four hours after administration, only the **TILIA TOMENTOSA's** specific action remains.

Assessing the mobility of the animal during a test that requires different methodologies leads us to conclude :

- that **TILIA TOMENTOSA** decreases the activity to animals placed in unfamiliar surroundings. This activity depends on the muscles tone, curiosity and anxiety that are evident in any animal that is released into a new environment.

- that the **TOMENTOSA** variety used to prepare the gemmotherapeutic macerate appears to be more active than the **T. CORDATA** and **T. PLATYPHYLLA** varieties.

- that the immediate action of the macerate is the result of synergy between the active ingredients of the **TILIA TOMENTOSA** and the excipient. The belated effect, however, appears to be due only to the **TILIA TOMENTOSA's** active ingredients.

3 Barbiturate Narcosis Potentialization Test

This test makes it possible to indirectly evaluate the hypnotic effect.

The principle lies in administering a classic pharmacological dose of hypnotic barbiturate or subhypnotic to groups of ten or twenty mice.

The parallel administration of **TILIA TOMENTOSA**, in the first case, caused an increase in sleeping time and in the second (apart from the preceding phenomenon) an increase in the number of animals that went to sleep.

Potentialization of Pentobarbital 40 mg / kg IP :

The test was carried out 24 hours after 1, 18 and 25 days of treatment based on 0.2 ml / 20 g/ day per os.

As previously, four groups were constituted :

- * distilled water group
- * macerate excipient group
- * **TILIA TOMENTOSA** macerate group
- * product of reference group

The results made it possible to significantly conclude that **TILIA TOMENTOSA** increases the sleep of the animal in contrast to the control animals, as shown in figure 1. For the product of reference, the activity is located between the group treated with **TILIA** macerate and those treated with excipient.


Figure 1

Potentialization of a " subhypnotic " dose of 15 mg/kg IV

THIOPENTAL :

the test was carried out 24 hours after a single dose of 0.2 ml/ 20g **TILIA** macerate per os.

The barbiturate selected is different from the preceding one as is the method of administration. It is a derivative with a very short action duration.

The " subhypnotic " dose is selected so that it will provoke sleep in 50 % of the control animals.

The simultaneous administration of the macerate increases the number of animals that respond to this " subhypnotic " dose as well as the average length of sleep. **TILIA TOMENTOSA** buds help the mouse to fall into a sleep provoked by the THIOPENTAL and prolong the duration of sleep.

3 Board with holes test

The principle involves counting the number of times a mouse pokes its head in one of 16 holes in the board over a 60 minutes period. Any decrease in the spontaneous activity and exploratory functions allows for the possibility of an interruption in mobility, curiosity and / or anxiety.

Four groups of mice were compared :

- * distilled water group
- * macerate excipient group
- * **TILIA TOMENTOSA** group
- * product of reference group

The test is carried out 24 hours after a dose of a substance studied at 0.2 ml / 20g per os.

Results	Holes Explored Average / Animal	Decrease percentage	t test
---------	------------------------------------	------------------------	--------

Control	12.65		
Macerate	11.6	-8.3	NS
TILIA TOMENTOSA	9.7	-23.3	P<0.05
Reference product	13.4	-5.9	NS

1 - 4 Evaluation of the **CRATAEGUS OXYACANTHA** Bud on the cardiovascular System

Other than a sedative action on the central nervous system indicated, as with the **TILIA TOMENTOSA** buds, by the potentialisation of the barbiturate narcosis, the most well known effect of the **CRATAEGUS** is manifested in the cardiovascular area.

3 Action on the heart

Study on the evolution of cardiac frequency of an in vivo rat : a single dose of **CRATAEGUS** 1981 and 1982 macerates corresponding to 12.5 mg/kg per os of dry plant weight was tested. Slight bradycardisant activity was noted with 5 to 10% decrease in cardiac frequency.

- Measure of the extent of the auricular and ventricular contractions : experiments were carried out on the isolated heart of a rabbit in a glycerined macerate concentration of 0.15 g per ml. The positive inotropic effect obtained was demonstrated by an increase in the extent of ventricular contractions.

- Study of the antiarrhythmic effect by arrhythmia induction of Aconit and Calcium Chloride.
When perfused, Calcium Chloride and Aconite provoke arrhythmia at certain dosage levels. Lidocaine and **CRATAEGUS** extracts slow-down the appearance of this arrhythmia; perfusion must be maintained longer and therefore a larger quantity of toxic agent must be administered to obtain an effect : it is these quantities that are measured against time in figure 2 and 3 bellow. the tests are based on the solvents : 9% NaCl (for Lidocaine which is considered as the reference substance and serves as a control) and Glycerine-Ethanol (for the **CRATAEGUS** macerate).

└─

Figure 2

└─

Figure 3

1 - 5 Evidence of the choleric and protective effect of the hepatic function of ROSMARINUS OFFICINALIS young shoots (Hoeffler, Fleurentis Viatier, Pelt).

The traditional therapeutic indications of **ROSMARINUS OFFICINALIS** (choleric, diuretic) have led us to study the different extracts of the choleresis and the protective effects of this bud versus a carbon tetrachlorure intoxication.

We tested :

- * MT of young shoots
- * MT of adult leaves
- * MT of flowering twigs

3 Study of the biliary flow in rats following administration of different extracts of ROSMARINUS OFFICINALIS and determination of the nature of hypercholeresis

The rats were anaesthetised with sodium pentobarbital and maintained at a constant temperature (38°C) and perfused with a constant flow of taurocholate solution. The choledoc canal is characterised and the bile collected every 10 minutes. The biliary flow is evaluated by gravimetry. The extract of the plant tested is intravenously injected after securing a stable base flow.

Under the same conditions, a control group receives the perfused solution and the reference group receives the sodium dehydrocholate, known for its choleric properties at 10 mg / kg. Several doses of different products, measured in mg of dry plant weight per kilo of corporal weight, were studied.

All the **ROSMARINUS OFFICINALIS** young shoot extracts induced an increase in biliary flow during the first 60 minutes, the maximum hypercholeresis being reached in the first 15 minutes. the biliary flow then decreases regularly while remaining higher than to the biliary flow of the control group, which tends to decrease progressively during the experiment. (See Figure 4 below).

We have shown evidence of a dose/effect relation for young shoots. The 250 mg / kg young shoots do not stimulate the biliary flow, but at 500 mg / kg the increase in choleresis grows with the dosage to reach a maximum of 2.000 mg / kg.

For the flowering twigs, however, there does not appear to be any proportionality between the dose and the choleric effect; at 1.000 mg / kg and 2.000 mg / kg they present somewhat similar hypercholeresis.

On the pharmacodynamic test, we compared the choleric activity of the various parts of ROSMARINUS which demonstrated a clear increase biliary

flow in reference to the control, following an injection of young shoot extracts (88%) compared to flowering twigs (41%), in a dose of 2.000 mg/ kg. It was the same for the 1.000 mg / kg dose, 150 minutes after the injection.

Figure 4

In order to determine the origin of this increase, we calculated the biliary flow through gravimetry and the amount of biliary acids through an enzyme reaction using the 3- α -hydroxysteroid dehydrogenase, to discover the fraction of the hepatic cell that is stimulated by **ROSMARINUS**. Two fractions in fact exist :

- The biliary dependent acid fraction, linked to the secretion of biliary acids representing 30 to 60% of the total biliary flow;
- The biliary independent acid fraction, linked to the secretion of inorganic ions that implement the Na⁺, K⁺, ATPase* transport system.

The increase in biliary flow following the injection of 2.000 mg / kg of young shoots is paralleled in a significant rise in biliary acid flow. The linear regression calculated from the points defined by the biliary acid flow (X1) and the biliary flow (Y1) in three rats, shows a regular relation between the biliary acid flow and the biliary flow and demonstrate that the 2.000 mg/kg extract of young rosemary shoots stimulates the biliary dependent acid fraction. (Figure 5).

BILIARY FLOW	
(mg / mm / 100g)	$y = 0.01x + 4.41$ (p < 0.001) r = 0.73
	BILIARY ACIF FLOW
	(mg / mm / 100 g)

Figure 5

Correlation between the biliary acid flow and the biliary flow on a dose of 2.000 mg / Kg of young shoots.

* : Rat 1 o :Rat 2 s : Rat 3
 $y = 0.01x + 4.41$ (p € 0.001) (n = 3)

The same experiment carried out with flowering twigs indicates that the biliary acid fraction is not stimulated, as the biliary concentration decreases significantly between 30 minutes (18%) and 60 minutes (15%). The study on the chemical composition of the different parts of the rosemary plant indicates that certain cyclic terpenes with phenolic functions are absent in the young shoots and present in other parts of the plant (Didry 1977, Ramussen 1972).

The phenolic groupings that compete with the biliary acids could explain the different distribution between the two biliary dependent and independent acid fractions.

Besides this long known choloretic effect, we were interested in the protective effect of the **ROSMARINUS OFFICINALIS** on the hepatic cell. To do this, we used a reproducible test for acute hepatitis induced into the rat by carbon tetrachloride (Ccl4). The intensity of the hepatic cell necrosis is measured against the dosage of ALAT (SGPT *) transaminases; the rate of this enzyme is modified at the 24th hour in cases of medicated intoxication. We have studied the curative and preventive effects of different extracts of **ROSMARINUS OFFICINALIS** versus intoxication with 0.3 ml / Kg dose of CCl4 via interperitoneal injection.

As a curative, only the 1.500 mg / Kg titrex extract opposes the increase in the rate of

ALAT 24 and 48 hours after intoxication (a significant difference compared to $p < 0.05$ in the control group).

Neither the 1.500 mg / kg young rosemary shoots nor the 1.000 mg / kg freeze-dried

chardon-marie have a hepatoprotective effect versus the increase of transaminases (respectively 14 & 32% protection).

As a preventive, however, fresh freeze-dry young shoots in doses of between 1.000 and

1.500 mg / Kg do indicate a hepatoprotective effect. This effect was compared with that of Silymarine, a product of reference known for its hepatoprotective activity and also tested against silymarine in the form of a 1.000 mg / Kg doses of a fresh freeze-dried chardon-marie (**SYLIBUM MARIANUM**) seeds. Both are strong hepatoprotectors (93% for Silymarine, 78% for chardon-marie).

The hepatoprotective effect of the fresh young rosemary shoots indicate 75% of significant protection ($p < 0.001$). (see figure below).

□

* * * $p < 0.001$

* * $p < 0.001$

* $p < 0.001$

Figure 6.

All this research enabled us to demonstrate the specificity of the composition and the effect of the bud compared to the plant in full bloom.

Above all, it allowed us to observe the completely original activity of the gemmotherapeutic remedy.

Therefore, Gemmotherapy is based on indisputable scientific findings.

2 - CLINICAL GEMMOTHERAPY

2 - 1 Gemmotherapy and Rheumatology

? Osteoarthritis

This section demonstrates one of Gemmotherapy's most important contributions. In simple logic, gemmotherapeutic medications, by the gibberellins and auxins they provide, represent an excellent method of arresting tissue degeneration, articular tissue in particular.

Osteoarthritis is the senescence of the osteo-articular system. It is, therefore, a normal physiological phenomenon.

For this reason, curing osteoarthritis is out of question. At best, we can slow its evolution. No allopathic or biotherapeutic treatment causes it to regress. And if, apprentice sorcerers, we pretend otherwise, radiological studies on affected joints will soon strip us of our illusions.

However, what we can work on is arthritic pain and ankylosis.

All these "good old rheumatic pains", said by some to be a sign of long life, are favourably influenced by gemmotherapeutic treatment.

Cervicalgia, lumbodynia, osteoarthritic pain in the hip, all regress. We can not change radiological evidence. It is impossible to eradicate widespread osteophytosis, damaged cartilage cannot be repaired. But the arthritic joint can stop hurting. It can recover acceptable movement. Ankylosis regresses and a study of comparative photographs over several years indicates that articular destruction can be substantially slowed or halted.

We have pretty well stabilised osteoarthritis, particularly in the hip, which is one of the basic joints that should be monitored. Based on a ten years history, evolution has been arrested.

3 Basic Treatment.

Basic treatment of arthritis and accompanying pain involves the use of three buds :

PINUS MONTANA Bud : Mountain Pine. It acts on the articular cartilage to maintain trophicity. It cuts down on wear. It also strengthens the bone and can be prescribed for the elderly as a preventive against fractures.

RIBES NIGRUM Bud : Blackcurrent. It neutralises the inflammatory condition that results from an infected joint. Its effect is reminiscent of corticoids, whether steroid or not. But this "cortisone like" plant does not have the inconvenient iatrogenic side effects. Its anti-inflammatory action also works on tendons and ligaments and improves their flexibility.

VITIS VINIFERA Bud : Vine. **VITIS** acts on all the neo-formative processes. Here we are aiming at anticipated osteophytic production. Articular deformations are slowed down, allowing the joint to enjoy freedom of

movement.

These 3 buds are prescribed in the first homeopathic decimal, obviously in separate containers to avoid any pharmacologic interference. The prescription is 50 or 100 drops of each daily.

The suggested schedule for osteoarthritis treatment is for 2 months and should be modified to suit the reaction of the particular patient :

Take in a large glass of water :

Morning, 50 to 75 drops :

PINUS Bud Mac. 1D

1vl/60ml

Noon, 50 to 75 drops :

RIBES Bud Mac. 1D

1vl/60ml

Bedtime, 50 to 75 drops :

VITIS Bud Mac. 1D

1vl/60ml

No side effects are evident. It should be prescribed for a two-months period with a one-month break, then maintained until there is a satisfactory improvement in the condition of the patient's joint.

This treatment can be administered with homeopathy and other biotherapies either together or alternately.

3 Specific cases

This, then is the basic treatment for arthritis. Particular cases, however must be considered.

- Arthritis of the hip :

A hip joint affected by the osteoarthritic process requires particularly delicate care. The mechanical constraints to which the femoral bone is subject are stimulated. It will halt cartilage destruction and encourage osteoblast activity. It is also necessary to stimulate local blood flow.

In spite of its essential role, the hip is one of the worst equipped joints in terms of vascularization.

Intervention by the Bud and its **BETULA PUBESCENS** rootlets is, therefore, vital for its in-depth action on the reticulo-endothelial system and the arterial circulation.

Obviously, we still keep the classic **PINUS, RIBES, VITIS**.

We therefore alternate :

ARTHRITIS OF THE HIP

One day, 50 to 75 drops in a large glass of water :

Morning :

BETULA PUB. Bud Mac. 1D 1vl/60ml

Noon :

RIBES Bud Mac. 1D 1vl/60ml

Bedtime :

VITIS Bud Mac. 1D 1vl/60ml

Next day, 50 to 75 drops in a large glass of water :

Morning :

BETULA PUB. Rootlet Mac. 1D 1vl/60ml

Noon :

RIBES Bud Mac. 1D 1vl/60ml

Bedtime :

PINUS Bud Mac. 1D 1vl/60ml

- Arthritis of the knee

Here again, the basic **PINUS, RIBES, VITIS** schedule should be maintained.

