



**The SANUM Liver Remedies  
SILVAYSAN, HEXACYL, TARAXAN and  
PINIKEHL**

**Their Similarities, Characteristics and Differences**

**by Camilla Fischer**



Among the SANUM preparations, SILVAYSAN, HEXACYL, TARAXAN and PINIKEHL are closely related to the liver and its functions. These include:

- metabolising protein, carbohydrate and fat
- storagefiltering / detoxification / elimination
- bile production
- production of defensive substances
- breakdown of blood (and also blood formation during the foetal period or in severe anaemia).

Each of the above-mentioned medicines shows a particular affinity to one or more of these areas. By comparing these preparations with each other, their similarities and differences will be clarified. This makes it easier to choose the most suitable remedy and facilitates a course of treatment which takes into account the individual symptoms and needs of the patient.

However, the liver remedies are suited not only to treating „classical“ hepatic and biliary disorders, but also complaints whose localisation indicate a relationship with this functional circle and the course followed by its meridian.

For instance, in Traditional Chinese Medicine the eye is regarded as the sensory organ of the liver, and in many plants used

for liver treatment in Herbal Medicine or Homœopathy we also find descriptions of them acting on various eye problems. An imbalance in this functional circle is likewise indicated by emotions such as „bitterness“ or „sourness“ (bile).

### **SILVAYSAN (Hard Capsules)**

SILVAYSAN is produced from the fruits of St. Mary's thistle (*Carduus marianus*, *Silybum marianum*).

### **Main Action on the Liver**

Damaged parenchyma of the liver.

### **Botany of the Plant**

Like many other healing herbs (e.g. artichokes, Echinacea, Marigold, Chamomile), St. Mary's Thistle (Milk Thistle) is a member of the Compositae family. (Allergy to compositae is the only absolute contra-indication to the taking of *Carduus marianus* preparations.)

The plant hails from the Mediterranean area, where it has a biennial habit, however, in our regions it is an annual. Its taproot makes growth possible even in sunny, dry places.

The plant grows to a height of 1.5m - 2.5m, its leaves are unstemmed and undulating, with angularly extended folds and spines and white, net-like markings, giving it a patchy appearance. (According to one legend, St. Mary's Thistle owes its name to the Blessed Virgin Mary, who breastfed her child in the shade of one of these plants. As she did so, a few drops of

her milk fell on to the leaves, and since that time they have born patches and stripes.) The name „Milk Thistle“ comes from the white sap of the leaves and stalk. The flowers, varying from amethyst to purple in colour, appear in July-August. After flowering, the tubular flowers become blue-grey and incline outwards to form a roof, so as to protect the ripening seeds. These are brown, very bitter, and contain the active principle, Silymarin.

### **What the Fruits Contain**

The therapeutic action of the fruits of St. Mary's Thistle is due to the constituent **Silymarin**; this is barely soluble in water (and therefore has little effect as a tea!), and is located in the outer casing of the fruit. **Silymarin** is a mixture of at least three flavonolignanes: Silibin, Silidianin and Silicristin. (In the literature Silymarin and Silibin are frequently used synonymously, which is not quite correct and also leads to confusion.)

Further constituents of the fruits include approx. 25-30% protein, approx. 20-30% fats (with a high proportion of Linoleic acid; also Oleic acid and Palmitic acid), flavonoids, bitters, biogenous amines, tannins and dyes.

### **The Plant - its Use as a Healing Herb**

For a long time the milk thistle was cultivated as a vegetable too; the young leaves - with spines



removed - were used in salads or like spinach; the stems were peeled and soaked and used as a substitute for asparagus; the roots were soaked (to remove the bitter element) and then used like salsify, and the seeds were roasted and used as ersatz coffee.

The use of *Carduus marianus* for treatment of digestive problems was introduced as long as 2000 years ago; Hildegard von Bingen recommended the plant, calling it „vehedistel“ (Venus thistle), as a cure for stitch. In Orthodox medicine St. Mary's Thistle was not used until the 19<sup>th</sup> century, *inter alia* via „Rademacher's Tincture“, an alcoholic extract from the seeds, as a remedy for liver, biliary and spleen problems.

By applying the doctrine of signatures, St. Mary's Thistle is used as a remedy for health problems that have to do with boundaries, protection and defence. This may be seen on the physical level, as the plant deflects harmful influences, for instance if the cell membrane, acting as „boundary“ of the liver cell, is damaged. On the emotional level, the Silymarin type may present in two forms: one appears rather 'closed' and is aggressively intent on closing the shutters against others. The other Silymarin type, however, has problems with refusing proposals from his fellow beings, tending to give his own wishes and needs the lowest priority.

