

**A practical treatise on the anti-asthmatic properties of the bladder-podded lobelia, (*Lobelia inflata*, Linn.) : with directions for the exhibition of the preparations of it, which have succeeded in the practice of the most eminent physicians of the United States, of Dr. Andrews, of Glasgow, of Surgeon Gordon, and of other practitioners of England, in the cure and prevention of asthma : with instructions as to diet, exercise, &c.; and remarks on the supposed varieties of the disease : to which is added, an account of the chirayita herb, lately introduced as a remedy for nervous and gouty indigestion, morbid sensibility of the stomach, and obstructions of the liver, etc. etc. / by Richard Reece.**

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Reece, Richard, 1775-1831.  
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### **Publication/Creation**

London, Printed for Ridgway, [1830]

### **Persistent URL**

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A  
PRACTICAL  
TREATISE  
ON THE  
ANTI-ASTHMATIC PROPERTIES  
OF THE  
BLADDER-PODDED LOBELIA,  
(*LOBELIA INFLATA*, LINN.)

WITH  
DIRECTIONS FOR THE EXHIBITION OF THE PREPARATIONS OF IT,  
WHICH HAVE SUCCEEDED IN THE PRACTICE OF THE MOST EMINENT PHYSICIANS  
OF THE UNITED STATES; OF DR. ANDREWS, OF GLASGOW; OF SURGEON  
GORDON, AND OF OTHER PRACTITIONERS OF ENGLAND, IN  
THE CURE AND PREVENTION OF ASTHMA,  
WITH INSTRUCTIONS AS TO DIET, EXERCISE, &c.  
AND REMARKS ON THE SUPPOSED VARIETIES OF THE DISEASE.

TO WHICH IS ADDED, AN ACCOUNT OF  
THE CHIRAYITA HERB,  
LATELY INTRODUCED AS  
A REMEDY FOR NERVOUS AND GOUTY INDIGESTION, MORBID SENSIBILITY  
OF THE STOMACH, AND OBSTRUCTIONS OF THE LIVER, ETC. ETC.

BY  
RICHARD REECE, M. D.  
FELLOW OF THE ROYAL COLLEGE OF SURGEONS, ETC. ETC.

SECOND EDITION.

LONDON:  
PRINTED FOR RIDGWAY, 171, PICCADILLY,  
AND SOLD BY ALL BOOKSELLERS IN THE UNITED KINGDOM.

*Price One Shilling and Sixpence.*

PRACTICAL  
THERAPY

BLADDER-PODDID TORBIA

THE CHIRIATTA HERB

LONDON:

R. CLAY, PRINTER, BREAD-STREET-HILL,  
CHEAPSIDE.

TO HENRY SULLY, ESQ. M.D.

SURGEON TO HIS ROYAL HIGHNESS THE DUKE OF CUMBERLAND,

AND

MEDICAL SURGEON TO THE INFIRMARY AT WIVELISCOMBE,

*THIS WORK*

CONTAINING AN ACCOUNT OF THE PECULIAR MEDICINAL VIRTUES

OF THE

**Bladder-podded Lobelia,**

(LOBELIA INFLATA,)

PARTICULARLY AS A REMEDY FOR ASTHMA

AND CHRONIC WINTER COUGH,

IS INSCRIBED

AS A MARK OF ESTEEM AND RESPECT

FOR HIS HIGH PROFESSIONAL AND PRIVATE CHARACTER,

AND OF GRATITUDE

FOR HIS NUMEROUS COMMUNICATIONS TO THE MEDICAL WORLD,

PARTICULARLY ON THE PREVENTION OF HYDROPHOBIA,

BY

HIS VERY OBEDIENT SERVANT,

R. REECE.

8, BOLTON Row,  
*April 2, 1830.*

TO HENRY SOLLY, ESQ. M.P.

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## P R E F A C E.

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THE numerous applications the Author has received for explicit directions for the exhibition of the different preparations of the Bladder-podded Lobelia (*Lobelia Inflata*), which have been lately so highly recommended by the most eminent Physicians of the United States as specifics for Asthma; in consequence of their having been first noticed in this country by him, in the *Monthly Gazette of Health*, have induced him to publish such instructions as to constitutional and topical treatment, which he considers necessary to insure their specific effects. Having briefly noticed the cases of Asthma, in which the different preparations of the *Lobelia Inflata* have been administered with the most decided specific results, under his immediate direction, and having given the testimonies of eminent Physicians of America, and of Glasgow, &c. he has thought it unnecessary to extend the work by introducing the particulars of the cases in which it has been successfully administered by others. It may, however, be proper to add, that of all the cases in which the Oxy-syrup or the Ethereal Tincture has been exhibited, neither of them failed to afford the most essential relief; in some, removing every symptom of the malady in a few minutes. In order to ensure its full or specific effects on the

malady, the dose of either preparation should be gradually increased till it slightly nauseates the stomach.

The Author has added a concise account of the *Chirayita Herb*, the celebrated Indian remedy for indigestion arising from morbid sensibility or nervousness of the stomach, attended with disorder of the liver, a predisposition to gout, &c. which has lately been administered in this country with great success in nervous or irritative affections of the digestive organs, after other stomachics and the blue pill had failed.

The true Bladder-podded Lobelia, and the preparations of it recommended in the following pages, as well as the *Chirayita*, may be obtained at the Medical Hall, 170, Piccadilly. Some fastidious members of the profession may suppose that this notice is not strictly conformable to medical etiquette. The preparations are not nostrums or proprietary medicines, and those who are acquainted with the extent to which the adulteration of medicines is carried in this metropolis, and the substitution of cheap articles for expensive ones in compounding prescriptions, will be disposed more to thank than to censure him for this information. As to a certain class of practitioners, who may not approve of specifying a place where the genuine articles may be procured, the author advises them to look a little homeward. They will there discover enough to condemn, without troubling themselves in censuring a practice merely because it militates against their own interest or their trade of fees.