But they should know the alternates with another triad using **PINUS**

MONTANA with :

ROSA CANINA Bud, the rosehip : for its anti-inflammatory effect on the knee joint, particularly at the synovial level.

RUBUS FRUCTICOSUS Young Shoots, Thorn, for its osteoblastic action in consolidating the femorotibial bone base.

This gives us the following type of treatment :

ARTHRITIS OF THE KNEE

50 to 75 drops in a large glass of water :

First month, each day :

Morning :

PINUS Bud Mac. 1D 1vl/60ml

Noon :

RIBES Bud Mac. 1D 1vl/60ml

Evening :

VITIS Bud Mac. 1D 1vl/60ml

Second month, each day :

Morning :

PINUS Bud Mac. 1D 1vl/60ml

Noon :

ROSA CANINA Bud Mac. 1D 1vl/60ml

Evening :

RUBUS FRUCTICOSUS Y.S. Mac. 1D 1vl/60ml

3 Osteoarthritis with hyperuricemia

Rheumatoid arthritis is frequently accompanied by an elevation in the uric acid of the blood.

This hyperuricemia, often around 90 milligrams per litre, does not, however, generate gout.

But it certainly does intervene in originating algescic symptoms in the joints.

BIRCH SAP. 1st Decimal is the medication of choice.

The sap collected in early spring from silver birches in the Touraine forest in France is at once anti-algescic and uricolytic.

Its anti-algescic effect is connected to the presence of two heterosides : Betuloside and Monotropitoxide which release through enzymatic hydrolysis, incipient methyl salicylate, an analgesic and anti-inflammatory.

Its uricolytic and diuretic effect is also very clear.

In this way, we established a modest but significant statistic.

Take 120 patients whose average uric blood acid is 0.085g % with a high of 0.10g % and a low of 0.070g %. A prescription of 10 daily drops of **BIRCH SAP 1D** brings these figures in 3 months to 0.065 % with a high of 0.075g % and a low of 0.030g %.

HYPERURICEMIC OSTEOARTHRITIS

One month : 50 drops morning and evening in a large glass of water.

BIRCH SAP. 1D

Alternate month :

The triad : PINUS, RIBES, VITIS.

3 Osteoarthritis of the extremities

For arthritic pain in the feet and, above all, the hands, in the area of the thumb, root

arthritic - or the fingers - Heberden or Boudard's nodes, we use two new plants that are rich in salicylic derivatives. They have an elective tropism for ligaments and interphalangeal and metatarsophalangeal articulations.

SPIREA ULMARIA 1D : Meadowsweet.

SALIX ALBA 1D : White Willow.

We established the therapeutic sequence as follows :

OSTEOARTHRITIS DEFORMATION OF FINGER AND TOES

One month : 50 drops in a large glass of water.

Morning :

SPIREA ULMARIA 1D 1vl/60ml

Noon :

RIBES Bud Mac. 1D 1vl/60ml

Bedtime :

SALIX ALBA 1D

1vl/60ml

Alternate month :

The triad : PINUS, RIBES , VITIS

3 Osteoporosis

Osteoporosis is universally known as a destructive bone process, which, like osteoarthritis, appears with age.

Victims are the elderly, nervous persons and menopausal women.

There is usually an association between osteoarthritis and osteoporosis. One can question which of the two processes is the original cause of pain in the patient. Probably both. Three new buds intervene in osteoporosis to arrest the osteoclastic process while encouraging osteoblastic activity.

VACCINUM VITIS IDAEA Bud , the Mount Ida or vine. This bud is great in regulating the colic metabolism, itself a fundamental element in regulating the calcic metabolism. It also eases the absorption of Calcium through the intestinal mucous membrane.

RUBUS FRUCTICOSUS Young Shoots, Thorn. This rosaceous plant, used in early growth, consolidates the bone tissue and the effective action of the other buds.

SEQUOIA GIGANTEA Young Shoots. The Sequoia is an admirable antisenescent. It is used to halt ageing. On the man, it works on the senescent and acenomatoid prostate. It also exercises an osteoblastic activity in both men and women.

These three gemmotherapies are prescribed as a two-month cure, 50 to 100 drops of each, depending on the sensitivity of the patient.

Therefore, for all those old and osteoporotic patients who complain of articular and bone pain, the following is prescribed :

First two months:

75 drops in a large glass of water :

Morning :

VACCINUM VITIS IDAE Bud Mac. 1D 1vl/60ml

Noon :

RUBUS FRUCTICOSUS Young Shoots Mac. 1D 1vl/60ml

Evening :

SEQUOIA GIGANTEA Young shoots Mac. 1D 1vl/60ml

Two following months :

We return to the classic anti-osteoarthritic treatment, 75 drops :

Morning :

Noon :	PINUS Bud Mac. 1D	1vl/60ml
Evening :	RIBES Bud Mac. 1D	1vl/60ml
	VITIS Bud Mac. 1D	1vl/60ml

This treatment shows good results at the functional level providing there is long term follow up. It has the great advantage of being effective without running iatrogenic risks, as much with regard to painful symptoms as for the prevention of fractures or spontaneous vertebral settling.

3 Inflammatory Rheumatism

Gemmotherapy intervenes in the same way as other therapies in severe rheumatic diseases such as Rheumatoid Polyarthritis, Ankylosing Pelvispondylitis and Psoriatic Rheumatism.

For chronic patients with an accelerated V.S. that we have treated over a long period, it is necessary to have more than one possibility.

It is important to carry out classic therapies with the help of a specialist. A severe case of advanced inflammation must be treated with corticoids. In spite of the risks, gold dust can be used in certain types of polyarthritis that do fight our treatments.

But in the interim, one should know of the other Biotherapies, Liotherapy, Organotherapy -Diluted and Dinamized- and Gemmotherapy.

Three buds should mainly be used in very inflamed, very advanced cases :

RIBES Bud, obviously for its anti-inflammatory cortisone-like effect. It is prescribed here in a heavy dosage : 100 to 150 drops per day. It is remarkably active.

AMPELOPSIS WEITCHII Bud, virgin vine. The Ampelopsis bud is in fact an incredible phytotherapeutic remedy for tendons and ligaments. It effectively combats deformations and sclerosis. It is this which prevents from severe C.E.P deformations.

ROSA CANINA Bud, active on the synovial element.

Below is our schedule of treatment for :

INFLAMMATORY RHEUMATISM

Morning, 100 to 500 drops :		
	RIBES Bud Mac. 1D	1vl/60ml
Midday, 50 to 75 drops :		
	ROSA CANINA Bud Mac. 1D	1vl/60ml
Evening, 50 to 75 drops :		
	AMPELOPSIS Bud Mac. 1D	1vl/60ml

For a two-months cure whether or not in association with other therapies and in alternation with the arthritic triad : **PINUS, RIBES, VITIS**.

COMMENT :

Dupuytren's Contracture, La Peyronnie's Disease. Two infections where sclerotic tissue and elasticity retraction are fundamental. The **AMPELOPSIS** Bud is essential here, potentialized by **RIBES**. These two buds should be prescribed and again, two-month cures are indicated with a one-month break.

Morning : 75 drops	
RIBES Bud Mac. 1D	1vl/60ml
Evening : 75 drops	
AMPELOPSIS Bud Mac. 1D	1vl/60ml

3 Gout

Hyperuricemia, which generates gout, can be treated with Gemmotherapy as a maintenance therapy.

Two medications help in normalizing the uricemia :

BIRCH SAP 1D, of course, 100 drops in a large glass of water are prescribed, taken on an empty stomach upon waking.

FRAXINUS EXCELSIOR Bud, Ash tree, for its diuretic qualities. **FRAXINUS** also acts as an anti-inflammatory on ligaments and the synovial membrane. 50 to 100 drops daily.

These two gemmotherapies should be used in long-term cures, 2 or 3 months with a one-month break, as a crisis preventive in the gout patient.

In case of extreme pain, do not hesitate to prescribe colchicine and the necessary anti-inflammatories. We always use them with the **RIBES** Bud, 150 drops daily, to help in decreasing chemotherapy treatments, which are not always well tolerated.

3 Decalcification in the young

Children and adolescents frequently complain of articular pain. This can be linked to growth patterns and, more precisely, the phosphocalcic metabolic problems of the skeleton.

In addition, Scheuermann's Disease or vertebral epiphysis with its accompanying back pain can be compared to metabolic bone disturbances.

We prescribe the following two buds :

ABIES PECTINATA Bud, Fir Tree. This bud is harvested fresh and immediately transformed into 1D macerate, making it excellent mineralizer. It is a wonderful pediatric remedy. It facilitates the growth of children and adolescents by ensuring a better phosphocalcic metabolism. There is a notable increase in their height and weight. The dosage is 30 to 75 drops daily according to the age.

BETULA VERRUCOSA Bud, Verrucose Birch. This variety of birch, different from the **BETULA PUBESCENS**, has a tonic action which is completely effective in a young subject.

In the children and adolescent, **BETULA VERRUCOSA** must be prescribed. For both, the dosage is 25 to 75 per day according to the age. For harmonious growth, in a Scheuermann, I often prescribe the following :

Morning, in a little water : 30 to 50 drops :
ABIES Bud Mac. 1D 1vl/60ml
Evening, 30 to 50 drops :
BETULA VERRUCOSA Bud Mac 1D, 1vl/60ml
in two-month cures, alternating with two-month rest periods.

3 Fracture consolidation

We prescribe :

ABIES Bud Mac 1D which, by fixing the Calcium, facilitates consolidation of the fracture and formation of bone callus.

RIBES Bud Mac. 1D, to fight inflammation.

SEQUOIA Young Shoots Mac. 1D, which is also indicated in " glass bone " disease where it reduces or suppresses the number of spontaneous fractures.

2 - 2 -Gemmotherapy and the nervous system

Mental and nervous disturbances have always been fertile grounds for Phytotherapy. Sedative and tonic plants are plentiful. But Gemmotherapy offers us a more precise direction.

3 Insomnia

There is an excellent bud used in Gemmotherapy : the **TILIA TOMENTOSA**. This Linden bud with its silver leaves is rich in farnesol, a terpene which has neuroregulating sedative properties, as we demonstrated earlier.

Experiments on laboratory animals proved that it clearly holds sleep inducing capacities. It is not a hypnotic but a sleep inducer without toxicity. It does not alter the oniric function.

It is, therefore, particularly recommended in treating the nervous system in fragile persons, such as children, pregnant women and the elderly.

For adults, the dosage is 50 to 75 drops per day to be taken at bedtime or right after the evening meal.

For children, we prescribe 15 to 40 drops according to the age. It is an excellent paediatric remedy.

INSOMNIA

Adults : 75 drops in a large glass of water at bedtime :

TILIA Bud Mac 1D

Child aged 8 : 40 drops in a glass of water at bedtime :

TILIA Bud mac. 1D.

TILIA is not only a hypnotic sedative, it also has an anxiolytic action which it holds in common with the old Linden bract in herbal tea, so dear to our grandmothers.

It is, however, interesting to sometimes note the reverse effect. In some cases, the **TILIA** Bud, instead of calming, will enervate and prevent from sleep. The dosage must then be decreased to 30 to 40 drops for adults.

3 Spasmophilia

Many factors condition the appearance of spasmophilia.

It is certainly an infraclinical disturbance of the phospho-calcic metabolism.

This is why the **ABIES** Bud which is a fixing agent for calcium, is recommended in this syndrome.

There are also bound to be hormonal factors.

But there are also important, specifically neural elements, which should be acted upon.

The **TILIA** Bud prescription is obviously selected for its anxiolytic and calming effect. But it is not enough.

A second neurotropic bud is needed : the **FICUS CARICA** Bud, the fig tree. This bud has a regulating effect on the entire cortico-hypothalamic core and the reticular formation substance.

It is indicated wherever a functional or organic problem involves a clear neurotic participation. Which is to say that it is the key bud in psychosomatic illnesses, particularly digestive : gastritis and ulcers, colitis as well as spasmophilic conditions where the neurotic element is the determining factor. The dosage is 50 to 100 drops per day.

In spasmophilic conditions, the following three buds should be used :

In a little water, add :

Morning, 75 drops :	
FICUS Bud Mac.1D	1vl/60ml
Noon, 75 drops :	
ABIES Bud Mac 1D	1vl/60ml
Bedtime, 75 drops :	
TILIA Bud Mac 1D	1vl/60ml

3 Migraines

The following two-bud prescription is firstly capable of cutting short the migraine crisis, but secondly, if it is prescribed for a sufficient length of time, to considerably increase the time between each crisis in order to reduce them to zero.

The buds are :

- **RIBES** Bud, our anti-inflammatory, and,
- **ALNUS GLUTINOSA** Bud, glutinous Alder.

This is an important gemmotherapeutic remedy for spasmodic vascular conditions that have a tendency to spread.

In the acute migraine crisis, we prescribe :

30 drops 3 to 4 times per day.
ALNUS GLUTINOSA : alone, on repetitive dose,
ALNUS GLUTINOSA Bud Mac 1D 1vl/60ml,

In the case of chronic migraines, we prescribe:

Morning, 50 drops :	
RIBES Bud Mac.1D	1vl/60ml
Evening, 50 drops :	
ALNUS GLUT. Bud Mac. 1D	1vl/60ml

3 Depressed states

The existential depressions frequently encountered will respond to the following prescription :

- obviously, the **FICUS** Bud first,
 - then gemmotherapeutic **BETULA VERRUCOSA** Seed Mac. 1D.
- VERRUCOSA Birch** Seeds have a remarkably anti-depressant effect.

DEPRESSED STATES

In a little water, add :

Morning, 75 drops :

FICUS Bud Mac 1D

1vl/60ml

Evening, 75 drops :

TILIA Bud Mac 1D,

1vl/60ml

continuously and by varying the dosage in accordance with the results obtained.

According to the symptomatology, we would add other buds to this schedule.

- **TILIA TOMENTOSA** Bud, if the anxious participation is strong : an emotion or even the fear of a crisis is sufficient to cause one.

- **CRATEGUS** Bud, if bothered by cardiac erethism with palpitations and anxiogenic tachycardia.

- **QUERCUS** Acorns, if bothered by sexual asthenia, see concomitant frigidity in young women.

3 Neuroses

Some major neuroses can benefit from Gemmotherapy.

It is clear that one should always include psychotherapeutic help and take great care in cutting off tranquilizers.

