



TARAXAN 3X

A New Phytotherapeutic Product from SANUM-Kehlbeck

by Camilla Fischer



SANUM-Kehlbeck has extended its range of phytotherapeutic remedies with the addition of its new preparation: TARAXAN 3X. The active ingredient is Taraxacum officinale and it is prepared using all parts of the dandelion plant. The customary dosage is one ampoule twice a week, which may be administered i.c., s.c., i.m. or i.v.

The Plant

As a member of the Compositae, the dandelion is related to many other healing plants such as arnica, yarrow or chamomile. It likes to grow in damp soil which is rich in nutrients, and is thus regarded as an indicator of the soil's Nitrogen content. However, Taraxacum also possesses a particular degree of adaptability and great regenerative ability, e.g. in poor growth conditions, or following grazing.

The length of the tap root may reach 30 cm and, like the 10-20 cm long stem it contains a milky juice with a bitter taste. The longish, dentate leaves grow close to the ground, arranged like a rosette. In the spring, a brilliant yellow composite flower appears, which closes up at dusk and in bad weather. Thus the dandelion is regarded as an indicator of fine weather. Reproduction may also take place through parthogenesis, otherwise known as virgin birth. The seeds bear whitish, parachute-like appendages which allow for a wide distribution with the wind. With their tendency to spread over a large area, and their resilience, dandelions do not exactly enjoy great popularity among amateur gardeners.

Hundreds of common names have

been given to this plant; many of these result from its growth and appearance, e.g. the name 'dandelion' (lion's tooth) because of the dentate leaves; others refer to the colour of the flower, the milky juice in the stalk, or the fluffy white seeds. Medicinal experiences with the dandelion are reflected in other names: 'Kuhscheiß' (= cow-shit) from the laxative effect of eating large amounts, 'pissenlit' (bed-wetter) from its diuretic action, 'eye-milk' or 'eye-root', because those with diseases of the eye used to be treated with the milky juice (in the light of modern knowledge this practice is no longer recommended). This also explains the Greek origin of the plant's name: *taraxis* = eye-inflammation, *akeomai* = I heal. The Latin name, however, comes from the Arabic word *tarakshaqum*, meaning 'bitter plant'.

Contents

The main active ingredient of the roots and leaves are bitter substances, particularly taraxin; furthermore inulin, fructose, tannins, minerals and trace elements, carotenes, flavonoids and vitamins C and B₂.

Marked seasonal fluctuations occur in the active ingredients: in the spring it is above all the bitter substances which are present, in the summer inulin (as much as 50% in August), whilst the amount of taraxin in particular shows an increase in autumn.

The consumption of large quantities of the root or stem may give rise to violent abdominal pains as a result of the rubbery latex emulsion contained in the milky juice.

Use and Action

Dandelion leaves were in use as a salad vegetable as early as the Middle Ages, the petals were used to make wine or syrup. Roasted and ground, dandelion roots have even been used as a substitute for coffee.

Its stimulant action on the secretion of digestive juices and on the kidneys were also well-known. Nowadays the whole plant is used in the preparation of herbal remedies. So far in homoeopathy there have only been a small number of provings. On the physical level these confirm the traditional uses, but various mental symptoms have also emerged, in which we may recognise a relationship with the sphere of plant morphology.

Areas of use for TARAXAN 3X, according to the homoeopathic symptom picture.

By stimulating the activity of liver and kidneys, Taraxacum clearly effects a flushing out and detoxification of the connective tissue. This means that it is indicated in:

- All illnesses accompanied by congestion and deposits, e.g. congestive jaundice.
- Rheumatism, gout.
- Exhaustion and tiredness, where the patient nonetheless cannot find refreshing sleep. Patients complain of frontal, occipital and temporal headaches (gallbladder meridian).
- Burning in the eyes with sensation of a foreign body (in Chinese medicine the eye is the sensory organ of the liver), also frequently lachrymation.



-Complaints of the whole digestive tract: mapped tongue; bitter taste in the mouth; feeling of fullness, and upper abdominal complaints, especially on the right side and aggravated by eating; meteorism; constipation or diarrhoea; haemorrhoids. Frequently patients express an aversion to fatty foods, pork and fruit.

-Taraxacum has a marked diuretic action, with frequent urging and enuresis.

-In the musculo-skeletal system we find neuralgic knee complaints, drawing and stabbing pains in the right foot, a gurgling sensation in the right shoulder, and poor circulation in the fingers. Complaints are aggravated when at rest, i.e. sitting or lying. For the holistic practitioner, symptoms occurring pre-dominantly on the right side often constitute a significant clinical indication of hepatic involvement.

-By way of skin complaints, urticaria, lichen and increased perspiration, especially at night, are mentioned.

Mental and emotional symptoms are drawn both from the homoeopathic

provings and from the Doctrine of Signatures:

-Sensations of warmth and vitality match the brilliant yellow of the flowers. Dreams of flying and a feeling of lightness and flexibility correspond to the airborne distribution of the seeds.

-In the same way that the plant contains a bitter, milky juice, which is poisonous in large quantities, so too, in human beings, anger may strike inwards in the form of bitterness, leading to depositary illnesses.

-The dependence of many complaints on the weather corresponds to the peculiar property of dandelion flowers of closing up when the sky is overcast or rain is approaching.

Contra-indication

Taraxacum should not be consumed either as a food or medicinally when there is obstruction of the biliferous ducts, the intestines or the urinary tract.

Summary

Generally speaking TARAXAN 3X is indicated as an adjunctive remedy in any course of treatment which is designed to support detoxification and the excretory processes. Size of package: TARAXAN is available in 1, 10 and 50 ampoules of 1 ml 3X.

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