ON THE  
ANTI-ASTHMATIC PROPERTIES  
OF  
THE BLADDER-PODDED LOBELIA.

(*LOBELIA INFLATA* OF LINN.)

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THE genus of plants, of which the Bladder-podded Lobelia is a species, was termed *Lobelia*, in compliment to a celebrated botanist, MATTHIAS DE LOBEL. This species, to which Linnæus gave the name of *inflata*, grows in a wild state, in great abundance, in several parts of North America. The leaves and capsules are acrid; the powdered leaves, in the dose of ten grains, produce nausea, and in the dose of fifteen grains often excite vomiting, which is sometimes followed by profuse perspiration. It also often operates slightly as an aperient. Dr. Bridault de Villiers recommends the plant to be collected in the month of August. It appears by the American physicians, that its peculiar anti-spasmodic, or rather its anti-asthmatic virtues, reside in all the parts of the plant, but that the root and capsules are the most potent. This species has lately been found by some eminent physicians of the

United States so very beneficial in reducing the morbid sensibility of the eighth pair of nerves, and the excessive irritability of the respiratory muscles, on which every variety of asthma is more or less dependant, as to be considered by them a specific for the disease.

Dr. Cutler, an eminent physician, who has been subject to a paroxysm of asthma daily for nearly ten years, after taking all the remedies recommended for asthma by the ancient and modern writers, with little or no benefit, (except a species of the genus *pothos*, termed *fætid*, from which he sometimes received slight temporary relief,) asserts, that in the autumn of 1827 the attacks were much more violent than he ever experienced. The paroxysms commenced about the 1st of August, and recurred daily for about eight weeks. The Doctor having experienced no relief from stramonium, ether, or any of the celebrated anti-asthmatic remedies of the day, determined to give the “*saturated ethereal tincture of the Lobelia Inflata*” a trial, the first dose of which succeeded in allaying the paroxysm; and its continued use not only effectually kept off a recurrence, but afforded great facility of breathing. The celebrated Dr. Drury also gave it a trial, during a violent asthmatic paroxysm, and he says, it *instantly* relieved him, and that he has remained ever since free from the malady. During a severe fit, in which the difficulty of breathing was most distressingly oppressive, the doctor administered a tea-spoonful of the saturated ethereal tincture,

which, in the course of three minutes, terminated the paroxysm. On the expiration of ten minutes another tea-spoonful was administered, which occasioned a slight degree of nausea. After another ten minutes, the same dose was repeated, which excited gentle vomiting, and a pricking sensation in the skin; since which, the patient has remained free from the disease, with a much improved state of his general health. Dr. Barton notices a case of violent asthma, for which he prescribed a tea-spoonful of the saturated ethereal tincture of the *Lobelia Inflata*, to be taken every two hours, with speedy and complete success. Dr. Stewart asserts, that he has witnessed very extraordinary cures of asthmatic paroxysms by the saturated tincture, many of which were almost instantaneous. Dr. Cutler has also found it considerably to quiet habitual and also consumptive cough, particularly in those cases which are attended with considerable irritation in the membrane lining the windpipe. Some physicians prefer the saturated tincture of the root and capsules, to the powdered root or leaves, on account of its being more convenient for exhibition, and of its virtues not being diminished by keeping; but latterly, the tincture made by dissolving the extract of the plant (by spontaneous evaporation) in compound spirit of ether, termed the *ethereal* tincture, has been found to act more speedily and more effectually in allaying the morbid excitement of the *par vagum*, and of course in terminating a paroxysm.

The ordinary dose of this tincture is from forty drops to a small tea-spoonful, in a table-spoonful of cold water, two or three times a-day, or a large tea-spoonful when symptoms occur indicating an approaching paroxysm.

The following account of this plant, by Dr. John Andrew, an eminent physician of Glasgow, has been lately published in the *Glasgow Medical Journal*:—

“ The way in which I became acquainted with this remedy in asthma; is as follows:—In the autumn of the year 1818, returning in a steam boat from Campbeltown, Argyleshire, I found we had on board a man who was asthmatic, and who had been seized with a paroxysm just before the vessel sailed, at five o'clock in the morning. Having with some difficulty been brought on board, and laid in the steerage, I was requested to visit him. The paroxysm was very severe. As there was no medicine on board, at least that I knew of, and we had left the harbour, and were proceeding on our way, I ordered a little gin toddy, which the patient said had sometimes given him relief. The relief afforded was only momentary; for his sufferings soon returned, and he struggled hard for breath. A gentleman on board being acquainted with his malady, politely offered me some medicine, which he said had been of singular benefit to himself, and others afflicted with asthma. I wished to know what it was; but he requested me to give it a trial, and if it succeeded he promised not to withhold its

name from me. I administered according to his directions, and in less than forty minutes the poor fellow was *completely* relieved from the distressing paroxysm. The gentleman then told me that it was an herb which grew plentifully in the place in which he had resided, and which, made into a tincture with brandy, and administered in doses of a tea-spoonful every twenty minutes, gave almost immediate relief. He then showed me the receipt in his pocket-book, which he had got from an American practitioner, and with a copy of it gave me a quantity of the tincture. He afterwards presented me with a quantity of the plant, that I might prepare the tincture for myself.

“ I became convinced that it was of great service in asthma; so much so, that after I had used all that I had received from my American friend, I tried often to procure it from Baltimore, in the neighbourhood of which he said it grew spontaneously in great abundance. It was not, however, till about eighteen months since that I was so fortunate as to obtain a fresh supply. An intimate friend, who was going to New-York, when I mentioned the plant to him, promised to bring some of it with him on his return, which he did.

“ I have used the *Lobelia Inflata* in the worst forms of hooping cough, with decided advantage to the little sufferers, in all relieving, and, with the exception of one, speedily curing the disease. There is no medicine with which I am acquainted, that so effectually allays the spasms of asthma

and hooping cough, and relieves the bronchial vessels of their viscid mucus, as the *Lobelia Inflata*.