However, some buds have a specific effect that is interesting :

- **Anxiogenic Neurosis with a sensation of ill defined but imminent danger**, associate with :

TILIA Bud Mac. 1D,

FRAXINUS Bud Mac. 1D, which had a positive clinical effect, 50 drops in the morning of the first day and 50 drops on the evening of the second day.

- **Phobic Neurosis, associate with :**

OLEA, Young Shoots Mac. 1D,

PRUNUS AMYGDALUS Bud Mac. 1D,
50 drops of each.

- **Obsessive Neurosis, associate with :**
OLEA Young Shoots Mac. 1D,
PRUNUS AMYGDALUS Bud Mac. 1D,
TILIA TOM. Bud Mac 1D.

It is very important to know that administration of these remedies must be done for a sufficient length of time and that immediate results should not be expected.

Furthermore, in these three cases, the addition of the **FICUS** Bud will facilitate the regulation of the thymus.

3 Cerebral involution of the elderly

Here it is not a question of treating the over famous Alzheimer's Disease, or senile dementia, eventhough Gemmotherapy would not be counterindicated. However, the cerebral fatigue that the elderly often complain about, the lost of memory or attention span, can be relieved with Gemmotherapy.

The bud prescribed is **ALNUS GLUTINOSA**, the Alder. It unequivocally improves the cerebral circulation. Intellectual performance increases. Memory and attention are easier. The effect of **ALNUS GLUTINOSA** will be completed by **OLEA** in Young Shoots, a cerebral atherosclerosis remedy and, in men, by **SEQUOIA** for its antisenescent and eutrophic effect ; in women, by **VACCINIUM**.

CEREBRAL SENESCENCE

Morning, 75 drops :		
	ALNUS GLUTINOSA Bud Mac. 1D	1vl/60ml
Noon, 75 drops :		
	OLEA EUROPAEA Young Shoots Mac. 1D	1vl/60ml
Bedtime, 75 drops :		
In men :		
	SEQUOIA Bud Mac. 1D	1vl/60ml
In women :		
	VACCINIUM Bud Mac. 1D	1vl/60ml.

3 Traumatic subjective syndrome

With depression, headaches, vertigo, feeling of empty headedness, we use :
FICUS Bud Mac. 1D, 50 to 100 drops daily.

3 Facial Neuralgia

Alternate :

FICUS Bud Mac. 1D, and
OLEA Young Shoots Mac. 1D
50 to 100 drops daily.

2 -3 Gemmotherapy and the Respiratory System

? Nose - Throat

3 Infant Rhinopharyngitis

Extremely widespread, these episodes of rhinopharyngeal infections erupt each Winter, sometimes even in Spring and Autumn, literally poisoning the lives of parent and child. They are the cause of school absenteeism. They require repetitive antibiotherapy which is obviously not without iatrogenic consequences.

In this instance, Gemmotherapy " works " well.

Rhinopharyngeal infections are directly related to failure of the immune defences which permit the development of germs and an infection spreading to the sinuses (sinusitis), the ears (otitis), and lungs (tracheo-bronchitis).

- **ROSA CANINA** Bud, the rosehip, remedy for acute inflammation, that strengthens the failing immune defence system. When administrated as a long-term cure, it helps raise the globulin rate.

- **RIBES NIGRUM** Bud would also be used for its anti-inflammatory effect.

The dosage for both buds is 30 to 50 drops according to the age of the child. Around six years of age, 40 drops is a good dosage.

INFANT RHINOPHARYNGITIS

In a glass of water :

Morning, 40 drops :

ROSA CANINA Bud Mac. 1D 1 vl / 60 ml

Evening, 40 drops :

RIBES Bud Mac. 1D 1 vl / 60 ml

This treatment is put into effect when the child starts the school year. It should be maintained for two whole months, then 15 days per month until the end of the Spring.

Excellent results are achieved after 2 or 3 months. The treatment should be repeated the following year as a prevention.

3 Chronic sinusitis

Two buds are used :

- **RIBES** Bud Mac. 1D, for its anti-inflammatory action,
- **CARPINUS BETULUS** Bud Mac., the charm, for its specific action on the sinusal mucous membrane. 50 to 100 drops of each.

3 Chronic Bronchitis

- **RIBES** Bud Mac. 1D, anti-inflammatory,
- **CARPINUS BETULUS** Bud Mac., also a pulmonary anti-spasmodic,
- **JUGLANS REGIA** Bud Mac. 1D, good long-term anti-infectant, active against staphylococcus and streptococcus, bud also on any germs developing in the tracheal and bronchial mucous membranes,
- **POPULUS NIGRA** Bud Mac., the popular tree, a major arthritis remedy, should be added in case of accentuated tracheal inflammation. It effectively acts on the trachea and bronchi.

3 Asthma

- **VIBURNUM LANT.** Bud Mac., the Viburnum. This bud produces a sedative on the neurovegetative pulmonary system and inhibits bronchial spasms. Re-establishes the respiratory function. It is the specific bud for Asthma.

It is recommended for :

- various Asthma
- Asthma-like dyspneas.

Clinical observation

September, Mrs C..., aged fifty-two, shopkeeper, consults for severe asthma that appeared when she was about ten years old. It calmed down on the onset of menses. It then returned when she was twenty-two after her first pregnancy. Nothing changed with menopause at the age of forty-eight. Episodes of dyspnea, at first rare, became frequent. For ten years, sometimes daily attacks, mostly at night, more intense in Spring and Autumn. The patient used and abused sympathomimetics and corticoids. Her history revealed a very severe case of whooping cough as a child. Numerous episodes of bronchitis and throat infections. Father died of " pulmonary " disease, mother of a " cardiac " disease. Mrs C... has two children, a boy and a girl : no sign of asthma.

In clinical observation : a thin person, 50 kg and 1.62 m tall. Cyanosis in face and extremities. Wheezing breath. Tachycardia at 110 with extrasystoles. Considerable rattle in both pulmonary fields. Profound Asthenia. No appetite. A.P. : 16-10. Blood count : 10% eosinophiles. Cutaneous tests revealed sensitivity and multiple allergies, but the desensitisation techniques used all failed.

The following was prescribed for the patient :

Every day in a little water :

Noon, 50 drops :

RIBES Bud Mac. 1D

1 vl / 60 ml

Supper, 50 drops :

VIBURNUM LANTANA Bud Mac. 1D

1 vl / 60 ml

Corticoids were gradually decreased and totally suppressed in three weeks.

October, one month from the start of treatment, clear improvement in the patient's physical and mental condition. Appetite has returned, weight up to 54 kg. An asthma attack every 5 days is noted : attacks are less violent, better tolerated. 6% eosinophiles in blood count. Same treatment is recommended.

December, three months after first consultation, Mrs C... stated that she had only experienced two attacks per month. However, an extremely severe asthmatic dyspnea episode occurred during a period of overwork which required a prescription of deltacortisone.

The same treatment was continued for 20 days per month.

In six months (June), the asthma attacks had totally disappeared, without corticoids or sedatives. A slight dyspnea was still in existence, however upon exertion; more from cardiac than pulmonary origin, a tachycardia of 90 and extrasystoles. The eosinophilic rate had dropped to 2%. Weight had risen to 58 kg.

The A.P; was 15-9.

Since then, Mrs C..., by continuing her treatment 20 days per month, is in satisfactory condition. Autumn and Spring passed uneventfully. A single asthma attack occurred in December when she had the flu.

The **VIBURNUM LANTANA** Bud, has proved to be consistently effective, especially in children and adolescents. It is an excellent remedy for asthma and dyspneic bronchitis in young people.

3 Emphysema

The **CORULLUS AVELLANA** Bud Mac. 1D, Hazelnut Tree is an antisclerotic that restores elasticity to pulmonary tissue. It is recommended for :

- Emphysema,
- Pulmonary scleroses,
- Asthma with emphysema,
- Chronic bronchitis.

Clinical observation :

October, Mr L.M..., a civil servant, aged fifty-eight, consulted for a permanent and anxiogenic dyspnea, worse at night and aggravated by the onset of humid weather.

Over the last ten years, the dyspnea has been accompanied by a major case of chronic bronchitis, with a heavy cough that is irritating and tiring and produces abundant

muco-purulent expectoration. His overall condition has changed, with decreased appetite, profound fatigue and frequent insomnia.

In clinical examination, we noted a globulous thorax, distended, even on expectoration. The hepatic and cardiac flatness soundings were partially masked. Auscultation of the heart revealed no signs of cardiac insufficiency. Colour shows slight cyanosis and the patient does manifest very strong breathing difficulties.

In clinical examination, we noted a globulous thorax, distended, even on expiration. The hepatic and cardiac flatness soundings were partially masked. Varied bronchial rattles were noted, mostly during expiration. Auscultation of the heart revealed no signs of cardiac insufficiency. Colour shows slight cyanosis and the patient does manifest very strong breathing difficulties.

A fluoroscope and X-Ray of the thorax indicated the existence of a radiolucent diffusion masking the vascular framework. The sides were horizontal and the diaphragmatic dome slightly lowered.

A functional examination carried out by a spirograph indicated :

- an increase in residual air to 3.2 litres (normal 1.51 l),
- a decrease in Maximum Expiratory Speed per Second (M.E.S.S.) recorded in the Tiffeneau curve at 600 mm³, the M.E.S.S. ratio falling to 24%.
- a decrease in Maximum Respiratory flow.

Laboratory examinations indicated a blood count of 5,300,000 red corpuscles and 7,000 white corpuscles with a normal leukocytic differential count, a cholesterol count of 2.50g and 0.50g urea. Arterial pressure 18-10.

Diagnosis : generalised emphysema with secondary chronic bronchitis.

Mr. L.M. had already undergone several treatments with ordinary pulmonary antiseptics and antibiotics. He had taken iodine, corticoids and theophylline. In spite of all those medications, his dyspnea got worse, which was a constant worry to him.

We decided to establish a treatment using **CORYLUS** (specifically for emphysematic lungs) and **RIBES**, whose stimulating effect on the cortico-suprarenals makes it a medication that is similar to a corticoid, without the dangerous side effects.

We therefore prescribed :

At Noon, in a little water, 50 drops :

CORYLUS AVELLANA Bud Mac. 1D 1 vl / 60 ml

At Supper, in a little water, 50 drops :

RIBES NIGRUM Bud Mac. 1D 1 vl / 60 ml

November, after one month's treatment, the patient returned showing slight improvement in the dyspnea, the night-time attacks in particular had improved. The cough was less irritating, the expectoration less abundant. His overall condition has improved producing a sense of euphoria. The patient states that he feels infinitely better. The asthenia has decreased, his appetite is returning and his nights are better. The same treatment is continued.

January : three months after start of treatment, the improvement in the patient's respiratory functions is spectacular. In addition, the bronchitic syndrome has disappeared.

Examinations carried out at this stage provided the following results :

- **From the functional point of view** :

The dyspnea has very clearly regressed, the patient is breathing better and more easily.

The volume of residual air has fallen to 2.5 litres.

The M.R.S.S. is over 1 litre, and the M.E.S.S. ratio is 33%.

- **From the bronchitic point of view** :

The rattle has most disappeared from both pulmonary fields.

The expectoration and the cough have ceased.

Since both results were good, the same gemmotherapeutic treatment (**CORYLLUS, RIBES NIGRUM**) will be continued.

April, six months after the first treatment, there is continued improvement in the respiratory functions. The dyspnea has disappeared. The functional respiratory tests indicate an air residual of 2 litres, a M.E.S.S. of 2 litres and a M.R.S.S. ratio of 66%.

These figures demonstrate a progressive reinstatement of the physiological elasticity of the pulmonary tissue. The overall condition is excellent, all feelings of fatigue have disappeared. The patient says he feels " younger ".

As a precaution, the treatment has continued for 20 days a month. So far, the patient has had no relapses.

When there is a major dyspnea, the addition of the **AESCULUS** Bud, the Horsechestnut bud mainly helps the respiratory flow by exerting a eupneic action. Prescribe 50 to 75 drops per day of this last bud.

2 - 4 - Gemmotherapy and the Digestive apparatus

? Mouth

3 Periodontitis

Dental alveolic Pyorrhoea - Periodontosis - with its soft and bleeding gums and teeth that work loose, will be helped by :

- **BETULA PUB.** Bud,
- **QUERCUS PED.** Bud.

These Birch and Oak buds prescribed over a long period, in a dosage of 50 to 100 drops a day, heal the gingival mucous membranes and tone the dental alveoli ligaments.

PERIODONTIS

1) take 75 drops in a little water.

Morning :

BETULA PUB. Bud Mac. 1 D 1 vl / 60 ml

Evening :

QUERCUS PED. Bud Mac. 1 D 1 vl / 60 ml

2) after each of the three meals, rinse mouth with _ glass of tepid water and 25 drops of :

PHYTOLACCA

CALENDULA

aa qsp 1 vl / 125 ml

3 Dental Decay in children

Prescribe **BETULA VERRUCOSA** Bud and **ABIES PECTINATA** Bud alternately, 20 to 50 drops daily.

? Stomach

3 Gastritis, Duodenal Ulcers

FIGUS CARICA, the Fig tree, is the bud recommended for all gastric problems.

- It is a remarkable remedy for gastritis, dyspepsia and heartburn. I prescribe 50 to 100 drops per day in a little water before lunch and dinner, after checking, of course, that the syndrome is purely functional.

- In the case of duodenal ulcer, it helps in facilitating scar tissue forming on the mucous membrane.

It is known that the **FICUS CARICA** Bud has a regulating effect on the cortio-diencephalic core. The positive effect, therefore, of the **FICUS** in gastric problems confirms reports that link the stomach and cortex. In treating gastritis, it is important to include **TILIA** Bud for its sedative and antispasmodic effect, as well as the anti-inflammatory **RIBES** Bud.

GASTRITIS

75 drops :		
Morning :		
	FICUS Bud Mac. 1 D	1 vl / 60 ml
Noon :		
	RIBES Bud Mac. 1 D	1 vl / 60 ml
Bedtime :		
	TILIA Bud Mac. 1 D	1 vl/ 60 ml

The treatment also gave good results in cimetidine withdrawal, and will avoid ulcerous relapses.

It is also prescribed for oesophagus dysphagia and motor functional disturbances in diaphragmatic hernias.

In recurring duodenal ulcers or healing problems, we alternate :

- **FICUS** Bud Mac. 1D,
- **ALNUS GLUT** Bud Mac. 1D.

Prescribe 50 to 75 drops of each on alternate days.

In fact, **ALNUS GLUT** improves the activity of **FICUS** because of its effect on the acute inflammatory syndromes.

We can monitor the healing process through fibre optic endoscopy.

? Liver

Three gemmotherapeutics are of interest for their effect on the hepatic parenchyma.

- **ROSMARINUS** Young Shoots Mac.1D, a cholagogue and choleric effect was pharmacologically observed. The use of young leaves and young shoots increases the hepatotrope properties of **ROSMARINUS** compared with the adult plant.

