

## CLINICAL VERIFICATION

### Damiana – A Clinical Verification Study

(A Multicentric Study conducted by CCRH)

#### Abstract

*Damiana or Turnera aphrodisiaca has been traditionally used as an invigorating and aphrodisiac herb in different schools of medicine for centuries. In homoeopathy, however, its use has been made besides the above conditions, for various other disorders like amenorrhoea, dysmenorrhoea, leucorrhoea, sterility and frigidity in females and spermatorrhoea, urinary tract infection and migraine in adults. It has also been used for incontinence of urine and affection of prostate in old people with success.*

*The Central Council for Research in Homoeopathy undertook a clinical study to verify and confirm the uses of Damiana as mentioned in the homoeopathic materia medica<sup>2,3</sup> with the objective of evolving its clinical drug picture.*

*Three thousand thirty two patients, comprising of 2,383 males and 649 females were enrolled in the study.*

*This study not only confirms its therapeutic use in sexual debility, impotency but also in migraine, leucorrhoea, dysmenorrhoea, constipation, affection of the prostate, general fatigue etc. as noted in the literature. It also has delineated characteristics, which would help in differentiating Damiana from other similar remedies given in the homoeopathic materia medica. Few new symptoms and signs were also noted during its clinical use as above, which may be confirmed in the proving of this drug in future.*

*Key words: Homoeopathy, Clinical Verification, Damiana, Turnera aphrodisiaca*

#### INTRODUCTION

The clinical verification and confirmation of signs and symptoms, irrespective of disease, produced or observed during the proving of a drug substance is essential for validation of drug pathogenesis and its therapeutic application. At times, clinical application of drug on the basis of symptoms elicited during proving also produce new symptoms, which were not noticed during the proving, helps in obtaining additional characteristic symptoms of a drug.

Damiana is an unproven drug. **Hale** had explored its therapeutic utility on the basis of its folklore use in Maxico for invigorating effect and action on the genito-urinary system; also in sexual dysfunctions resulting from spinal injuries, sexual excesses and venereal infections etc. **Douglass** has found its use in incontinence of urine in old people. Cases of fatigue and migraine successfully treated by this drug have been reported in the **Homeopathic Recorder**. However, in the literature there is no mention of characteristic symptoms on which it could be used authoritatively or confidently as any other fully proven homoeopathic drug. An effort has been made to explore its therapeutic utility by way of verification, on this fragmentarily available data, by conducting trial in the OPDs of Institutions/ Units engaged in the Clinical Verification Programme under the Council



Flower of Damiana

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## Description of the plant

The botanical name of Damiana is *Turnera diffusa wild, Var. aphrodisiac Urb.*, *Turnera aphrodisiaca* Wild, and belongs to family *Turneraceae*<sup>4</sup>. It is a small shrub; leaves are smooth; pale green on upper surface, underneath glabrous, with a few hairs on the ribs, over-lanceolate, shortly petiolate with two small glands at the base; flowers yellow arising singly from axils of the leaves; capsule one celled, splitting in 3 pieces; aromatic; taste characteristic, aromatic, bitter and resinous.

## Methodology

Locations of study: Homoeopathic Research Institute, Lucknow; Regional Research Institute, New Delh; Clinical Verification Unit, Ghaziabad; Clinical Verification Unit, Patna and Clinical Verification Unit, Vrindavan.

The Council has undertaken clinical verification studies in order to validate the symptoms and signs reportedly attributed to Damiana, as available in the literature<sup>2,3</sup>. Patients for the study were drawn from the OPDs of respective institutions/ units of the Council. Their presenting symptoms and signs were recorded in the predefined case recording Proforma. The medicine if matched the individual symptoms of the patient was prescribed in either mother tincture, 6c or 30c potency and any change in presenting symptoms or signs was scrutinized and recorded during the follow-up visits. If there was no change in the signs and symptoms for significant period, next higher potency was prescribed. If the status quo was noted the case was dropped from the study and was routinely handled in the OPD. The results were analyzed and tabulated.