“ In an obstinate case of Saint Vitus’s dance, where purgatives, antispasmodics, and tonics, had been used without any benefit, I ordered forty drops of the tincture to be taken three times a-day, which in four days completely subdued the convulsive motion of the limbs. The patient, a girl of fourteen years, soon got well.

“ In pulmonary consumption, it is useful in relieving the cough and difficulty of breathing.”

Mr. Gordon, a scientific surgeon of Wilton, South Cove, who, it seems, by a late report, has given the ethereal tincture of the *Lobelia Inflata* an extensive trial in asthma, asserts, in his communication addressed to the medical profession, that of all the remedies he has employed, the ethereal tincture of the *Lobelia Inflata*, in the dose of a tea-spoonful in a small wine-glass of cold water, taken every three or four hours, afforded the most speedy and effectual relief. “ The first dose,” says he, “ uniformly rendered the respiration more free, and after the second, it became perfectly easy and natural, and all the other symptoms rapidly subsided.” We have given the ethereal tincture of the *Lobelia Inflata* an extensive trial in the dose recommended by Mr. Gordon, and in every instance with the most decided advantage. We, however, give a preference to the oxysyrup of the herb (see page 17), because we find it equally efficacious in allaying the spasmodic constriction, and at the same

time, to act more effectually in promoting expectoration, and consequently in preventing a recurrence of a paroxysm. The dose of the oxymel is from one to two spoonful in a wine-glassful of slightly warmed water, or, when the patient is subject to flatulence or cramp in the stomach, in a little peppermint-water, or warm peppermint or rosemary tea, about three or four times a-day. When the powers of the system have considerably given way, or when symptoms of "breaking up" appear, as swelling of the legs, effusion of serum in the chest or abdomen, loss of appetite, general prostration of strength, the ethereal tincture, or the oxysyrup, should be given in a dose of a tonic mixture, as A. page 26.

Some practitioners suppose, that the species of asthma noticed by authors differ so essentially, that no single remedy can be applicable to all of them. Long experience has satisfied us, that asthma is always dependant on a preternatural excitability of the eighth pair of nerves, termed the *par vagum*, (the ramifications of which are extensively distributed, viz. to the larynx, gullet, lungs, the diaphragm, stomach, &c.) and that the varieties noticed by different writers are mere modifications by temperament, habits, customs, or some nervous peculiarity, technically termed *Idiosyncrasy*. The preternatural excitability or sensibility of the *par vagum* (often, if not always hereditary) occurs as frequently in the plethoric as in the leucophlegmatic habit, and hence the malady frequently

requires different constitutional management ; but when the state of the system is corrected, the same remedy will be proper to reduce the morbid excitement of the *par vagum*, and thereby remove the spasmodic constriction of the muscles of the glottis, air vessels, respiratory muscles, &c. constituting the asthmatic paroxysm.

From the extensive distribution of the branches of the *par vagum*, the local exciting causes of asthma are numerous. Inhalation of a noxious air, as the carbonic acid gas from burning coke or charcoal, a frosty humid, or foggy atmosphere, or an article capable of mechanically or chemically irritating the fauces, &c. as rough food, particular spices, &c. especially when either comes in contact with the glottis, is a common exciting cause of a paroxysm. Irritation in the lungs, the stomach, the liver, uterus, or in any part to which branches of the *par vagum* may extend, or with which the stomach may sympathize, may act as an exciting cause. Incipient organic mischief, either in the liver, spleen, pylorus, duodenum, or uterus, often keeps up the preternatural excitement of the *par vagum* ; but when the disease advances to suppuration or ulceration, it is common for a determination of nervous energy and blood to take place to it, and to occasion such a diversion in favour of the disordered *par vagum*, that the patient loses all his asthmatic feelings. The morbid sensibility of the *par vagum* often occurs in gouty subjects, and it is common for a violent asthmatic paroxysm, attended with considerable disturbance

of the brain and whole nervous system, to precede a fit of gout, and for the asthmatic affection gradually to decrease in proportion as the gouty inflammation in an extremity advances. The *par vagum*, (which is always in a state of alarm, in very nervous asthmatics, and all asthmatics are more or less nervous,) is often disturbed, through the medium of the nervous system, by atmospherical changes, or mental emotion, so as to occasion an asthmatic fit. If, therefore, asthma be distinguished according to its exciting cause, the species would be nearly as numerous as all the primary maladies to which man is liable. Such distinctions would tend to little practical utility, for the predisposing cause in all is the same, viz. a preternaturally excitable condition of the *par vagum*, without which, the exciting causes we have noticed would not produce any of the phenomena of asthma.

The only popular division of asthma with which we are acquainted, is into the dry (when attended with no expectoration) and humid (when attended with expectoration). The former occurs in the feverish or plethoric habit, and the latter in the leucophlegmatic. There is a state of system which favours the operation of all specific remedies, or the topical treatment of a local malady. In cases of asthma, a plethoric state of the blood-vessels, or a state of health above par, will keep up a degree of preternatural excitement of the *par vagum*, that even the slight change which takes place in the air on the

approach of night, will be capable of bringing on an asthmatic paroxysm, and such state of system will also prevent the specific action of the remedy. In such case, depletion by abstraction of blood, an active purgative, and a soothing stomachic\* medicine, with a low diet, will be necessary to insure the specific operation of either of the preparations of the *Lobelia Inflata*. If, on the contrary, the vital powers be considerably reduced, the stomach disordered, the bowels irregular, the secretion of urine diseased and deficient in quantity; the use of a tonic and diuretic medicine † for two or three days, with attention to the intestinal canal, ‡ will be necessary,

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\* See the Stomachic Mixture, A. page 34.

† See B. page 26.

