



HEXACYL - An Introduction to its Homoeopathic Action

by Camilla Fischer



This article contains a detailed description of the individual ingredients which make up the new SANUM preparation HEXACYL. With this combination a wide spectrum of action is attainable.

Composition

HEXACYL drops are composed of three homoeopathic remedies: *Berberis vulgaris* mother tincture, *Lycopodium clavatum* mother tincture and Sulphur 4X.

Characteristics of the substances of origin

Berberis vulgaris: The Barberry is a thorny shrub, which grows to a height of 1-4 metres and bears yellow flowers and red berries with a sour taste. The flesh of the roots and shoots is yellow and was formerly used as a dye. The barberry grows on well-drained soil rich in calcium, and it avoids damp sites. For this reason Phytotherapy classifies it as a diuretic for the dispersal of fluid retention. The berries contain Malic, Tartaric and Citric acids. In homoeopathic pharmacy it is the dried bark of the roots and shoots which is used. The plant contains various alkaloids, including Berberin, which is identical to Chelidoxanthin, the main active principle of the liver remedy Greater Celandine, *Chelidonium majus*.

Lycopodium clavatum:

Botanically, Club Moss falls between mosses and ferns. Its shoots grow in a snake-like fashion close to the ground, with many ramifications. The stalks grow to a height of 10-15 cm (in prehistoric times the height was as great as 40 metres!), bearing cylindrical ears which ripen in late summer. The

spores are water-repellant and contain a sulphur-coloured powder. In folk medicine this was used as an application for wounds. If this powder is ignited, a bright flash results, and this was used formerly at fairs and in theatres for lighting effects. For this reason too the Club Moss is known as „vegetable sulphur“. The contents of the spores (various alkaloids, fatty oil, Aluminium) have a medicinal action which is only developed when the spores are triturated and succussed.

Sulphur: This nonmetal occurs in various forms in nature (crystalline, amorphous, and as a soft, oily substance). Industry makes use of various sulphur compounds in the production of textiles, dyes, fertilizers and medicines. In the Middle Ages sick rooms were fumigated by burning flowers of sulphur. Sulphurous springs are used as baths for skin, articular and pulmonary disorders. Homoeopathy uses Sulphur in the form of flowers of sulphur, which is a yellow, crystalline powder.

Pharmacology

The ingredients of HEXACYL - Sulphur, *Lycopodium* and *Berberis* - show a similar principle of action in their remedy pictures, with the individual remedies complementing each other and thus rounding off the range of therapeutic action.

The opportunities for the use of HEXACYL will be seen most clearly if we review the functions and actions of sulphur in the physiology of the metabolism:

Sulphur occurs in sulphurous amino-acids, which makes it a

protein building block in nearly all the cells of the body. As a component of hormones, vitamins and co-enzymes it fulfils numerous metabolic functions and takes part in the detoxification of harmful substances, both endogenous and exogenous.

In small quantities sulphur promotes both oxidative and metabolic processes (increased production of digestive juices, e.g. bile) and tones the blood-vessels. In Traditional Chinese Medicine this corresponds to the Yang principle.

Large quantities of sulphur cause relaxation of the blood-vessels, with consequent stagnation of the juices, disorders of blood-distribution (venous congestion, e.g. haemorrhoids) and emaciation (Yin principle).

Inhalation of toxic doses (e.g. gas from slurry pits, industrial processes) leads to irritation of the mucosa of the eyes and respiratory passages, even to the extent of causing pulmonary oedema. Poisonings with carbon disulphide initially give rise to over-excitability, and later to quasi-narcotic states, the worst-case scenario being death from respiratory paralysis. All cases of sulphur intoxication involve disorders of cellular metabolism from oxygen deficiency.

Chronic sulphur intoxication inhibits all the functions of detoxification. In particular the protein metabolism is disordered, so that increasing quantities of sulphurous products and products of decomposition occur. These accumulate in the blood and connective tissue. The



consequences are disorders of the liver, digestion and kidneys, vascular changes (arteriosclerosis, venous complaints), circulatory disorders (headache, feelings of heat and cold), manifestations of arousal or exhaustion, not to mention skin complaints.