For proper hepatic drainage in case of " slight hepatic failure ", we prescribe : **ROSMARINUS** Young Leaves Mac. 1D, 50 drops morning and night.

Together with **OLEA** Young Leaves, it is a key treatment in lowering lipids.

- **SECALE CEREALE** Rootlets, Rye, has a direct effect on the hepatic cell. It is recommended in the treatment of acute hepatitis and mostly chronic hepatitis.

Its activity will be monitored through the evolution of the rate of transaminases which, when increased, normalises progressively. It can very well be associated with a sometimes essential immunodepressive treatment and will facilitate its action.

- **JUNIPERUS COMMUNIS** Young Shoots, Juniper which has a dual effect :
 - on the ailing liver as it has a similar effect as the **SECALE CEREALE**, which stimulates and heals the hepatic cell.
 - on the ailing kidney as it stimulates its function.

CHRONIC HEPATITIS

Prescription :

Morning :

SECALE CEREALE Rootlets Mac. 1D 1 vl / 60 ml

Noon :

RIBES Bud Mac. 1D 1 vl / 60 ml

Evening :

JUNIPERUS COMMUNIS Young Shoots Mac.1D 1 vl / 60 ml

in two-month cure.

> Gallbladder

Bladder drainage requires three gemmotherapeutics :

- **ROSMARINUS** Young Shoots, for its obviously catalogic effect that stimulates vesicular clearance.
- **FRAXINUS** Bud, Ash Tree, used for gout, which is associated with :
- **ACER CAMPESTRE** Bud, Maple tree, which slows the formation of sediments and micro-stones of cholesterol saturated bile.

When used together, **FRAXINUS** and **ACER** also act as anti-inflammatories on the vesicular wall.

The treatment for someone suffering from biliary dyskinesia with a tendency to form vesicular boues/sédiment* would therefore be :

First month

Every morning, upon waking, on an empty stomach, take 75 drops in tepid lemon juice :

ROSMARINUS Young Shoots Mac. 1D 1 vl / 60 ml

Second month

Morning, 50 drops :

FRAXINUS Bud Mac. 1D 1 vl / 60 ml

Evening, 50 drops :

ACER CAMPESTRE Bud Mac. 1D 1 vl / 60 ml

? Pancreas

Here we will limit ourselves to the exocrine function of the pancreas, and leave the study of diabetes to the chapter on : " Metabolic illnesses ".
the bud in question is the **JUGLANS REGIA**, the walnut tree.
This bud, with its clear anti-infectious properties, also has an anti-inflammatory pancreatic effect which stimulates the secretion of pancreatic juices.

The dosage is 50 to 75 drops per day.

- It would be of interest to use it with **RIBES** for chronic Pancreatitis.
- Prescribed alone, it can be of help for digestive malabsorption relative to the functional pancreatic failure. At the clinical level we encounter flatulence, abdominal meteorism and post-prandial swelling. We therefore prescribe :

POST-PRANDIAL METEORISM

30 drops in a little water :

JUGLANS Bud Mac. 1D

1 vl / 60 ml

10 minutes before lunch and supper.

? Intestines

VACCINIUM VITIS IDAEA, Young shoots, Mount Ida Vine, is the remedy for all colic related problems.

This gemmotherapeutic study was observed in pharmacology to have a regulating effect on the colon's motor functions in relation to the problem being treated.

It exhibited a diphasic action.

In an inert colon, it acted as a stimulant, a tonic. In a hypertonic spasm, it acted as a sedative and anti-spasmodic. We therefore would prescribe it for :

CHRONIC CONSTIPATION

On waking, take 75 drops :

VACCINIUM VITIS IDAEA Young Shoots Mac. 1D

1 vl /

60 ml

3 Spasmodic colitis

It will have slow but excellent results after one or two months, so do not suddenly withdraw the usual laxatives but use oil, mucilage and bran during a transition period.

SPASMODIC COLITIS

Morning, 75 drops :
VACCINIUM VITIS IDAEA Young Shoots Mac. 1D 1 vl /
60 ml

Evening, 75 drops :
TILIA Bud Mac. 1D 1 vl /
60 ml

TILIA is prescribed here for its sedative qualities.

However, **FICUS** could also be used if the psychological factor appeared to be a determinant.

Of course, prior to starting any gemmotherapeutic treatment for functional colic problems, all organic aetiology must be eliminated.

A particularly interesting case is that of Diarrhoea following antibiotic treatment.

Here, the **JUGULANS** Bud Mac. 1D should be used to restore the intestinal flora. The following would be prescribed, for example :

Morning, 50 drops :
VACCINIUM VITIS IDAEA Young Shoots Mac. 1D 1 vl / 60 ml

Evening 50 drops :
JUGULANS Bud Mac. 1D 1 vl / 60 ml
for a 3 to 4 weeks cure.

2 - 5 Gemmotherapy and the Renal , uro-genital apparatus

? Renal and urinary system

In renal and urinary problems, we must treat :

3 Renal insufficiency.

The type of renal insufficiency normally encountered in medical practice, adapts perfectly to Gemmotherapy, among other Biotherapies.

Renal insufficiency of course means a decrease in urine output, an increase in uraemia and creatinine, lowered clearance. It is obviously not the kind of renal failure that justifies dialysis, but the kind frequently manifested by elderly patients for example.

- The **FRAXINUS** Bud, studied earlier, has diuretic properties. 50 to 100 drops daily can be prescribed.

- **BIRCH SAP** 1D can also be used, but it is more a uricolytic than a diuretic.

The most effective gemmotherapeutic treatments for diuresis are :

- **BETULA PUB.** Interior root bark. The interior bark of the **BETULA PUBESCENS** root, not the bud, is the tree part with twigs, the Birch sap are already diuretic. However, the urine eliminated lowers the urea and creatinine figures. The dosage is 50 to 75 drops per day, prescribed upon waking, or better still, at bedtime since decubitus encourages diuresis.

- **JUNIPERUS COMMUNIS** Young Shoots, Juniper. As we have seen, this gemmotherapy has a dual effect : as an anti-inflammatory effect on the liver, and as a diuretic on the kidney. It is, therefore, an excellent hepatorenal drainer, that can be widely used, every time there is a chronic auto-intoxication condition that feeds the development of decompensated scabies.

DIURETIC PLAN

Prescribe, in a large glass of water :

Morning, 50 to 75 drops :

JUNIPERIS COMMUNIS Young Shoots Mac. 1D 1vl /60 ml

Evening, 50 to 75 drops

BETULA PUBESCENS Interior Root Bark Mac. 1D 1vl /60 ml

Two-month treatment to be repeated after a one-month rest.

3 Recurring Cystitis.

We are often called upon to treat infectious urinary cystitis attacks. Burning bladder sensations, pollakiuria, clear or cloudy urine, cystitis recurrence affects many women, most often the young ones.

The Escherichia bacillus, in concentrations of 1.10^6 , 1.10^7 , is mostly often the cause. It must be other entero-bacteria such as Proteus, Klebsellia, Aerobactus or, rarely, Enterococcus.

Sometimes no germ is found in the culture. This means Chlamydia or a viral infection.

Two gemmotherapeutic treatments can help to fight this :

- **VACCINIUM VITIS IDAEA**, Young Shoots, Mount Ida Vine which, like myrtis, has a disinfectant effect as much at the urinary level.

- **CALLUNA VULGARIS** 1D, Heather, whose disinfectant and diuretic effects are of equal value in this matter.

RECURRING CYSTITIS

In a large glass of water, take :

Morning, 75 drops :

VACCINIUM V.I. Young Shoots Mac. 1D 1vl /60 ml

Evening, 75 drops :

CALLUNA VULGARIS 1D 1vl /60 ml

? Gemmotherapy and the Genital Apparatus

Men

3 Prostatic Adenoma.

The gemmotherapeutic treatment selected is young shoots of **SEQUOIA GIGANTEA**, which are specifically for the inflamed and senescent prostate. It is an excellent remedy for prostatitis not acute but chronic, and prostatic adenoma, once the possibility of cancer has been ruled out.

In prostatic adenomas, **SEQUOIA** will certainly not make the tumour disappear. But it will halt its development and, above all, combat the inflammatory phenomena resulting from glandular hypertrophy.

This explains its swift action on functional problems that are characteristic of prostatic hypertrophy. Dysuria and pollakiuria clear up rapidly.

SEQUOIA also has a general eutrophic action which gives the patient a sensation of well-being.

The **RIBES** bud is systematically added to **SEQUOIA**. In this way, we potentialize the anti-inflammatory treatment and accelerate the functional improvement. Many clinical studies have been carried out over the years that have observed **SEQUOIA**'s effect on prostate.

For example : Mr. J.C..., a retired civil servant, aged sixty five, has urinary

problems relating to the development of a prostatic adenoma six years ago :
Nocturnal pollarkiuerial 5 to 7 times nightly. Initial dysuria : pushes to urinate.
A few episodes of infectious cystitis related to an old prostatitis which was treated with antibiotics.

T.R. : large prostate the size of a Ping-Pong ball, firm but elastic. Ultrasound on a full bladder : weight estimated at 70 g, small intraprostatic calcifications indicating previous prostatitis, but tissue is homogeneous. Capsule intact.
After urination : residue.

Acid I.V.P. : good renal function. The adenoma raises the bladder floor. Clear residue.

Acid phosphates and Prostatic acids normal. Somewhat high urea at 0.55 g, but creatinine at 0.0012 g. E.S. rate normal.

On the lumbar X-Ray, ordinary arthritis.

Our treatment for one month :

In a large glass of water, 75 drops :

Morning :

SEQUOIA Y.S. Mac. 1D

1vl /60 ml

Evening :

RIBES Bud Mac. 1D

1vl /60 ml

After one month, clear improvement in Mr. J.C.'s condition. The nocturnal pollarkiuerial is down to 3 urinations. Mr. J.C. urinates better. Overall improvement in general condition. Same treatment for one month. Mr. J.C. is a lot better and down to two nocturnal urinations .

In T.R.* : prostate clearly smaller, more supple. Reappearance of the sulcus median which had disappeared.

An ultrasound on a full bladder confirms a certain amount of improvement. The weight of the prostate is estimated at 60 g, which indicates a decrease in inflammatory phenomenon. After miction, the residue has disappeared. For maintenance, we prescribed that Mr. J.C. should take 60 drops of **SEQUOIA** for 15 days per month, in three-months periods intercut with a two-month rest.

Masculine Sexual Asthenia.

It is normal that a certain " sexual laziness " should set in with age. This is obvious more easily observed in the man. **SEQUOIA** Y.S. can provide assistance in counteracting this weakness.

Two gemmotherapeutic treatments are particularly effective in this instance.

- **QUERCUS PEDONCULATA** Bud, Oak Tree. This tree stimulates the secretion of testosterone. 50 to 100 drops a day.

- **BETULA PUBESCENS** Bud, Birch Tree, will complete the effect. 50 to 150 drops daily.

These are the two remedies we currently prescribe for the older man.

Women

We must treat :

3 Dysmenorrhea,

although the taking of oral contraceptive has considerably decreased its intensity.

The problem is, however, common in young girls in the first two or three years of menstruation.

RIBUS IDAEUS, the young buds of the raspberry bush, are a specific gemmotherapeutic treatment. As we have observed, they contain a number of myo- relaxant substances. **RUBUS IDAEUS** is also an interesting uterine antispasmodic.

It acts on pain at the onset of menstruation, or even the day before, which then decreases or disappears once the flow is properly established. This is the type of dysmenorrhea normally encountered, particularly in adolescents and in relation with a uterine spasm. The dosage is 50 to 100 drops per day.

PAINFUL MENSTRUATION IN ADOLESCENTS

40 drops, morning and evening :

RUBUS IDAEUS Y.S. Mac 1D

1vl /60 ml

One month out of two.

This is generally sufficient.

3 Fibromas.

The basic gemmotherapeutic treatment plan for fibromas uses 3 buds :

- **VACCINIUM VITIS IDAEA** Young Shoots, we use the antihyalionosis properties of the gemmotherapeutic treatment.

- **RUBUS FRUCTICOSUS** Young Shoots, Thorn, which sensitises the uterus to the **VACCINIUM** action.

- **ALNUS ICANA** Bud, Mountain Alder, because of its in-depth remedial

effect on the tissues and non-malignant neo-formations.

The dosage for the three gemmotherapeutic remedies is 50 to 100 drops per day.

This is prescribed for periods of two months intercut by a one-month rest.

FIBROMAS

In a large glass of water, 50 drops :

Morning :

VACCINIUM VITIS IDAEA Y.S. Mac. 1D 1vl /60 ml

Noon :

RUBUS FRUCTICOSUS Y.S. Mac. 1D 1vl /60 ml

Bedtime :

ALNUS INCANA Bud Mac. 1D 1vl /60 ml

2 - 6 Gemmotherapy and the Cardiovascular apparatus

? Arteries.

3 Arterial Hypertension.

CRATAEGUS OXYACANTHA Young Shoots, Hawthorn, is of interest in this case. As previously documented in our gemmotherapeutic research, **CRATAEGUS** has a by-pass type action. In cases of hypertension, however, it lowers blood pressure. It acts, therefore, as a blood pressure regulator. It obviously does not have the spectacular effect of β blocking agents or other classic remedies used for very high blood pressure. It does, however, ensure a gentle, progressive regulation from an extreme maximum and minimum pressure.

OLEA EUROPEA, Young Shoots, Olive, in this case potentializes the activity of the **CRATAEGUS**.

We would much rather use them since they also have a hypocholesterolemic and arterial antisclerotic effect.

ARTERIAL HYPERTENSION

Prescribe according to data, 50 to 75 drops :

Morning :

CRATAEGUS Y.S. Mac. 1D 1vl /60 ml

Evening :

OLEA EUR.Y.S. Mac. 1D 1vl /60 ml

This treatment is prescribed for two to four whole months, then 20 days per

month as maintenance, particularly in the elderly, to stabilise the blood pressure at 16-17 maximum, 10-11 minimum. This seems sufficient to us, since it is reasonable.

The action of the two gemmotherapeutics can be increased by using gemmodiuretics such as the **FRAXINUS** bud, **BIRCH SAP 1D**, **BETULA PUBESCENS** internal root bark.

3 Hypotension.

In the case of hypotension, prescribing 2 gemmotherapeutics to stimulate the adrenal glands will give positive results.

These are :

- **RIBES** Bud Mac Glyc. 1D, and
- **QUERCUS PED** Bud Mac 1D.

Long term treatment of 50 to 100 drops a day will give positive results.

3 Arthritis in Lower Limbs.

Gemmotherapy is very beneficial to this infection, provided there are no large clots obstructing the iliac artery and provided a possible tobacco addiction is stopped.