It was only after 1965 that closer investigation of the plant was carried out; in the 1980s the active principles were analysed and their

detoxifying action in toxic liver damage investigated. Nowadays St. Mary's Thistle is one of the best and most closely documented plant medicines. It exhibits a broad range of action and a high level of safety in use, since thus far, even in highdoses, no toxic effects have been observed.

Commission E of the former German Federal Health Ministry (BGA), (now known as BfArM) drew up a monograph on the fruits of St. Mary's Thistle (*Cardui mariæ fructus*), which was published in the *Bundesanzeiger* (=Federal Gazette) No. 50, dated 13.3.1986. Its actions are described as follows:

„Silymarin has an antagonistic action on numerous models of liver damage: toxins from the Death Cap Toadstool (phalloidin and amanitin), lanthanides, carbon tetrachloride, galactosamine, thiocetamide, and the hepatotoxic frog virus, FV3.

The therapeutic efficacy of Silymarin proceeds from its two points of attack or working mechanisms: on the one hand Silymarin alters the structure of the hepatocytes' outer cell membrane in such a way that liver toxins can no longer penetrate to the cells' interior. On the other hand, Silymarin stimulates the activity of nuclear polymerase A, the consequence being an intensification of ribosomal protein synthesis. In this way the liver's regenerative capacities are boosted, and the

renewal of hepatocytes is stimulated.

**Areas of use:** Toxic liver damage, for adjuvant treatment in chronic, inflammatory liver disease and cirrhosis of the liver. Side-effects: in isolated cases a slightly laxative action is observed.“

### How Does it Act?

In its main area of use St. Mary's thistle promotes detoxification of the liver, *inter alia*, and has an anti-oxidant and regenerative action. As well as that, it exhibits astringent, diuretic, sudorific and tonifying properties.

### 1. Detoxification

Silymarin gets built into the cell membrane of the liver cells and others, and stabilises them. Beside this, it is suspected that Silymarin blocks combining sites of transport proteins. Both mechanisms prevent the uptake of toxins into the cell. Silymarin's high degree of efficacy in prophylaxis and treatment of liver damage resulting from intoxications has been confirmed in numerous studies. These show parallels with the action of the homœopathic remedy *Nux vomica* in protecting the liver.

In acute Death Cap poisoning, intravenous administration of Silibinin-C-2', 3-bis (Hydrogen succinate) is of value, possibly combined with Penicillin G, as a specific treatment. This prevents uptake of the poison Amanitin by the liver cells.



Various trials, including double-blind trials, investigated the action of Silymarin (in an average daily dosage of c. 400-500 mg) in liver disease of varying genesis, e.g. in alcoholism, toxic damage, maybe drug-induced or from environmental toxins, plus chronic hepatitis. In each case it was shown that the elevated liver readings noticeably dropped within 4-8 weeks.

In patients with insulin-dependent diabetes mellitus associated with alcohol-induced cirrhosis of the liver, under Silymarin with a daily dose of 600 mg over 6 months the laboratory test results improved and the insulin requirement decreased. Therefore, when St. Mary's Thistle preparations are used in long-term treatment of diabetics, an adjustment of the insulin dosage may be required on account of this blood-sugar-lowering effect.

St. Mary's Thistle promotes the flow of bile, thus improving the digestion of fat; in isolated cases a laxative action is observed, which may be considered a sign of detoxification. The Fly Agaric, *Amanita muscaria*, (in the form of the SANUM preparation MUSCARSAN) should also be considered when undertaking Natural Therapy treatment for the abuse of medicinal drugs, luxury foods or social drugs; here however the emphasis is more on influencing the autonomic nervous system in addiction-related emotional disorders and withdrawal symptoms.

### **Anti-oxidative Action**

Silymarin reacts with cytotoxic free radicals, forming less aggressive in-

termediate products. It promotes the production of peroxide dismutases, a group of enzymes which convert peroxide anions into hydrogen peroxide, thus blunting their action. Thus even membrane damage by lipid peroxidation is prevented. Silymarin also supports glutathion replenishment in the liver.

### **Regenerative Action**

In the cell nuclei, Silymarin stimulates the transcription of rRNA and thus protein synthesis, by activating the RNA polymerases A (an enzyme group that boosts transcription). This enables the renewal of damaged cell parts. Moreover, DNA synthesis and cell division are promoted.

