

ORIGINAL ARTICLE

Assessing the therapeutic usefulness of *Ricinus communis*: A multicentric observational clinical verification study

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ABSTRACT

Introduction: Clinical verification is an ongoing research programme of the Central Council for Research in Homoeopathy, under which many symptoms of Indian and rarely used drugs in Homoeopathy have been clinically verified.

Objectives: To clinically verify the symptomatology of *Ricinus communis* as observed during its proving conducted by Council and also to ascertain the clinical symptoms relieved in the process of verification.

Materials and Methods: Two hundred and twenty-five patients from all age-groups and both sexes were enrolled from the outpatient departments (OPDs) of the institutes and units of the Council following the exclusion and inclusion criteria as per protocol and obtaining written consent. The presenting signs and symptoms were recorded in a predefined case recording proforma and if *Ricinus communis* was found very closely similar to the symptoms of the patient, the patients were enrolled in the study. The medicine was prescribed in different potencies as per the need of the case and in accordance with homoeopathic principles. The progress was noted in a follow-up sheet to determine the effects of the medicine, in relieving the symptoms of the patient.

Result: Forty eight out of fifty three symptoms obtained from proving of *Ricinus communis* could be clinically verified. The characteristic indications were left-sided affinity, aggravation from sun, amelioration in open air, dryness of mucous membrane of gastrointestinal tract, dissatisfaction leading to irritability and anger. The usefulness of the medicine was mostly marked in relieving headache, coryza, aphthae, gastritis, diarrhoea, constipation and acne. All the verified symptoms indicated the scope of its therapeutic action.

Conclusion: *Ricinus communis* can be considered as an important medicine for the management of acne, aphthae, backache, colic, constipation, coryza, cough, diarrhoea, dyspepsia, fever, gastritis, headache and irritability.

Keywords: Acne, Backache, Clinical verification, Constipation, Diarrhoea, Gastritis, Headache, Homoeopathy, Ricinus Communis, Upper Respiratory Tract Infections

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INTRODUCTION

Under homoeopathic system of medicine, the role of each individual drug on human beings is identified by the process of drug proving. But unless these symptoms obtained from proving process are verified at bed side, it does not get importance for its clinical acceptance. A proving symptom that has never been verified by clinical application, bears no therapeutic value for homoeopathic practice. Hence, clinical verification not only provides us to help in confirmation of available data but also enlarges the pathogenesis of a drug for its wider use.

In *Materia Medica*, there are many Indian drugs which are not well proved and are lesser known but having tremendous therapeutic potential. Hence their pathogenesis needs to be verified clinically so that the reliable indications for their therapeutic use could be found out, which may be added in literature after subsequent confirmation.

The Central Council for Research in Homoeopathy (CCRH) is conducting the clinical verification and more than 100 drugs have been verified, most of which are of Indian origin. One such drug is *Ricinus communis*. It is commonly known as 'Arand' in Hindi and 'Castor oil plant' and 'Palma Christ' in English.^[1] The plant is commonly found in Egypt and India.^[2] The medicine is prepared from the oil of ripe seeds.^[1,3] The oil chiefly consists of tri-ricinolein with a small quantity of palmitin and stearin. Apart from this, it contains 'Ricin' which is a very toxic substance. The glycerides of ricinoleic acid are mainly responsible for the purgative effects. When ingested, the oil is decomposed by the pancreatic juice into ricinoleic acid, which irritates the bowels and causes purgation. It takes about 4 to 5 hours to produce liquid stool without pain or griping in the intestine.^[4]

Ricin is a powerful poison. Fatal effect has been observed following the ingestion of more than three seeds. One seed is enough to produce violent symptoms causing gastroenteritis, general convulsions and collapse.^[3] *Ricinus* is a violent irritant of intestine, kidneys and bladder, which may lead to development of jaundice or dysuria. It has also having effect on coagulation of blood, producing haemorrhages, inflammation of the gastrointestinal tract, even when given subcutaneously.^[4]