Gemmotherapy enables the development of a collateral circulation, the progress of which can be verified through functional improvement, an increase in the walking distance and on the Doppler. Great care must be taken in detecting trophic foot problems.

Two buds act as a tonic on the artery and as a regulator of the sympathetic nervous system.

- **POPULUS NIGRA** Bud, Black Poplar. It is an arterial anti-spasmodic. It encourages the establishment of a collateral circulation and fights cutaneous trophic problems.

- **CORNUS SANGUINEA** Bud, Dogwood. The buds from this tree possess an anticoagulant, antithrombotic action. They are a good arthritis remedy for atherosclerosis and tobacco addiction.

Bud dosage : 50 to 100 drops per day.

OBSERVATION.

MR. S.A., a 62 year old retired executive, has suffered from arthritis in his right leg for three years.

His walking distance is limited to about 15 meters. Palpitation does not show either the dorsalis pedis or the posterior tibial arteries, which is confirmed by

the Doppler. The patient was a smoker for many years but he stopped smoking a year ago.

An arteriograph was taken : obliteration in the lower 1/3 of right femoral. Biological constants disturbed : cholesterol at 3.20 g (despite clofibrate), triglycerides 2.50 g, urea 0.55 g, uric acid 0.080 g. ECG, cervical and arm Dopplers are normal.

We prescribed, for two months without interruption, the classic treatment based on vasodilators and lipid lowering drugs.

Morning : 75 drops :

POPULUS NIGRA Bud Mac 1D 1vl /60 ml

Evening, 75 drops :

CORNUS SANGUINEA Bud Mac 1D 1vl /60 ml

At the end of two months, the intermittent limp was very obviously improved. Mr S.A. could walk about one kilometre. We prolonged the **POPULUS/CORNUS** treatment for another three months and decreased the allopathic treatment. The condition improved : the distance walked increased to several kilometres and Mr S.A. was able to return to his abandoned golf game.

The tibial and dorsalis pedis arteries could be felt, although only slightly, though palpation. The leg and foot were warmer, more coloured. The Doppler confirmed the improvement in biological constants : cholesterol at 2.50 g, triglycerides at 1.80 g, urea at 0.40 g, uric acid at 0.070 g.

We considered it possible to suspend the classic treatment, and maintained the same gemmotherapeutic treatment, same dosage, 15 days a month.

In the area of arthritis, there are other buds that can be effectively used, such as :

- **CERCIS SILIQUASTRUM** Bud, Mac 1D, Judas Tree, specifically for juvenile arteritis or Buerger's Disease. It would, then, be associated with **CORNUS SANGUINEA**.

- **RIBES NIGRUM** Bud Mac 1D, as an anti-inflammatory associated to the classic treatment and to **CORNUS** in Horton's temporal arthritis.

- **OLEA EUR.** Young Leaves 1D, for its lipid lowering effect.

- **TILIA TOMENTOSA** Bud 1D, Linden, for its sedative and antispasmodic effects.

? Veins

3 Venous Insufficiency - Varicose Veins

There are three gemmotherapeutics suitable for a leg that has apparent varicose veins, edema and feelings of heaviness and burning :

- **SORBUS DOMESTICA** Bud Mac., Sorb, which is specifically for veins. It tones the venous wall by fighting inflammation. 50 to 150 drops per day.

- **CASTANEA VESCA** Bud, Chestnut Tree. this acts on the lymphatic vessels.

The lymphatic circulation - " the white blood " - has an important responsibility in the symptomatology of the varicose leg. It is the lymphatic stasis that is responsible for edema and feelings of heaviness. 50 to 150 drops per day.

- **CITRUS LIMONUM**, internal stem bark, Lemon Tree, for its fluidifying action on the venous blood. 50 to 75 drops per day.

TREATMENT OF VARICOSE VEINS

Prescribe 75 drops :

Morning :

SORBUS Bud Mac. 1D 1 vl / 60 ml

Noon:

CASTANEA Bud Mac. 1D 1 vl / 60 ml

Evening :

CITRUS LIMONUM Internal stem bark 1 vl / 60 ml

in two-month cures.

It should be noted that in non complicated varicose veins, the prescription of **SORBUS DOM. Mac. 1D** alone gives very satisfying results.

However, if there is a threat of phlebitis or paraphlebitis, the basic anti-inflammatory

ALNUS GLUTINOSA Bud Mac. 1D should be added.

3 Varicose Ulcers

Use :

- **SORBUS** Bud, healing,
- **CASTANEA** Bud, the same,
- **JUGLANS REGIA** Bud, Walnut Tree, for its anti-infectious action against the eczema that is frequent in the periphery of the ulcer.

3 Haemorrhoids

- **SORBUS** Bud, always 50 to 75 drops per day, but also :
- **AESCULUS** Bud, Horsechestnut Tree, whose bud appears to be the

most active part of the plant : 50 to 150 drops per day.

Indicated in acute haemorrhoidal thrombosis it is also a basic haemorrhoid treatment.

? Heart

3 Tachycardia - Palpitations

These are widespread cardiac erethism phenomena that have no organic support.

The ECG is normal. Nervousness, an underlying spasmophilia, are often the cause of an impressive symptomatology :

Use :

- **CRATAEGUS** Bud, cardiac sedative with a chrono-regulatory action.
- **TILIA TOMENTOSA** Bud, for its overall anxiolytic effect.
- **FICUS CARICA** Bud, Fig Tree, for its regulation of the reticular substance.

RECURRING PALPITATIONS

Prescribe 50 drops,

Morning :

CRATAEGUS Bud mac 1D 1 vl / 60 ml

Noon :

FICUS Bud Mac. 1D 1 vl / 60 ml

Evening :

TILIA Bud Mac. 1D 1 vl / 60 ml

3 Coronary insufficiency

Three gemmotherapeutics are to be used in all nervous syndromes along with the indispensable classic treatment.

- **SYRINGA VULGARIS** Bud, Lilac. The Lilac acts specifically on the coronary arteries since it combats atherosclerosis and spasm. 50 to 100 drops per day.

- **CORNUS SANGUINEA** Bud, Dogwood, for its antithrombotic properties which offer an interesting application in preventing infarctions.

- **ZEA MAIS**, Rootlets, Corn which has a clear anti-inflammatory action on the arterial and myocardic tissue. It is also used to accelerate myocardic healing following an infarction, together with classic therapies, which are

indispensable in the instance. 50 to 100 drops per day.

PRE-INFARCTION

CORNUS SANGUINEA

Bud Mac.1D

POST-INFARCTION

ZEA MAIS

Rootlets Mac. 1D

3 Myocardic insufficiency

Here again, the **CRATAEGUS** Bud is used. On an ageing, tired heart, it offers properties similar to digitalis glycosides without providing the full effect but also without the inconveniences.

On a tired, accelerated heart, it has, therefore :

- a negative chronotropic action that slows the heartbeat,
- a positive inotropic effect that reinforces contractile strength.

An average dose of 50 drops per day is used. Its effect is, of course, monitored by the number of beats / minute and an E.C.G.

In order to benefit from the supplementary diuretic effects, it is often associated with

BETULA PUB. internal root bark.

CARDIAC INSUFFICIENCY IN THE ELDERLY

Prescription :

Morning, 50 drops :

CRATAEGUS Bud Mac. 1D

1 vI / 60 ml

Evening, 50 drops :

BETULA PUB. internal root bark Mac. 1D

1 vI/ 60 ml

In extended cures, for as long as necessary.

This treatment does not exclude digitalis glycosides but enables the decrease of the dosage.

? Blood

3 Anaemia

In hypochromic anaemia, we alternate :

2 -7 Gemmotherapy and the Metabolic illness

Gemmotherapy is very useful in the treatment of four major metabolic ailments :

- Maturity Onset Diabetes
- Hypercholesterolemia and hypertriglyceridemia
- Hyperuricemia
- Excessive weight

These four are more nutritional than metabolic ailments. In our world of food over consumption, they are more often associated with an overly rich diet. Medical treatment is insufficient in itself to reduce them. An appropriate diet must be followed, although even that is not always enough.

3 Maturity onset diabetes (M.O.D)

Gemmotherapy does not treat the insulin-dependent young patient who can only be treated with insulin injections.

M.O.D., however, reacts well if it is associated with an appropriate diet.

This kind of diabetes is most often seen in overweight patients who are over forty and it is strongly tied to continued bad eating habits : usually food that is too rich and too sweet. We are dealing here with the Psoric type. But there is also a predisposition related to a dysinsulinemia whose mechanism we have yet to discover.

A prescription or a balanced diet adapted to the patient and gemmotherapeutic remedies or other biotherapeutics, is generally enough to stabilise the glycemie cycle. It is only in the event of failure that we will turn to sulfonylurea or biguanides, that are not without iatrogenic consequences.

Two gemmotherapeutics are used in this type of diabetes :

- **ACER CAMPESTRE** Bud, Maple Tree, 50 to 75 drops per day,
- **MORUS NIGRA 1D**, Blackberry, 50 to 75 drops per day.

This two hypoglycemic plant remedies are used in long-term treatment.

Glycemias of 1.20 g, 1.30 g can be obtained by using them.

Their effect can be complemented by **JUGLANS REGIA**, which is also a hypoglycemic and **OLEA EUR.**, whose anti-atheromatic action is valuable to the vascular function.

MATURITY ONSET DIABETES

Prescribe 50 drops :

Morning :

ACER CAMP. Bud Mac 1D

1 fl / 60ml

Noon :

OLEA Young Leaves Mac. 1D	1fl / 60 ml
Supper :	
MORU NIGRA 1D	1 fl / 60 ml
Bedtime :	
JUGLANS Bud Mac. 1D	1 fl / 60 ml

Two-month treatment. Check glycemia and glycosuria. If the results are satisfactory, maintain this prescription for 15 or 20 days per month, alternating the buds.

3 Hypercholesterolemia and hypertriglyceridemia

Without going into details of all dyslipoproteinemias that are more or less crippled by vascular risk, let us remind ourselves of a few essentials : it will make things clearer.

By taking the hyperlipidemia classification established by Fredrickson (1965) and revised by the W.H.O. (1970), two types of dyslipoproteinemias ability that are frequent in our regions and carry a major atherogenic ability that may result in a myocardic infarction.

- **Type II**, essentially characterised by a major increase in blood cholesterol.

When the triglycerides are normal, we have a *Type IIa*.

Diet has little effect on it. The H.D.L. is often normal, but the H.D.L. / L.D.L. ratio is very low.

Triglycerides can, however, be moderately raised. We then have a *Type IIb* which is sensitive to diet.

- **Type IV**, which is frequently found in France. Cholesterol is normal or only slightly raised. It is the triglycerides that are quite high although not as extreme as the figures of the *Type I*. The H.D.L.'s are decreased. *Type II* is the less dangerous and is diet sensitive. It just requires the elimination of alcohol and sugar or, alcohol or sugar, depending on the tests carried out, to stabilise the biological constants. In our experience, however, the diet is rather difficult to follow for the average Frenchman.

Gemmotherapy will play a specific role in both cases.

1/ High cholesterol, subnormal triglycerides, H.D.L. subnormal, but H.D.L./L.D.L. ratio collapsed. This is *Type II*.

We prescribe 50 to 100 drops per day :

Morning :

OLEA EUR. Young Leaves Mac. 1D

1 vl / 60 ml

Evening :

JUNIPERUS COMM. Young Leaves Mac. 1D 1 vl / 60 ml

In two-month cures, separated by one month's rest until the biological analyses are normalized. Eliminate food rich in cholesterol. Only in cases of failure do we resort to the synthetic lipid lowering drugs. The Olive Tree (**OLEA**) and the Juniper (**JUNIPERUS**) are good phytotherapeutic lipid lowering drugs. In fact, they are very effective emunctorial drainers.

2/ High triglycerides, subnormal cholesterol, decreased H.D.L.

This is *Type IV*.

Emphasise diet more insistently since the type responds well and prescribe :

50 to 100 drops per day :

Morning :

PRUNUS AMYGDALUS Bud Mac. 1D 1 vl / 60 ml

Evening :

ROSMARINUS Young Leaves Mac. 1D 1 vl / 60 ml

Here again in two-month cures, intercut with one month's rest.

- **PRUNUS AMYGDALUS** Bud (sweet variety of Almond Tree), decreases the triglycerides rate. This effect is special to this particular Bud.

- **ROSMARINUS** Young Leaves, Rosemary, potentializes the effect with its cholagogue and cholaretic action. It energetically drains the hepatic cell.

In difficult cases of major hypertriglyceridemia, a Labiate prescription such as :

THYMUS VULG. 1D

will help to solve the problem. It is prescribed together with two other gemmotherapeutics : for example, 20 drops three times per day.

3 Hyperuricemia

Hyperuricemia can be improved through Gemmotherapy. We have already seen that it can be used to treat Gout. The **FRAXINUS** Bud is responsible for this.

But many cases of elevated uricemia, however, do not necessarily trigger Gout. Figures in the region of 80 to 90 milligrams of uric acid in the blood are frequently encountered. This is seen mostly in overactive male patients, aggressive and dominant managers, always supercharged. In other words,

the **NUX VOMICA** type.

A uricolytic appears particularly useful here : **BIRCH SAP. 1D**

This has already been studied in rheumatology. We have noted that particular use of 50 to 75 drops in the morning on an empty stomach taken in a large glass of water, for a period of two or three months lowered the uricemia between 20 and 30%.

This is the reason why we recommend it for a period of 20 days per month, for all person with high levels of uric acid.

After 3, 4, 6 months, the proportion of uric blood acid figure stabilises around 60 milligrams per litre of blood. It has returned to normal and we have no doubt offset not only the articular risk, but also the vascular one which this type of uricemia involves.

3 Excessive weight

Without wishing to appear as " weight fanatics ", Gemmotherapy can help lose those extra kilograms that are so often distressing to the body conscious woman, or even to the sportsman.

The gemmotherapeutic process involves :

1/ Stimulating the hepatorenal function

Eliminate well lose weight by using, among others, the following Buds :

- **JUNIPERUS COMM.** Young Shoots
- **ROSMARINUS** Young Leaves
- **FRAVINUS** Bud

2/ Stimulating the thyroid with :

- **BETULA PUBESCENS** Catkins. Birch Catkins have a general endocrine stimulating effect. In the male, it acts on the androgenic function and in the female on frigidity. But they share an equal effect on stimulating the Thyroid. In this instance, they provide a treatment of general realignment aimed at reducing weight.

The aim here is not to perform a thyroid Hormonotherapy, which is always dangerous and usually ineffective, but to gently and physiologically facilitates the Thyroid function.

3/ Realigning the cortico-diencephalic axis and, by the same token, regulating the appetite, since nearly all patients have bulimic tendencies which should be suppressed.