‡ The best medicine for regulating the bowels when they are disposed to constipation, is a composition of the *aqueous* extract of aloes, alkaline extract of jalap, and ginger powder, in the following proportions.

Take of the *Aqueous* Extract of Aloes; *Alkaline* Extract of Jalap, of each 1 drachm; Ginger Powder, 12 grains; Mix, and divide into thirty pills.

After emptying the alimentary canal by three of these pills, one or two should be taken every or every other morning, so as to produce one evacuation daily. Purging after the first dose, unless the head becomes overloaded with blood, should be avoided. The purgative neutral salts, as Glauber's, the Epsom, or Cheltenham, and also the aperient mineral waters, we have found to aggravate the disease. If the patient cannot swallow medicine in the form of pills, in consequence of the morbid excitement of the fauces or gullet, the above pills may be dissolved in water. If, on the contrary, the intestinal canal be in a relaxed state, two or three table-

in order to prepare the system for the exhibition of the ethereal tincture, or the oxysyrup of the *Lobelia Inflata*.

The oxysyrup\* is made in the same manner as the oxymels, with the exception of the employment of the sugar of whey in lieu of honey. The substitution of the oxysyrups for oxymels by the Italian chemists, is of great importance in the articles which are prescribed for asthmatics. With some asthmatics, honey not only considerably disorders the stomach and bowels, but frequently the whole nervous system, often followed by an erysipelatous affection of the skin. The oxymels and simple syrups are very apt to run into the acetous fermentation in the stomach of asthmatics, and the products (gas and acid), by distending and otherwise irritating the stomach, considerably aggravate the asthmatic oppression of the chest, or difficulty of breathing. The sugar obtained from the whey of cow's milk, which is now prepared in considerable quantities by the chemists of Italy, has the very important advantage over honey and sugar, in making simple syrups and the oxysyrups (instead of oxymels), that it does not, like the syrups and oxymels, ferment in the stomach, or when kept in a shop during summer. For asthmatics, the oxysyrup of the *Lobelia Inflata* or of the

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spoonsful of lime water, with a little grated nutmeg or cinnamon bark, may be taken three or four times a-day.

\* From *ὄξύς* (vinegar), *σύρω* (draw), *ὀπός* (juice).

squill, (made with the sugar of whey) is a great improvement on the oxymels. The oxysyrup of the *Lobelia Inflata* is also an excellent remedy for the chronic winter cough. See page 27.

When the stomach is much disordered or preternaturally irritable, Dr. Robinson recommends a composition of herbs, similar to what is sold by herbalists under the name of herb tobacco, with a proportion of the dried leaves of the *Lobelia Inflata* (about a fourth,) to be smoked every evening, or twice a-day, till the stomach is properly corrected, and the bowels regulated. The vapour should be occasionally drawn into the lungs, by attempting to make, at the time of smoking, a deep inspiration. Smoking this composition with the use of the mixture, A. page 34, has been found to act nearly as efficaciously, as either the oxysyrup or the ethereal tincture of the *Lobelia Inflata*; and in all cases, by hastening expectoration, acts as a powerful auxiliary to the latter. During smoking, a wine-glassful of weak lemonade, with a small quantity of brandy, may be taken, and a wine-glassful of a weak solution of the carbonate of soda, (about four drachms to a pint of water) alternately. The fixed air which is disengaged in the stomach, on the two liquids uniting, allays the morbid irritability of the stomach and fauces, and its escape upwards is uniformly followed by considerable facility of breathing.

From the remarks we have made on the ramifications of the *par vagum* to the stomach, and

on the effects of primary sympathetic disorder of the stomach, in acting as an exciting cause of the asthmatic paroxysm, the importance of attending to regimen must appear obvious. All asthmatics, as we have already observed, (when speaking of the means of improving the general health,) have some leading peculiarity of stomach, and, therefore, the absurdity of attempting to lay down general rules for the regulation of diet must appear obvious. The sanguineous and the leucophlegmatic are equally subject to the malady; and however necessary it may be to vary the medical treatment of the body according to the temperament of the invalid, the only difference in the dietetic management will consist more in the quantity than the nature of the aliment. With the sanguineous asthmatic, a low diet, consisting principally of vegetables and articles capable of fermentation in the stomach, generally disagrees. They should, of course, avoid full meals, and spirituous or vinous liquors, whilst the leucophlegmatic or debilitated may take more freely of meat, and gently stimulate the stomach, after the dinner meal, with a little diluted brandy and water. Cow's milk, forming a firm curd, in a nervous stomach, and cream, often becoming rancid, have been known to occasion the most distressing paroxysms; and, in a few cases, we have known the curd to be brought up by vomiting, in a most offensive state, six days after the milk was taken. Cow's milk, with a mucilage, as the jelly of arrow-root or the carragaheen, which

prevents the formation of a strong curd, or mixed with barley-water slightly sweetened with sugar of whey, (an excellent artificial ass's milk) is a valuable article of diet for elderly asthmatics, or those whose systems have been much reduced by chronic constitutional cough. Malt liquor, unless highly hopped or well fermented, as well as all kinds of wine, are very apt to disorder the stomach either of the leucophlegmatic or the sanguineous asthmatic. To no class of invalids, does the old saying of "what is one man's food is another man's poison" more strictly apply than to asthmatics. Every asthmatic should be guided in the adoption of a system of diet by the result of experience and observation. Generally speaking, the inside of boiled or roasted meat, young poultry, venison, game, and light spicy puddings agree with the stomach of both classes of asthmatics better than green vegetables, as cabbages, peas, beans, &c. They should, however, not limit their attention solely to solids, for the fluids more frequently disorder the stomach. In Italy, a solution of the sugar of whey, in the proportion of three drachms to a pint of water, acidulated with lemon juice, is much preferred by asthmatics as a common beverage, on account of its not fermenting in the stomach.