Since 2000 B. C. the seeds of *Ricinus communis* are used in dyspepsia and for preparing a poultice to

treat arthralgia in Ayurvedic system of medicine.^[5] Its oil is used as a very effective purgative in cases of constipation. It is also recommended for ascites, intermittent fever, heart troubles, bronchitis, asthma, colitis, jaundice, elephantiasis, arthritis, dysentery, piles, gout, obesity, lumbago, constipation, rheumatism, sciatica, skin diseases, etc.^[6] Likewise in Unani system of medicine the drug is used for constipation, rheumatism, paralysis, tremor, asthma, cough and colicky pain.^[4]

Having known its traditional use, the drug *Ricinus communis* was proved and introduced in Homoeopathy by Langier, through the American Journal of Medical Science, in 1828. Later, Allen and Clarke also proved it.^[3] In Homoeopathy, it is used in albuminuria, aphthae, arthritis, breast disorders, cholera, constipation, diarrhoea, dysentery, gastroenteritis, jaundice, lactation, myalgia, peritonitis and sprain.^[2,3] As there was no systematic drug proving conducted earlier, the Council conducted a drug proving on this drug followed by its clinical verification to ascertain its therapeutic usefulness.

Objectives

Primary Objective

To clinically verify the symptomatology of *Ricinus communis* as observed during the proving of this drug conducted by the CCRH.

Secondary Objective

To ascertain the clinical symptoms that did not appear during the proving of the drug but were relieved in the patients after the administration of the medicine, either completely or partially.

MATERIALS AND METHODS

Patients for the study were enrolled from the outpatient departments (OPDs) of 11 Institutes/Units of the Council, viz. Central Research Institute, Noida (U. P.), Homoeopathic Drug Research Institute, Lucknow (U. P.), Regional Research Institute, Puri (Odisha), Regional Research Institute, Shimla (H. P.), Regional Research Institute, Gudivada (A. P.), Regional Research Institute, Imphal (Manipur), Dr. Anjali Chatterjee Regional Research Institute, Kolkata (W. B.), Clinical Research Unit, Port Blair (Andaman and Nicobar Islands), Clinical Verification Unit, Ghaziabad (U. P.), Clinical Verification Unit, Patna (Bihar), Clinical Verification Unit, Vrindaban (U. P.).

In this multicentre study, 225 patients comprising of 107 males and 118 females were prescribed *Ricinus communis* according to the similarity of symptoms during the period October 2005–March 2010 [Figure 1]. The medicine was procured from the licensed pharmacy in various potencies, viz. 6C, 30C and 200C. The selected patients were from all age-groups and both sexes. Patients who were on any medication for one week prior to being enrolled in the study were put on a wash-out period of 7 days. The patients, who were suffering from any systemic disease and were under regular medication for that, were excluded from the study. An informed written consent was obtained from the eligible subjects before initiating the study.

The presenting symptoms and signs of the patients were recorded in a predefined case recording proforma. After doing the anamnesis of each enrolled case, special attention was given to the peculiarity of complaints, their characteristic sensations, modalities and any associated or concomitant symptoms. Special attention was given to the causation, mental symptoms, thermal reaction, cravings, aversions, perspiration, sleep, dreams, appetite, thirst, stool, urine, etc. The symptoms were repertorised using a repertory compiled by the Council for the study and subsequently the characteristic symptoms of the patients confirmed from the drug picture from *Materia Medica*.

Thus, if *Ricinus communis* was found indicated for the patient on the basis of symptom-similarity, it was prescribed in 6C potency thrice a day. If *Ricinus communis* was not indicated, the patient was excluded from the study and treated in the general O. P. D.

