EBM

Gelsemium sempervirens

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Gelsemium sempervirens

- Possibility
- Probability
- Confirmation
- Corroboration
- Verification
Possibility

Pharmacology:

- Fresh or dry roots (PhEur-GHP-FP): highly poisonous; various indole alkaloids (Gelseminine, Gelsemine a.e.), some with properties similar to strychnine.
Possibility

SYMPTOMS:
Analgesic, CNS depressant, cardio-depressant, hypotensive.

Difficult use of voluntary muscles, muscles rigidity & weakness, dizziness, loss of speech, dry mouth, visual disturbances, trembling of extremities, profuse sweating, respiratory depression, convulsions.

Respiratory failure may cause death.
Probability

**Proving**: Henry (USA) 1852, tincture, 3 male provers

- **Mind**: dullness, disinclination to conversation.
- **Generals**: weak, pale, nauseous & trembling legs at sight of blood or severe wounds.
- **Sensations**: sensation as if limbs could not be made to move another step; heavy weight in limbs.
Confirmation

**Provings**: 149 provers, 1573 symptoms

**Keynotes**:

- **Constitution**: excitable, irritable, sensitive.
- **Mind**:
  - Bad effects from fright, fear, exciting news
  - Anticipation brings on diarrhoea or frequent urination
  - Stage fright.
  - Desire to be quiet, to be alone.
  - Children: fear of falling, grasp the crib or seize the nurse.
Confirmation

PHYSICAL:
• General depression from heat of sun or summer.

HEAD:
• Vertigo with diplopia, dim vision, loss of sight; seems intoxicated when trying to move.
• Headache
  o preceded by blindness, > by profuse urination.
  o beginning in the cervical spine > extend over the head.
• Sensation of band around the head above eyes.
Confirmation

Eyes:
• Great heaviness of the eyelids

Cardio-vascular system:
• Fears heart will cease beating.
• Slow pulse of old age.

Nervous system:
• Lack of muscular co-ordination
Confirmation

FEVER:
• Chill without thirst.

MODALITIES:
• < mental emotion or excitement, bad news, tobacco smoking, when thinking of his ailments.

Corroboration

Some example out of 43 publications (http://www.carstens-stiftung.de/hombrex/):

Medical analyser system:

• Heart rate variability; Blood flow variability; Autonomic nervous system.

Microarray:

• Microarray studies exist and show where and how the remedy will act
Corroboration

Neurophysiology, EEG in rats:
• Gelsemium D4 induces changes in electro-chemical neurotransmission of the most important kations Ca2+, Na+ and K+ playing a role in the excitability of the neurons.

Anxiety assessment method in rats:
• Gelsemine, the major active principle of the yellow jasmine (Gelsemium) is an anxiolytic.


Verification

One example out of the 150 authors describing 8087 clinically verified symptoms of Gelsemium:

Symptoms:

• Anxiety from grief or future events. Anxiety in stomach.
• Lassitude and trembling in muscles.
• Using Likelihood ratio calculations for chronic patients, most valuable symptoms to approach systematic efficacy of the prescription are tenacious anxious thoughts after grief or in front of future events.
Verification

**Indications:**

- Most frequent used diagnoses are anxiety and stress (54% of the patients); 16% stress gastralgia.
- Other diagnoses in diminishing order: hay fever, urination urging, stress precordialgia, stress colitis, migraine, allergic sinusitis, menstrual disturbances. Flu-like symptoms are considered for acute use when there is muscle pain and weakness, waves-like chill in back, and anxiety.
OXFORD EBM SCALE.

LEVEL 1
• 1a: SR (Systematic review) of RCT’s.
• 1b: Individual RCT

LEVEL 2
• 2a: SR of cohort studies
• 2b: Individual cohort study
• 2c: “Outcomes” research; Ecological studies.

LEVEL 3:
• 3a: SR of case-control studies
• 3b: Individual case study

LEVEL 4:
• Case-series

LEVEL 5:
• Expert opinion
Verification

Animal surveys:

• The overall pattern of results provides evidence that Gelsemium sempervirens acts on the emotional reactivity of mice, and that its anxiolytic-like effects are apparent, with a non-linear relationship, even at high dilutions.

• This pooled data analysis confirms and reinforces the evidence that Gelsemium s. regulates emotional responses and behaviour of laboratory mice in a nonlinear fashion with dilution/dynamization.
Verification

**Human survey:**

- Sempervirine (extract of Gelsemium sempervirens in 5, 7, 30CH) have a significant anxiolytic effect on animals (Guillemain et al 1989; Cardenne M 1991) and in human in 5, 7 9CH, using the “State-Trait Anxiety Inventory” (STAI) in two groups of 60 patients (Sempervirine versus benzodiazepine) have a statistically significant comparable efficacy on anxiety and an added change in personality (anxious component) at long time for the Sempervirine group.
EBM level 1a for animals and 2b for humans (Individual cohort clinical trial) and all lower levels; an attempt to reach level 1 with Gelsemium in psychiatric disorders with anxiety failed. No ethical problems to prescribe homeopathy for patients. This fact is confirmed by the EPI-3 survey.