

Autumn problems and gemmotherapy

Resistance to cold and rheumatic troubles

Cold season come with the respiratory troubles, but there are some other specific health problems occurring at the change from summer to autumn.

1) Resistance to cold (and adaptation problems)

One of the most important health problems in autumn is to adapt to changes. Our body has to adapt the many changes of temperature, humidity, pressure, food items available and emotional situations. Cloudy weather is giving the human being a gloomy, melancholic state. And in autumn there are many cloudy and rainy days. Coming after the warm and sunny days of summer, the changes are felt strongly by the body and soul of living beings, human especially.

Many people have problems with circulation, due to constriction of capillaries and many deposits of toxic waste products in periphery (uric acid, cholesterol, etc). They have troubles with adaptation to cold weather and especially to changes from cold to warm, in the same day or in the same hour.

Many people have very cold lower limbs and especially feet, and also very cold hands during cold days. From simple skin discoloration (marble skin or bluish skin), to capillaries damages or tissue damages as in frostbites, there are many unpleasant symptoms that people with circulatory troubles have during transition from warm to cold.

The best gemmotherapeutic remedy I know for increasing the general resistance of body to cold is ***Ribes nigrum (Blackcurrant), buds, D1.***

There are many research projects with *Ribes nigrum*, and one of them is called the Cold resistance test.

The researchers wanted to asses the activity of *Ribes nigrum* buds on the cortico-suprarenal gland (and its response to a stressful situation, such as exposure to cold). They had two groups of mice, one witness group, treated with placebo and the test group, treated with *Ribes nigrum* buds. They have exposed the two groups to a temperature of minus 20 degrees Celsius, then they look at the survival rate of both groups. For the *Ribes nigrum* group, the survival rate was 78% and for the placebo group, was 27%.

This was one of the most important test which showed the clear cortisone-like and protective action of *Ribes nigrum* buds.

Learning about this test, I used *Ribes nigrum* to increase the resistance to cold to many patients (especially young ladies), with circulatory problems in autumn and winter.

Short clinical case

Female patient, 25 years old, comes at the end of August 2008 for immunity problems (frequent coryza with the first cold autumn winds) and cold feeling in hands and feet, starting September and ending May. She was telling me she has to sleep with wool socks almost the whole period and she has all the time cold hands. No other important health problems, no other symptoms I could use for a homeopathic prescription.

My prescription for the young lady was Ribes nigrum, 30-35 drops in water, two times a day, morning and evening, for 6 months (the autumn/winter period).

I saw the lady in April, next year. She came to tell me she had just two short episodes of coryza during the whole period, which she treated herself with 4 doses of Ribes nigrum per day and vitamin C. And she was very pleased about her circulation. She had very seldom cold hands, but she was pleased that she could sleep without socks, for the first time in many years.

We decided she will have the same strategy at the beginning of next cold period, but I suggested Ribes nigrum MG=D1, just one time a day, in the morning, for 5-6 months.

I had some other patients that benefited very much from the preventive treatment with Ribes nigrum. And everyone noticed also the (emotional) anti-stress action of the preparate.

Adaptation in autumn is an important issue and the remedies that help the body with the process are also those remedies that stimulate and activate the supra-renals (SR) (the main glands in the body that help us to adapt to new and stressful situations).

The main drainors of the SR glans are:

Ribes nigrum (Blackcurant), buds

Alnus incana (Black alder), buds

Prunus spinosa (Blackthorn), buds

Quercus pedunculata (Oak), buds

We will talk largely about this preperates in a separate lesson.

2) Rheumatic problems

Another important problem in winter is related to rheumatic and other joint pains and troubles, aggravated by cold wet weather.

Constanta, the city where I live and work is on the Black Sea Coast. The air here is almost all the time wet and salty. In autumn, the cold wet winds and the wet air can become a devastating combination for sensitive people, for their respiratory and locomotory systems.

Many patients, without previous rheumatic problems, have pains in joints, with every change of pressure or temperature of air. Others have their already existing joint problems aggravated by the cold wet weather.

Gemmotherapy could help both categories of people.

For people that get troubles just from the wet cold weather only, I have a strategy with:

Ribes nigrum (Blackcurant), buds, D1, 30-35 drops in water, morning,

Alnus glutinosa (Common alder), buds, D1, 30-35 drops in water, noon,

Betula pubescens (white birch), buds, D1, 30-35 drops in water, evening,

Treatment will last for 2-3 months, from the beginning of autumn.