The drug was procured from Hahnemann Publishing Company, Kolkata in mother tincture, 6c and 30c potencies.

## RESULTS

Damiana was prescribed during the period from April 1980 to March 2004, in the OPDs to 3,032 patients, of which 2,383 were males and 649 females. The data of all these patients was collected, compiled and analyzed. A list of clinically verified symptoms and signs is presented below indicating the number of patients prescribed with the medicine on the basis of available symptoms and signs and the number of patients who got decisively relief in their complaints.

The symptoms superscribed with '2' or '3' are in conformity with the symptoms stated in the literature under the bibliography, whereas symptoms that are superscribed with 'N' were found disappeared/ relieved, completely or partially during the study. These may be considered as new or additional clinical symptoms of the drug Damiana.

In the parenthesis, the first figure denotes the number of cases, the drug was prescribed and the second figure denotes the number of cases got relieved.

1. Impotency<sup>2,3</sup> (256, 178)
2. Enlarged Prostate<sup>3</sup> (6, 4)
3. Sexual debility from nervous prostration<sup>2</sup> (204, 131)
4. Seminal emissions<sup>3</sup> (244, 185)
5. Incontinence of urine<sup>2,3</sup> (2, 1)
6. Dysmenorrhoea with backache<sup>3</sup> (9, 4)
7. Establishment of normal menstrual periods in young females<sup>2</sup> (2, 2)
8. Frigidity in females<sup>2</sup> (2, 1)
9. Leucorrhoea, irregular menses with<sup>3</sup> (195, 139)
10. Headache<sup>3</sup> (79, 53)

Following symptoms were completed in terms of their modalities and concomitants etc.:

## Head

### Headache

Dull, aching in frontal region (26, 22)

with hammering pain<sup>N</sup> (87, 58)

< after emissions<sup>N</sup> (11, 5)

< during 4-8 pm<sup>N</sup> (10, 5)

< in the evening<sup>N</sup> (62, 47)

< exposure to sun<sup>N</sup> (5, 3)

< mental strain and stress<sup>N</sup> (1, 1)

Bursting headache in half of the head and radiating to shoulder<sup>N</sup> (2, 1)

### Migraine

with bursting pain<sup>N</sup> (51, 37)

< in the evening<sup>N</sup> (1, 1)

> by pressure<sup>N</sup> (40, 26)

> by massage<sup>N</sup> (3, 2)

with desire to lie down<sup>N</sup> (1, 1)

with gastric disorder<sup>N</sup> (8, 4)

## Stomach

Thirstlessness<sup>N</sup> (5, 4)

## Rectum

Stools dry, hard, constipation with frequent urge<sup>N</sup> (209, 145)

## Male Genitalia

Habit of masturbation<sup>N</sup> (146, 63)

Premature ejaculations<sup>N</sup> (294, 201)

Seminal emissions at night following amorous dreams<sup>N</sup> (295, 202)

Sexual desire diminished<sup>N</sup> (59, 50)

Emission after defecation<sup>N</sup> (244, 165)

after urination<sup>N</sup> (47, 35)

## Female Genitalia

Coition painful<sup>N</sup> (16, 8)

### Leucorrhoea

Thick, whitish<sup>N</sup> (168, 118)

Yellowish<sup>N</sup> (114, 76)

With backache and joint pain<sup>N</sup> (11, 6)

< with movement<sup>N</sup> (154, 105)

< after menses<sup>N</sup> (116, 78)

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Menses frequent, profuse with bright red blood<sup>N</sup> (1, 1)

Menses, long lasting<sup>N</sup> (16, 8)

Menses, scanty<sup>N</sup> (17, 10)

Menses with pain in pubic region radiating to back<sup>N</sup> (25, 12)

**Respiratory System**

Cough, dry, < at night with redness of face<sup>N</sup> (4, 3)

**Back**

Backache < in morning<sup>N</sup> (2, 1)