We use :

- **FICUS** Bud, an important cortico-diencephalic dysrhythmia regulator, vital to bulimics.

- **CRATAEGUS** Young Shoots, and

- **TILIA** Bud, both neurosedative anxiolitics that prevent nutritional compensations when an anxiety attack or existential depression strikes.

By using these two buds and recommending hypocaloric diets, balanced to the needs of each patient, we established that the necessary treatment should be varied for two month sequences.

For example :

TREATMENT OF EXCESSIVE WEIGHT

1/ The first month, 50 drops :

Morning :

FRAXINUS Bud Mac. 1D 1 vl / 60 ml

Noon :

BETULA Catkins Mac. 1 vl / 60 ml

Evening :

FICUS Bud Mac. 1D 1 vl / 60 ml

2/ The second month, 5 drops :

Morning :

JUPINERUS Young Shoots Mac. 1D 1 vl / 60 ml

Noon :

ROSMARINUS Young Leaves Mac 1D 1 vl / 60 ml

Evening :

TILIA Bud Mac. 1D 1 vl / 60 ml

To this treatment we add a sound diet that eliminates bread, pasta, starchy foods, sugar and sweet foods such as honey, jam, chocolates and cakes. We restrict salt, butter, cheese and oil.

We limit fruits to 2 per day and allow everything else. Drink 1 litre of water per day plus the usual beverages. Weigh-in every morning on waking, and on empty stomach.

This will result in a weight loss of about 500 g per week, or 2 kilos per month.

Once the right weight is reached, it is sufficient to modify the diet and treatment to obtain a stable weight.

2 - 8 Gemmotherapy and the Dermatology

3 Eczema

In this instance, Gemmotherapy is, in our opinion, indispensable. Three remedies should be used at the practical level and are easy to remember, Cedar, Willow and Walnut.

- **CEDRUS LIBANI** Young Shoots, Cedar of Lebanon is the medication used for dry eczema, lichenified dermatosis, dry skin, dehydrated by the sun and the type of pruritis, apparently sine materia, evident in the elderly who have badly vascularized dry skin.

- **ULMUS CAMPESTRIS** Bud, Willow, indicated in all inflammatory, vesiculous, oozing, not yet infected eczema. Associated with **RIBES**, it is the remedy for acute eczema.

- **JUGLANS REGIA** Bud, Walnut Tree, prescribe in all eczema infected by staphylococcus or streptococcus, for its anti-infectious effect.

And always of course, the **RIBES** Bud, whose action is important to the inflammatory and allergenic components that underlie all eczema.

A classic plan for eczema would be :

1/ For an outbreak of eczema :

Morning, 75 drops :

RIBES Bud Mac. 1D 1 vl / 60 ml

Evening, 75 drops :

ULMUS Mac. 1D 1 vl / 60 ml

2/ For oozing and superinfection :

Morning, 75 drops :

RIBES Bud Mac. 1D 1 vl / 60 ml

Noon, 75 drops :

JUGLANS REGIA Bud Mac. 1D 1 vl / 60 ml

Evening, 75 drops :

ULMUS Bud Mac. 1D 1 vl / 60 ml

3 Urticaria

Acute Urticaria, it would be treated as follows :

- **RIBES** Bud Mac. 1D, liberally prescribed, 100 to 150 drops daily, spread out through the day.

Recurring urticaria will be improved by :

- **RIBES** Bud, but more importantly by :
- **ALNUS GLUTINOSA** Bud, Alder, which is indicated in all urticaria that becomes chronic, whether it is allergenic, or without a known etiology. Dosage : 50 to 100 drops per day.

3 Psoriasis and psoriasiform dermatoses

Sometimes positive, this treatment can also be disappointing. We use :

- **RIBES** Bud
 - **CEDRUS** Young Shoots, and mostly :
 - **SECALE CEREALE** Rootlets, Rye, which has a healing effect on the derm and epiderm. Prescribe 50 to 100 drops per day associated with two other gemmotherapeutics.
- In addition, **TILIA** and **FUCUS** can act positively on the nervous element.

3 Acne

In common acne, several Buds are prescribed although one in particular, **PLATANUS** has a remarkable effect :

- **RIBES** Bud,
- **ULMUS** Bud, which regulates the seborrheic flow,
- **JUGLANS** Bud, which acts on frequent streptococcus infection. It also aids in cutting down antibiotics that are widely prescribed in such cases.
- **PLATANUS ORIENTALIS** Bud, Plane Tree, indicated in this recurring cutaneous infection since it is a remedy for hopelessly repetitive inflammations, 30 to 50 drops per day, according to age.

3 Recurring Herpes

Alternately prescribe :

First day, 50 drops :
ULMUS Bud Mac. 1D

Alternate day, 50 drops :

ROSA CANINA Bud Mac. 1D

The association of these two buds reinforces the immunity defence system and manages to halt repetitive genital herpes.

3 Vitaligo

Again, the **PLATANUS** Bud Mac. 1D should be used. Establish long-term treatments, at least 6 months, 20 days per month, 50 drops per day, without making the patient any wild promises.

3 Warts

Due to the development of the Pavova type viruses, these benign tumours are favourably influenced by :

- **VITIS VINIFERA** Bud, Vine, 50 to 75 drops per day.
Its effect will be potencialized by :
- **FICUS CARICA** Bud, to account for the nervous element that is evident in such cases, and by :
- **ROSA CANINA** to increase the antiviral immune defence system.

WARTS

Prescribe 50 drops :

Morning :

VITIS VINIFERA Bud Mac. 1D 1 vl / 60 ml

Evening :

FICUS CAR. Bud Mac.1D 1 vl / 60 ml

Second time :

ROSA CANINA Bud Mac. 1D 1 vl / 60 ml

for a two month treatment.

2 - 9 Gemmotherapy and the Allergies

Gemmotherapy is very useful in all allergic ailments to neutralise the consequence of the antigen / antibody conflict. On the respiratory level, we must treat rhinitis, allergic coryza and asthma. We have already seen for the cutaneous ailments that we will encounter, such as urticaria and atopic eczema. Gemmotherapeutics remedies will be widely used.

3 A key Bud : RIBES

The **RIBES NIGRUM** Bud, Blackcurrent, is the key Bud in this instance. We have observed its cortisone-like action : it stimulates adrenocortical secretion in a remarkable manner. It is, therefore, an effective and swift acting anti-inflammatory.

Acting as a direct stimulant on the adrenal gland, it has none of the inconvenient iatrogenic consequences of corticoids. Neither does it engender drowsiness. It is used in dosages of 50 to 150 drops per day of 1D glycerined macerate. It is used in acute and chronic ailments.

In all such allergies, the effect of **RIBES** will be potentialized by using antihistaminic Buds as well as by hepato-vesicular and renal drainage.

3 Antihistaminic Gemmotherapeutics

I would choose two that are very useful in all cases of allergy, neither of which carry a risk of drowsiness.

- **FAGUS SYLVATICA** Bud, Beech Tree, 50 to 75 drops daily.

- **BETULA PUBESCENS** Bud, which was shown to be active in the Halpern Test.

This two buds slow down the deregulation of the mastocyte and, therefore, free the histamine during the antigen / antibody conflict.

3 Gemmotherapeutic drainage of the liver and kidneys,

Because allergic conditions do not exist unless the body is heavily intoxicated.

- **ROSMARINUS** Young Leaves

- **JUNIPERUS COOM.** Young Leaves

will aid in a general desintoxication as well as an overall improvement.

BASIC TREATMENT OF A RECURRING ALLERGIC CONDITION

Morning, 75 drops :

RIBES Bud Mac. 1D 1 vl / 60 ml

Noon, 50 drops :

FAGUS Bud Mac.1 D 1 vl / 60 ml

Bedtime, 50 drops :

ROSMARINUS Young Leaves Mac. 1D 1 vl / 60 ml

According to specific symptomatology indicated, add 75 drops per day :

- For allergic Coryza : **CARPINUS BET.** Bud Mac. 1D, regulates nasal mucous membranes.

- For Asthma : **VIRBUNUM LANTANA** Bud Mac. 1D

- For atopic eczema : **ULMUS CAMP.** Bud Mac. 1D, these buds should be taken at the even meal.

This will enable the establishment of a maintenance treatment.

To decrease patient stress, the four buds can be alternated in two, one day two buds and the other two the following day.

Always arrange for therapeutic windows, such as every two or three months.

In case of acute allergy mishaps, such as a hay-fever attack, **RIBES** should be used alone. The dosage will be increased and during the few difficult days, prescribe :

- **RIBES NIGRUM** Bud Mac. 1D, 50 drops morning, noon and evening.

2 - 10 Gemmtherapy and the Endocrinology

A number of buds have endocrinal effect, stimulating or halting the activity of certain glands.

This is not surprising. In our work on renovated phytotherapy**, we had already selected plants that had an endocrinal tropism.

It is out of the question, however, to replace it with any proven classic endocrinal therapies. But some gemmotherapeutic remedies can be vital in certain hormonal disruptions, more importantly, because they carry no iatrogenic risk.

** Phytothérapie rénovée, Berberet and Tétau, Edition Maloine

3 Thyroid

- **CORNUS SANGUINEA** Bud, Dogwood is the bud to remember in treating Parry's Disease, or hyperthyroidism.

We frequently come across young women who manifest several hyperthyroidic symptoms : small goitre, slight weight loss, tachycardia and shivers.

In all these conditions, so long as there is no risk of cardi-thyrotoxicosis, the alternance of

CORNUS-VIBURNUM has given us interesting results.

We further associate **TILIA**, used as a sedative and **CRATAEGUS** for its cardio-regulating effect.

HYPERTHYROIDISM

Prescribe :

One day, 50 drops :

Morning :

CORNUS SANGUINEA Bud Mac 1D 1 vl /60 ml

Evening :

TILIA TOM. Bud Mac. 1D 1 vl / 60 ml

Alternate day, 50 drops :

Morning :

VIRBUNUM Bud Mac 1D 1 vl / 60 ml

Evening :

CRATAEGUS Bud Mac. 1D 1 vl / 60 ml

With euthyroidic goitres, meaning with no disturbance in the secretion of T.S.H.,T3 ([Triiodothyronine](#)) or T4 ([thyroxine](#)) we can alternate the **CORNUS**

Bud (always) prescribed with **ROSA CANINA** Bud Mac. 1D, in a long-term treatment, with close supervision of the gland in question through ultrasound or scanning.

3 Adrenal Gland

In this area the **RIBES NIGRUM** Bud, Blackcurrent, is the most important. **RIBES** stimulates the adrenal gland, more particularly the adreno-cortical gland. Our pharmacological studies have demonstrated that its administration increased the amount of cortisol in the blood. It revealed a positive effect in different tests aimed at observing an adrenal activity : increased resistance to fatigue, increased resistance to cold. We were also able to observe its immediate and mediate anti-inflammatory effect.

Clinically, it is used in many syndromes where an adrenal activity is required : acute allergic reactions, various inflammatory syndromes, rheumatological, respiratory and cutaneous.

The dosage is 50 to 100 drops per day.

It can be potentialized with the **BETULA PUBESCENS** Bud and the **ALNUS GLUTINOSA** Bud which also have a stimulating effect on the adrenal gland.

3 Ovaries

- **VACCINIUM VITIS IDAEA**, Bilberry, would be the primary gemmotherapeutic we would suggest in the instance.

In fact, it is phytotherapeutic to prescribe for menopausal women. It has an oestrogen effect since it is capable of reactivating the function of the hyalinized ovary.

It is, therefore, a sound remedy to use in certain oestrogen deficient menopausal problems, mood swings and hot flushes.

MENOPAUSAL HOT FLUSHES

Prescribe :

30 drops 3 times per day :

VACCINIUM VITIS IDAEA Young Shoots Mac. 1D 1 vl / 60 ml

in repetitive treatment.

As the **SEQUOIA** it is antisenescence Bud for men, the **VACCINIUM VITIS IDAEA** is the gemmotherapeutic aimed at preserving a woman's youth for as long as possible.

- **RUBUS IDAEUS** Young shoots, Raspberry Bush, is the second gemmotherapeutic to be used in post-menopausal women.

We have already seen that it is an excellent remedy for the dysmenorhea. But its also regulates the ovarian function, stimulating the ovaries when they have slowed down, whether in oestrogen or progesterone secretions.

In premature menopause, therefore, we prescribe 50 to 75 drops per day. In the senescent female is effectively complements the effect of **VACCINIUM**.

As the other end of the spectrum, it is equally valuable in puberty, when the menstrual flow fails to establish itself and secondary sexual signs (pilosity, mammary development) are late.

3 Male gonads

- **SEQUOIA** is clearly indicated in this instance. It has an undeniably eutrophic effect on the sexual function and the cerebral activity. Under its influence it is possible to raise the 17 urinary cetosteroids. In our opinion, it is the key to treat male sexual senescence and we prescribe it quasi systematically after the age of sixty.

- 50 to 60 drops per day, 20 days per month.
In fighting sexual ageing, its effect is potentialized with :

- **QUERCUS PEDONCULATA** Bud, Oak, which simultaneously stimulates the male gonad and the adrenocortical gland. It also increases secretion of the 17 cetosteroids. Used as a tonic, it is a general stimulant for an extreme fatigue, prolonged convalescence and hypertension.

- **BETULA PUBESCENS** Catkins. This gemmotherapeutic also has a stimulating effect on the male gonad and is interesting to use in this context.

TREATING THE SEXUALITY AGING MALE

Prescribe, 50 to 75 drops :

Morning :

SEQUOIA Bud Mac. 1D 1 vl / 60 ml

Noon :

QUERCUS Bud Mac. 1D 1 vl / 60 ml

Evening :

BETULA Catkins Mac. 1D 1 vl / 60 ml

20 days per month on long-term cure

2 - 11 Gemmotherapy and the Eyes and Ears

Although Gemmotherapy has limited applications in this context, they are nevertheless of interest.

- **CERCIS SILIQUASTRUM** Bud Mac. 1D is indicated in retinal thrombosis where it is alternate with **ALNUS GLUT.** Bud Mac. 1D, 50 drops of each.

- Do not forget, however, that in treating the eye, the liver must also be treated.

ROSMARINUS, would, therefore, be a good associate.

- **SORBUS DOMESTICA** Bud Mac. 1D, 50 to 100 drops per day would be used for :

- * buzzing in the ear,
- * deafness : caused by tympanosclerosis following repeated infections. caused by vascular spasms, with dizziness and buzzing.

The link between the kidneys and hearing has been demonstrated through traditional Acupuncture. In all hearing problems, the renal function should be stimulated.