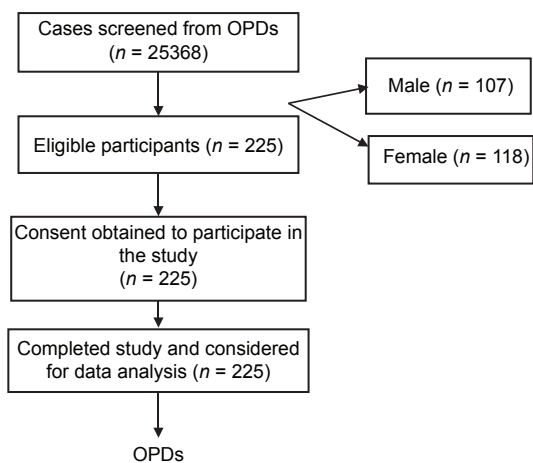


Figure 1: Flow chart of the participants in this study. OPDs = Outpatient departments

The changes in presenting symptoms and signs were recorded during the follow-up visits. In any kind of improvement, medicine was stopped and was followed by placebo. If there was no change in symptoms and signs even up to seven days, the next higher potency like 30C and 200C were prescribed, as per the need of the case and in accordance with homoeopathic principles. If no change was observed, even after change of potency, the case was closed and considered as a clinical failure. If the patient presented with new symptoms of mild intensity, placebo was prescribed; while appearance of severe symptoms, sufficient to cause considerable discomfort to the patient, called for change of medicine or therapy.

RESULTS

The data of all the cases was collected, compiled and thereafter analyzed. The clinically verified symptoms are given in Table 1 along with the number of patients prescribed on the basis of proving records (drug proving profile generated by CCRH) and also the symptoms available in other literature. The numerical superscripted on every symptom denote the source of literature of that symptom. Elements of the main symptom (character, modalities, concomitants, etc.) which were not observed during the proving but disappeared in the patients during the study, either completely or partially, and are not mentioned in the referred literature have been kept along with the main symptom in italics. In the column 'Improvement status', the first figure denotes the number of patients who had the symptom and to whom the medicine was prescribed and the second figure denotes the number of patients who got relief of the same symptom. In the column of percentage of improvement, percentage is calculated in those symptoms where the improvement is observed in more than ten patients.

Table 2 contains those symptoms which are not found in the proving literature of the medicine, but found to have disappeared after the administration of *Ricinus communis*, otherwise known as *clinical symptoms*. In the column of percentage of improvement, percentage is calculated in those symptoms where the improvement is observed in more than ten patients [Figure 1].

Repertory

A concise repertory of the verified symptoms according to the structure of the Kent's Repertory