Chronic pain, old injury to back by a fall<sup>N</sup> (18, 10)

**Fever**

Fever < in morning<sup>N</sup> (6, 5)

< in evening<sup>N</sup> (11, 9)

with cough and headache<sup>N</sup> (6, 6)

**Generalities**

Weakness with gastric disorder<sup>N</sup> (8, 4)

**DISCUSSION**

The drug 'Damiana' was used for clinical condition of impotency or erectile dysfunction in males in 256 cases, out of which 178 cases (69.5%) showed remarkable improvement, including premature ejaculation. Out of 294 cases, 201 were relieved of the problem (68.3 %). It was also found useful in sexual neurasthenia and nervous fatigue in 131 cases out of 204 cases (64.2%).

Damiana was also found useful in symptoms related to clinical condition 'leucorrhoea' in 139 cases out of 195 cases (71.0 %), and menstrual irregularities like dysmenorrhoea and delayed menarche etc.

Similarly it was found effective in symptoms related to clinical condition 'migraine' in 37 cases out of 51 (72.0 %) and it also gave relief to cases of constipation with frequent urging and hard, dry stools, in 145 cases out of 209 cases.

Thus this study enlarges the role of usefulness of Damiana in conditions like migraine, leucorrhoea, constipation, nocturnal emissions and in relieving the habit of masturbation.

The additional modalities and concomitants associated with various symptoms of this drug were also noted as useful information for prescribing Damiana. The value of these additional prescribing data of this drug may be determined by further clinical trials.

In conclusion it can be said that by this study the efficacy of Damiana has been reasonably verified for the clinical conditions for which it is suggested.

**RUBRICS**

A concise repertory of the verified symptoms has been compiled and presented for the purpose of quick reference. Physicians may add these rubrics in their personal repertories for their day-to-day reference and the feed-back may be given to the CCRH as reconfirmation of these symptoms, so that grading of the medicine can be carried out at a later stage by the Council.

<b>HEAD</b>	PAIN, headache in general gastric heat, during Forehead, in hammering 4-8 p.m. evening emissions, after mental exertion, from sun, from BURSTING evening gastric disorder, with lying down, with massaging, amel. <i>periodic (migraine)</i> <i>pressure, amel.</i> <i>sides, one side</i> <i>EXTENDING to shoulder</i> DULL Forehead 4-8 p.m. evening emissions, after mental exertion, from sun, from exposure to
<b>FACE</b>	DISCOLOURATION, RED, cough, during
<b>STOMACH</b>	THIRSTLESSNESS
<b>ABDOMEN</b>	PAIN, Hypogastrium, menses, during EXTENDING to back
<b>RECTUM</b>	CONSTIPATION URGING, frequent
<b>STOOL</b>	DRY HARD
<b>BLADDER</b>	URINATION, involuntary
<b>PROSTATE GLAND</b>	ENLARGEMENT

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**GENITALIA**

**ERECTIONS,**

incomplete, penis becomes relaxed

painful

wanting (Impotency)

nervous prostration, from

**MASTURBATION, disposition**

**SEMINAL discharge, quick, too**

**SEMINAL emissions**

night

stool, after

urination, after

**SEXUAL PASSION, diminished**

**GENITALIA – FEMALE**

**COITION, painful**

**LEUCORRHOEA**

menses, after

motion, agg.

thick

whitish,

yellowish

**MENSES**

bright red

copious

frequent,

irregular

painful, dysmenorrhoea with backache

protracted

scanty

**STERILITY**

**COUGH**

**DRY, night**

redness of face, with

**FEVER, during**

**BACK**

**PAIN**

morning

leucorrhoea, during

menses, during

**INJURIES, spine, fall, from**

**EXTREMITIES**

**PAIN, Joints, leucorrhoea, during**

<b>SLEEP</b>	DREAMS, amorous
<b>FEVER</b>	MORNING EVENING COUGH, with HEADACHE, with
<b>GENERALITIES</b>	WEAKNESS, gastric disorder, from

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