Use **BETULA PUB.** internal root bark and **JUNIPERUS.**

2 - 12 Gemmtherapy and the Geriatrics

Whether male and female, cheating time is everyone's dream. Unfortunately Dr Faust's Elixir of youth and Asterix's magic potion come from another world.

But Biotherapy does offer us several ways in which to slow down an inescapable process, certainly vital to the renewal and regeneration of the species, but difficult to live out oneself.

Gemmotherapy provides us with the means to fight those ailments we label as " Geriatrics ", that attack both men and women over the age of sixty.

This is logical since the method introduces a therapeutic possibility of using embryonic plant extracts. These are in growing elements, gibberellins and auxins which stimulate activity and tissue renewal.

Most of these buds have a eutrophic, euphoric effect, which encourage better blood circulation and better tissular functioning.

In the course of this book we have already encountered several examples of their antisenescence qualities. It is, therefore, a good idea to synthesise and outline their applications.

3 Basic plans

Two basic plans, depending on sexual gender, have been identified in the preventive treatment of senescence. They are systematically prescribed in discontinuous cures for periods of 15 days per month, 2 out of 3 months, as soon as the patient reaches sixty.

	1/ For women : 50 to 75 drops	
	Morning :	
	VACCINIUM VITIS IDAEA Young Shoots Mac. 1D	1 vl /
60 ml		
	Evening :	
	RUBUS IDAEUS Young Shoots Mac. 1D	1 vl /
60 ml		
	2/ For men : 50 to 75 drops	
	Morning :	
	SEQUOIA Young Shoots Mac. 1D	1 vl /
60 ml		
	Evening :	
	QUERCUS Bud Mac. 1D	1 vl /
60 ml		

Obviously, the dosage for these remedies must be adjusted in accordance with the case being treated.

3 Specific Buds

Buds needed for treating a patient pathological problems, or a specific weak point, will be added to this basic plan, for example in alternating patterns.

- **Obvious asthenia**, physical or mental, it is necessary to add :
RIBES Bud Mac. 1D
50 to 100 drops per day to stimulate the adrenal glands and fight drowsiness, fatigue and lack of energy.

- **Osteoporosis**, add :
For men :
RUBUS FRUCTICOSUS young Shoots Mac. 1D
VACCINIUM VITIS IDAEA Young Shoots Mac. 1D

For women :
RUBUS FRUCTICOSUS young shoots Mac. 1D
SEQUOIA Young Shoots Mac. 1D
50 to 100 drops per day.

- **Cardiac insufficiency, Tired Heart**
CRATAEGUS Bud Mac. 1D
50to 75 drops per day. **Men** are more prone to the threat of thrombotic mishaps, so it is advisable to add :

CORNUS SANGUINEA Bud Mac. 1D.

- **Cerebral degeneration, Brain Ageing** will be toned by :
ALNUS GLUT. Bud Mac. 1D and,
OLEA EUR. Young Shoots Mac 1D
50 to 75 drops per day.
Sound therapeutic key to " memory lapses ".

- **More or less Sceleretic Lungs** will be stimulated by
CORYLLUS Bud Mac.1D

Ageing skin and senile pruritus will be fought with :
CEDRUS LIBANI Young Shoots Mac. 1D

3 - THE HIPPOCRATIC SPIRIT IN GEMMOTHERAPY AND OTHER THERAPIES

Within the context of this study, it seemed of interest to us to demonstrate how Gemmotherapy is integrated into practice of modern Homeopathy and **Acupuncture**.

Gemmotherapy certainly does not aspire to Simillium, Hahnemann's Law of Similars. None of its medications have been the subject of pathogenesis. But it undeniably belongs of the homeopathic world. It is commonly prescribed by homeopathic physicians and we will see why.

In the overall concept of the energetic circulation that underlies the practice of Acupuncture, the use of gemmotherapeutic remedies appears totally logical to me. We will develop this point of view in a manner whereby the work of the acupuncturist is prolonged by the use of a prescription that complements the effect of the needles.

Gemmotherapy is an admirable biotherapeutic method that integrates with any therapeutic method based on energy.

It fits in completely with larger realignment of vital energy.

3 - 1 Relation between Gemmotherapy and the homeopathic concept of illness

For homeopathic physicians, such as ourselves, Gemmotherapy intervenes as a very specific drainage, highly active and lacking toxicity.

It is admittedly Phytotherapy, and can, therefore, be handled by someone who, while interested in the virtue of plants, ignores all of Hahneman's doctrine. It benefits from reasonable doses of very active plant remedies that produce a complete tissular phyto-embryotherapy.

3 Gemmotherapeutic drainage

Gemmotherapy is, however, well integrated with the habits of the homeopathic physician. For this reason, it is registered in the homeopathic Pharmacopoeia. As such, and like other Biotherapies, it undeniably belongs to the Homeopathic world and, as O.A. Julian wrote, " it is an essential element in the homeopathic order ".

It is therefore possible to pharmacologically define a certain number of drainage groups, such as :

LIVER DRAINER, for example :

ROSMARINUS OFF. Young Leaves Mac. Glyc. 1D

JUNIPERUS COM. Young Shoots Mac. Glyc. 1D

KIDNEY DRAINER :

BETULA PUB. Internal Root Bark Mac. Glyc. 1D

JUNIPERUS COMM. Young Shoots Mac. Glyc. 1D

BLADDER DRAINER :

VACCINIUM VITIS IDAEA Young Shoots Mac. Glyc 1D

CALLUNA VULG. 1D

INTESTINAL DRAINER :

VACCINIUM VITIS IDAEA Young Shoots Mac. Glyc. 1D

STOMACH DRAINER :

FICUS CAR. Bud Mac. Glyc 1D

ALNUS GLUT. Bud Mac. Glyc. 1D

LUNG DRAINER :

VIRBUNUM LANT. Bud Mac. Glyc. 1D

CORYLLUS AV. Bud Mac. Glyc. 1D

HEART DRAINER :

CRATAEGUS OX. Young Shoots Mac. Glyc. 1D

CORNUS SANG. Bud Mac. Glyc. 1D

SYRINGA VULG. Bud Mac. Glyc. 1D

ARTERY DRAINER :

POPULUS NIGR. Bud Mac. Glyc. 1D

CORNUS SANG. Bud Mac. Glyc. 1D

VENOUS DRAINER :

SORBUS DOM; Bud Mac. Glyc. 1D

CASTANEA VESC. Bud Mac. Glyc. 1D

DERMAL DRAINER :

ULMUS CAMP. Bud Mac. Glyc. 1D

FICUS CAR. Bud Mac. Glyc. 1D

NERVE DRAINER :

TILIA TOM. Bud Mac. Glyc. 1D

FICUS CAR. Bud Mac. Glyc.

Obviously, these drainers must be prescribed, each bud in a separate vial, enough 50 drops per day according to the period of time needed to gain therapeutic result.

As a neuro-organic therapy, Gemmotherapy widely exceeds the concept of drainage. It is also integrated into our diathetic and constitutional ideas of homeopathy that are the basis of our analysis of the patient's diathesis.

3 Gemmotherapy and homeopathic constitution

The homeopath relies on the Constitution as the first parameter in individualising a patient's treatment.

There are three constitutions indicating our patients diathesis : **carbonic, phosphoric and fluoric.**

Clinical experience has demonstrated that for each of these three constitutions one Bud cropped up more frequently in the prescription.

CARBONIC

In this instance, the Carbonic constitution corresponds to the **RIBES** bud. It is a requirement for this overall hypoendocrin constitution. Admittedly, the **RIBES** Bud has mostly an adrenal effect. But these obese, soft, sensitive and cold Carbonics are primarily hypoadrenal.

The large majority of Carbonics will discover an improvement outside of specific pathological problems, by a long-term prescription of :

50 drops per day of **RIBES NIGRUM** Bud Mac. 1D
20 days per month,

which will provide them with renewed strength and increased dynamism. As they age and degenerate, these same Carbonics will need tissular anti-senescence buds such as **SEQUOIA**, and more importantly, **ALNUS GLUTINOSA**.

PHOSPHORIC

Essentially responds to **ABIES PECTINATA**. In facilitating the balance of minerals, this bud fight the frailty of this subject whose phosphocalcic needs are great because of accelerated growth and whose characteristics correspond to those of **PHOSPHORUS**.

The evolutive sequence of our Phosphoric will then be dominated by the **QUERCUS PEDONCULATA** Bud. The oak provides the phosphoric with the possibility of an overall stimulation of both the reticulo-endothelial and polyendocrinian systems since it acts on the pituitary and adrenal glands.

FLURORIC

Already pathological, this type benefits from **FICUS CARICA** Bud. The fig tree provides a neurosensorial equilibrium that is vital in regulating the dysrhythmic constitution.

It is also prescribed 50 drops per day over the long-term, but it is split up, for example, into 15 days per month.

The Gemmotherapeutics diagrams for the three constitutions are, therefore, as follows :

CARBONIC

**RIBES
ALNUS**

PHOSPHORIC

**ABIES
QUERCUS**

FLUORIC

**FICUS
FAGUS**

3 Gemmotherapy and homeopathic diathesis

Diathetic evolution will, in the same way, be favourably influenced by Gemmotherapy.

We know that diathesis is an expression of a patient's dynamics.

Here again, a number of Buds will " appear " more particularly in relation to the diathesis involved.

Psora

Latent Psora is omnipresent, fundamental to all human beings, in relation to their original toxic capital. Psoric evolution is the constant effort to clear toxins with the appearance (erupted Psora) of a perpetual see-saw of different accidents, known as " morbid metastasis ".

But the reactional slowdown is irreparable and the patient passes from the still strong Sulphur stage to the Psorium stage where vital energy is swiftly exhausted. This is **Decompensated Psora**. At the **SULFUR** stage, we use two gemmotherapeutics that act on the two main emunctories, Liver and Kidneys. These are :

- **JUNIPERUS COMM.** Young Shoots, for its its dual effect on the liver and kidneys.

- **BETULA PUB.** Bud, for its particularly disintoxicating effect as well as its stimulating effect on the R.E.S. whose need is already apparent.

At the decompensation stage of the **PSORINUM** type, one must use more intense agents to stimulates the immune system.

We use **JUGLANS** which boosts the body's general defence systems with a cutaneous tropism which is always useful in all psoric dermatoses.

This would be the moment to use **SEQUOIA** for its overall eutrophic effect involving andocrineal and immunitary mobilisation, very valuable for our poor weak and decompensated psoric.

Tuberculism

Tuberculism is defined as the young psoric mobilising his respiratory function. 2 buds will help:

- **ROSA CANINA**, also a good stimulant for the immune defence system, capable of mobilising the immunoglobulins. **ROSA** is the remedy for all childhood rhinopharyngitis resulting from the lowered defence systems which is characteristic of this tuberculinic stage.

- There is also **VIRBUNUM LANTANA**, Virbunum, an important asthma remedy. The **VIRBUNUM** Bud stimulates the respiratory function, regulates and thoroughly drains this exygenoid (the big burner), meaning our

tuberculinic.

Sycosis

Sycosis is the diathesis that increases sluggishness and accumulates. It is subject to the development of cutaneous neoformations, once known as flat condylomas - it is presently on the increase - but also other types of benign tumors such as warts, fibromas, prostatic adenoma and no doubt some malignancies. It also includes all those patients whose symptoms, such as articular pains, are aggravated by humidity.

In aqueous climates, they suffer and swell.

THUYA is the best homeopathic remedy for these problems, previously individualised by Hahnemann, and complemented with **NATRUM SULF**.

Two buds are needed to drain this diathesis by stimulating the renal parenchyma and the reticulo-endothelial tissue by slowing down the neoformative and cumulative processes.

The **VITIS** Bud, vine, is the primary antisycositic bud. Its acts on all benign neo-formations. In addition, it is a sound remedy for warts. **THUYA/VITIS** are one of the major keys to the homeopathic treatment of warts.

The **PINUS** Bud is our second antisycositic. We have already observed its effect on the articular cartilage. It also has a stimulating effect on the reticulo-endothelial tissue.

Luesa

Finally, Luesa, with its vascular risk, requires the intervention of an antisclerotic and antithrombotic gemmotherapeutic.

POPULUS NIGRA is the first but selected for its antisclerotic effect on the arterial wall.

We have observed its role on the treatment of arthritis and in particular, arthritis of the lower limbs, a typically luetic infection. It should be prescribed over the long-term in the luetic who has suffered from existing vascular ailments.

CORNUS SANGUINEA, Dogwood, should be associated with it. It is our second important luetic bud. It is also anti-sclerotic, but it acts on the blood coagulation factor. It maintains a certain blood fluidity and prevents the formation of atherosclerosis and infarction generating micro-thrombi.

The gemmotherapeutic for our 4 diathesis are, therefore :

TUBERCULISM	PSORA	SYCOSIS	LUESA
ROSA	JUNIPERUS	VITIS	POPULUS
VIRBUNUM	BETULA	PINUS	CORNUS
	JUGLANS		
	SEQUOIA		

By associating Gemmotherapeutics needed by the constitution - not forgetting the mixed constitutions - and by the Diathesis - and taking care of the polydiathetic intoxications, we can see that we have valuable remedies. They will shoulder our major effort of curative realignment by integrating our homeopathic ideas and techniques.

3 - 2 Gemmotherapy and the Acupuncture

Through diathesis and Homoeosiniatry, which we think is very important since it establishes the existing links between Acupuncture and Homeopathy, it is possible to establish links between Gemmotherapy and Acupuncture.

In this way, the acupuncturist has at his disposal a group of remedies that can be added to the practice of his profession and the manipulation of his needles, that are both clear and efficient.

3 The acupuncturist's interest in Gemmotherapy

Acupuncture in itself is insufficient as a treatment, even in its wider energetic concept.

We no longer live in the times of a fabulous Mandarin medicine where the acupuncturist visited regularly, once or twice a week to take the pulses of his august patient, the Mandarin, who paid him all year round.

Carefully noting the energetic imbalances, the wise practitioner, using a few needles, managed to offset any observed weakness. It was his task to keep his illustrious master in continued good health. The price of this obligation was that, if the Mandarin fell ill, our acupuncturist, in this case a clumsy one, was no longer favoured. To gain his rice, he had to make him healthy again as soon as possible through the use of his needles.

Obviously the conditions under which we practice medicine today have changed a great deal. Although, in acute cases for example, we sometimes have to repeat treatments every week, the acupuncturist, who sees many chronic patients, could not have them return so frequently. The Social Security ensures this.

A therapeutic complement, a prescription, is therefore necessary to consolidate and develop the effect of Acupuncture.

Biotherapies, and among them Gemmotherapy like Homeopathy, give the acupuncturist an elegant and effective method of treatment.

Gemmotherapy is simple and, in the doses used, does not contradict the subtle energetic mechanisms triggered by Acupuncture.