Table 1: Clinically verified symptoms

Location	Symptom	Improvement status	Percentage of improvement
Mind	Anger, offended and irritated easily ^[7]	19,11	57.8
Head	Pain in head, ^[7] <i>agg.</i> from stooping	1,1	
	Heaviness in whole head, <i>agg.</i> in morning ^[7]	13,13	100
	Frontal headache, <i>amel.</i> by tight bandage ^[7]	20,12	60
	Headache in temporal region, ^[7] <i>agg.</i> in afternoon	1,1	
	Occipital headache ^[9]	1,1	
	Throbbing pain in forehead and right side of head, <i>amel.</i> by light massage ^[7]	8,5	
	In left side head, <i>agg.</i> from heat of sun, <i>amel.</i> from sleep ^[7]	3,2	
	Bursting pain in left side of head, <i>amel.</i> by rest and after sleep ^[7]	24,18	75
	Pressing pain above eye in temporal and frontal region ^[7]	1,1	
Eyes	Lachrymation ^[2,3,8] with aching pain and heaviness ^[7] on left eye, <i>agg.</i> from light, <i>amel.</i> from taking rest	1,1	
Ear	Blockage feeling ^[7] in left ear during headache	14,11	78.5
Nose	Coryza with watery discharge and sneezing, <i>agg.</i> in afternoon ^[7]	37,31	83.7
	Nasal blockage on alternate side with sneezing and watery discharge, <i>agg.</i> when in closed room, <i>amel.</i> in open air ^[7]	9,5	
Face	Pale face ^[2,3,8,9]	1,1	
	Red painful vesicular eruption on chin with itching ^[7]	2,2	
Mouth	Dryness of mouth ^[3,9]	3,2	
	Cracked lips with bleeding, <i>agg.</i> from touch ^[7]	1,1	
	Profuse salivation ^[2,3]	1,1	
	Aphthae inside lower lip with red margin and pricking pain, <i>agg.</i> from touch ^[7] and after taking meal	20,17	85
Throat	Tongue white coated, dry ^[2,3,8]	16,12	75
	Pain in throat, <i>amel.</i> by warm drinks ^[7]	9,7	
	Burning sensation in throat ^[2,3,8]	1,1	
Stomach	Loss of appetite ^[2,3,7,8,9]	31,29	93.5
	Great thirst ^[2,3,8,9] for large quantity of cold water in short interval	9,8	
	Thirst diminished ^[7]	10,8	
	Aversion to tea ^[7]	4,1	
	Nausea and vomiting ^[3,7,8] after taking food ^[7] and drinking water	26,16	61.5
	Burning pain in stomach ^[2,3,8,9] with nausea, <i>agg.</i> after meal ^[7] and in morning	7,4	
Abdomen	Pain in right hypochondrium, ^[7] <i>agg.</i> from fatty food	1,1	
	Pain in epigastrium while eating ^[7]	18,13	72.2
	Flatulence ^[7] with gripping pain in abdomen	2,2	
	Flatulence in abdomen, ^[7] <i>agg.</i> after eating, <i>amel.</i> after passing flatus	3,3	
	Heaviness in abdomen after eating ^[7]	3,3	
Rectum	Diarrhoea ^[2,3,8] rice watery, ^[2,3,9] frequent, ^[8] painless ^[2,3,8,9] and greenish ^[9]	19,15	77.7
	With chilliness ^[2,3,8]	1,1	
Stool	Stool hard unsatisfactory ^[7]	17,15	88.2
	Stool slimy and bloody ^[9]	1,1	
	Stool watery, <i>copious</i> with mucous ^[2,3]	2,2	
Urinary system	Dark colour urine ^[2,3,8]	1,1	
Respiratory system	Short, dry cough, <i>agg.</i> in morning, ^[7] <i>amel.</i> in evening and at night	3,2	
	Dry cough with hoarseness of voice, <i>agg.</i> from talking, <i>amel.</i> by lying down ^[7]	1,1	
Back	Pain with stiffness in the nape of neck, <i>agg.</i> from exposure to cold, movement of neck, <i>amel.</i> by warm application and pressure ^[7]	4,3	
	Pain in cervical region, <i>agg.</i> from moving head, cold air exposure, <i>amel.</i> massage and keeping still ^[7]	4,4	
	Pain in back; <i>agg.</i> from lying down, <i>amel.</i> by movement and in open air ^[7]	4,1	

Contd...

Table 1: Contd...

Location	Symptom	Improvement status	Percentage of improvement
	Aching pain ^[7] in back, <i>agg.</i> from lying down, <i>amel.</i> by movement ^[7]	4,3	
	In scapular region (left), ^[7] <i>agg.</i> from pressure	3,2	
	<i>Burning pain</i> in right scapular region, <i>agg.</i> from extending the right hand upward, lying while, rising from bed ^[7]	1,1	
Fever	Fever ^[7] with thirst, chilliness during fever and dryness of mouth	6,6	
	Appearing gradually ^[7]	1,1	
	With chill and desire to cover from head to feet, ^[7] <i>agg.</i> at night	4,4	
Perspiration	Perspiration profuse ^[2,3,8] on chest, head and face	4,3	
Generalities	General weakness ^[7] with great desire for sleep ^[2,3,8]	5,1	

Table 2: Clinical symptoms

Location	Symptom	Improvement status	Percentage of improvement
Nose	Congestion of nasal mucosa	4,3	
Face	Acne, red, painful	19,16	84.2
	Yellowish discolouration of face	1,1	
	Burning sensation of face	1,1	
Stomach	Acidity with sour eructation after meal	2,1	
Abdomen	Distention of abdomen, <i>agg.</i> while fasting	1,1	

of the Homoeopathic Materia Medica has been compiled for quick reference. The rubrics in which *Ricinus communis* has been found as a single remedy, have been identified separately and highlighted in shades so that these could be verified subsequently by the profession in various clinical conditions and based on their observations these rubrics could be graded in future.