Silymarin improves the oxygen metabolism of the cell and raises the concentration of ATP. Where there is liver damage it reduces the tendency to become fibrosed, by preventing collagen deposits from forming in the hepatic tissue.

In animal experiments it has been shown that Silymarin could also act to protect the kidneys (prophylactically, before the application of Cisplatin).

### **Leading symptoms of *Carduus marianus* are:**

- Hepatic and biliary complaints of varying origins: hepatitis, portal congestion, elevated bilirubin levels, fatty liver
- Gastric and intestinal complaints
- Migraines, trigeminal neuralgia

- Varicose veins, ulcers of the lower leg, hæmorrhoids

- Overload of the autonomic nervous system

- Rheumatism of the shoulder and hip.

### **HEXACYL Drops**

HEXACYL contains equal parts of Sulphur 4X, Lycopodium mother tincture and Berberis mother tincture.

### **Main Action on the Liver**

HEXACYL is used to stimulate the metabolism and detoxification, and also where there is congestion, especially in the venous system. Part of this is the elimination of toxic and infectious damage because of increased protein decay, e.g. in food intolerances, intoxications, infections.

The HEXACYL patient clearly exhibits a weakness in liver and kidney function (uric acid diathesis), gastro-intestinal complaints because of insufficient production of digestive juices and skin complaints, particularly at bodily orifices.

### **Sulphur**

Sulphur occurs in almost all cells as a component of sulphur-containing amino-acids (cysteine, methionine), hormones and enzymes etc.

In small quantities it has a stimulant action on the metabolism; however, in large quantities it has a depleting



action (which is why - for instance - wines with a high sulphur content cause tiredness). Hahnemann considered Sulphur the main remedy for the Psoric miasm.

### Leading Symptoms of Sulphur are:

- Poor blood circulation and disordered blood distribution. This may find expression as hot flushes and burning heat, or as coldness.

- Venous congestion, especially of the portal system, resulting in liver complaints.

- Complaints of skin and mucosa; here too we see the principle of congestion, e.g. as redness or extreme pruritus

- Consequences of toxic burdening, e.g. chronic metal poisoning.

### Lycopodium clavatum, Club moss

In Homœopathy Lycopodium is considered a right-sided remedy, acting above all on the liver, digestive tract and kidneys. It is particularly suited to patients with a lymphatic constitution. In most cases they are sluggish and lacking in vital heat, resulting in a marked need for warmth. On both physical and emotional levels we find rigidity, induration and deposits, as is the case with Berberis.

### Leading symptoms of Lycopodium clavatum are:

- Hunger, but feels full after only a few bites

- Hepatic and biliary complaints

- Bloody urine with much sediment

- Constipation

- Vascular congestion, (e.g. varicose veins)

- Induration of connective tissue, and contractures, e.g. Dupuytren's

- Weariness, exhaustion, lack of vital heat

### Berberis vulgaris, Barberry

In Natural Medicine, Berberis is used *inter alia* for kidney problems, and also in liver complaints which have an effect on the urinary system. Venous congestion and the reduced eliminative performance of the excretory organs, liver and kidneys, result in dry, itchy skin and mucosal changes, muscle pain, constipation, plus unproductive coughing and hoarseness. Many Berberis symptoms affect the right side more.

In keeping with the doctrine of signatures, the yellow juice of the root and stems corresponds to bile. The shrub bears pointed prickles. The Berberis type is rather prickly, and thus keeps his fellow human beings at a distance.

### Leading symptoms of Berberis vulgaris are:

- Inadequate secretion; this results in congestion, induration and petrification, on both physical and emotional levels, e.g. constipation, dry cough.

- Uric acid diathesis

- Severe, wandering pains (also in borreliosis)

- All infectious, septic, toxic damage with increased protein decay, e.g. damage from burns and radiation, food poisoning, infections.

### TARAXAN 3X ampoules for injection

TARAXAN 3X contains Taraxacum officinale 3X

### Main Action on the Liver

Stimulates production and secretion of bile; hepatic and biliary complaints with congestion in other organs (stomach, head).

### Constituents

Dandelion is rich in bitter substances and minerals (Potassium, among others). It also contains tannins, inulin, fructose, carotene, flavonoids and Vitamins B2 and C.

In keeping with the doctrine of signatures dandelion, because of its high bitter substance content, is helpful in people whose anger and bitterness results in the formation of deposits.

