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# **GINKGOBAKEHL -**

## **A well-tried Botanical Remedy from SANUM-Kehlbeck**

**by Camilla Fischer**



*The Ginkgo biloba tree has been voted Tree of the Millennium. We should like to use this as an opportunity to draw your attention once again to our product, GINKGOBAKEHL, which is available as drops, in mother tincture and in the 4X potency, and as 4X ampoules.*

*Ginkgo biloba* is an extraordinary tree, which in many respects occupies a unique position, both botanically and in traditional oriental and western medicine.

### **Botany**

Ginkgo's ancestors, which were in existence as long as 300 million years ago, bore more of a resemblance to the conifers, whereas nowadays there is greater similarity to broad-leaved trees. Evolutionary theory places the tree between ferns and seed-bearing plants, whilst in its shape there are also similarities with the palms.

Nowadays *Ginkgo biloba* is classified as one of the forked Gymnosperms, or Ginkgophytina.

The tree is deciduous and reaches a height of up to 30m. with a trunk diameter of 3 metres or more. Its life-span is about 1000 years. After about 200 years, small excrescences, known as nipples, form on the trunk, which is why, in China, the tree is held in special esteem by pregnant and breastfeeding women. The leaves exhibit a striking bilobed shape, which makes Ginkgo so unmistakable, and in the autumn they take on a shiny yellow colour.

The tree is dioecious, bearing either male or female flowers, (although

occasionally older trees may be found which have characteristics of both genders), blossom appearing mostly when the tree is 20 years old or more, in May. What is also unusual is that months may elapse between pollination by the wind and fertilisation, which in some cases does not occur until the ovule has fallen from the tree. These false fruits look like yellow plums and consist of an inner stony shell, the „nut“, and an outer fleshy covering. When the latter rots it gives off an unpleasant odour (like that of butyric, valerianic and caproic acids), and for this reason female Ginkgo trees are not popular in gardens.

Numerous and varied are the names which have been given to the Ginkgo tree, alluding to its appearance, e.g. Elephant's Ear tree or Duck's Foot tree, on account of the shape of its leaves, Maidenhair tree, on account of the venation of the leaves, Silver Apricot or Inspired Egg, because of its fruits; Grandfather-Grandson tree refers to its longevity.

Because of the high acid content of its leaves, the tree has a reputation for being more or less resistant to pests and diseases, but also to environmental toxins, radioactive emissions and fire. No doubt it is this tremendous adaptability which has enabled it to survive under the most difficult conditions.

### **Historical**

Whereas ancestors of Ginkgo grew in all parts of the Earth millions of years ago, later it withdrew to China and Japan. There it was frequently planted near to monasteries, thus earning it the name of Temple tree

or Japan tree. Old stories and legends often become entwined with these trees, so that people regard their Ginkgo with reverence, praying or seeking comfort in its vicinity. What has come down to us from historical times shows that Ginkgo has little susceptibility to natural catastrophes and fires.

Around the year 1700 the first Ginkgo tree was brought to Europe by the German physician Engelbert Kämpfer.

### **Traditional employment as a medicine and useful plant.**

In those countries where the Ginkgo grows, its leaves are used as bookmarks; because of their high acid content they protect books from destructive pests.

Removal of the malodorous, fleshy outer covering of the ovule reveals the so-called Ginkgo nut; in China and Japan this is regarded as a delicacy and eaten roasted or raw. (It contains starch 67%, protein 15% and fat 3%.) Because of its high tannin content it is used, crushed or ground, in the preparation of leather, as a detergent and in skin creams.

Chinese Medicine employs Ginkgo tea in the treatment of bronchitis, parasitic infestation, smallpox, skin impurities or nocturnal enuresis, among other conditions.

In vitro it has been demonstrated that an extract from the ovules may inhibit the growth of tubercle bacilli.

It was not until the 1960s that Ginkgo was thoroughly investigated by Western Medicine and its regenerative, detoxifying properties



were discovered. Nowadays around one in every three medicaments prescribed for circulatory disorders contains Ginkgo.

Leaves harvested in the summer are said to have a more activating effect, whereas those harvested in the autumn have more of a stabilising and tanning action.

### Contents

The most important active substances in the leaves are terpenoids and flavonoids; they also contain organic acids, sugar and sterols.

Terpenoids: Ginkgolides A, B and C (diterpenes with 20 C-atoms and a tertiary butyl group) and bilobalide are responsible for the bitter taste of the leaves. So far, the chemical structure of these substances has nowhere been demonstrated except in Ginkgo.

The leaves of the hawthorn, *Crataegus oxyacantha*, which is used in Natural Medicine to promote coronary circulation, bear some chemical similarity to Ginkgo.

Flavonoids: Biflavone, Ginkgetine and Bilobetine, plus the flavonyl-glycoside Kaempferol, which is named after the doctor who brought the Japanese tree to Europe.