MIND

ANGER

IRRITABILITY

OFFENDED, easily

HEAD

HEAVINESS

morning

PAIN, headache in general

stooping, from

Forehead, in

binding up *amel.*

Occiput

Temples

afternoon

bursting: Sides: Left

rest amel.

sleep amel.

pressing

Forehead

Temples

PERSPIRATION scalp

profuse

PULSATING, beating, throbbing

Forehead

light massage, amel.

right

light massage, amel.

left

heat of sun from

sleep amel.

EYES

PAIN, aching

left

light from

rest amel.

HEAVINESS

left

light from

rest amel.

EAR

STOPPED sensation, left

headache during

NOSE

CORYZA

DISCHARGE

watery, *afternoon*

INFLAMMATION

OBSTRUCTION

air, in open, *amel.*

alternating with discharge

closed room, in

sneezing with

SNEEZING

afternoon

FACE

CRACKED lips

with bleeding, touch agg.

DISCOLORATION

pale

ERUPTIONS

acne

painful

red

vesicles, chin on

PAIN, burning

PERSPIRATION, *profuse*

MOUTH

APTHAE on lips

lower

meal after

pricking pain with

red margin with

touch agg.

DISCOLORATION

Tongue, white

DRYNESS

Tongue

SALIVATION, *profuse*.

THROAT

PAIN.

warm drinks amel.

burning

STOMACH

APPETITE

wanting

AVERSION

tea

DESIRES

cold drinks

ERUCTATIONS, sour

acidity, with

taking meal after

NAUSEA

drinking, after

eating, after

PAIN, burning

morning

eating, after

nausea, with

THIRST

extreme

large quantities, for

often, for

THIRSTLESS.

VOMITING

drinking, after

eating, after

ABDOMEN

DISTENSION

fasting, while

FLATULENCE

eating, after

passing flatus, amel.

griping pain, with

HEAVINES

eating, after

PAIN

Hypochondria, right

fatty food, after

RECTUM

CONSTIPATION

unsatisfactory

DIARRHOEA

chilliness, with

painless

URGING, *unsatisfactory*

STOOL

BLOODY

COPIOUS

FREQUENT

GREEN

HARD

MUCOUS, slimy

WATERY

rice water, like

URINE

COLOR, dark

COUGH

DRY

lying down amel.

morning

evening amel.

night amel.

talking, on

hoarseness of voice, with

SHORT

morning

evening amel.

night amel.

CHEST

PERSPIRATION, *profuse*

BACK

PAIN

air open, amel.

lying, while

motion on, amel.

Cervical region

air, draft of, cold damp
keeping head still, amel.
massage, amel.
moving head, to either side
pressure, amel.
warmth, external, amel.

Dorsal region

air open, amel.
lying on
motion, amel.

aching

lying
motion, amel.

Dorsal region

scapulae, left
pressure, from

burning

Dorsal region
scapulae, right
lying, on
rising from bed
raising the hand, from

STIFFNESS

Cervical region

air, draft of
moving head, from
pressure, amel.
warmth, external, amel.

FEVER

HEAT, in general

chill, with
dryness of mouth, with
thirst, with

CHILL, with

night
desire to cover from head to foot

INSIDIOUS

PERSPIRATION

PROFUSE

GENERALITIES

WEAKNESS

great desire to sleep, with

Therapeutic utility identified

Anorexia, Aphthae, Backache, Colic, Coryza, Cough, Diarrhoea, Dysentery, Fever, General weakness, Headache, Nausea and vomiting, Sore throat.

Sphere of action

Mind, Head, Eyes, Ear, Nose, Face, Mouth, Throat, Stomach, Abdomen, Rectum, Urinary system,

Respiratory system, Back and extremities, Fever, Skin, Generalities.

DISCUSSION

During the study, 48 proving symptoms of *Ricinus communis* were verified out of 53 proving symptoms and along with these six clinical symptoms were also observed in the study. The usefulness of the medicine was mostly marked in relieving headache, coryza, aphthae, gastritis, diarrhoea, constipation and acne. While dealing with these clinical conditions, many of the related symptoms, as mentioned in various literatures, were reconfirmed.