The homoeopathic remedy picture of Sulphur matches these poisoning symptoms, so that - according to the Principle of Similars - the potentised dose rebalances the disordered metabolism.

HEXACYL

In HEXACYL Sulphur is complemented by a further „big“ constitutional remedy - Lycopodium - and the „small“ remedy, Berberis.

The factors common to these three remedies begin with their yellow colour.

Each of these remedies has an affinity with the metabolism of the liver and kidneys, as well as with the circulation and energy distribution. Club moss (Lycopodium) - which is also known in Homoeopathy as the vegetable Sulphur - combines symptoms of both Sulphur and Berberis in its picture, and thus it may be regarded as a mediator between the other two (see Table 1.)

As well as this, each of the three substances prominently displays contradictory symptoms (e.g. feelings of both extreme coldness and extreme heat, ravenous hunger or lack of appetite even to the point of disgust for food, feelings of fullness or emptiness). The reason for these contradictions lies in the

disordered blood distribution, which means that the different organs or areas of the body are under- or over-supplied.

Homoeopathic Remedy Pictures **Berberis vulgaris**

The main indication for the employment of the barberry in treatment is an uric acid diathesis. Venous congestion leads to a disordered liver metabolism. This results in an elevated uric acid level in the blood, which overloads the kidneys. Deficient detoxification results from this, leading in turn to itching eczema, rheumatic complaints of the musculoskeletal system, digestive disorders and loss of vascular tone.

•An important leading symptom of Berberis are the severe pains, constantly moving about and experienced as burning, tearing or stabbing. Typically they extend to other organs, now here, now there, giving the patient no rest. Despite feeling exhausted the patient is constantly in motion. The trigger for these complaints is the insufficient elimination of toxic metabolic waste. Typical symptoms are: headache with intolerance of external stimuli; stabbing pains in the chest and heart areas; shooting pains along the spine, extending to the limbs and joints; rheumatoid symptoms; hepatic, bile or renal colic; cystitis with obvious problems in voiding urine, which contains red sediment; stabbing pains in the male and female genitalia.

•Dryness is a second leading symptom: whether the skin or the mucosa is affected, secretions

everywhere are diminished. The striking dryness gives rise to numerous changes: burning skin with cracks at the muco-cutaneous borders; rhinitis; problems of deglutition, hoarseness and coughing; constipation from diminished production of all the digestive juices.

•The typical Berberis illnesses are all connected with deposits, induration and rigidity: imperfect blood circulation and deficient elimination of toxic metabolic waste encourage e.g. the formation of gallstones and renal calculi, gout, rheumatism, disc prolapse or venous problems.

•Behaviour and external appearance: On account of the dire metabolic situation patients are constantly tired and exhausted. They sleep a lot, but after sleep they feel shattered. Any physical or mental activity requires great effort. They are relieved by rest and fresh air. Although the Berberis patient is constantly freezing, he experiences burning itching of the skin, which coldness relieves. Despite the violence of the symptoms the patient never appears despondent, but puts on a brave face and adopts a confident manner.

Lycopodium clavatum

In the case of Lycopodium the uric acid diathesis is likewise central to the remedy, so that great similarities are apparent in the symptom pictures of both remedies (with regard to liver, kidney and skin complaints and circulatory problems).

•The central leading symptom of Lycopodium is the deep-seated disorder of the liver and the other