The bright yellow flowers are symbolic of warmth and vital energy, whilst the distribution of the seeds (dandelion clock) by the air conveys a feeling of lightness and flexibility. The fact that many of the complaints are weather-dependent corresponds to the dandelion flowers' property of closing up when the sky is overcast or rain is imminent.



People who respond well to Taraxacum are full of ideals and creative ideas but do not translate them into actions, because they lack the assertiveness (bile).

Similar to celandine, dandelion influences the eyesight, if the patient „can no longer bear to look“ at something.

**Leading Symptoms of Taraxacum** are

- Disordered activity of liver and kidneys; dandelion's action is choleric and diuretic.

- Complaints of the whole digestive system: bitter taste in the mouth, sensation of fullness, aversion to fatty foods, constipation or diarrhoea.

- Diseases that proceed with congestion and formation of deposits, e.g. congestive icterus, problems of the joints, rheumatism,

gout, also headache in the area of the gallbladder meridian, burning in the eyes.

-Exhaustion and tiredness.

**PINIKEHL = Fomitopsis = Fomes pinicola, red banded polypore.**

**Main Action on the Liver**

Inflammatory liver diseases with splenic involvement, strengthening

Preparation	Available as:	Focus of action	Dosage	Caution
SILVAYSAN	Hard capsules	Regeneration of the liver when parenchyma is damaged	1 hard capsule 3 times a day. Medium daily dose 200-400 mg Silymarin as Silibinin.	Contain lactose
HEXACYL	Drops	Stimulation of metabolism and detoxification; functional disorders of liver, bile and kidneys.	5 drops, 1-3 times a day	Contain 59.9 Vol.% ethanol
TARAXAN 3X	Ampoules for injection	Promotes production and secretion of bile	Twice a week, 1 ampoule i.c., s.c., i.m. or i.v.	
PINIKEHL	5X drops 5X ampoules for injection 4X capsules 4X suppositories	Strengthens defensive function of liver and spleen	8 drops once a day. 1 ampoule twice a week, i.c., s.c., i.m., i.v. 1 caps. 1-3 times a day. 1 suppository once a day per rectum.	

Table 1: Overview of SANUM liver remedies



of defence function.

### Botany

The red banded polypore grows parasitically on damaged or dead beech trees and conifers, among others.

As it frequently grows on places where the bark of the tree has been damaged, in Alternative Medicine it was also referred to as „Fungus chirurgorum“ (the wound sponge) and used to staunch the bleeding from a wound.

### Constituents

Heterogalactanes (strongly branched polysaccharides), ergosterol (provitamin D2).

Commission D (Homœopathic treatment and materials group) of the former Federal Health Ministry (BGA) (now BfArM) drew up a monograph on *Fomes pinicola* (published in the Federal Gazette No. 242, dated 28.12.1988). According to this, areas of use for preparations from *Fomes pinicola* are feverish attacks, and also diseases of the liver and spleen.

### Leading Symptoms of *Fomitopsis pinicola* are

- Intermittent fever: alternation between fever and normal-low temperature with pyogenic infections or episodes of invasion of the blood by toxins or pathogens.

- Upper abdominal complaints, headaches, esp. 10.00 - 15.00.

- Left-sided symptoms.

- Hæmorrhagic tendency.

- Weakness of the pelvic organs: *Fomitopsis* has a toning action on the bladder and sexual organs, and therefore gives support in the treatment of weak bladder, prostatic adenoma and prolapse of the womb.

A major part of the symptoms found in homœopathic provings of *Fomes pinicola* have parallels to the tasks which, in Traditional Chinese Medicine, are allotted to the spleen. As „master of the connective tissue“ it keeps the organs in their place. As well as this, it is responsible for the movement of blood and fluid. The functional circle spleen/pancreas/stomach is responsible for contact with the outside world, via its allocated sensory organ, the mouth. On the one hand, this means confrontation and shutting off from anything foreign; on the other hand, it also means integration of such things. Thus weakness of the spleen can increase the susceptibility to infection.

The view of Chinese Medicine coincides with what Western Medicine knows. As the largest lymph node in the body, on the one hand the spleen is responsible for immune processes. On the other hand, as a reservoir of blood and a site of blood breakdown, it is responsible for hæmatological homeostasis. Via these tasks the spleen is very closely linked to the liver, which produces globulins and clotting factor, for example, eliminates the products of blood breakdown via the bile and serves

as a reservoir for iron, and partly also for blood.

Thus, compared with *SILVAYSAN*, *HEXACYL* or *TARAXACUM*, *PINIKEHL* is rather more of a „minor liver remedy“; however, it should not be overlooked.

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