### **Ginkgo biloba as a medicine**

Numerous studies have shown that preparations - mainly from the dried leaves - have a positive action on the fluid properties of the blood by inhibiting the aggregation of thrombocytes and optimising the elasticity of erythrocytes. This improves the circulation in the small

capillaries and enhances the supply of oxygen and glucose to the tissues, which again has a positive effect on the generation of energy in the cells. As well as this, the elimination of lactate from the tissues is promoted.

Ginkgo also acts directly on the vascular walls by releasing spasms of the smooth muscles and stabilising the vascular permeability.

For these reasons, Ginkgo can be employed in all illnesses which accompany poor circulation, e.g.:

- *Disorders of the peripheral circulation*: arteriosclerosis, peripheral arterial occlusive disease, etc.

- *Disorders of the central circulation*: in headaches, vertigo, failing memory, problems of hearing and ears, but also in depressive tendency.

- *In eliminative treatment*: the components act as free radical traps and stabilise the cell membranes.

### **Homoeopathic proving**

Astonishingly enough, so far there have been very few provings of *Ginkgo biloba*. According to the Homoeopathic Pharmacopoeia, the mother tincture is prepared from the fresh leaves.

The remedy picture may be understood in terms of applied toxicology. This confirms the Arndt-Schulz Rule, according to which weak stimuli strengthen the vital force, strong stimuli weaken it, and very strong stimuli disable it.

Thus the consumption of large quantities of Ginkgo tea causes haemolysis, whilst small quantities have an anti-haemolytic action by stabilising the cell membrane.

The high tannin and acid content of the leaves results in dry changes to the skin, resembling parakeratosis; on the other hand, diseases of the skin may be successfully treated with *Ginkgo biloba* in homoeopathic doses.

### **Homoeopathic remedy picture**

*Leading symptom*: A number of symptoms are experienced as very dramatic, although on examination they are found to be only minimal, e.g. unbearable throat pain with only slight inflammation and swelling.

*Modalities*: Rest and fresh air ameliorate all complaints, whereas they are aggravated by cold and excitement.

*General and Mental/Emotional symptoms*: In this area of the remedy picture *Ginkgo biloba* runs parallel to Sulphur in many respects. Patients are constantly freezing, they are pale, cold, dry and weak, often tired and exhausted, but sometimes they may also be consumed by a marked thirst for activity. On the emotional level there may likewise be strong fluctuations between liveliness and lethargy, often for no obvious reason. There is a desire to withdraw from the outside world. The ability to communicate with others is disordered; the patient is forgetful, confusing words and letters. The Ginkgo patient sleeps restlessly, with dreams of all kinds of catastrophes.

*Head*: Headaches occur, with vertigo and eye complaints (Ginkgo is one



of the best-indicated remedies when these three symptoms coincide); these are ameliorated at rest but aggravated by cold. In most cases the cause is a poor blood supply to the brain.

*Sensory organs:* These serve as the intermediaries between the outside world and the organism. The patient's need of isolation is reflected in hearing problems (tinnitus, earaches) or else in inflammations of the eye or even clouding of the lens owing to poor blood supply. The senses of smell and taste are frequently impaired.

*Respiratory tract:* Patients complain of dryness of the mucous membranes and a dry cough with stabbing pains in the chest.

*Digestive organs:* There are inflammations of the mucous membranes throughout the alimentary canal, with - in some cases - very dramatic sensations being mentioned, bearing no relationship to the actual, trivial changes, e.g. throat pain or abdominal cramps. Owing to the poor metabolic situation there is a tendency to fatty deposits in the tissues, particularly in the liver. (In Veterinary Medicine Ginkgo is often

used to treat the obesity which follows castration.)

*Heart and Circulation:* Disorders of the peripheral circulation, with cold extremities.

*Urinary tract:* There is increased urging to urinate, especially at night.

*Skin:* This is dry and scaly, often with pronounced itching and frequent occurrence of pustular eruptions; the nails split easily. At the same time there is a tendency to break out in a sweat, especially when stressed.

### Summary

GINKGOBAKEHL can be used in all complaints where an improved blood supply is desired. In this respect the mode of action shows clear parallels with that of MUCOKEHL.

*Ginkgo biloba* is particularly effective in detoxification and elimination, on account of its influence on the cellular metabolism and its stabilisation of the cell membrane.

However, patients who are already taking thrombocyte aggregation inhibitors (e.g. Marcumar or ASA)

should not take GINKGOBAKEHL, since idiosyncratically it may result in an undesired and serious thinning of the blood.

### Recommended dosage:

Once or twice weekly, 1 injection of GINKGOBAKEHL 4X; on days when no injection is given, GINKGOBAKEHL drops, either in mother tincture or 4X potency, according to results.

### Bibliography

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