I must confess that, excepted in vital cases, I have always found it surprising that an acupuncturist who, having carefully studied the energy pulse levels and placed his needles in accordance with Yin and Yang, either tonic or dispersing, could conclude his refined consultation by writing up a dull, heavy prescription that crushes all his energetic subtleties. Having treated a lumbago or a painful knee through a few harmoniously placed needles, he

gives his patient a prescription for a banal aspirin or one of those anti-inflammatories so abundant in pharmacies.

This to me is paradoxical, even if the medications in question are excellent and frequently indispensable remedies. I certainly can say little against the good old aspirin, even if it is presently under a good deal of fire. But it is far from the aristocratic reasoning of the acupunctural technique.

In using Gemmotherapy, two possibilities are available to the acupuncturist, which are in fact one. He can use the gemmotherapeutic remedies in accordance with the detailed data provided.

He can treat arthritis with **PINUS-VITIS-RIBES** or a prostate adenoma with **SEQUOIA**. This is elementary and calls for little development here.

3 Relation between energy phases and Gemmotherapy

There is another possibility, however, which is to establish a relationship between the major energy phases and our homeopathic diatheses. Here again, certain buds will be selected which will ensure the basic treatment and perpetuate the energy realignment. The relationship between Chinese energy and Gemmotherapy has already been discovered by one of our most eminent colleagues in Acupuncture, Doctor Flament of Caen. He did a great deal for the initial development of the method and presented, at a conference we organised in Montrichard, a remarkable document that was later published in the homeopathic Archives in Normandy under the simple title of Gemmotherapy and Acupuncture. It was just the beginning and we have since developed this subject further.

We know that five energy phases exist that group the organs and intestines :

- the **LIVER-GALL BLADDER phase**,
- the **HEART-SMALL INTESTINE phase**, including the functional whole HEART MASTER-TRIPLE HEATHER,
- the **SPLEEN-PANCREAS phase**, and the **LUNG-LARGE INTESTINE phase**.

These are documented and represent a definitive evolutive dynamic in the cycles of nourishment and submission.

In its diathetic analysis, seen also on the level of an evolutive dynamic but in this instance pathological, Homeopathy provides us with 4 types :

- **Tuberculism**,
- **Psora**, which we divide into two groups :
 - * Erupted Psoria,
 - * Decompensated Psora,
- **Sycosis**,
- **Luesa**.

Our acupuncturist colleagues are less familiar with these. It is a shame, but it was explained in the preceding chapter on Homeopathy and Gemmotherapy.

In the same chapter, we indicated gemmotherapeutic remedies, which in our experience corresponded to our 4 homeopathic diatheses.

However, it is impossible, by relying on clinical tests and energy analysis, which might provide us with possible individual reactions, to establish a relation between these diathetic groups and the energy phases. Here again, we define the buds to be used, integrated to the homeosiniatric prescription. In this way the **LUNG-LARGE INTESTINE** energy phase, which is characterised, among others, by its fragility and respiratory reaction, corresponds to the homeopathic tuberculinic diathesis.

The buds in question are : **ROSA CANINA** and **VIRBUNUM LANTANA**.

The Psora is divided into the Erupted Psora whose pathogenics correspond to our immense **SULPHUR** polychrest, and the Decompensated Psora where we find the other important polychrest **PSORINUM**, totally exhausted, in which case the intermediary decompensation path would be the great hepatobiliary, **LYCOPODIUM**.

The **SPLEEN PANCREAS-STOMACH** energy phase corresponds to the Erupted Psora with its glucidic metabolic troubles and cutaneous problems. It needs two gemmotherapeutics :

JUNIPERUS COMMUNIS Young Shoots and
BETULA PUBESCENS Buds.

As to the **LIVER-GALL BLADDER** phase with its hepatic emunctorial system failure, it falls under the Decompensated Psora. This is the terrain of the **JUGLANS REGIA** Bud and **SEQUOIA GIGANTEA** Young Shoots.

Another energy phase in question is the **KIDNEY-BLADDER** group. Poor water elimination, weight gain, cumulative process and neo-formative process, outlines our Sycosis, the domain of **THUYA** and **NATRUM-SULF**.

We would treat it with the **VITIS VINIFERA** Bud, Vine, and the **PINUS MONTANA** Bud, Pine.

Finally, the big twosome **HEART-SMALL INTESTINE**, spirit and matter, covering the functional whole of the **HEART MASTER-TRIPLE HEATER** which controls the circulation, cardiac pump, sexuality. This describes Luesa with its basic cerebral, coronary and peripheral atherosclerosis treatment and all the problems they entail.

The **POPULUS NIGRA** Bud, Black Poplar, and the **CORNUS SANGUINEA** Bud, Red Dogwood, are the two gemmotherapies to be used.

LUNG	SPLEEN	LIVER	KIDNEY	HEART
Large intestine	Stomach	Gallbladder	Bladder	Bowels
Tuberculism	Erupted	Decompen-	Sycosis	Luesa

Psora -sated
 Psora

ROSA CANINA VIRBUNUM	JUNIPERUS_JUGLANS	VITIS	POPULUS
BETULA	SEQUOIA	PINUS	CORNUS

Each of the gemmotherapeutic remedies quoted in the different energy phases have to be used as basic and maintenance treatments, once the whole or the ailing group has been diagnosed.

We prescribe 50 to 75 drops of each, always in separate vials, 15 days per month, 2 months out of 3.

They can easily be associated with buds that are specific to the ailment to be treated. For example, treating a raised cholesterol rate in a hepatic patient, where we find a lack of energy in the **LIVER-GALL-BLADDER** phase, I would prescribe :

As specific Gemmotherapeutics :

Noon, 50 drops,

ROSMARINUS Young leaves Mac. 1D 1 vl / 60 ml

Supper, 50 drops,

OLEA EUR. Young Shoots Mac. 1D 1 vl / 60 ml

As Gemmoenergetics :

Morning :

One day, 50 drops,

JUNIPERUS Young Shoots Mac. 1D 1 vl / 60 ml

Alternate day, 50 drops

BETULA PUBESCENS Bud Mac. 1D 1 vl / 60 ml

In this way, we are able to associate 2 complementary methods of therapy, Acupuncture and Gemmotherapy, both integrated at the level of vital energy.

Yin and Yang

It would be odd to terminate this book by the relationship between Acupuncture and Gemmotherapy without referring to Tao and its double Yin and Yang aspect.

The gemmotherapeutic remedy, by its wealth in different embryonic plant principles is, as a whole, Yang. This is not surprising since the bud contains all the explosive potential of the plant about to born and to open in response to the hyper Yang stimulation of the sun. We are at the antipodes of the Yin seed where everything is quiescent, latent.

However, in the whole gemmotherapeutic range, there are buds that are

more Yang than others and other buds whose proportion of Yin is high.

And in Gemmotherapy, as in everything, we find the eternal balance that controls the universal equilibrium.

In this way, some buds are :

More YANG

**RIBES
SEQUOIA
VACCINIUM V.I.
ABIES PELT.
ALNUS GLUT.
BETULA PUB.
CORNUS SANG.
JUGLANS
JUNIPERUS
PINUS
POPULUS
QUERCUS PED.
ROSMARINUS
VIRBUNUM LANT.**

More YIN

**TILIA
FICUS
AMPELOPSIS
CASTANEA
CEDRUS
CORYLLUS
CRATAEGUS
FAGUS
OLEA
ROSA CANINA
RUBUS FRUCT.
RUBUS ID.
SORBUS
ULMUS
VITIS**

CLINICAL GEMMOTHERAPY

ALLERGIC CONDITIONS

RIBES

**FAGUS
BETULA PUB.
ROSMARINUS
JUNIPERUS**

and :

- For spasmodic rhinitis : **CARPINUS**
- For asthma : **VIRBUNUM LANT.**
- For atopic eczema : **ULMUS**

GERIATRICS

**Female senescence :
VACCINIUM V.I.
RUBUS IDAEUS**

**Male senescence :
SEQUOIA Young Shoots
QUERCUS**

**Asthenia :
RIBES**

**Osteoporosis :
VACCINIUM
RUBUS FRUCT.
SEQUOIA**

**Senile Heart :
CRATAEGUS
CORNUS**

**Senile brain :
ALNUS GLUT.
OLEA EUR.**

**Lungs :
CORYLLUS**

**Senile Pruritus :
CEDRUS LIB. Young Shoots**

NUTRITIONAL AILMENTS

Maturity Onset Diabetes :
ACER CAMP.
MORUS NIGRA
JUGLANS REGIA
OLEA Young Leaves

Hypercholesterolemia :
OLEA
JUNIPERUS

Hypertriglyceridemia :
PRUNUS AMYGD.
ROSMARINUS
THYMUS VULG.

Hyperuricemia :
BIRCH SAP.

ANGIOLOGY - CARDIOLOGY

H.T.A. Essential
CRATAEGUS Bud
OLEA EUR.

Hypotension :
RIBES
QUERCUS

Arteritis of Lower Limbs :
POPULUS
CORNUS

Buerger's Disease :
CERCIS
CORNUS

Horton's Arteritis :
RIBES
CORNUS

Varicose veins :
SORBUS
CASTANEA
CITRUS LIM. Internal Bark of stem

Paraphlebitis :

SORBUS

ALNUS

Varicose Ulcers :

SORBUS

CASTANEA

JUGLANS

Haemorrhoids :

AESCULUS

SORBUS

Palpitations :

CRATAEGUS

FICUS

TILIA

Coronary Insufficiency :

SYRINGA

CORNUS : pre-infarction

ZEA MAIS Rootlets : post-infarction

Hypochromic Anemia :

CORYLLUS

TAMARIS

Trombocytopenia :

TAMARIS

Infectious Mononucleosis :

TAMARIS

RIBES

DIGESTIVE APARATUS

Periodontosis :

BETULA

QUERCUS

Heartburn :

HEARTBURN

Duodenal Ulcer :

FICUS

Recurring Gastro-Duodenal Ulcer :

**FICUS
ALNUS GLUT.**

Gastritis :

**FICUS
RIBES
TILIA
Cimetidine Withdrawal :**
**FICUS
RIBES
TILIA**

Disphagia of the Esophagus :

**FICUS
RIBES
TILIA**

Hernia of the Diaphragm :

**FICUS
RIBES
TILIA**

Minor Hepatic Insufficiency :

ROSMARINUS

Chronic Hepatitis :

**SECALE Rootlets
RIBES
JUNIPERUS COMM. Young Shoots**

Biliary Dyskinesia :

**ROSMARINUS
FRAXINUS
ACER CAMP.**

Vesicular Lithiasis :

**ROSMARINUS
FRAXINUS
ACER CAMP.**

Abdominal Meteorism :

JUGLANS REGIA

Chronic Pancreatitis :

**JUGLANS
RIBES**

Constipation :

VACCINIUM

Spasmodic Colitis :
VACCINIUM
TILIA

Post Antibiotic Diarrhea :
VACCINIUM
JUGLANS

GENITAL APARATUS

Prostatic Adenoma :
SEQUOIA
RIBES

Chronic Prostatitis :
SEQUOIA
RIBES

Male sexual Asthenia :
SEQUOIA
QUERCUS
BETULA

Dysmenorrhea - Painful Menstruation :
RUBUS IDAEUS

Firbromas :
VACCINIUM
RUBUS FRUCT.
ALNUS INC .

DERMATOLOGY

Eczema :
RIBES
- Dry : CEDRUS
- Oozing : ULMUS
- Superinfected : JUGLANS

Urticaria :
- Acute : RIBES

- Chronic : ALNUS GLUT., RIBES

Psoriasis :

RIBES

CEDRUS

SECALE CEREALE Rootlets

Acne :

PLATANUS OR.

RIBES

ULMUS

JUGLANS

Herpes :

ULMUS

ROSA CANINA

Virtiligo :

PLATANUS OR.

Warts :

VITIS VIN.

FICUS

ROSA CANINA

ENDOCRINOLOGY

Thyroid :

- Hyperthyroidism - Basedow :

CORNUS SANG.

VIRBUNUM

TILIA

CRATAEGUS

- Euthyroidic Goiter :

CORNUS

ROSA

Excessive weight :

JUNIPERUS

ROSMARINUS

FRAXINUS

BETULA PUB. Catkins

FICUS

CRATAEGUS Young Shoots
TILIA

NEUROLOGY

Migraines :

- Acute attack : **ALNUS GLUT.**
- Chronic condition : **ALNUS GLUT., RIBES**

Facial Neuralgia :

FICUS
OLEA

Insomnia :

- Adult : **TILIA**
- Child : **TILIA**

EYES

Recurring retinal thrombosis :
CERQUIS SILIO

EARS

Buzzing in the ear :
SORBUS

Deafness :
SORBUS

PEDIATRICS

Infant Rhinopharyngitis :
ROSA
RIBES

Chronic Bronchitis :
RIBES
CARPINUS BETULUS
JUGLANS SREGIA
POPULUS (if tracheal)

Sinusitis :
RIBES
CARPINUS BETULUS

Asthma :
VIRBUNUM LANT.
RIBES

Emphysema :
CORYLLUS
RIBES
AESCULUS

PSYCHIATRY

Spasmophilia :
FICUS
ABIES
TILIA

Depressed Conditions :
FICUS
BETULA Seeds

Neurosis :
- Anxiety : TILIA
FRAXINUS
- Phobias : OLEA
PRUNUS AMYGDALUS
- Obsessions : OLEA
PRUNUS AMYGDALUS
TILIA

Senile Involution :
ALNUS
OLEA
SEQUOIA

KIDNEYS

Renal Insufficiency :
- Uricemia : FRAXINUS

**BIRCH SAP.
BETULA PUB. Internal Root Bark
JUNIPERUS Young Shoots**

- Recurring Cystitis : VACCINIUM, CALLUNA

RHEUMATOLOGY

Generalized Arthritis :

PINUS

RIBES

VITIS

Osteoarthritis of the hip :

BETULA PUB.

RIBES

VITIS

BETULA PUB. Rootlets

RIBES

PINUS

Osteoarthritis of the knee :

PINUS

RIBES

VITIS

PINUS

ROSA CANINA

RUBUS FRUCTICOSUS

Arthritis of small Articulations :

SPIRAEA ULM.

RIBES

SALIX ALBA

PINUS

RIBES

VITIS

Arthritis with Hyperuricemia :

BIRCH SAP.

**PINUS
RIBES
VITIS**

**Osteoporosis :
VACCINIUM V.I.
RUBUS FRUCT.
SEQUOIA**

**PINUS
RIBES
VITIS**

**Inflammatory Rheumatism :
RIBES
AMPELOPSIS
ROSA CAN.**

**PINUS
RIBES
VITIS
Dupuytren's Disease :
RIBES
AMPELOPSIS**

**Fracture Consolidation :
ABIES
RIBES
SEQUOIA**