Dr. Epps, a scientific physician of London, recommends asthmatics to adopt a decoction of hartshorn shavings as a general beverage, which may be slightly acidulated with lemon juice.

This article is certainly preferable to barley-water or linseed tea, on account of its not being fermentable in the stomach. The carragaheen, a species of sea moss, has lately been much recommended by some physicians of Dublin, as a nutritious article of diet for emaciated asthmatics. The jelly it affords to boiling water is grateful to the palate, sits pleasantly on the stomach, and is unquestionably very nutritious. It has also the important advantage of not being fermentable in the stomach.\* The following directions have been published by Mr. Todhunter for the use of this article:—After steeping a quarter of an ounce of the moss in cold water for three minutes, take it out, and after rubbing it with a dry piece of linen, till the water in it is absorbed, boil it in one quart of unskimmed milk until it attains the consistency of warm jelly, then strain off the jelly, and sweeten it to the taste with white sugar or honey.

The fixed air, which is produced in great abundance on burning coke with coal, a common practice in London, and that which escapes from lime-kilns, generally acts very injuriously on asthmatics.

The directions for cleaning the tongue and teeth every morning with the dilute malic acid, &c.

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\* A little of this jelly, mixed with arrow-root, tapioca jelly, or with bread pudding, renders them less liable to fermentation in the stomach. For asthmatics and infants, such an article is a most important desideratum.

as recommended p. 23 and 24, should be particularly attended to by asthmatics. We have known irritation in a tooth keep up asthmatic difficulty of breathing. The refreshing effects of cleaning the mouth with this lotion, &c. on the stomach is uniformly experienced in a high degree by asthmatics.

It is also of great importance to keep up a proper circulation in the lower extremities, by wearing worsted stockings or socks. By keeping the feet and legs warm, the circulation of the blood throughout the abdominal viscera is promoted, which is of great importance to invalids, for congestion of the vessels of the viscera is a common exciting cause of asthma. Worsted stockings or socks, by keeping up active circulation in the extremities, also act beneficially as a preservative.

In elderly asthmatics it is likewise of great consequence to keep up the action of the kidneys, and for this purpose, gin and water may be substituted for brandy and water.

Mr. Gordon and other authors much advise the cold shower bath, and some writers highly extol sea-bathing, as preventives of the asthmatic difficulty of breathing or paroxysm. We have never found either to produce a beneficial effect, but, on the contrary, it has been our misfortune to find both to produce the affection, often in a most distressing degree, for the prevention of which they were employed.

The observations we have made on the diet of asthmatics, apply in equal force to air and

situation. Every change is, in fact, with an asthmatic, an experiment. We know many asthmatics living in London who feel exceedingly oppressed on visiting Hampstead or Highgate; and some residing at those places, who are equally inconvenienced on coming to London. It is common for some asthmatics to continue free from any difficulty of breathing as long as the wind is in the north, and others to be exceedingly distressed by it, although their temperaments and symptoms are apparently the same. Asthmatics must, therefore, be governed by their own feelings as to the choice of air or situation.

When the vital powers are considerably reduced, with symptoms of "breaking up," noticed page 13, we have found the inhalation of the oxygen gas, a powerful auxiliary to the tonic mixture, A. (page 26.) When the cellular substance of the lower extremities is overloaded with serum, we have found acupuncture wonderfully beneficial.

The breakfast meal, says Dr. Robinson,\* should not be taken till the teeth have been cleaned by a smooth and corrective powder, as the levigated areca charcoal, and the mouth rinsed out with an astringent lotion, as the simple tincture

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\* In his Practical Treatise on general and partial debility, either original or hereditary, or from age, dissipation, residence in a tropical climate, and on the peculiar tonic properties of the *Round-leaf Cornel*.

of rhatany, with water, in the manner recommended by Mr. Hertz, in his Treatise on the Management of the Teeth, &c.

Whoever considers the important office of the teeth, in performing the first process of digestion, will see the propriety of attending to this advice. In no article have greater impositions been practised on the public than in tooth-powders. We have met with some compositions containing ingredients capable of abrading glass. By removing what is termed tartar, they give satisfaction for a few months, but, by continued use, they destroy the enamel, and thereby occasion caries. We recommend the use of a tooth-powder and a lotion before breakfast, to remove the deposit which takes place on the teeth and surface of the mouth, &c. during the night, which would be otherwise mixed with the food and conveyed into the stomach. After removing it, an astringent lotion acts beneficially on the gums, the whole surface of the mouth, and on the salivary glands, which often in weakly subjects are in a relaxed state, and the saliva in consequence is not sufficiently abundant, and very unhealthy. Its tonic effects on the mouth are extended, by nervous influence and sympathy, to the stomach itself.

Mr. La Beaume, a practitioner very favourably known to the scientific world for his works on galvanism, particularly as a medical agent in indolent affections of the liver, has made the important discovery that the accumulation on the teeth,

termed tartar, is occasioned by animalculæ, which we find are visible on microscopic examination. These animalculæ, which gradually burrow between the teeth and gums, even penetrate the enamel, and enter the very interior of the teeth, thereby producing the destruction termed caries, and also tooth-ache. Mr. La Beaume, after numerous experiments, ascertained that the true malic acid (the purified acid of the crab-apple) not only immediately destroyed them, but dissolved the mucous collection which protected them. He therefore recommends the teeth to be brushed every morning, and also the tongue, which when loaded with foul slime, is covered with the same animalculæ, with a lotion composed of the malic acid and rose water, and afterwards brushed with the prepared Areca nut charcoal. This mode of managing the teeth\* we have found exceedingly beneficial, not only in speedily removing the collection, and, when used once a week, in preventing its re-accumulation, but in cleansing the tongue and in producing a relish for food. Its good effects on the tongue and palate are in fact by sympathy, or by a continuous influence, transmitted to the stomach. The irritation produced by the animalculæ and the offensive

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\* Mr. La Beaume asserts, that his father employed the above means for cleaning his teeth for upwards of forty years, and that when he died, at the age of seventy, he had not lost a tooth, and that the whole set was remarkably healthy. We have followed the same directions with the most decided advantage.

effluvia from them or their surrounding slime, probably of a fæcal nature, are extended to the salivary glands, the consequence of which is, their secretion (saliva) is unhealthy, and no doubt a common cause of indigestion. Hippocrates, who in all diseases paid particular attention to the state of the stomach, contends that perfect or good digestion depends as much on the healthy state of the teeth as that of the stomach, Mr. La Beaume's important discovery, and his instructions for the management of the teeth founded on it, are given in detail in the last edition of Mr. Hertz's popular Treatise on the Teeth.