The Common alder and White birch are two trees that prefer wet grounds and help the drainage of swamps and watery fields. Their main property is to “drain” the humidity, to help drying out the ground.

The action of the buds on the “human ground” is likewise, it helps to “drain” the excess of water, to ameliorate the effect of “internal swamps” – such as the extravasate of inflammations, and/or other discharges.

The 3 prepares from the strategy are effective on inflammation of the synoviae of the joints and on the pain due to water imbalances produced by the effect of cold weather. They also have a preventive action on the people predisposed to seasonal troubles.

For people that already have joint inflammatory troubles, with or without functional troubles, with or without other associated metabolic troubles, I have several gemmotherapy prepares to offer.

Ampelopsis weitichii (Japanese Ivy), young shoots, D1 has its main target organs the joints, the synovial tissue and other joint parts (such as ligaments), and their inflammatory state. It is indicated in very painful inflammatory troubles of joints, with quick evolution and tendency to deformity (arthritis). It has an anti-inflammatory action, it helps the resorption of indurations and has a painkilling effect.

Buxus sempervirens (Evergreen box), young shoots, D1 has an anti-inflammatory and anti-fibrosis action. Its action is complementary to that of other remedies (especially Ampelopsis), helping their clinical and histological action. The remedy can be used in post-inflammatory adhesions of any kind, in chronic deformities of joints and in chronic rheumatic disorder (with peri-articular deformities).

Fraxinus excelsior (Common ash), buds, D1 have a cleaning action on three important organs: gallbladder, kidneys and joints. Dr. Pol Henry says that is one of the prepares for exudative inflammation. It is the best drainor for urinary system, for purinic and lipidic metabolism, has a diuretic, uric acid eliminator and hypocolerolemiatic action. Fraxinus could be frequently used in overweight persons, if they have metabolic problems and joint problems.

Pinus Montana (pine), buds, D1 has an anti-inflammatory effect on cartilages of the joints and has an important regenerative action on bone tissue. That is why is one of the remedies for the chronic degenerative rheumatic problems and in generalized arthritis (together with remedies such as Ribes nigrum, Vitis vinifera and Rubus fruticosus). Has a complementary action with other gemmotherapies.

Rubus fruticosus (Blackberry), young shoots, D1 has an important action in repairing and recovering the fibrous tissue. It is appropriate for older person, that have joint problems, but also metabolic problems (such as diabetes), kidney problems (water retention, different inflammation), bone osteoporosis and respiratory problems.

Vitis vinifera (vine), young shoots, D1 has an important action over the reticulo-histiocytic system and bone and joints. It is very useful in deforming arthritis of the little joints of hands. But can also be useful in generalized arthritis and chronic degenerative rheumatism (with Pinus Montana and Ribes nigrum).

The strategy for autumn rheumatic problems could use any of the above remedies, together with others, appropriate for each person.

Clinical case

Lady 58 years old, having old hepatic and gallbladder problems, treated with homeopathy and herbal medicine, came for intense, violent joint pains, in fingers and wrist, also in

knees. The pains started at the end of September, after 2-3 days of very cold wet weather. The lady was overweight and had high cholesterol and high blood pressure. The joint pains were worse at night, she had to get up from the bed and walk around the room. Gentle massage was relieving the pain, but harder massage increased the pain. She could not bear cold or warm wrappings, even the touch was painful, for the finger and wrist joints. Sometimes, very hot water helped the finger joint pains. Sometimes, she couldn't take any temperature. Continue motion, when she walked several minutes, increased the knee pain and she had to rest, to sit down. But after a while, the pain was again intense, and she had to move around to release it. She also had some back pain, but her regular and usual back pains, aggravated night and ameliorate in the morning, stretching the back. The homeopathic remedy she needed was obvious, *Rhus toxicodendron*.

At the clinical exam, there was no swelling of joints or other inflammatory signs, just the pain the examination was increasing.

I gave the lady gemmotherapy, together with her homeopathic treatment. She received *Ribes nigrum*, 30-35 drops in the morning, *Fraxinus excelsior* at noon, 30-35 drops in water and *Vitis vinifera* in the evening, 30-35 drops of water, for 30 days. After one week she called me to tell me the pain was much less and she could sleep the night. She still had pains on daytime, but not so intense. Even the back pains were much better.

One month after, she was very much better with the joints, and she was happy to resume her metabolic treatment, which we stopped because of the "rheumatic attack". *Fraxinus* was a good gemmoderivate, that helped us to keep going with her metabolic drainage, while trying to help her with the joint pains.