The results indicate that its action on mental sphere is marked with irritability, leading to anger. The patients are suffering from a great displeasure in their life and also about the happenings around them and this gradually leads to an irritated state of mind, which was controlled by *Ricinus communis*. The patients under this drug are offended easily, which indicates that there is always a feeling of indignation, a feeling of hatred or a feeling of displeasure in every matter. Here, it may be compared with *Nux vomica* but it has outbursts of his emotion which has not been observed in *Ricinus*. Such patients generally are very sensitive in nature. They feel insulted at trifles and take even the most harmless remark to their heart and think about it all the time.

The head symptoms are marked with congestion. Nature of pain is bursting or throbbing in nature and is caused or aggravated from heat of sun and is better by tight bandage. In this condition *Ricinus communis* is similar in action with *Belladonna*, *Glonoine* and *Sulphur*. All these medicines are having a common modality i. e. aggravation in sun, but *Belladonna* is worse on lying down, whereas *Ricinus communis* is amel. by lying. *Glonoine* is better in open air, by uncovering and *Sulphur* is marked with recurring periodicity and a sensation of heat on head.

The symptoms verified under gastrointestinal system, indicates the role of this drug in relieving the inflammatory conditions of stomach (gastritis). The symptoms are marked with nausea and vomiting worse from taking anything, either food or even water, and this may be associated with burning in stomach. This distinguished feature of *Ricinus* may be compared with *Arsenic album* and *Phosphorus*. Whereas *Arsenic* is relieved by hot things, *Phosphorus*

is relieved temporarily by taking cold food. The drug is equally useful in diarrhoea and constipation, as found mentioned in various literatures. During diarrhoea, stool becomes greenish, absolute absence of pain in abdomen and in constipation the stool is very dry and hard. This diarrhoeic phase of *Ricinus communis* is having much similarity with *Podophyllum* and *Magnesia carb.* But *Podophyllum* is identified with its offensiveness and *Magnesia carb.* by its acidic smell and character of stool. Interestingly, none of these two medicines are chilly during stool, as found in *Ricinus communis*. This study, also confirms that it can relieve the most obstinate type of constipation even. This unusual dryness of stool indicates the dysfunction of absorption in intestine, both small and large.

The drug may be used in acute and chronic rhinitis when the discharge from nose is worse in closed room and better in open air and associated with alternate blockage of nose.

Action of this medicine on skin is marked with painful acne and also with vesicular eruptions on face with itching.

Predominantly its action is noted on left side of the body and its general modalities are worse after eating and in morning. Here it is similar in action with *Sulphur*, *Phosphorus* and *Sepia*. All these medicines are having their affinity for left sided complaints of abdomen but in *Ricinus communis* it is more marked on upper part of the body, specially head, eyes and in ears. The medicine was also useful in relieving the pain and stiffness in nape of neck and back, worse during rest or sleep and relieved by motion (*Rhus tox.*). Aphthae with dry and white coated tongue, obstructed feeling in ears, pain in throat and profuse perspiration were also amenable to *Ricinus communis*.

During the study, a few clinical symptoms also emerged, exploring the wider therapeutic area of this drug and these were acid dyspepsia, swelling of nasal turbinates and yellowish discoloration of face.

CONCLUSION

The study verified symptoms of the drug proving conducted by the Council and symptoms found in

other literature. Hence, all these verified symptoms accompanying the clinical symptoms confirm the wider therapeutic action of *Ricinus communis*. Further study may be conducted to verify the remaining symptoms obtained during the proving the clinical utility of this drug.