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A.—*Tonic Mixture.*

Take of the Essential Salt of the Round-leaf Cornel,  
two drachms ;  
Tincture of ditto, six drachms ;  
Spirit of Sulphuric Ether, two drachms ;  
Camphorated Mixture, seven ounces.  
—Mix. Three table-spoonsful to be taken two or three  
times a-day.

B.—*Tonic and Diuretic Medicine.*

Take of the Essential Salt of the Round-leaf Cornel,  
two drachms ;  
Spirit of Buchu Leaves, one ounce ;  
Ethereal Spirit of Nitre, three drachms ;  
Tincture of Squills, two ounces ;  
Camphorated Mixture, six ounces.—Mix.  
Three table-spoonsful to be taken three times a-day.

## WINTER OR CHRONIC COUGH.

In our account of asthma, we have stated that it is dependant on a morbid degree of sensibility or excitability of the eighth pair of nerves (*par vagum*), the ramifications of which are extended to the larynx, the glottis, lungs, stomach, &c. &c. The seat of *winter* cough, so termed because it generally occurs during the winter season, is the internal membrane of the windpipe and of the bronchial branches; and the irritation or inflammatory excitement which occasions an excessive secretion of phlegm and cough, are the effects of a diminution of the circulation of the blood, &c. in the skin and extremities by a low temperature of the air, probably aided by the action of cold air on the membrane during inspiration. Those who are predisposed to this variety of cough, in consequence of the lining of the windpipe being very tender or irritable, are alike subject to the same variety when the temperature of the atmosphere is so reduced as to check perspiration or the circulation of the blood in the skin or extremities; but an air charged with a noxious gas or vapour, or of a temperature unusually high, also acts as an exciting cause.

This cough, like asthma, occurs as frequently in the low or leucophlegmatic temperament as in the full or sanguineous, and therefore a constitutional treatment (dietetic and medicinal) should be accordingly adopted to favour the remedy which is administered with the view of

removing the affection of the mucous membrane. If the system be plethoric, the remedy will have no permanent good effect till it is reduced by abstraction of blood, by an aperient medicine (see pills, page 16), and by a low diet; but if, on the contrary, it be in a reduced state, as indicated by low pulse and coldness, and edematous swelling of the legs, a generous diet may be allowed. The irritation in the mucous extremities sometimes extends to the branches of the *par vagum* spread over the larynx and glottis, in which case it is occasionally attended with difficult expectoration, and spasmodic constriction, resembling asthma.

The oxysyrup of the *Lobelia Inflata*, in the dose of from one to two tea-spoonsful two or three times a-day, is a most efficacious remedy for this variety of cough, uniformly affording the most essential relief, and, when the patient can avoid exposure to the exciting cause (cold or foggy air, &c.), speedily curing it. When the system is plethoric or inflammatory, it may be taken in barley-water; but when weakly, in a wine-glassful of the decoction of Iceland moss; and when the patient is aged, and the vital powers considerably reduced, it may be given in a dose of the tonic mixture A. (page 26), in lieu of the decoction.

The lozenge composed of the inspissated white juice of the garden lettuce, extract of liquorice, gum arabic, and tolu, first recommended by Professor Duncan, of Edinburgh, as a remedy for

this, as well as for catarrhal and consumptive cough, has been found to act very beneficially in removing the cause of winter cough;\* but when the malady is attended with spasmodic difficulty of breathing, the camphorated ipecacuan lozenge will answer best. One of either of these lozenges dissolved gradually in the mouth on going into a cold or foggy air, will prevent its acting injuriously on asthmatics and those subject to winter cough.

A flannel and fleecy hosiery waistcoat should, in all cases, be constantly worn next the skin. The chamois leather, which was much recommended by the late Dr. Read as preferable to flannel, we have found to act more injuriously than otherwise, in consequence of its retaining the sensible perspiration.

The camphorated Burgundy pitch plaster applied over the breast bone, which often increases *asthmatic* difficulty of breathing, is an excellent auxiliary in cases of winter cough.

When the vital powers are so considerably reduced that the patient has not the power of expectorating without making several efforts, the inhalation of oxygen, to the extent of two gallons twice a-day, is a most important adjunct. In such cases, or when symptoms of debility appear, the jelly of the carragaheen, noticed page 21, is an excellent article of diet.

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\* This lozenge is made by the directions of Professor Duncan, at the Medical Hall, 170, Piccadilly, where they are retailed, with full directions for their use.

ON THE  
MEDICINAL PROPERTIES  
OF THE  
CHIRAYITA, OR CHERRATTAH HERB.