	Berberis	Lycopodium	Sulphur
Circulation	Venous congestion, hæmorrhoids, varicose veins	Reduced circulation, portal congestion	Venous congestion, hæmorrhoids, varicose veins/ulcers
Leading Symptoms	Burning, itching	Burning	Burning, itching, body odour
Modalities: Aggravation	Standing, any movement	Warmth, confined spaces, continued motion	Warmth, damp, cold, standing
Modalities: Amelioration	Cold compresses, rest	Fresh air, onset of motion	Fresh air, motion
Disposition	Uric acid diathesis	Uric acid diathesis, psora	Psora, scrofula (T.B. susceptibility)
Laterality	Left	Right, or right? left	Left
Typical external appearance	Exhausted, pale, weak back; brave & undaunted in spite of exhaustion	Lean, emaciated; mentally sharp but poor physical development	Either pale, haggard lone wolf or pyknic type with moon-shaped face & hypertension
Emotional symptoms	Despondency, apathy, lassitude	Suspicion, distrust, depression	Lively or rejecting of life; irritable from insult or failure
Liver	Metabolic disorder, gallstone	Metabolic disorder, reduced bile	Metabolic disorder
Digestion	Constipation, sheep-dung stool (or diarrhoea)	Constipation, intestinal atony, distention	Constipation, sheep-dung stool (or diarrhoea), distention
Appetite & Thirst	Hunger or disgust for food, thirst for cold drinks.	Ravenous, but easy satiety; thirst for small quantities	Ravenous or no appetite; aversion to food, great thirst for small quantities
Urinary system	Sediment, renal calculi	Bladder complaints, burning, sediment	Bladder complaints, burning
Skin	Skin changes from disordered liver metabolism	Eczema, burning, itching, pustular; skin pale, dry, yellowish	Eczema, burning, itching; skin pale, dry, yellowish
Back	Pain extending to renal area or left shoulder	Stiffness, pain at right scapula	Pain with burning between scapulæ
Extremities	Rheumatic pain in all joints, esp. hands and feet	Tearing and drawing in joints, esp. right side	Joint pain; induration of tendons in fingers
Sleep	Sleepless 2-4 a.m., exhausted despite long sleep	Daytime tiredness; sleepless from 4 a.m.	Daytime tiredness; light sleep; sleepless from 3 a.m.
Pain	Burning, tearing, stabbing; moving about constantly, extending to other parts of body	Burning; appears and disappears suddenly	Burning; pain may move about

Table 1: Comparison of symptoms



digestive organs. A lack of vital energy and digestive juices leads to a slowing down in assimilation and utilisation of food. On the one hand there is little appetite, even very small quantities of food giving rise to a feeling of fullness, like rising yeast. On the other hand, patients may feel ravenous for sweet things and alcohol, but these do not agree with them. In most cases there is atonic constipation. The abdomen is distended with flatulence and with hepatic and portal congestion, preventing the wearing of close-fitting clothing.

•Lack of vital warmth and poor blood circulation run through the whole remedy like a red thread. They cause inflexibility and stagnation. Both mental and physical complaints may be traced back to these, e.g. exhaustion, headache, tinnitus, gingivitis, gallstones and renal calculi, cystitis with urinary sediment, impotence, disorders of the female cycle, rheumatic heart disease, circulatory complaints and weakened veins, muscle cramps with tendons in spasm and pains in the joints.

•As in Berberis, dryness is a further indication for Lycopodium. The skin is yellow, pale, and has a tendency to itching eczema with ulcerations. The eyes may have burning redness or conjunctivitis. The scanty secretion of mucus favours respiratory tract infections such as rhinitis, pharyngitis with coughing and hoarseness, as well as intransigent bronchitis with viscid, purulent catarrh.

•Pain accompanies most of the complaints. The patient describes them as burning or stabbing.

•Sudden appearance of all symptoms is another typical feature. The patient feels hungry, and yet is sated after a few mouthfuls. Pain disappears as suddenly as it appeared, only to reappear at another site.

•Aggravation of all symptoms between 4.00 and 8.00 p.m. Around this time the residual level of nitrogen in the blood is particularly high.

•Behaviour and external appearance: Patients feel completely exhausted, mentally, physically and nervously. They look tired, emaciated and older than their actual age. They are constantly freezing, especially between 4.00 and 8.00 p.m., but heat is not well tolerated (only shoulder pains are relieved by it!). In most cases the Lycopodium type is very intelligent, with a great need of truth and precision which is hard to fulfil. This frequently results in arrogance, sarcasm or vanity. On the other hand the high standards he sets himself are a rod for his own back, frequently resulting in bad moods and depressive feelings.