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रिसिनस कम्युनिस की चिकित्सार्थ उपयोगिता का आकलन – एक बहुकेंद्रीय प्रेक्षणमूलक (हस्तक्षेपी) नैदानिक सत्यापन अध्ययन

परिचय: नैदानिक सत्यापन कार्यक्रम केन्द्रीय होम्योपैथी अनुसंधान परिषद् के अन्तर्गत एक अनुसंधान कार्यक्रम है जिसके द्वारा कई भारतीय व कम इस्तेमाल को जाने वाली वाली औषधियों का नैदानिक सत्यापन किया जा चुका है।

उद्देश्य: प्राथमिक उद्देश्य था परिषद् द्वारा संचालित रिसिनस कम्युनिस के सिद्धकरण के दौरान यथा प्रेक्षित उसकी लाक्षणिकी का नैदानिक सत्यापन करना एवं द्वितीयक उद्देश्य था सत्यापन की प्रक्रिया में जिन नैदानिक लक्षणों से मुक्ति मिली उन्हें निश्चित करना।

विधियां: इस बहुकेंद्रीय अध्ययन में, सभी आयु वर्गों एवं दोनों लिंगों के 225 रोगियों को परिषद् की इकाईयों व संस्थानों के बहिरोगी विभागों से, प्रोटोकॉल के अनुसार अपवर्जन एवं समावेशन मानदंडों का पालन करते हुए नामांकित किया गया था। अध्ययन में नामांकित प्रत्येक रोगी से सूचित, लिखित सहमति प्राप्त की गई थी। प्रस्तुतिकारी चिह्नों एवं लक्षणों को एक पूर्व-परिभाषित प्रकरण अभिलेखन प्रपत्र पर अभिलेखित किया गया। प्रत्येक रोगी के लक्षण सूचीबद्ध किए गए और यदि रिसिनस कम्युनिस रोगी के लक्षणों के अत्यंत सदृश पाया गया तो रोगी को अध्ययन में नामांकित कर लिया गया। औषधि को प्रकरण की आवश्यकतानुसार एवं होम्योपैथिक सिद्धान्तों के अनुसरण में, आरोही क्रम में विभिन्न शक्तियों में विहित किया गया जैसे 6सी, 30सी एवं 200सी। रोगी के लक्षणों से मुक्त कराने में औषधि के प्रभावों का निर्धारण करने के लिए एक अनुवर्तन पत्रक में प्रगति लिखी गई।

परिणाम: रिसिनस कम्युनिस के सिद्धकरण से प्राप्त 53 लक्षण, इन लक्षणों पर दवा देने पर नैदानिक रूप से सत्यापित हुए। इस औषधि के अभिलक्षण अग्रवत ज्ञात हुए हैं – वामपक्षीय अनुराग, सूर्य से अपवृद्धि, खुली वायु में अर्थात्कर्ष, जठरांत्रीय मार्ग की श्लेष्मकला की शुष्कता, प्रत्येक वस्तु के विषय में अप्रसन्नता एवं असंतुष्टि, जिसके कारण चिड़चिड़ापन और क्रोध उत्पन्न होते हैं। औषधि की उपयोगिता सर्वाधिक रूप से सिरदर्द, प्रतिश्याय, एपथी (मुखव्रण), आमाशय शोथ, दस्त, मलबंध एवं मुहांसों में उल्लेखनीय थी। इनके अतिरिक्त, अध्ययन के दौरान कुछ नैदानिक लक्षण भी उत्पन्न हुए जो इसके चिकित्सार्थ उपयोग के विस्तार को और विस्तृत बनाते हैं। अध्ययन में यद्यपि रिसिनस कम्युनिस के 53 लक्षण नैदानिक रूप से सत्यापित हुए किंतु 6 नैदानिक लक्षण उत्पन्न भी हुए। सभी सत्यापित लक्षणों ने इसकी चिकित्सार्थ क्रिया के विस्तार की ओर मार्गदर्शन किया।

निष्कर्ष: रिसिनस कम्युनिस को मुहांसों, एपथी (मुखव्रण), कमर दर्द, शूल, मलबंध, प्रतिश्याय, खांसी, दस्त, अग्निमांद्य, ज्वर, आमाशय शोथ, सिरदर्द तथा चिड़चिड़ेपन के प्रबंधन के लिए एक महत्वपूर्ण औषधि माना जा सकता है।