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ALTHOUGH the *Chirayita Herb* (by some termed Cherrattah) has been held from time immemorial in great estimation, as a stomachic, deobstruent, and anti-scrofulous medicine, by the natives of Bengal, and for the last fifty years by the European medical officers settled in different parts of the East Indies, it has only been lately introduced into the practice of this country. Among the most eminent practitioners who have given it an extensive trial, and who highly extol it, may be noticed Dr. Fleming, Dr. Dick, Dr. Ainslie, and Dr. Hamilton, late of the Bengal Presidency; and Dr. Blundell, Dr. Johnson, Dr. Kinglake, Dr. Sully, Mr. Churchill, Mr. Addison, and Mr. Baker, of England. It is not only a most valuable stomachic or tonic medicine, but it evidently deterges the abdominal viscera, and on this account its beneficial effects are generally permanent. It corrects the secretion of bile, as is evident by the healthy bilious appearance

of the fæces, and prevents that accumulation of fæces in the colon, which so frequently gives rise to a variety of distressing affections, particularly headache, giddiness, indigestion, flatulence, piles, glandular obstruction, &c. On the liver, &c. it acts more effectually by removing obstruction, and the cause of sluggishness or vitiated bile, than blue pill, calomel, or any other preparation of mercury, and is entirely exempt from the serious objections to the employment of the blue pill or any other mercurial preparations on nervous subjects.\* The *Chirayita Herb*, in fact, possesses the very important advantage over all other stomachic medicines, of purging or cleansing the liver and the other viscera, and at the same time strengthens the stomach; and, by producing healthy chyle, corrects the whole mass of blood. A great objection to the astringent tonics, as

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\* Blue pill, calomel, and the other preparations of mercury, so generally prescribed in this country for indigestion, a popular writer very justly observes, "ultimately undermine the constitution, and the invalid who has been in the habit of having recourse to mercurial preparations, for the purpose of correcting the secretion of the liver, or carrying off bile, generally falls a sacrifice to premature breaking up of the system. The viscera on which they, for a few months, may act beneficially, at length become unsusceptible of its action, the habit becomes leucophlegmatic, and the vital powers gradually sink. From a soft spongy state of the viscera, an effusion of serum takes place in the cellular substance, which advances to general dropsy, with a most disordered condition of the nervous system."

Peruvian bark, cascarilla, &c. is, that by constringing the biliary ducts, the disorder or disease of the liver often continues to advance at the time they are apparently operating favourably on the stomach, the consequences of indigestion having abated. In cases of indigestion from organic disease in some part of the stomach, astringents prove highly injurious. The *Chirayita Herb* is, therefore, a most valuable addition to the *materia medica* of this country, and will, no doubt, soon supersede all other stomachic and deobstruent medicines, and render the use of mercury, in cases of indigestion accompanied with, or dependant on, an overloaded or sluggish state of the liver, and in scrofula, unnecessary. Dr. T. Blundell has found the tincture, and also the extract of *Chirayita*, a most valuable remedy for *fluor albus*. He attributes the good effects of these preparations in this disease, to their detergent or deobstruent operation on the uterus, in removing a disordered condition of this organ, a common cause of *fluor albus*, abortion, and sterility. It is also highly esteemed as a detergent at the critical period, termed the "*Turn of Life*," in nervous females; and by its deobstruent effects on the uterus, will not only prevent the too sudden cessation of the monthly secretion, from which many diseases arise, but the organic mischief which is apt to take place in the uterus or glands of the breasts after the uterus has ceased to perform its monthly office. The medicinal virtues of the *Chirayita Herb* are imparted by

infusion to boiling water. The tincture, which contains all its virtues in great perfection, is a strong but very grateful bitter, and sits pleasantly on the stomach. The dose of the tincture is from two to three teaspoonsful, in a small wine-glass of water, two or three times a-day. The extract also contains all its medicinal properties, five grains of which are equal to two teaspoonsful of the tincture. It may be taken in the form of a pill. The following composition is much recommended as a dinner pill, *i. e.* for the purpose of preparing the stomach for the dinner meal.

Take of Extract of Chirayita, one drachm;

Powdered Ginger, ten grains;

Dried Subcarbonate of Soda, one scruple.

—Mix, and divide into sixteen pills. Two to be taken with a wine-glass of water, about two hours before dinner.

The following are translations of the prescriptions of the physicians who have given the *Chirayita* the most extensive trials, and in whose practice it has proved highly beneficial :

*For Indigestion arising from increased excitement  
or morbid sensibility of the Stomach.*

This condition of the stomach is generally attended with heart-burn, flatulence, general nervousness, noise in the ears, unpleasant dreams, or disturbed sleep, flushing of the face, confusion of mind, increased heat of the palms of the hands, foul tongue, high-coloured urine, &c. &c.

A. Take of Infusion of Chirayita, seven ounces ;  
 Carbonate of Soda, two drachms ;  
 Tincture of Chirayita, one ounce.—Mix.  
 Three table-spoonsful to be taken three times a-day.

If the complaint be not attended with heart-burn, and the system be what is termed feverish, the pulse quick, the skin dry and hot, with great thirst, three drachms of the sweet spirit of nitre may be substituted for the carbonate of soda.

If the patient prefer pills to a liquid, the following may be substituted in lieu of either of the preceding mixtures :

B. Take of Extract of Chirayita, one drachm and a half ;  
 Dried Subcarbonate of Soda, one scruple ;  
 Ginger Powder, fifteen grains.  
 —Mix, and divide into thirty pills. Three to be taken twice a-day, *i. e.* about two hours before dinner, and two hours after dinner, with a glass of water.

*For Indigestion of elderly People :*

C. Take of Decoction of Chirayita, seven ounces ;  
 Tincture of the Round-leaf Cornel, one ounce ;  
 Compound Spirit of Ammonia, three drachms.—Mix. Three table-spoonsful to be taken three times a-day.

If the legs swell, or the kidneys do not perform their office, or if there be irritation about the bladder, &c., an ounce of simple tincture of buchu leaves may be added to this mixture.