Lycopodium is contra-indicated in cancer of the liver or advanced cases of cirrhosis since, in these conditions, the degenerative processes are too far advanced.

Sulphur

Sulphur plays a central part in protein metabolism. This means that it is of therapeutic service in all cases of infectious or toxic damage with

an increased protein putrefaction level. These may include intolerance of foodstuffs or stimulants, intoxication with endogenous or exogenous substances, or infections. Interestingly enough, in Homoeopathy Sulphur is regarded as the „chronic“ of Aconite, a remedy used in many highly acute infectious illnesses.

•No other remedy but Sulphur so clearly possesses the leading symptom of extreme fullness with simultaneous emptiness. This contradiction results from the inconsistent circulation of the blood. One sign of this fullness is the marked redness of all orifices of the body, the reason why all excretions are associated with pain. There is violent itching with an almost voluptuous need to scratch. On the other hand, on account of the low supply of energy, many organic functions cannot be fully performed: all excretions are reduced. Thus the whole digestive process is disordered. The appetite is either increased or reduced; after a few mouthfuls the patient feels thoroughly averse to eating. Acid eructations and flatulence smelling of rotten eggs reflect how seriously the metabolism has become derailed. The patient drinks large quantities in order to extinguish the burning sensations. The abdomen is distended, and in most cases there is constipation. Because of the sulphur compounds which are irritating the intestinal mucosa, diarrhoea may occur, particularly in the mornings.

•The poor circulation finds expression in the shape of



palpitations with oppression, venous congestion (haemorrhoids, varicose veins), or hot flushes. Sulphur is a constitutional remedy in all cases of blood disorder. Disorders of the female cycle (e.g. period pains, indurations of the mammary glands, menopausal complaints) are an important therapeutic area for Sulphur, as are diseases of the male genitalia (e.g. prostatic hypertrophy, erectile dysfunction). In the musculo-skeletal system, muscular weakness, joint pains, contraction of the tendons and stiffness may occur.

•Dryness (matching the lack of blood) results in similar phenomena to those found in Lycopodium. However, in Sulphur the complaints are significantly more extreme. The skin is pale, grey, scaly with eczema and pussy ulcerations (Psora, as Hahnemann called it). In the eyes there are burning inflammations of the lids, conjunctiva and cornea. The nose is dry, sore and bleeds easily. The remedy picture likewise includes coughs, hoarseness, bronchitis or pneumonia with dyspnoea and oppression of the chest.

•Further features indicating Sulphur are: extreme pruritus (the patient wants to 'shed his skin'), aggravated by washing; all secretions are acidic, burning, excoriating and smelling of rotten eggs; complaints which arise

following the suppression of previous illnesses.

•Modalities: Aggravation from warmth, scratching, washing, at 11.00 a.m. For the Sulphur patient, standing is the worst position. Amelioration comes from fresh air, dry weather, movement and lying on the right side.

•Behaviour and external appearance: The typical Sulphur patient (Yin principle) is lean with weak musculature and stoop-shouldered. With his aversion to washing he makes an unkempt impression. In fact he is a lively, inquisitive, respectable person, but when he becomes unwell he develops an aversion to any mental or physical occupation. He becomes morose, obstinate and nit-picking. During the day he is very tired, and is sleepless from 3.00 a.m. The other Sulphur type incorporates the Yang principle: hypertensive with a moon-shaped face and florid complexion, and physically very well-covered.

Summary

In HEXACYL these three remedies join together in harmony to form a complex one. This is of service in treating ever more frequently occurring metabolic disorders, resulting from the overload of

environmental toxins, unhealthy lifestyle and poor nutrition. Lycopodium and Sulphur complement each other through their central influence on the liver's detoxifying function, whilst Lycopodium and Berberis strengthen elimination via kidneys and gallbladder. Thus HEXACYL brings about a profound retuning of disordered metabolic processes.

The adult dosage is 5 drops, 3 times daily; however in individual cases this may require adjustment.

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