*The following particular Directions for the Exhibition of the Chirayita were published in a late number of the Monthly Gazette of Health:*

“ Finding that many of our readers are at a loss, from our accounts of the Chirayita herb and the Round-leaf Cornel, to determine which is the most entitled to a trial in cases of indigestion, or general debility, we think it necessary briefly to state, that the Round-leaf Cornel is recommended as a *tonic* in cases of *direct* debility, either local or general. When the stomach does not properly perform its office in consequence of *relaxation* or *debility*, and when, of course, it requires bracing, the *Round-leaf Cornel* is a most valuable tonic medicine. This variety of indigestion occurs in elderly people, and in those who were born weakly, or have weakened their vital powers by intemperance, &c. or a residence in a tropical climate. It is commonly attended with general relaxation of the muscular system, diminished temperature of the body, particularly of the extremities, a sensation of weakness about the joints, paleness of skin, swelling of the legs, particularly after much exercise or sitting or standing, sluggishness of the bowels, drowsiness, sometimes gleety secretions, diminution of the power to empty the bladder or rectum, &c. In such cases, the Round-leaf Cornel is a most invaluable tonic medicine, and the results of the numerous trials we and our medical friends have given it, have proved that it fully merits the

character Dr. Robinson and Professor Ives have given it, and that it is, as a tonic, very superior to the Peruvian bark, or the sulphate of quinine.

“ The Chirayita Herb is recommended as a stomachic and deobstruent, in cases of indigestion, arising from *morbid excitement or nervousness of the stomach*. This condition of the stomach, which is termed, by Abernethy, feverish, and by Dr. Johnson, morbid sensibility of the stomach, is a common consequence of a too free indulgence in vinous or spirituous liquors and savoury dishes. It is generally attended with nervousness of the whole body, increased temperature, particularly of the head, palms of the hands, and of the soles of the feet, especially after a meal, confusion of mind, with unrefreshing sleep, dreaming, night-mare, pains in the knees or shoulders, heartburn, flatulence in the stomach and intestines, highly-coloured urine, with a red deposit, irregular bowels, &c. In this variety of indigestion, to which inebriates and gouty people are particularly subject, a tonic medicine, as the Round-leaf Cornel or the Peruvian bark, would prove injurious. The *Chirayita* here acts as a stomachic, by allaying the morbid excitement of the digestive organs, by promoting the secretions of the liver, and by keeping up a regular action in the intestinal canal, so as to prevent accumulation of fæces. In cases of indigestion, arising from debility, and occurring in a leucophlegmatic habit, the *Chirayita* produces no beneficial effect; but in cases of *indirect* debility arising from

increased excitement of the stomach, attended with general nervousness, the Chirayita, by reducing the degree of excitement, quieting the whole nervous system, and promoting the secretion of the liver, &c. will strengthen the body. Some practitioners condemn the use of a tonic, such as the Round-leaf Cornel, or the Peruvian bark, or any other stomachic which contains an *astrigent* principle, because, by *constringing* the biliary ducts, they occasion a congestion of the vessels of the liver. In a case of indigestion from morbid excitement or nervousness, an astringent medicine would have this effect; but in cases of debility of the stomach, attended with general relaxation, a tonic medicine, containing the tannin or astringent principle, proves very beneficial, by invigorating the vessels so as to get rid of their contents, and also the absorbents so as to remove any deposits that may have taken place. The vessels and cellular substance of a viscus become overloaded as much from languid circulation as from increased action or excitement, and when the cause is debility, a tonic medicine, such as the Round-leaf Cornel, will promote the secretion of bile, whilst the Chirayita would have little or no effect; but when the liver is in a state of morbid excitement, the Chirayita, by reducing it, will promote its secretion. That the Chirayita acts as efficaciously in removing visceral obstruction, and in promoting the secretion of bile as the blue pill, we can positively state from numerous trials; and we have no doubt in such cases it will soon super-

sede the blue pill and other preparations of mercury, the continued use of which has produced very serious disturbance of the brain and lungs in nervous subjects.”

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In several cases of indigestion, attended with a high degree of general nervousness, palpitation of the heart, flying pains, considerable flatulence, irregular state of the bowels, frequent attacks of night-mare, unrefreshing sleep, distressing dreams, depression of spirits, the following mixture has produced the most tranquillizing effects, and greatly improved the general health :—

Take of Decoction of Chirayita, seven ounces;  
 Tincture of Musk Seeds, one ounce and a half.  
 Dose, from three to four table-spoonsful three times a-day.

One patient (a female) was about forty years of age, and of a spare habit. Her nervous system had been much shaken by mental distress.

In cases of scrofula, particularly when the glands of the neck and of the mesentery are tumefied, of chronic or constitutional cough, and of pulmonary consumption, the decoction is taken alone, to the extent of a wine-glassful, three times a-day. When the cough is very troublesome, or the expectoration difficult, a teaspoonful or two of the oxysyrup of the *Lobelia Inflata* may be added to each dose.

The Chirayita Herb, in cases of obstruction of the liver, attended with morbid sensibility or

irritability of the stomach, and often with general nervousness, has been found by Dr. Kinglake, of Taunton, Dr. Sully, of Wiveliscombe, Dr. Blundell, Dr. Baker, &c., not only to allay the disordered state of the stomach, but to deterge the liver as effectually as the blue pill, without producing any of its bad effects on the nervous system, gums, teeth, &c.

The dose of the tincture of the Chirayita, which contains all the medicinal virtues of the herb, is from two or three tea-spoonsful, two or three times a-day, in a small wine-glass of water. Those who object to the form of a tincture, or to medicines in a liquid form, may take the extract of it, which also contains all the virtue of the herb in great perfection, in the form of pills. The pills, made according to the following prescription, have proved very beneficial in the variety of indigestion arising from nervousness, &c. attended with a constipation.

Take of Extract of the Chirayita, two drachms ;  
 dried Subcarbonate of Soda, one scruple ;  
 Ginger Powder, fifteen grains ;  
*Aqueous* Extract of Aloes, half a drachm.—  
 Mix, and divide into forty pills.

Two to be taken twice a-day.

For correcting the scrofulous habit, and dispersing scrofulous tumefactions of the glands, the infusion of the herb with the subcarbonate of soda, is preferred. See A page 34.

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